

Bhotekoshi River Rafting - 2 Days

BHOTE KOSHI RIVER RAFTING ADVENTURE

Looking for the most intense whitewater rafting in Nepal? The Bhote Koshi River Rafting Tour is a high-adrenaline adventure just a short drive from Kathmandu, making it one of the most accessible yet exhilarating rafting experiences in the country. Known as the steepest and most technical rafting river in Nepal, Bhote Koshi offers non-stop action with rapid [Class IV-V rapids](#), making it a favorite among thrill-seekers and experienced rafters.

Flowing from the Tibetan Plateau, this glacial river rushes through deep gorges and lush hills, offering a perfect blend of natural beauty and whitewater excitement. Whether you're a whitewater enthusiast or an adventure lover looking to add something thrilling to your Nepal trip, Bhote Koshi rafting delivers.

Heart-Pounding Rapids

The river's rapids are fast, furious, and relentless. Some of the most famous ones you'll navigate include Frog in a Blender, Gerbil in the Plumbing, and Upset, each offering its own set of twists, drops, and splashes. Unlike other rafting rivers in Nepal, Bhote Koshi provides a steep gradient and continuous flow, meaning you'll rarely get a moment to relax—perfect for adrenaline junkies.

This experience is recommended for those with previous rafting experience or a strong desire for an adventure sport challenge. It's not just about the thrill—this is one of the best ways to feel the raw energy of Himalayan rivers.

Stunning Himalayan Scenery

As you paddle through the rapids, you'll also be treated to some of Nepal's most beautiful natural landscapes. The Bhote Koshi Valley is framed by snow-capped Himalayan peaks, dense forests, rural villages, terraced fields, and waterfalls cascading down steep cliffs.

The contrast between the roaring rapids and the serene scenery makes this trip truly magical. It's a photographer's dream and a soul-refreshing escape from the city.

For travelers interested in nature tours in Nepal, this trip offers both visual delight and high adventure.

Best Time for Rafting in Nepal

The ideal seasons for Bhote Koshi River rafting are the pre-monsoon (March–May) and post-monsoon (September–November) periods. These months bring strong water flow, clear skies, and warm temperatures—perfect conditions for whitewater rafting.

Avoid the winter (December–February) when the river becomes too cold, and the monsoon season (June–August), when water levels are dangerously high and trips may be suspended due to safety concerns.

Perfect Adventure Near Kathmandu

This two-day rafting trip is one of the top short adventure tours from Kathmandu. Located just 95 km northeast of the capital, Bhote Koshi is easily reachable within 3–4 hours by road, making it ideal for a weekend escape or an add-on

to other adventures like the [Everest Helicopter Tour](#), Nagarkot hiking, or even treks to [Langtang or Gosaikunda](#).

Many travelers pair this trip with a [Kathmandu Valley Tour](#) or a Bhaktapur sightseeing package, allowing for a balanced experience of culture and nature.

Safety and Professional Guidance

Your safety is our priority. Before starting the trip, professional river guides will conduct a comprehensive safety briefing, teaching you how to paddle, respond to commands, and deal with emergencies. All participants are provided with top-quality rafting gear, including helmets, life jackets, paddles, and wetsuits.

All guides are certified in swift water rescue and first aid, with years of experience leading tours on Nepal's most challenging rivers. Even though this trip is intense, you'll be in safe hands from start to finish.

Cultural Encounter and Camping

The experience isn't just about rafting—you'll also get to enjoy rural life in the Himalayan foothills. The overnight camp is set up at [Sukete Village](#), a peaceful riverside spot where you'll sleep under the stars and enjoy a hearty Nepali dinner by the campfire. It's a chance to unplug, share stories with fellow adventurers, and experience authentic Nepalese hospitality.

This also makes the Bhote Koshi trip an excellent choice for those looking to combine soft cultural immersion with adventure.

Combine with Other Nepal Adventures

Bhote Koshi rafting is a great addition to your Nepal adventure itinerary. Whether you're doing the [Annapurna Base Camp Trek](#), the [Manaslu Circuit](#), or a [Jungle Safari in Chitwan](#), this short rafting trip slots in easily without taking up too much time.

It's also perfect for thrill-seekers doing [motorbike tours in Nepal](#) or looking to break up their trekking days with some high-speed river fun.



Trek Mania Nepal Pvt. Ltd.

