

## Kathmandu Valley Trek

Duration: 10 Days



Overview

<b>Trip Grade: Easy</b>	<b>Max Altitude: 2400m</b>
<b>Activity: Sightseeing, Trekking, Hiking</b>	<b>Group Size: 02-12 People</b>
<b>Arrival On: Kathmandu, Nepal</b>	<b>Departure From: Kathmandu, Nepal</b>
<b>Meals: All meals during trek &amp; breakfast in Kathmandu</b>	<b>Accommodation: Stone Built Houses (tea houses) during trek</b>

**Kathmandu Valley Trek** provides you the opportunity to enjoy the panoramic views of snow-capped peaks, explore the cultural richness and natural diversity, and experience the sense of adventure without going far too quickly from the Kathmandu valley. For the trekkers and explorers who shy from ascending to a higher altitude and traveling to remote destinations for wilderness and scenery, Kathmandu Valley Trek is a perfect option. In this adventure outside the urban sprawl of this valley listed in **UNESCO World Heritage Site List**, you can have panoramic views of Himalayas (from Everest and Numbur Peaks in the east to the Annapurna and Manaslu in the west), diverse flora and fauna, historical and religious sites, heritages with excellent architecture and raw natural wilderness. Kathmandu Valley Trek is one of its kinds. Kathmandu Valley Trek begins the exotic adventure in the rim of Kathmandu valley with an exploration of the heritage within the Kathmandu city. From the religious heritages of Pashupatinath Temple, Swoyambhunath (the Monkey Temple) and Boudhanath Stupa to the royal palaces, temples, museums and intricate architecture of the Durbar Squares, Kathmandu valley has a lot to boast of. Ahead in our adventure, we shall begin the exploration of surrounding destinations with the traverse through the Shivapuri National Park and explore its rich biodiversity from the trail head of **Sundarijal** and head to **Chisapani**. Leaving this beautiful settlement with the view of wide stretched mountains, next day we continue to **Nagarkot**, the most popular hilltop around Kathmandu with incredible sunrise and sunset view, and a delightful panorama of Himalayas. We then explore the lush terrains, rural settlements with ochre thatched farmhouses, thick forest with colorful rhododendron, magnolia and Sal trees, bird watching spots, ancient temples and monasteries as we traverse through the settlements of **Namobuddha**, **Balthali**, and **Dhulikhel**. Completing this circuit at **Panauti**, we drive back to Kathmandu and call it a day. From the coexistence of tradition and modernity in Kathmandu to typical Nepalese countryside in Balthali and Panauti, [Kathmandu Valley Trek](#) provides you contrast and diversity. Kathmandu Valley Trek is a short and easy trekking experience without ascent to high altitude until about 2500m and thereby almost nil chances of altitude sickness for you. Trekkers like you are required to have average fitness



# Himalayan Holyland Treks & Expedition Pvt. Ltd.

Kaldhara Marga, Thamel, Kathmandu, Nepal

[www.himalayanholylandtreks.com](http://www.himalayanholylandtreks.com)

level and a passion to explore the unknown for better enjoyment. For the best of this trekking trail, you are advised to embark on this journey in the months of February to March and from October to December. Contact soon to **Himalayan Holyland Treks and Expedition** to get the best experience of Kathmandu Valley Trek.



## Itinerary

### Arrival in Kathmandu (1350m) & transfer to hotel.

Arrival in Kathmandu (1350m) international airport and transfer to hotel at **Thamel**-small meeting about your trip at the evening time.

### Sightseeing in Kathmandu UNESCO World Heritage Sites.

Sightseeing in Kathmandu **UNESCO** World Heritage Sites: Starts at morning after your breakfast. We visit 4-5 different destinations. The car will come at your hotel to pick up and they drop you at the evening.

### Kathmandu to Sundarijal & trek to Chisapani (2150m).

Kathmandu to Sundarijal trek to Chisapani (2150m)-one hour drive and 5 hours walk through the jungle and village. Lunch at Mulkharka village. This day we can see beautiful mountains of Langtang and Ganesh Himal Range.

### Chisapani to Nagarkot (1932m)-6 hrs.

Chisapani to Nagarkot (1932m)-walk about 06 hours-3 hrs through jungle and 3 hrs through villages. Lunch at Jhule. From here we can see perfect view of Sunset and Sunrise.

### Nagarkot to Dhulikhel (1550m), 6hrs.

Nagarkot to Dhulikhel-Walk about 06 hours-lunch at Kashi bhanjyang or Rabi Bhanjyang.

### Dhulikhel to Namobuddha (1750m), 4hrs.

Dhulikhel to Namobuddha (1700m)-walk about 3 hrs-lunch at Namobuddha. Here we visit monasteries, see many monks, beautiful landscapes surrounding and we participate at **puja** at the morning and if possible at late afternoon also.

### Namobuddha to Balthali village (2500m), 4hrs.

Namobuddha to Balthali village-walk about 4.5 hours-lunch at Panauti. We visit beautiful Panauti city, old Panauti, Bramhayani and Indreshwor temple also.

**Balthali to Panauti (1340m) and drive to Kathmandu.**

Balthali to Panauti and drive to Kathmandu-Walk about 1.5 hrs to Panauti and drive to Kathmandu about 1.5 hrs through Banepa, Sanga and Bhaktapur city-Lunch at Kathmandu.

**Rest & exploration day-in Kathmandu.**

Rest day in Kathmandu-this day you have good rest,do shopping whatever you want for your friends and relatives as a gift from Nepal and explore local market of Kathmandu yourself near by your hotel.

**Final departure day to your destination.**

Final departure day-we will drop to airport to you by our representative and say good bye.



## Cost Includes

- => Airport pickup and drop in a private vehicle.
- => Hotel accommodation in B/B basis in Kathmandu.
- => Tea house accommodation during the trek.
- => Three times meal for you during the trek.
- => Farewell dinner in Kathmandu.
- => All the transportation as per the itinerary.
- => A professional guide for trek and sightseeing.
- => Porter service (2 trekkers: 1 porter).
- => Insurance for guide and porters.
- => Food and accommodation for your guide and porters.
- => All necessary documents (Entry Permits of Sivapuri National Park).
- => Nagarkot entry fee.
- => All government and local taxes.
- => Medical kit.
- => Trekking map as itinerary.
- => T-shirt from the company.
- => Trip completion certificate.

## Cost Excludes

- => Visa for Nepal.
- => International flight to and from Kathmandu.
- => Lunch and dinner in Kathmandu.
- => Travel and rescue insurance of clients.
- => Personal expenses: Shower, bar bills & laundry service.
- => Extra night accommodation in Kathmandu and Other destination in exception of the itinerary.
- => Tips for guide and porters.