

Karnali River Rafting - 10 Days

Karnali River Rafting: Nepal's Wild Frontier

The Karnali River rafting journey plunges you into western Nepal's most remote wilderness, where the river carves through deep gorges and lush jungle. Originating from the Tibetan plateau, the Karnali is celebrated as Nepal's longest river and a premier multi-day river expedition. With rapids ranging from Class III to V, this expedition is perfect for rafters seeking a blend of intense [whitewater rafting in Nepal](#) and soul-stirring natural beauty.

Adrenaline-Pumping Rapids

Every stroke down the Karnali tests your skill and courage. Rapids like "God's House," "Jailhouse Rock," and "Juicer" deliver non-stop thrills, while gentler stretches allow you to catch your breath and admire the river's power. This is not just a rafting trip—it's one of the most challenging and rewarding adventure tours in Nepal.

Stunning Wilderness and Wildlife

Beyond the rapids, the Karnali River offers a front-row seat to Himalayan wildlife and spectacular landscapes. As you navigate calm pools and fast currents, you'll glimpse [Bardia National Park](#) safari country, where elephants, crocodiles, and [Gangetic dolphins](#) share the riverbanks. Terraced fields, remote [Tharu](#) villages, and distant snow-capped peaks frame every stretch of water.

Riverside Camping and Cultural Immersion

Each evening ends with riverside camping under a canopy of stars. These pristine campsites invite you to unwind by the campfire, swap stories with fellow rafters, and sample hearty Nepali cuisine. Encounters with local communities add a cultural layer to the adventure, offering insight into traditional lifestyles that have flourished alongside the river for centuries.

Why Choose Karnali with Trek Mania Nepal

With Trek Mania Nepal, your Karnali rafting expedition is safe, seamless, and deeply authentic. Our certified guides equip you with top-quality gear, expert river-running techniques, and a commitment to eco-friendly travel. Whether you're combining this trip with a [Rara Lake Trek](#), [Annapurna Circuit](#), or a [Chitwan jungle safari](#), we ensure your Nepal adventure is an experience to treasure.



Trek Mania Nepal Pvt. Ltd.

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PRICE INCLUDES

- Experienced Guide & Supporter.
- All meals(B/L/D)
- Accommodation (Tent).
- All national Park permits
- Rafting permit.
- All necessary fees.
- Transportation
- All the necessary equipment for rafting, like boats, lifejackets, paddles, and other safety equipment.

PRICE EXCLUDES

- Alcoholic beverages during the whole trip
- International air ticket.
- Hotel accommodations and extra meals
- International airport pick up and drop off
- Tips for guides and staff on sleeping bags

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ITINERARY IN DETAIL

Day 1: Kathmandu to Surkhet. (1hr flight)

Our staff will pick you up from your accommodation and transport you to the international airport for your domestic flight to Surkhet. This flight will last around 1 hour 10 minutes.

Day 2: Surkhet to Tallo Dhungeshwor. (5h Drive)

After our morning breakfast, we will then drive off to Tallo Dhungeshwor which is our put-in-point.

Day 3: First Inquiry from Tallo Dhungeshwor.

After breakfast, we will begin our rafting excursion from Tallo Dhungeshwor. Our rafting session will begin shortly once our guide's instructions are done. After commencing on this voyage, we shall encounter tremendous rapids that will take our breath away. After we reach our destination, we will make up camp at the first inquiry for the night.

Day 4: God's house from First Inquiry.

Today, we will again continue our rafting journey navigating various rapids and enjoying wildlife sightings and the natural beauty of the surroundings. We will stop once we reach our campsite at God's house and rest for the night.

Day 5: God's house to Seti Dovan.

For God's house, we will again continue our rafting journey and encounter more rapids. Our rafting for the day will conclude once we Seti Dovan where we will setup our cam for the night.

Day 6: Seti Dovan to Talcha (Red Rock).

We will again continue our rafting journey from Seti Dovan down the Karnali River, raft through exhilarating rapids, and enjoy the stunning scenery. After our rafting session has ended, we will set up our camps along the riverbanks at Jumna village.

Day 7: Bheri Confluence.

Today we will spend our time at Bheri Confluence.

Day 8: Chisopani put-out point.

Today will be the final day for our rafting session, so we will again continue our journey, encountering more rapids. Then we will finally conclude our journey after reaching the take-out point at Chisapani.

Day 9: Drive back to Kathmandu.

After having our breakfast, we will then take a bus back to Kathmandu.

FAQ

1. What skill level is required for Karnali River rafting?

Karnali River rafting features Class III to V rapids, making it ideal for intermediate rafters and adrenaline seekers. While some white-water rafting in Nepal trips welcome beginners, this expedition rewards those with previous multi-day rafting experience or strong paddling skills.

2. When is the best season for Karnali rafting?

The optimal periods are post-monsoon (October–November) and pre-monsoon (April–June), when river levels are high and the weather is clear. These months offer thrilling rapids and comfortable temperatures for both rafting and Bardia National Park safari side trips.

3. How do I prepare for a multi-day Karnali rafting expedition?

Teamwork and endurance are key. Training on smaller rivers helps, as does packing quick-dry clothing, sturdy water shoes, and a warm sleeping bag. Our Trek Mania Nepal guides provide expert river-running techniques, professional safety gear, and thorough pre-trip briefings.

4. What cultural experiences are included on the Karnali rafting trip?

Along the riverbanks, you'll visit remote Tharu villages, interact with local families, and taste authentic Nepali cuisine around the campfire. These encounters offer genuine immersion in rural lifestyles that have thrived alongside the river for centuries.

5. Can I combine Karnali rafting with trekking tours?

Absolutely. Many adventurers link this trip with the Rara Lake Trek, Annapurna Circuit, or a Chitwan jungle safari, creating a full adventure tour in Nepal that showcases both river and mountain landscapes.

6. How safe is Karnali River rafting?

Safety is paramount. Our certified guides use top-quality gear, eco-friendly travel practices, and proven safety protocols. Whether you're battling "God's House" rapid or drifting through calm pools, you're in expert hands throughout the journey.