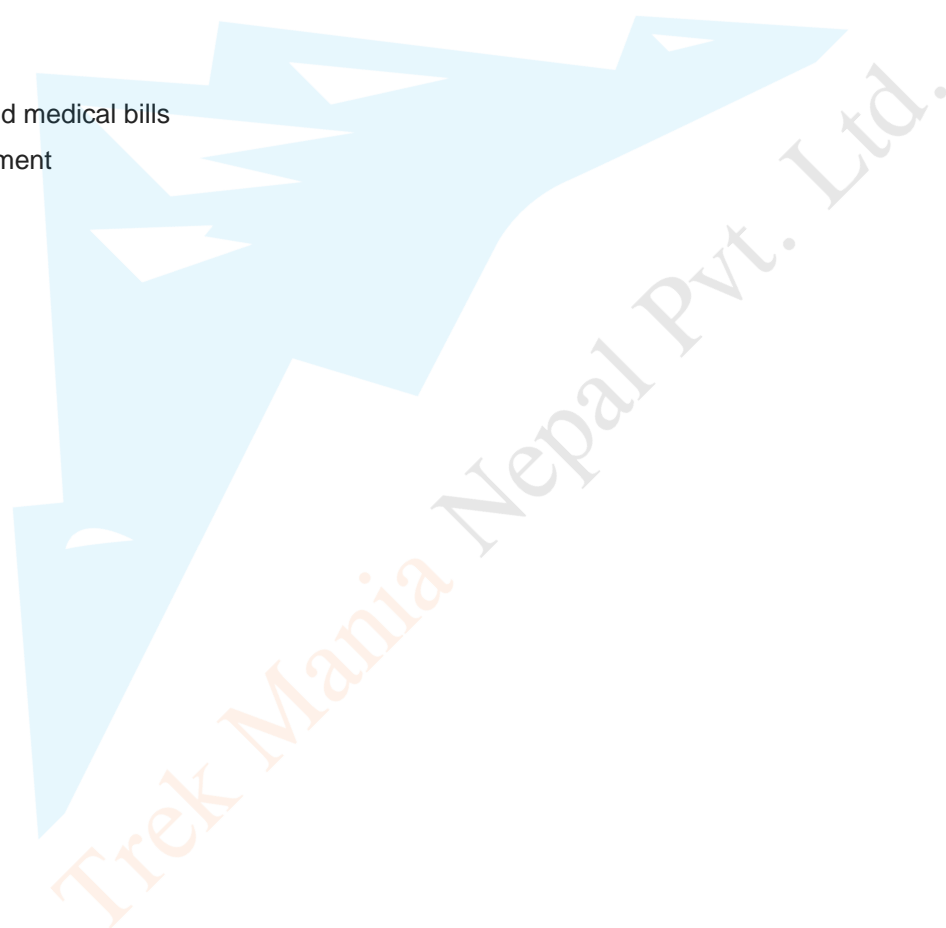
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PRICE INCLUDES

- Experience licensed Raft guide and supporter.
- Necessary equipment, boat, jackets, helmets, and
- Paddles
- Meals
- First aid medical kits.
- Tented camps in Riverside
- All necessary paperwork.
- Transportation
- Government Tax

PRICE EXCLUDES

- Accommodation
- Personal travel insurance and medical bills
- Personal clothing and equipment
- Tips for guides.



ITINERARY IN DETAIL

Day 1: Drive to Khadichour from Kathmandu then raft to Sukute Village.

We will start our trip early in the morning and take a 3 hrs drive to Khadichour from Kathmandu. After reaching Khadichour (which is our rafting point), rafting employees will be ready for you and provide you with all the necessary equipment and a short set of instructions about paddling and safety measures.

Now you will begin your rafting journey downstream, navigating through exciting rapids like Frog in a Blender, Gerbil in the Plumbing, and other thrilling sections of the Bhote Koshi River. Our adventure will finally end once we reach Sukute village, where we will set up our camp and rest for the day.

Day 2: Raft from Sukute village to Lamoshanghu then drive back to Kathmandu.

Following our morning breakfast, we will again resume our rafting trip from Sukute village to Lamoshanghu, encountering more rapids and admiring the spectacular surroundings. Once we get at Lamoshanghu, we will relax for a bit before returning back to Kathmandu.

FAQ

1. Is Bhote Koshi rafting suitable for beginners?

Bhote Koshi is one of the most challenging rivers in Nepal with Class IV–V rapids. It's best suited for those who have some previous rafting experience or are physically fit and seeking adventure. If you're a beginner, we recommend starting with something gentler like the Trishuli River Rafting.

2. What is the best season to go rafting on Bhote Koshi?

The best times are post-monsoon (September–November) and pre-monsoon (March–May). During these months, the water level is ideal, and the weather is warm and stable for a safe and exciting ride.

3. How far is Bhote Koshi from Kathmandu?

The rafting starting point at Khadichour is about 3 to 4 hours' drive (approx. 95 km) from Kathmandu. It's a popular option for those looking for a weekend adventure tour from Kathmandu.

4. Is it safe to raft in Bhote Koshi?

Yes! All rafting trips are led by certified river guides with years of experience. We use international-standard safety gear, and all participants receive a full safety briefing before entering the river. Your safety is our top priority.

5. What should I bring for the rafting trip?

We provide all the rafting equipment. You just need to bring:

- Comfortable clothes and shoes that can get wet
- A towel and change of clothes
- Sunscreen and sunglasses with a strap
- Personal medication (if any)