

1. Trishuli River Rafting Kathmandu

2. Overview

Overview Are you planning to do adventurous activities in Kathmandu that can be completed in 1 Days? If yes for the adventure lover, High Route Adventure has brought this 1 Day Trishuli River Rafting Package...

3. Itinerary

Trishuli River Rafting Itinerary (Start to Finish)

06:30?–?07:00: Pickup from Kathmandu The High Route Adventure tour guide will pick you up from your hotel. Then you'll pack your belongings, and the staff will help organize seating in our private vehicle. **07:00?–?08:30: Drive to Trishuli Launch Site** You will ride via Nagdhunga, Naubise, and Malekhu for around 2 hours, then arrive at Trishuli, from where you will start your rafting. Enjoy a quick breakfast or a steaming cup of masala chai before starting your adventure. **08:30?–?09:00: Gear up & Safety Briefing:** Certified guides fit you with a life vest, helmet, paddle, and wetsuit (if needed). The briefing covers hand signals, self-rescue techniques, and a quick rundown of the day's rapid grades. **09:00?–?12:30: Rafting Session (? 3.5?hrs):** Enjoy about 3.5 hours of rafting on a 3 km stretch of the Trishuli River. The ride takes you through a mix of calm waters and exciting rapids, offering both relaxing moments and thrilling splashes. Your certified guide will lead the team, ensuring safety while making the adventure fun and memorable. **12:30?–?13:30: Lunch on the Riverbank** After you reach the endpoint, you will submit your gears. If you want, you can tip your river tour guide. Then you can take a rest for a while by enjoying lunch at a resort on the Trishuli riverside. Vegetarian and vegan options are widely available. **13:00?–?15:30: Return to Kathmandu** Return through the same highway. **15:30?–?16:00: Drop off at your hotel** You'll be back before the traffic rush and with plenty of stories to share over a cup of tea.

5. Cost Includes

- Pickup and drop off in our private vehicle
- Safety gears
- Rafting fees
- Lunch

6. Cost Excludes

- Meals(Breakfast, dinner)
- Tips
- Personal Expense

- Insurance

7. Equipment / Packing List

Gear Checklist (What to Bring & What's Provided)

Must Bring

- Swimwear / quick-dry shirt (preferably a rash-guard)
- Waterproof shoes or sandals with straps
- Sunscreen (SPF 50+)
- Small dry bag for phone, wallet, and meds
- Reusable water bottle
- Camera (waterproof case)

Provided by Operator

- Life vest (USCG approved)
- Helmet
- Paddle
- Wetsuit (if water is < 15°C)
- First aid kit
- Guides & safety brief