



## Canyoning in Nepal

<b>Trip code</b>	
<b>Package name</b>	Canyoning in Nepal
<b>Duration</b>	
<b>Max. elevation</b>	m
<b>Level</b>	beginner
<b>Transportation</b>	
<b>Accomodation</b>	
<b>Starts at</b>	Kathmandu
<b>Ends at</b>	Kathmandu
<b>Trip route</b>	
<b>Cost</b>	USD 0 per person

## Highlights

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## Overview

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**Canyoning is an amazing full body and mind experience that enables you to explore some of the last forbidden places in the Himalayas.**

Canyoning is the sport of traveling down or in canyons using different techniques that generally include hiking, abseiling, jumping, climbing, swimming, and sliding. Canyoning is a sport that has a fantastic fan base that is growing all around the world. Around the world many people do canyoning in mountain canyons with moving water. Canyoning is frequently done in remote and rugged settings and often requires navigational, route-finding and other wilderness travel skills. Canyons that are ideal for canyoning are often cut into the bedrock stone, forming narrow gorges with numerous drops, beautifully sculpted walls, and sometimes spectacular waterfalls. Most canyons are cut into

limestone, sandstone, granite or basalt, though other rock types are found. Canyons can be very easy or extremely difficult, though emphasis in the sport is usually on aesthetics and fun rather than pure difficulty. A wide variety of canyoning routes are found throughout the world and canyoning is enjoyed by people of all ages and skill levels. In our canyoning trip we offer the canyoning in the canyon of Jalbire which is travelling 100km from the capital city along Araniko Highway driving within 3-4 hours' drive. This day trip offers spectacular views of the hills and villages and the wild life too.

#### About the trip

After breakfast in the morning, take a drive of 3 hours to the Last resort. On the way you can witness the mesmerizing views and the satisfying greenery of the surrounding hills along with the beautiful valleys. Once you reach the resort, there will be a short briefing and the clients get changed into wet-suite (provided in The Last Resort). You can wear your swimwear or undergarments inside the wet-suite. After that, you will have to hike for 15 minutes in order to reach the starting point. There are total 8 abseils and the level of difficulty increases after every abseil. The shortest one is 10 m whereas the longest one is 45 m. After some practice over handling the ropes and the trail downward, enjoy the day with the canyoning. After finishing canyoning, you will have to hike back to The Last Resort. You will then get changed into your clothes and sent for lunch. After that either you can do rafting or bungee jump from the Bhotekoshi bridge and head back to Kathmandu. Optional you can stay in the Last resort and explore the surrounding areas and overnight stay in the Last resort.

## Trip Itinerary

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Day :

## Inclusions

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What is included?

What isn't included?

Complimentary