



Seti River Rafting - 3 days

Go on 3 days trip for

\$ per person

Location: Nepal, Asia

Departure from: Kathmandu or Pokhara.

Put-in-Point: Damauli.

Take-out-Point: Gaighat, Jugeru or Devghat

Outward travel: 5 hours from Kathmandu, 2 ½ hours from Pokhara

River Excursion: 2 nights 3 days

Best season: October - May

Overview:

SETI KHOLA: This is a really unique and pleasant picturesque river passing through two beautiful and contrasting scenic areas. Relatively small volume, blue and warm water, we strongly recommend this is a 'warm up' river for intermediate kayakers. Seti rises on the southeast slopes of the sacred Mountain Fishtail and then flows to south, as a fairly typical Nepalese mountain river.

Day by Day Itinerary:

Day 01: After traveling from Pokhara or Kathmandu we reached at Damauli, rafts are rigged and then we will set off down the Seti Khola. We spend all the time within its forested canyon. The reach vegetation we see is a remnant of the vast forested area, which once covered the middle hills of Nepal even now, we are objects of curiosity to the villagers. Traveling by rafts is a perfect way to view undisturbed wildlife and bird watching. When we stop for lunch we have time to explore, photographing, Swimming or relaxing. Later in afternoon we encounter a small but technical rapid of Sarangghat. The Sarangghat village is a colorful middle hills village of Gurungs and Magars, who are renowned for generations of service with the British and Indian Gurkha forces. Camp will set up bellow the village on the left bank of Seti River?

Day 02: Sarangghat – Ghumaune:

Same as your Trekking camping trips, you will be wake up with a cup of tea and soon you rise up breakfast will be serve. After breakfast you will be hiking up to the Dharampani village, a vantage Mountain View point of Sanbhanjyang, at an altitude of 1000 meters above the sea level, from where you can see almost the massif of Annapurna. Back & forth approximately 3½ hours. As you come back from your excursion trip, lunch will be serving at campsite and then set for your second day river expedition trip. The boats will be reloaded already. After lunch you will set off down in the river and floating approximately 1½ hours. Another beautiful scenic

campsite will be set off just before the biggest rapid of Seti khola. Those who do not want to hike up, they can stay and roaming around till the lunchtime.

Day 03: As usual you will be wake up with cup of tea, (packing should have to be done before you come to breakfast). Soon you leave the campsite you will encounter the last and technical grade III+ rapid of the Setikhola, then short after you enter the Trisuli River. Here the middle hills recede and the Terai plain opens in front of us. The topography gives away to sandstone and gavel deposited by antecedent rivers. You can reach Jugeri for lunch if trip continues to Devghat otherwise can be taking-out at Gaighat. After lunch if trip continues you will have an opportunity to visit the unique religious community of deveghat and each year draws thousands of pilgrims in the ashram to worship. It's a Hindu shrine. At this point where the Kaligandaki joins with Trisuli, and further down with Narayani, continue to Ganga, Varnasi India.

Kinds of Rafting:

There are essentially two kinds of rafts available - the oar-powered raft and the paddle raft. The oar-powered raft has a frame either at the back or in the middle where the river-guide sits and does all the paddling and guiding work. The paddleboat requires all participants to do their bit. Depending on the size of the raft, four or eight participants sit on the side tubes and power the boat using long paddles. It involves teamwork and more physical effort than the oar-powered boat. Paddleboats, however, capsize more easily as they are lighter and do not have the rigid structure of the oar-powered boat. On big rivers like the Sun Kosi (Class IV to V) where there are huge rapids, more care is required. In such rivers, we usually use one oar-powered boat and one paddleboat so that one acts as a rescue boat in case the other capsizes. This also gives each participant an opportunity to ride both kinds of rafts - be actively involved in one and relax in the other. Equipment: rafts are inflatable boats made of thick rubber, usually with separate air compartments so that a hole in any part of the tube does not mean that the whole raft will deflate and collapse. Life jackets and helmets are provided as mandatory gear. Paddles may be made of synthetic alloys and fibres which are longer and more maneuverable, or they may be of plain wood coated with synthetic waterproof paint. Wooden oars are slightly heavier but break less easily. On longer trips or more demanding rivers, splash jackets may be provided.

All the gear and food will be packed inside waterproof bags and carried on the raft itself. Your cameras and accessories, stored inside the waterproof barrel, will be available for your use during the DAY. The setting up of camp and cooking will begin as soon as the campsite is reached.

Safety requirements: While on the boat, you may at times take off your helmet and life jacket, or even jump out of the boat to take a dip in the river. Nevertheless, it is of utmost importance to consult your guide before indulging in such activities, as his knowledge of the river will help prevent you from finding yourself unprotected when hitting the rapids.

All our staff, whether guides, cooks or helpers, are trained professionals who look after your safety on the boat and your comfort while at rest. Rely on them to give you the best treat of your holiday.

Summer Season

River	Trip Date	Where to start	Where to end
Chose below	Let us know and book in advance	Depend on River	Depend on River
Trishuli, Seti, Lower Bhote Koshi, Upper Sun Koshi	Whenever you want	Depend on water level	Depend on water level

What is included in the price?

- hotel in Kathmandu bed & breakfast.
- All guided sightseeing tour in Kathmandu and entry fees.
- Rafting Guide & Supporter.
- All rafting equipments such as self-bailing rafts, life jackets and safety equipments.
- Paddle top, helmets and waterproof gear bags.
- Accommodation on twin sharing basis tent camping.
- All national park and rafting permits and fees.
- All meals during the raft trip. (breakfast, lunch and dinner).
- Round trip ground transportation.
- all kitchen and camping equipment, cook and needed staff.
- Safety kayaker.
- Sleeping Bag and mattress (will be provided if needed)

What is not included in the price?

- Nepal visa
- International flight & all domestic departure tax
- Lunch & dinner during hotel stay in Kathmandu
- During the lodge trek hot shower cost extra
- Personal gears & clothing (available on hire)
- Tips, any expenses incurred in emergency evacuation/road block due to any reason, table drinks, snacks while walking
- Rescue & insurance such as travel, cancellation, accident, health, emergency evacuation and loss

Trip Fact

- **Trip code**EHCS-56399
- **Destination**Nepal
- **Duration**3 days / 2 nights
- **Season**November to April

- **Group Size**Min. 2pax - 12pax +above
- **activities**Seti River Rafting