

paddle nepal



bhotekoshi rafting & kayaking (1-2 days)

“ultimate adventure”

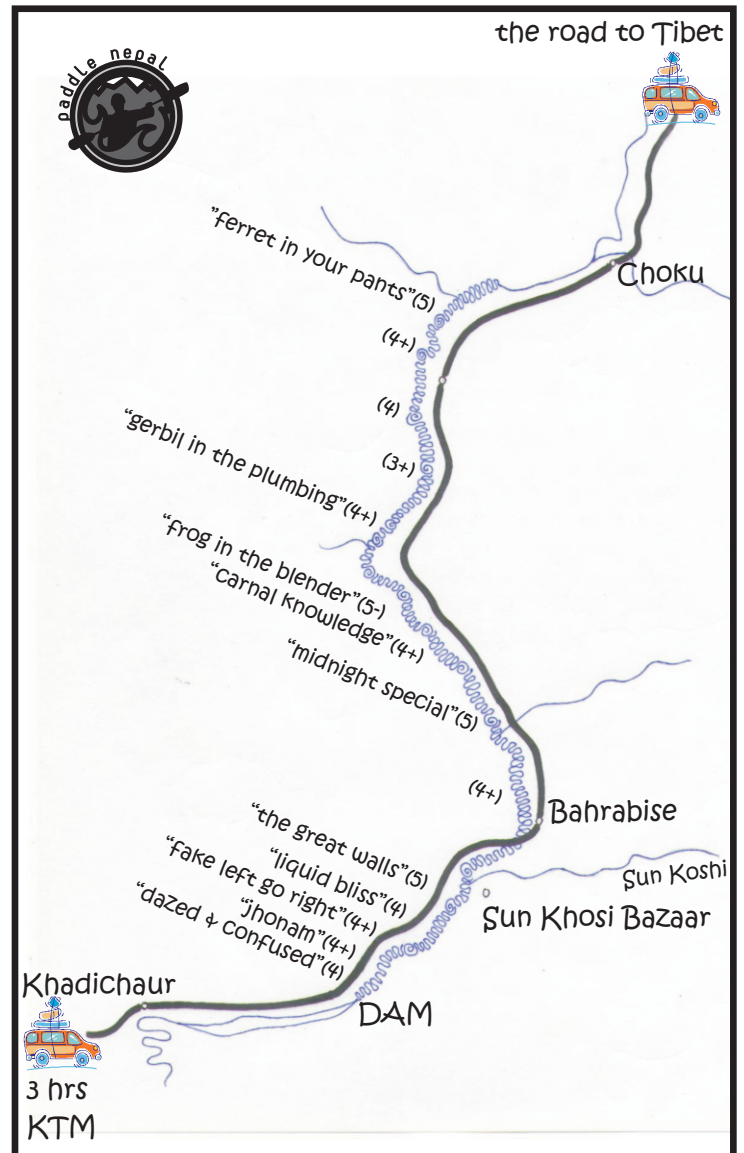
Only three hours via scenic bus from Kathmandu near the Tibetan border, the Bhoté Koshi is one of the best 2 day whitewater rafting trips in the world.

Jam packed with continuous well known class 4 and class 4 + rapids such as “Ferret in Your Pants”, “Frog in a Blender” and “The Great Wall” and with pristine glacial whitewater not to mention picturesque village landscapes - the Bhoté Koshi makes for the perfect adrenalin packed weekend away from the Kathmandu Valley.

Consider extending your weekend and adding on some more excitement. How about mountain biking to the Tibetan border, canyoning down steep waterfalls or if you dare...take a leap of faith off the Ultimate Bungee at the Last Resort??!

Advanced whitewater kayakers are invited to join our safety team and paddle along any of our scheduled rafting trips.

All of Paddle Nepal’s raft guides and safety kayakers are trained to international standards in first aid, CPR and WRT.



Put-In: 95km (3 hours private bus from Kathmandu)

Take-Out: Riverside Resort (just above the dam - 3 hours private bus to Kathmandu)

Meals: 1 Day Option = Lunch / 2 Day Option = day 1 Lunch & Dinner / day 2 Breakfast & Lunch

Accommodation: Camping at permanent resort style camp

River Grade: 3 - 5

Season: Sep-May

Note - 2 day option is usually combined with running the lower section (not shown on this map) on the first day followed by the upper section (shown above) on the second day.