

# Nepal Extreme White Water Rafting Adventure

*Raft down one of Nepal's most exciting rivers on a thrilling adrenaline adventure, past stunning scenery, temples and beaches*

With its dramatic landscape and ancient traditions, Nepal is truly a wonder of the world. The world's highest mountain ranges plunge into lush valleys teeming with exotic wildlife, alongside remote monasteries and villages which scatter the landscape. From the savannah plains and tropical jungles of the south, to the temperate coniferous forests, and the remote plateaus of the Himalayas, Nepal is one of the most geographically diverse countries on earth.

Nepal has a wealth of biodiversity including over 800 species of bird, bear, monkey, rhino, elephant and even royal Bengal Tigers. Nepal's human population is just as fascinating and comprises a mix of Hindu and Buddhist cultures where the mix of ancient tradition and nomadic lifestyles create vibrant and lively communities. The spectacular capital city, Kathmandu, is home to magnificent and overpowering ancient temples, which are sure to fascinate you and leave you wanting to discover more about this alluring city and country!

Undertake an exhilarating white water rafting adventure down the Kaligandaki River and explore Nepal from its impressive waterways – an exciting experience which few will ever get to appreciate. Marvel at spectacular mountain scenery and admire the exquisite detail of cultural temples as you raft down choppy water rapids and float along smooth, calmer stretches in-between. What better way to explore this fascinating country!

## PROJECT HIGHLIGHTS

- Raft down one of Nepal's most holy rivers on a thrilling adrenaline adventure, past stunning scenery, temples and beaches
- Travel across Nepal by unconventional methods
- Create unforgettable memories
- This is a Frontier Connect project!

## FAST FACTS

<b>Location</b>	Kaligandaki River, Nepal
<b>Activities</b>	White water rafting Camping
<b>Accommodation</b>	Camping

## WHAT DOES THE PROJECT DO?

Lying at the foot of the Himalayan Mountains, Nepal is blessed with an amazing diversity of rivers. For a white water enthusiast or simply those of you wishing to give it a try, Nepal is a paradise for adrenaline seekers with an impressive variety of white water rafting adventures. In fact, with so many rivers, you could cut your journey times between Nepal's most popular destinations by using the waterways instead!

Named after Kali, the goddess of destruction, the Kaligandaki is said to be one of Nepal's most holy rivers. Beginning its journey high on the Tibetan Plateau in Mustang, the 'Mighty Kali' plunges down through the Himalayas, carving into one of the deepest gorges in the world between Dhaulagiri and Annapurna.

## **WHAT WILL I BE DOING?**

Your three day expedition will begin in the Himalayan foothills and see you raft down the Kaligandaki River working as part of a group with our experienced guides to ensure your safe and successful arrival at each camp. Along the river's course you will encounter exciting white water rapids, spectacular mountain views, traditional villages, endless suspension bridges, waterfalls, jungle rich in wildlife, deep gorges, cultural temples and beautiful white sandy beaches. Each night you will set up camp along the riverbank when the light begins to fade and spend the evening around the campfire. This adventure is bound to get your adrenalin flowing, while also offering a fascinating insight into a Nepal which may not always be easily accessible to the land traveller.

You will be accompanied by experienced English speaking guides and professional safety kayakers who will ensure your safety at all times. These guides have extensive knowledge of the area, so make sure you ask them any questions you have along the way, either about rafting or any of the cultural points of interest you pass.

## **WHAT HAPPENS WHEN I ARRIVE?**

You will fly into Kathmandu before making your way to the expedition meeting point in Pokhara. We will provide you with easy-to-follow instructions of where to meet the field staff and the rest of your expedition group prior to your departure.

We recommend that you arrive into Nepal prior to your project start date and allow yourself enough time to make your way to Pokhara which is a 6-8 hour journey from Kathmandu.

## **WHERE WILL I BE STAYING?**

Throughout your project you will camp at a series of white sand beaches next to the water's edge along the river's course. The Nepalese team will provide you with tents, mattresses and sleeping bags – needless to say, camping will be a thoroughly enjoyable experience as you spend your evenings getting to know your fellow travellers and local guides.

## **WHAT WILL I BE EATING?**

You will be provided with all meals for the duration of your project, and lots of refreshments in-between to keep your energy levels up! (Day One: lunch and dinner; Day Two: breakfast, lunch and dinner; Day Three: breakfast and lunch).

Meals will be provided in a buffet style incorporating both Western and Nepali dishes. You will receive a hearty full cooked breakfast with eggs, toast, and sometimes pancakes or porridge. Lunch is normally a combination of bread, cheese, fish and salads, and dinner tends to be pasta, potatoes, curries, vegetables or local Nepalese daal bhat. Snacks will also be available when you arrive at camp each day and may include popcorn, papadums, prawn crackers and soup. You will be surprised by the high quality of the food, cooked using simple facilities, and will enjoy it immensely as you look out onto beautiful surroundings.

## **COSTS**

Project fee	US\$ 295
Registration fee	US\$ 43

## **DEPARTURE DATES**

### **CHECK FOR AVAILABILITY BEFORE APPLYING FOR THIS POPULAR PROJECT!**

There are frequent departures between January and June. Most dates can be accommodated, please contact to discuss.

## **DURATION**

3 days / 2 nights

## **WHAT'S INCLUDED?**

### **Before you go**

- Pre-departure support & documentation
- Travel & medical advice & documentation
- Advice on visas & equipment
- Discounted medical kit
- Free Frontier t-shirt

### **In-country**

- Accommodation
- Food
- Project orientation & equipment
- In-country emergency support
- 24-hour international HQ back-up

## **AIRPORT INFORMATION**

Nearest airport(s): Kathmandu (KTM)

## CONTACT INFORMATION

Call us on 020 7613 2422 (UK) / 1 949 336 8178 (US)

Mail us on [info@frontier.ac.uk](mailto:info@frontier.ac.uk)

Check out our social media here:

*Project details were correct at the time this document was generated. Price, dates and other details are subject to change. Please see our website for current details for this project.*