

Himalaya Rafting Expedition

10 – 18 November 2023

8 days & 7 nights

Highlight:

Rafting in the dreamy Himalayan rivers, Alaknanda, and Ganga - 82 km rafting

Start of boating from the Alaknanda River, passing from the source of the Ganga (Devprayag) to Rishikesh, the capital of yoga.

Experience 4 nights stay in river camps and Himalayan forests.

Experience rafting in the wild river and exciting crossing of the roaring waves.

Accompanied by a team of the best international rafting guides.

Professional logistics and support team

Visit temples and ashrams in Rishikesh and Devprayag

Delicious Indian and international food during the trip

Making a documentary film about this rafting expedition

Level of difficulty: 3 of 5

All people between 10 and 55 years old can participate in this program if they have physical health and know how to swim.

Travel cost: 1190 euros per person

Services of the expedition part:

- **The head of the international executive team, Mr. Kianoush Mehrabi, a member of the board of directors of the World Rafting Federation and 30 years of experience in adventure tourism.**

- 3 days of rafting and traveling 82 km in Alaknanda and Ganga rivers (from Bhagwan to Rishikesh)

- 4 nights stay in river and forest camps
- Meals: breakfast, lunch, dinner, and snacks
- International professional team of rafting and kayaking guides
- Professional logistics and support team including driver, cook and crew
- Complete expedition equipment including individual and group rafting equipment, camping equipment, first aid.
- All transfers between Rishikesh and forest Camp and sailing start and end points.

Other services:

- 2 nights stay with breakfast in Delhi - 4-star hotel
- 1 night stay with breakfast in Rishikesh - 3-star hotel
- Visiting the city of Rishikesh
- Transfer between Delhi International Airport to the hotel of accommodation in Delhi
- Transfer from the accommodation hotel in Delhi to the accommodation hotel in Rishikesh by train or car
- Accompanying the leader team throughout the program
- Travel insurance

Excluded:

- Flight
- Visa
- Lunch and dinner out of the expedition time (first, second, seventh and eighth days)

Itinerary:

Day 1: Delhi - Arrival in Delhi and transfer to a 4-star hotel

Transfer to the hotel in Delhi and settle down. We stay the night in Delhi and rest.

Accommodation in Delhi: 4-star hotel

Services:

- Guide
- Transfer from Delhi airport to the hotel
- Hotel accommodation with breakfast

meals: -

Day 2: Delhi - Rishikesh, transfer to Rishikesh and city tour and stay at a 3-star hotel

Travel from Delhi to Rishikesh:

You will depart from Delhi, either by train or car.

In the afternoon, you'll arrive in the city of Rishikesh.

Rishikesh Activities:

After checking in and taking some rest at your 3-star hotel in Rishikesh, you'll have the opportunity to explore the city.

You'll visit temples and ashrams, immersing yourself in the spiritual and cultural ambiance of Rishikesh.

Witnessing the Aarti ceremony is a memorable experience, and you'll have the chance to partake in this beautiful ritual.

For dinner, you'll dine at a local restaurant, savoring the flavors of the region.

Expedition Preparations:

Upon returning to the hotel, you'll make final preparations with the executive team.

You'll organize your equipment, separating what's needed for the upcoming expedition (as per the provided list) from other items.

Accommodation in Rishikesh: 3-star hotel

Meals Provided: Breakfast

Services Included:

Guide: You will have the guidance of a knowledgeable guide throughout your stay in Rishikesh.

Transfer: Your transfer from Delhi to Rishikesh is included for your convenience.

Sightseeing: Explore Rishikesh's cultural and spiritual landmarks.

Hotel Accommodation: Your accommodation in Rishikesh includes breakfast to start your day.

Day 3: Hike & Forest Camp

Trekking in the Forest, Visiting Kailash Cave, and the Forest Camp

Early in the morning, after having breakfast at the hotel, we will depart from Rishikesh with our local guides. We will bring along the equipment essential for the expedition and leave the rest securely stored in Rishikesh.

Today, our journey leads us through the lush forest towards the Kailash Cave Temple. This cave houses a Baba who maintains the temple inside its depths.

Following our visit to the cave, we will explore the village situated in proximity. Afterwards, we will continue our trek, making our way to the forest camp, where we will pause for lunch.

In the afternoon, we will take a leisurely walk within the forest. Optionally, for those interested, we can make an additional trek to a nearby waterfall before returning to the camp.

Please note that this day is designed to be relaxing and gentle, allowing everyone to recharge and prepare for the forthcoming expedition. No strenuous activities are scheduled.

In the evening, dinner will be served at the forest camp, providing an opportunity to Savor a meal surrounded by the natural beauty of the forest.

Accommodation: Jungle Camp

Meals Provided: Breakfast, lunch, dinner, and refreshments.

