

paddle nepal

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Whitewater Rafting & Kayaking & Canyoning Trip Schedule (Fall – Winter 2010)

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Welcome to Paddle Nepal – the **Himalayan Whitewater Pursuits Specialist** and proud members of **Nepal's National Whitewater Teams!** Whether you are looking to explore Nepal during a calm float down the river, or an adrenaline junky seeking the ultimate whitewater adventure, curious about kayaking and looking for an introduction to whitewater river running or an intermediate to advanced paddler hoping to develop your kayaking skills – we can help!

Seti River “Kayak Clinic” (4 days)

departs from Pokhara

****our most popular adventure****

\$220

Learn to whitewater kayak with members of the Nepalese National White Water Team on the warmest river in Nepal. Enjoy 1 day on spectacular Phewa Tal in Pokhara learning some basic paddle strokes, braces, rescue techniques and the Eskimo roll, followed by 3 exciting days on the Seti River challenging some mild to moderate rapids. This awesome introduction to whitewater kayaking conveniently finishes near the Chitwan National Park, making it easy to continue exploring Nepal.

08 – 11 Sep	28 Sep – 01 Oct	18 – 21 Oct	07 – 10 Nov	27 – 30 Nov	17 – 20 Dec
12 – 15 Sep	02 – 05 Oct	22 – 25 Oct	11 – 14 Nov	01 – 04 Dec	21 – 24 Dec
16 – 19 Sep	06 – 09 Oct	26 – 29 Oct	15 – 18 Nov	05 – 08 Dec	25 – 28 Dec
20 – 23 Sep	10 – 13 Oct	30 Oct – 02 Nov	19 – 22 Nov	09 – 12 Dec	29 Dec – 01 Jan
24 – 27 Sep	14 – 17 Oct	03 – 06 Nov	23 – 26 Nov	13 – 16 Dec	

Upper Seti – “short & sweet” (½ day)

departs from Pokhara

****staff favorite****

raft \$50 / kayak \$65

Join us on the most exciting **new** whitewater run in Nepal! Only 30 minutes drive from Pokhara, this short & sweet adventure offers 1 ½ hours of non-stop adrenalin filled 3+¼ rapids, leaving you with lots of time left in Pokhara to relax or try additional adventures such as paragliding, kayaking on the lake, mountain biking, sunrise mountain viewing etc.

Daily departures	09:00am	&	13:00pm
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Bhote Koshi – “ultimate adventure” (1 – 2 days)

departs from Kathmandu

1 day raft \$45 / kayak \$60

2 days raft \$90 / kayak \$110

The Bhote Koshi is considered one of the best 2 day whitewater runs in the world. Jam packed with continuous well known class 4/4+ rapids such as “Frog in a Blender” and “The Great Wall”, and only 3 hours drive from Kathmandu – this makes for a great adrenalin filled weekend away from the city.

Departing every 2 days	<i>contact us for the next confirmed trip date...</i>
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Trisuli – “easy access” (1 – 2 days)

departs from Kathmandu or Pokhara

****extra excitement during monsoon****

1 day raft \$45 / kayak \$60

2 days raft \$90 / kayak \$110

The Trisuli follows the main road between Kathmandu and Pokhara providing the flexibility to enjoy 1, 2 or 3 days of quality class 3-4 whitewater, with easy access to the Chitwan National Park making it one of the most convenient river adventures in Nepal. The Trisuli is an excellent river to run all year long with the added bonus of monsoon excitement during the summer months increasing the whitewater to class 4/4+. *Please contact us for monsoon departures.*

Daily departures all year long	<i>contact us for the next confirmed trip date...</i>
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Canyoning – “climbing, abseiling, jumping, sliding & swimming down waterfalls” (1 day)

departs Pokhara

Daily departures	<i>contact us for the next confirmed trip date...</i>
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Lower Seti “easy does it” (2 days)****our warmest river – added excitement during monsoon******departs from Pokhara****raft \$80 / kayak \$100**

This unique river passes through two beautiful and contrasting scenic areas with relatively small water volume. With moderate rapids ranging from class 1-3, this river is not necessarily for the adrenalin junky, but for anyone looking to explore Nepal's beautiful scenery, culture and life on the river. This trip ends near Chitwan National Park.

