

Rises on the south east slopes of Machpuchare and the follow suit as a fairer, typical Nepalese mountain a unique river passing through two beautiful and contrasting scenic areas blue and warm water. We recommend this as an ideal short trip within easy reach from Kathmandu or Pokhara, the river flows through beautiful jungle and numerous easy rapids. The usual starting point is Damauli on the Kathmandu to Pokhara highway between Mugling and Pokhara. The 2 day journey covers a distance of 32 k.m. Ending at the confluence of the Seti and Trisuli rivers.

**Trip Facts****Departure point:**

Kathmandu/ Pokhara

**River start point:**

Damauli

**River finished point:**

Narayanghat

**Out ward travel point:**

4-5 hours