Services Included:

Nature Guide: Throughout the day, a knowledgeable guide will accompany you, enriching your forest trek, cave exploration, village tour, and other experiences.

Forest Walks, Cave Visits, and Village Tours: You'll have the chance to immerse yourself in nature and local culture.

Transfer from Rishikesh to the Camp: Convenient transportation is provided from Rishikesh to the forest camp.

Accommodation at Forest Camp: Your stay at the forest camp encompasses meals, ensuring your comfort and sustenance during your forest retreat.

Day 4: Rafting & Camping (19 km rafting)

19 km Rafting from Bhagwan (Alaknanda River) to Beas Ghat (Ganga River), Crossing the Source of Ganga, and Visiting Devprayag

After a wholesome breakfast at the forest camp, we will depart for the starting point of the Alaknanda River rafting, which is approximately a 3-hour journey. Upon reaching the starting point, our expert executive team will already be there, fully prepared with equipment and lunch arrangements.

Lunch will be served by the riverbank as we prepare ourselves for the exhilarating rafting adventure ahead. Our program leader will provide essential safety briefings and program details. Following this, each team member will be equipped with their individual gear, including life jackets, helmets, oars, waterproof bags, and more. We will coordinate our rowing techniques and ensure that everyone is fully prepared for the journey.

The rafting expedition begins, taking us along the river's course. On this day, the route is relatively straightforward, with fewer challenging sections than what lies ahead in the coming days. We will have the opportunity to safely enjoy swimming in certain parts of the river.

Upon completing our day of rafting, we will set up our river camp on a picturesque beach. Here, we can relish the breathtaking views of the riverbank and the surrounding forest. Dinner will be served at the river camp, creating a memorable experience as we dine in the warmth of a campfire. We will fall asleep to the soothing sound of the flowing river water.

Accommodation: River camp

Meals Provided: Breakfast, lunch, dinner, and refreshments.

Services Included:

Professional Guides for Rafting and Kayaking: Our team of expert guides ensures your safety and enhances your rafting experience.

Specialized and Professional Rafting Equipment: We provide top-notch equipment to ensure your safety and enjoyment.

Accommodation with Breakfast, Lunch, and Dinner: Your stay at the river camp includes all meals, ensuring your sustenance during this exciting adventure.

Day 5: Rafting & Camping (28 km rafting)

28 km Rafting from Beas Ghat to Kadiola

The third day of our expedition begins with the sweet serenade of birds, gently waking us up to a new adventure. We kickstart our morning with stretching and limbering exercises to prepare for the day ahead.

Our breakfast is enjoyed on the picturesque riverbank, surrounded by the tranquility of nature. With equipment packed and ready, we embark on another day of thrilling rafting.

This leg of our journey covers approximately 28 kilometers, taking us through more challenging sections of the river, promising increased excitement and adventure.

We'll pause for a well-deserved lunch break at one of the stunning river beaches before resuming our river voyage.

Upon completing our day of rafting, we'll establish our river camp on a charming beach. Here, we can relish the scenic beauty of the riverbank and the enveloping forest. As evening descends, we gather around the campfire for dinner, creating lasting memories amidst the soothing sounds of the flowing river.

Accommodation: River camp

Meals Provided: Breakfast, lunch, dinner, and refreshments.

Services Included:

Professional Guides for Rafting and Kayaking: Our team of expert guides ensures your safety and enhances your rafting experience.

Specialized and Professional Rafting Equipment: We provide top-notch equipment to ensure your safety and enjoyment.

Rafting: Enjoy an action-packed day of rafting.

Accommodation with Breakfast, Lunch, and Dinner: Your stay at the river camp includes all meals, ensuring your sustenance during this thrilling expedition.

Day 6: Rafting & Camping (35 km rafting)

35 km Rafting from Kadiola to Rishikesh: The Final Stretch

The fourth day of our expedition begins with the enchanting melody of birds, coaxing us awake to another day of adventure. As we greet the morning, we engage in stretching and loosening exercises to prepare ourselves for the journey ahead.

Our breakfast is enjoyed on the serene riverbank, setting the stage for an exceptionally exciting day. Today is brimming with anticipation, as we are set to cover approximately 35 kilometers, promising a multitude of exhilarating and heart-pounding moments.

For a well-earned lunch break, we'll pause at one of the picturesque river beaches, recharging ourselves before continuing our thrilling river expedition.

In the afternoon, we'll reach the conclusion of our program at Nim Beach in the northern reaches of Rishikesh. Following the conclusion of our rafting program, we'll head to the jungle camp, where a delightful dinner and a lively music party await us, celebrating the successful culmination of our expedition.

End of the Expedition

We will spend the night at the forest camp, cherishing the camaraderie and shared experiences of our adventure.

Accommodation: Forest camp

Meals Provided: Breakfast, lunch, dinner, and refreshments.

Services Included:

Professional Guides for Rafting and Kayaking: Our team of expert guides ensures your safety and enhances your rafting experience.

Specialized and Professional Rafting Equipment: We provide top-notch equipment to ensure your safety and enjoyment.

Rafting: Enjoy an action-packed day of rafting.

Accommodation with Breakfast, Lunch, and Dinner: Your stay at the river camp includes all meals, ensuring your sustenance during this thrilling expedition.

Day 7: RISHIKESH-DELHI Stay at a 4-star hotel.

Following breakfast at the forest camp, we will begin our journey back to Delhi, making a few essential stops along the way:

We will start by returning to Rishikesh, where we will have a short visit to the city.

During our time in Rishikesh, we will collect our belongings and finalize preparations for our return journey.

From Rishikesh, we will set out for Delhi, reaching our hotel in the city by nightfall.

Once we've settled into our comfortable 4-star hotel in Delhi, we can relax and unwind after the exhilarating expedition.

Accommodation: Delhi - 4-star hotel

Meals Provided: Breakfast

Services Included:

Guide: You will have the guidance of a knowledgeable guide throughout your visit to Rishikesh and the return journey to Delhi.

Transfer from Jungle Camp to Rishikesh: Convenient transportation will be provided.

Transfer from Rishikesh to Hotel in Delhi: We ensure a hassle-free transfer back to your hotel in Delhi.

Breakfast: Start your day with a satisfying breakfast.

Day 8: Half-day sightseeing in Delhi - transfer to the airport and return flight.

After enjoying a leisurely breakfast at your hotel, you will embark on a half-day tour of Delhi, exploring the fascinating attractions the city has to offer.

In the evening, it will be time to bid farewell to your fellow travelers and the city of Delhi. We will provide transportation to either Delhi International Airport or Delhi Railway Station to ensure a smooth departure for everyone.

Meals Provided: Breakfast

Services Included:

Half-Day Tour of Delhi: Explore the captivating sights and experiences that Delhi has to offer, making the most of your time in this vibrant city.

Breakfast: Begin your day with a nourishing breakfast at the hotel

About the Trip

Leadership Team

Trip leader: Kianoosh Mehrabi

Kianoosh Mehrabi has been deeply involved in adventure tourism since 1995. Since 2002, he has successfully led numerous expeditions and adventure tours in the Himalayan region (India and Nepal) and various countries across the globe. His extensive qualifications and international recognitions include:

Certified International Rescue 3 Instructor specializing in raging water rescue in Europe.

An active member of the Board of Directors and the Chairman of the Sustainable Development Committee of the International Rafting Federation.

Holds international certifications for rafting supervision and guiding from the International Rafting Federation.

Boasts an impressive 27-year track record in conducting adventurous journeys in diverse parts of the world.

Has led more than 30 expeditions in the Himalayan region, navigating the rivers of Nepal and India.

Executive Team: International Guides from India

Our international executive team hails from India and comprises seasoned professionals in rafting and kayaking. Several team members have previously served as river guides at the invitation of Kianoosh Mehrabi in Iran, and they possess a deep understanding of Iranian tourists and their preferences. The team consists of rafting guides, safety kayakers, skilled cooks, experienced drivers, and dedicated crew members, all with a proven history of successfully leading expeditions and rafting trips in the Himalayas and other global destinations.

Ensuring Safety on the Trip

The safety of our participants is our utmost priority. To guarantee a secure and enjoyable journey, we adhere to the following safety measures:

Experienced Trip leader: Our trips are led by a highly qualified and experienced supervisor who has undergone extensive training in river and adventure trips. They hold international certifications, including being a certified river and rushing water rescue instructor from Rescue3 Europe. Moreover, they are internationally recognized as a supervisor and guide for rafting expedition trips in the Himalayas and other global locations.

Professional Executive Team: We employ an international team of professional rafting and kayaking experts who possess the required licenses to conduct river trips in India. They bring their expertise and experience to ensure the safety and enjoyment of our participants.

Prohibited Risky Activities: During the trip, risky and unsafe activities such as overturning the boat for fun or jumping from heights without the individual's consent are strictly prohibited.

Top-Notch Equipment: We use the best standard rafting and rescue equipment for the duration of the trip to guarantee your safety.

Swift Response: Our team is equipped with vehicles and drivers who are ready to assist at any moment. If the need arises to leave the river, they will promptly reach the team at the earliest possible location.

Comprehensive Insurance: All participants are covered by international insurance, providing an additional layer of protection.

First Aid and Rescue Gear: Our team carries a complete first aid kit and river rescue equipment on the boats to handle any unforeseen situations effectively.