02 – 03 Sep	24 – 25 Sep	16 – 17 Oct	07 – 08 Nov	29 – 30 Nov	21 – 22 Dec
04 – 05 Sep	26 – 27 Sep	18 – 19 Oct	09 – 10 Nov	01 – 02 Dec	23 – 24 Dec
06 – 07 Sep	28 – 29 Sep	20 – 21 Oct	11 – 12 Nov	03 – 04 Dec	25 – 26 Dec
08 – 09 Sep	30 Sep – 01 Oct	22 – 23 Oct	13 – 14 Nov	05 – 06 Dec	27 – 28 Dec
10 – 11 Sep	02 – 03 Oct	24 – 25 Oct	15 – 16 Nov	07 – 08 Dec	29 – 30 Dec
12 – 13 Sep	04 – 05 Oct	26 – 27 Oct	17 – 18 Nov	09 – 10 Dec	31 Dec – 01 Jan
14 – 15 Sep	06 – 07 Oct	28 – 29 Oct	19 – 20 Nov	11 – 12 Dec	
16 – 17 Sep	08 – 09 Oct	30 – 31 Oct	21 – 22 Nov	13 – 14 Dec	
18 – 19 Sep	10 – 11 Oct	01 – 02 Nov	23 – 24 Nov	15 – 16 Dec	
20 – 21 Sep	12 – 13 Oct	03 – 04 Nov	25 – 26 Nov	17 – 18 Dec	
22 – 23 Sep	14 – 15 Oct	05 – 06 Nov	27 – 28 Nov	19 – 20 Dec	

Kali Gandaki “the mighty kali” (3 days)**departs from Pokhara****raft \$150 / kayak \$180**

Named after “Kali” – the Goddess of Destruction, the Kali Gandaki is Nepal's most holy river. Plunging down through the Himalaya, it carves into one of the deepest gorges in the world between Dhaulagiri and Annapurna offering exciting class 3+/4 rapids, fun wave trains, lovely mountain views and beautiful white sandy beaches.

08 – 10 Sep	28 – 30 Sep	18 – 20 Oct	07 – 09 Nov	27 – 29 Nov	17 – 19 Dec
12 – 14 Sep	02 – 04 Oct	22 – 24 Oct	11 – 13 Nov	01 – 03 Dec	21 – 23 Dec
16 – 18 Sep	06 – 08 Oct	26 – 28 Oct	15 – 17 Nov	05 – 07 Dec	25 – 27 Dec
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24 – 26 Sep	14 – 16 Oct	03 – 05 Nov	23 – 25 Nov	13 – 15 Dec	

Marshyangdi “the raging river” (2 days)****staff favorite******departs from Pokhara or Kathmandu****2 days raft \$150 / kayak \$170**

Draining off of the Annapurnas with some of the wildest class 4-5 rapids in the world, this raging river is steep, powerful and not to be underestimated. This spectacular adventure shares one of the most scenic rivers in Nepal with some of the most beautiful mountains in the world. This trip demands 100% commitment from both crew and guide!

02 – 03 Sep	24 – 25 Sep	16 – 17 Oct	07 – 08 Nov	29 – 30 Nov	21 – 22 Dec
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Sun Koshi “river of gold” (8 – 9 days)**departs from Kathmandu****raft \$450 / kayak \$550**

05 – 12 Sep (8 d)	17 – 24 Sep (8 d)	01 – 08 Oct (8 d)	14 – 22 Oct (9 d)	28 Oct – 05 Nov (9 d)
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Karnali “the wild west” (9 – 10 days)**departs from Kathmandu****raft \$550 / kayak \$650**

17 – 26 Sep	01 – 10 Oct	14 – 23 Oct	28 Oct – 06 Nov	28 Oct – 06 Nov
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Tamur “eastern multi-sport adventure” (10 – 12 days)**departs from Kathmandu****raft \$700 / kayak \$800**

01 – 10 Oct	15 – 24 Oct	28 Oct – 06 Nov	10 – 19 Nov	23 Nov – 02 Dec
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