



Nepal: Karnali River Rafting

Grade: Easy

Highlights:

Experience of exploring the Karnali will tell you that it is one of the most incredible journeys of life. The River, in volume, is the largest and longest in Nepal and the upper sections are rarely explored. Along the lower section the river takes a sharp turn from south to north, often called the Western Bend. At this point, the river can be accessed and an incredible adventure through deep gorges and remote regions begins. The upper Karnali, better known as the Humla Karnali rises in Tibet from the holy peak, Mount Kailash some very experienced expedition groups can run upper sections. These normally start with a charter flight to Simikot and then sixteen to twenty days to the take out at Chisopani. The Lower Karnali can be run in five to seven days and still proves a major river journey that has got to fall into the category of being one of the best in the world. Route Highlight Put in point: Dhungeshwor (altitude 560 m) Take out Point: Chisapani (altitude 195m) Distance on river: 180 km. Distance Kathmandu-Surkhet: 600 km. Distance Kathmandu-Chisapani: 570 km.> Difficulty: class 1-5 River days: 7 Total duration of the rafting: 10 days Volume in November: 300 M3/sec Best period: Begin October till end December / half February till end May.

Day to day:

Day 1 : Leave Kathmandu.:

Day 2 : arrive Surkhet. Trek option: begin trekking straight away. Camp at school halfway to river.:

Day 3 : Continue Trek to river arriving early afternoon, On to the river for an hour or two, Camp.:

Day 4 : River to above jungle Ghat:

Day 5 : Visit Jungle Ghat village, river to above the Jungle Corridor:

Day 6 : The big day - God's house rapid and others.:

Day 7 : Out of the Jungle Corridor:

Day 8 : Steady float to confluence of the Bheri river.:

Day 9 : Half day to Chisopani, leave mid-afternoon.:

Day 10 : Arrive Kathmandu lunchtime / afternoon.: