



Himalayan Quests

Kathmandu Valley Rim Trek

Few people trek around the Kathmandu Valley, yet it offers a rich insight in to the lives, history and culture of its inhabitants. The Valley rim lies between 1800m and 2800m and in spring offers early flowering rhododendrons and in the autumn and winter wonderful mountains vistas can be seen, which, from certain viewpoints, stretch from Everest in the east to the Annapurnas in the west.

This trek is a comparatively easy one and is well suited for those who are travelling with children and those who are limited by time. Although graded easy, it has some steep uphill and downhill sections, so a reasonable level of fitness is required.

A set of well-worn hiking boots with a couple of pairs of good hiking socks are essential. No technical equipment or mountaineering experience is required. While porters will carry the majority of your luggage, you will need to bring a daypack to carry necessary items for quick access during the trek, such as sun cream, water, snacks, camera, toilet roll and a warm layer. A full kit list will be sent to you upon confirmation of your participation on the trek.

Itinerary

Day 1: Trek briefing and preparation

Day 2: Sundarijal to Chisapani 5-6 Hours. Max elevation 2194m

Drive from Kathmandu to Sundarijal (approx 40 mins) and commence your walk to Chisapani. Today you will gradually hike uphill through Tamang villages and terraces as you slowly wind your way to Chisapani (2194m) from where you can see superb views of the Himalayas.

Day 3: Chisapani to Nagarkot 5-6 Hours. Max elevation 2020m

From Chisapani you trek to Nagarkot (2020m). Today's walking is gentler than day one as you contour the valley rim to reach your destination. Nagarkot is another hill top village and offers an even better vantage point for mountains, sunset and sunrise views.



Day 4: Nagarkot to Changunarayan 3 – 4 hours

Trek down hill to Changunarayan Temple, the oldest temple in the Kathmandu Valley dating back to the 4th century AD. This Shiva Temple is adorned by some of the best specimens of stone, wood, and metal craft and it is hailed as the epitome of culture, religion, history and faith in the Kathmandu Valley. From Changunarayan you will drive back to Kathmandu.

On your return to Kathmandu, it is possible to bolt on a visit to Bhaktapur, a beautiful, ancient, Newari city, one of the 7 UNESCO World Heritage sites in Nepal.

Note: The trek itinerary is a guide only and may be subject to change at short notice

Cost

For costs and further inquiries please contact us at info@himalayanquests.com