

Rafting in Nepal



One of the most popular features Nepal has to offer is its striking natural setting, and especially its mighty rivers. Whitewater rafting has become the third most popular sport that tourists want to try here. Local conditions are without a doubt perfect. Nepal possesses some of the highest mountain peaks in the world and its climate is to some extent influenced by the monsoons; therefore, the rivers are full and extremely challenging at certain times of the year.

Nepal's river tourism has been growing considerably, and whitewater enthusiasts may choose from any of the 61 companies engaging in river activities. Rafting is not the only possibility, since kayaks or catamarans are equally exciting and accessible.

There are many rivers which offer the kind of thrilling adventure that travelers are after; the Arun River is the most suitable for those who like to indulge in both rafting and trekking. For three out of the nine days, tourists trek through the remote villages of the Arun valley.

The Karnali River is Nepal's largest and longest river. It gets quite challenging as some rapids are ranked class 4 and 5. The river flows through dense forest near the Bardia National Park. Adventurers are also welcome to visit a nearby safari park, which houses many tigers and one-horned rhinos.

If tourists are not able to spare a week, there are shorter trips designed for their convenience. These usually last up to four days and do not include trekking. The novice kayaker and rafter will enjoy the Seti River as it's class 2 or 3, and the scenery encountered when rafting down includes some of the most magnificent in Nepal. It's suitable for families, too; the crews are always reliable and safety-conscious professionals.

River sports are also known to be one of the best ways of learning about the local culture and life. The monsoon season lasts from June to September and the best time to visit Nepal is from late September to December and then again from March to early June.

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