Communication: We maintain communication with the outside world via mobile phones, ensuring that we can promptly seek assistance if required.

Your safety is our commitment, and we take every precaution to make your adventure both thrilling and secure.

Dining and Accommodation during the Expedition

Food:

At Expedition, we firmly believe that nourishment and rest are key to an excellent adventure trip. Providing you with the energy needed for the expedition is a primary responsibility of our executive team. We have a dedicated team of professional chefs and experienced crew members who are responsible for the preparation and supply of food throughout the journey. All meals and dining experiences during the expedition will be managed by our executive team. Our culinary offerings comprise a delightful blend of Indian and international cuisine to cater to diverse tastes and preferences.

Accommodation:

During the expedition, our dear fellow travellers will be accommodated in two types of camps:

Jungle Camp (Fixed):

Tent Characteristics: Spacious canvas tents with high roofs and comfortable beds.

Location: Situated amidst the lush Trumpet forests.

Camp Facilities: The Jungle Camp offers fixed tarpaulin tents with beds inside, along with modern amenities such as toilets, basic showers, fully equipped kitchens, and recreational areas for your enjoyment.

River Camp (Mobile):

Tent Characteristics: Lightweight and compact tents equipped with comfortable mats and sleeping bags.

Mobility: This camp is mobile, meaning the tents are transported in our rafting boats and set up at the designated campsite upon arrival.

We prioritize your comfort and well-being, both in terms of sustenance and accommodation, to ensure that your expedition is not only adventurous but also thoroughly enjoyable.

In Delhi and Rishikesh, we strive to provide comfortable accommodation options for the convenience and satisfaction of our valued travellers. It's important to note that the hotel standards in India may differ from international norms, where a 4-star hotel in India may offer fewer amenities compared to an ideal 4-star hotel by international standards. However, we are committed to selecting quality hotels that offer good facilities and services according to the group's standards.

Choice of Hotels:

The hotels selected for accommodation in Delhi and Rishikesh have been carefully chosen to align with the nature of our travel experiences, which involve expeditions and adventure activities. We understand that after engaging in adventurous activities in the heart of nature, our travellers appreciate the comfort of a well-appointed hotel. Therefore, our chosen hotels provide separate rooms with beds, private bathrooms, and other essential amenities to ensure a comfortable and refreshing stay. To balance comfort with cost considerations, we typically opt for a combination of 4-star and 3-star hotels.

Flexibility in Hotel Grades:

For those travellers who prefer a higher standard of accommodation, it is indeed possible to upgrade to higher-class hotels by paying the price difference. However, we do not offer the option of booking lower-grade hotels because it would compromise the quality standards of the K Expedition tour and may not meet the comfort and safety expectations of our participants.

Single Room and Tent Accommodation:

We do offer the flexibility to accommodate individual preferences. If a traveller desires a single room or prefers staying in a tent, this option is available by paying the additional cost associated with it. Your comfort and satisfaction are our top priorities, and we aim to accommodate your specific needs to the best of our abilities.

Clothing, Accessories, and Other Information for the Expedition

Clothing for Sun and Scratch Protection:

Throughout the expedition, it's advisable to wear suitable and long clothing to shield your skin from the sun and potential scratches.

Appropriate Rafting Attire:

Shoes: The best choice is sailing shoes or fabric-lined shoes for good grip and water resistance.

Clothes: For rafting, consider wearing either pants or stretchable pants, shorts, and a sailing shirt or sports shirt made of synthetic fibres. These materials dry quickly and provide protection.

Nighttime Camp Attire:

Warm Hat

Warm Gloves

Base Layer

Warm Jacket

Additional Accessories:

Headlamp or Flashlight with Extra Battery

Personal Waterproof Bag

Personal First Aid Kit and Personal Medication

Towel

Sunscreen

Sports Glasses (with straps)

Bringing Cameras or Mobile Phones:

Yes, you can bring a camera or mobile phone with you during the expedition. However, please note that taking photos during rafting itself is not possible for safety reasons. You can capture moments during rest stops in the camp. Additionally, our team may use GoPro cameras and other devices to document the program, and a cameraman and photographer will accompany the group on the final day to capture exciting moments.

Swimming Skills Requirement:

It is not mandatory to be a proficient swimmer to participate in the rafting expedition. All passengers are provided with life jackets and helmets for safety. While swimming skills are not required, individuals with swimming experience may find the trip more enjoyable and comfortable.

Physical Fitness Level:

While the program does not demand exceptional physical fitness, being in good physical condition can enhance your enjoyment of the expedition. We recommend doing stretching exercises and physical activities before the trip to better prepare yourself for the program's activities. However, participants of varying fitness levels can join and have a memorable experience.