

Seti River Rafting - 2 Days

SETI RIVER RAFTING – A SCENIC WHITE-WATER EXPERIENCE IN NEPAL

Seti River Rafting in Nepal is the perfect blend of calm nature and soft adventure, ideal for those looking to escape the crowds and experience something refreshingly different. Nestled between the towering Annapurna range and lowland Terai belt, the Seti River flows through breathtaking terrain that feels untouched by time. This serene river journey is not just a rafting trip — it's a chance to immerse yourself in Nepal's nature, culture, and slower pace of life.

Perfect for Beginners and Family Adventures

If you're new to rafting in Nepal, the Seti River is a great place to start. With its gentle Class II–III rapids, the river provides just enough thrill without overwhelming first-time rafters. It's often recommended for families with children, school trips, and even honeymooners seeking a touch of soft adventure. Our trained river guides provide safety briefings, equipment, and paddling techniques, ensuring that even those with no prior rafting experience feel completely confident.

Wildlife, Culture & Scenery All in One

What sets the Seti River apart is the rich experience beyond the rapids. The riverbanks are lush with subtropical forests, wild banana trees, and colorful blossoms. Birdwatchers might catch sight of kingfishers, egrets, herons, and even vultures circling above. As you paddle downstream, you'll pass traditional [Gurung](#) and Magar villages, witnessing daily life untouched by mass tourism.

This rafting route also offers a glimpse into Nepal's rich cultural diversity — something often encountered on treks like the [Annapurna Base Camp Trek](#) or the scenic [Mardi Himal Trek](#). For those combining rafting with trekking, this area complements well with both short and long [trekking adventures in Nepal](#).

Riverside Camping Under a Blanket of Stars

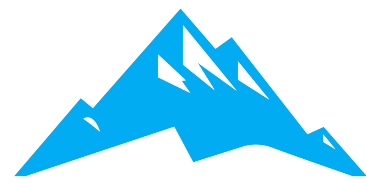
The overnight camping experience on the Seti River is something truly magical. After a fulfilling day on the water, you'll relax at Sarang Ghat, a sandy riverside beach where tents are pitched and a hearty dinner is prepared. Gather around the campfire, share stories under a sky full of stars, and fall asleep to the sound of the river flowing gently beside you. If you're a nature lover, this is one of the most peaceful ways to connect with Nepal's wild side.

Strategic Location – Ideal Add-On to Your Nepal Tour

This trip starts from Damauli, a convenient location between Pokhara and Chitwan, and ends at Gaighat, making it easy to continue toward Kathmandu, or to extend your trip into [Chitwan National Park](#) for a wildlife safari. The river's proximity to popular destinations allows seamless itinerary planning — perfect for travelers combining multiple experiences like cultural tours, trekking, and jungle safaris in Nepal.

If you're already planning iconic hikes like the [Everest Base Camp Trek](#), [Manaslu Circuit](#), or [Langtang Valley Trek](#), adding a few days for a river escape can provide balance and relaxation before or after the mountains.

Why Choose Us for Seti River Rafting?



Trek Mania Nepal Pvt. Ltd.

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We provide fully guided, all-inclusive Seti River rafting tours for individuals, couples, and groups. Our experienced river crew prioritizes safety while keeping the experience immersive and fun. We use certified gear, follow eco-conscious practices, and work with local communities to ensure responsible tourism. Whether you're in Pokhara for a quick getaway or on a month-long Nepal adventure tour, we're here to customize your journey.

We also offer combo packages including rafting, trekking in the Annapurna region, and wildlife exploration. You can explore more options on our [Annapurna region trekking page](#) and [multi-adventure tours in Nepal](#).





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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 Damauli from Kathmandu.

We will start our journey early in the morning and head to the Pokhara bus station in Kadhara. This will take around 7-8 hours, followed by a trip to Damauli which will take 1 hour. When we get to Damauli, the rafting personnel will meet us and provide us with the necessary rafting equipment, as well as guide us through some instructions and safety procedures. Then you'll be ready to travel down the riverside roads. This journey takes you through lush woodlands, accompanied by twittering birds. The trip will conclude when you reach Sarang Ghat, where we will spend the night.

Day 2: Rafting to Gaighat then drive back to Kathmandu.

After breakfast, we will head to the location and begin our rafting excursion following a brief guide lesson. As you begin your adventure, you will travel down the river's flow and be treated to a visual feast of lush woods, terraced farms, and traditional Nepalese villages. The region's vast biodiversity may manifest itself in the form of many bird species and other wildlife on the riverbanks. You will continue rafting till you reach Gaighat, where we will stop and spend our time resting before returning to Kathmandu.

FAQ

1. Is Seti River rafting suitable for beginners or families with kids?

Yes, Seti River rafting is perfect for beginners and families. With its gentle Class II–III rapids, it offers excitement without being too intense. Children above 6 years old can usually join with parental guidance and proper safety gear.

2. What is the best season for Seti River rafting?

The best time is from September to December and March to May. These months offer clear weather, moderate water levels, and the best scenic views of the Annapurna Himalayas. The monsoon season (June–August) brings higher water levels, so it's not recommended for beginners.

3. How long does the Seti River rafting trip last?

It's usually a 2-day rafting tour. The trip starts with a drive to Damauli and includes overnight camping at Sarang Ghat, then rafting to Gaighat the next day before heading back to Kathmandu.

4. Do I need to be a good swimmer to join this trip?

No, you don't need to be a swimmer. Life jackets and helmets are provided, and our trained rafting guides are certified in first aid and river rescue. We ensure complete safety during the trip.

5. What should I bring for Seti River rafting?

Light clothes, swimwear, sunscreen, river sandals or water shoes, a towel, and a change of clothes for the evening. We'll provide dry bags for your valuables. If you're continuing to a trek like the Mardi Himal Trek or Poon Hill Trek, you can leave your trekking gear safely stored with us.

6. Can I combine Seti River rafting with a trekking tour?

Absolutely! Many travelers combine this with nearby trekking routes in the Annapurna region. You can do Seti River rafting before or after popular treks like the Annapurna Base Camp Trek, Khopra Danda Trek, or even cultural tours to Bandipur and Gorkha.

7. How far is the rafting starting point from Pokhara or Kathmandu?

From Pokhara, it takes about 2 hours to reach Damauli, and around 6–7 hours from Kathmandu. After the rafting ends at Gaighat, you can return to Kathmandu or continue to Chitwan National Park for a jungle safari.

8. Is the overnight camping experience safe and comfortable?

Yes! We offer riverside camping with quality tents, sleeping bags, and hygienic meals. The peaceful environment by the river makes it a beautiful way to unwind after rafting.

9. Are group departures available, or is it a private trip?

We offer both. You can join group departures or book a private Seti River rafting tour tailored to your preferences. Group trips are great for meeting fellow travelers and are more budget-friendly.

10. Do you offer other river adventures in Nepal?



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Yes, we offer a range of rafting adventures, including Trishuli River Rafting, Kali Gandaki, and the more intense Bhote Koshi Rafting. Each trip has different rapids and landscapes—feel free to explore more on our Rafting in Nepal page.

