

## **6 Days Nepal Kathmandu View Cultural Trekking**

The Kathmandu valley cultural Trekking Trail is a newly developed trekking trail. It is a moderate trekking that displays the best of Nepal's rural culture and stunning Himalayan views that can be enjoyed with simple preparation and minimum equipment. It is more like an extended walk that has a lot to offer - culturally, visually and physically. Convenient location and ease of access make it one of the best budget treks for those who have limited time in Nepal.

Main Attractions: Hike through Shivapuri National Park, Panoramic views of Mountains from Chisopani, including Manaslu, Ganesh Himal, Annapuna, Langtang mountain range, Explore hilly people lifestyle, best sunrise and sunset view from Nagarkot. Visit ancient temple Changunarayan (Listed in World Heritage Site)

### **Detailed Itinerary**

**(B= breakfast, L=lunch, D=dinner)**

**Day 01:** Arrival in Kathmandu and transfer to hotel. Our airport representative waiting for you holding “Trekking Guide Team Adventure” play card and he will escort to the hotel. In the hotel, our manager will give you briefing about your trip. Overnight in Kathmandu,

**Day 02:** Drive to Sundarimal (1460m) 01 Hr and trek to Chisapani (2165m) 06 Hrs

Drive to Sundarimal which is 13 km. from Kathmandu. Sundarimal is situated at the elevation of 1460m from where the trek starts. Beyond Sundarimal, the trail climbs continuously through forest to a medieval looking reservoir, the dam and waterworks. The trail leaves the water supply system and climbs steeply to a road to 1550m. Then cross the road and continue climb to the top of the Shivapuri National Park, the first village on the trail with the sprawling Tamang settlement of Milkshake at 1895m. There are few small tea shops where you can sit for a cup of tea and enjoy a spectacular panoramic view of the Kathmandu Valley. Beyond Mulkharka, the trail continues to climb steadily. After passing through an army camp, the trail enters the Shivapuri National Park. Most of the Shivapuri ridge is dense forest of pine and oak. Climb continues down the ridge through a forest of oak and rhododendron to Chisapani at 2165m.

**( normal tea house or lodge which is run by Nepalese family, no name) (B/L/D)**

**Day 03:** Trek Chisapani to Nagarkot (1932m) 08 Hrs

If weather is clear, you will see sunrise view with snowcapped mountain. After breakfast, you proceed to flat trails for about 3 hours. The trail descends almost two hours then you will reach small village called Chowki Bhanjyang where you will have lunch. Beyond Chowki Bhanjyang, the trail is flat for almost one and half hours then 30 minutes ascend to arrive at the beautiful

Hill station called Nagarkot, situated at an altitude of 2175 m. which provides the grand stand panoramic views of the Himalayas. You can see five of the fourteen tallest mountains in the world, including Mt. Everest Region(8848 m.). Other mountains are Lhotse (8516 m.), Cho Oyu (8201 m.), Makalu (8463 m.) and Manaslu (8163 m.) and many other lesser summits. The view of the peaks looks gorgeous during Sunrise and Sunset.

Overnight at Nagarkot hotel. (B/L/D)

**Day 04:** Trek to Changunarayan (1700m) 03 Hrs and drive to Kathmandu 01 Hr

After breakfast, an easy walk down to Changunarayan Temple, listed in the world heritage site. This is a fifth century made Temple located over a hillock 15 km. east of Kathmandu and is full of artistic works on metal and wood. Inscription dating back to 464 AD found here are the first epigraphic evidences of Nepalese history. After a visit to this Temple, drive back to Kathmandu and relax.

Overnight at Kathmandu hotel (B/L)

**Day 05:** This day after breakfast we will go for sightseeing, sightseeing covers Monkey temple, Boudhanath, Pashupatinath, Patan Durbar Square and back to hotel. The sightseeing entrance fee of 2600 NPR per person is not included in the cost, this will be your additional which you can pay directly at the sightseeing place. Overnight at hotel. (B/,D)

**Day 06:** Departure to onward destination. Drop by car to the airport. (B)

**Cost Includes:**

- Airport pick up and drop by car or by van.(depend on Group size)
- 3 Nights hotel in Kathmandu three star category hotel with Bed & Breakfast, twin sharing basis.( Hotel Thamel or DOM Himalayan or similar category)
- 1 night accommodation in Nagarkot (Hotel View point, twin sharing basis)
- 1 night accommodation chisopani (run by Nepalese family tea houses, outside toilet)
- 2 Nights/3 Days Kathmandu Valley Trekking,
- Transportation, breakfast, lunch, dinner, accommodation during the trekking as per itinerary.
- One English speaking trekking guide.
- Shivapuri National Park Permit for day 2
- 1 Day sightseeing in Kathmandu valley with guide by car
- Typical Nepali cultural dinner

**Cost Excludes:**

- All Bar Bills, mineral water, coca cola
- Nepal visa fee which is you will pay in open arrival in Kathmandu airport. Per person \$30 USD
- Personal Expenses
- International flight ticket
- Your lunch and dinner in Kathmandu
- Shivapuri National Park Permit for day 3 (6 USD per person)
- Changunarayan Royalty fee Nrs. 339 per person
- Nepal travel insurance.
- Equipment: Sleeping bag, hiking shoes, personal towel, torch light, hiking shirt-pant, some warm clothes, sun glass, sunscreen, socks, some medicine for headache, fever, handiplast, bandage, pain killer, stomach ache, diarrhea, (You can hire or buy sleeping bag easily in Kathmandu)
- All entrance fees while sightseeing in Kathmandu valley NRS2600 per person
- Tips for guide and driver according to your main interest

**Risk & Liabilities:** We are committed to providing the best services which will give you a once in a life time journey. We perform our duties honestly & seriously to make your journey very smooth & pleasant. However, the entire programs in Nepal are conducted strictly under the rules and regulation of their own policies. Trekking Guide Team adventure Pvt. Ltd shall not be responsible for any changes in the itinerary due to unavoidable circumstance such as govt. restriction, Land slide, road blockage, flood, snow political unrest, cancellation of flight, delay, sickness or accident, Any extra cost incurring there of shall be borne by the clients on the spot

As Nepal is an underdeveloped country, our country's facility and standard cannot match as per yours. But we will always provide you the best facility and service as per Nepal's standard