

Trip Name : Sundarijal Nagarkot Trek

Starting Point	Drive in KTM-Sundarijal
Ending Point	Drive out Changunarayan-KTM
Type	TeaHouse/Lodge Trek
Grade	Easy
Duration	3 Days
Daily Walk	4-5 hours
People in Group	Minimum 1 and Maximum 12
Best Time	March to mid-May and September to mid-November
Max. Elevation	2215 mt.

Trip Highlights:

- The closest trek available from Kathmandu
- Mixed culture of Newar, Kshetri and Brahmin Societies
- Birds eye view of Kathmandu valley
- The panoramic views of Langtang Himalayan range
- The great countryside, terrace farming and beautiful landscapes
- The diversity of flora and fauna including some rare bird species
- The Best sunrise and sunset views from Nagarkot

Trip Details:

Sundarijal Nagarkot is the shortest trekking available closer to Kathmandu located at 12km north from the downtown. This trek is also known as Shivapuri trekking as it is situated in the Shivapuri National Park, the newly declared national park in Nepal. Sundarijal serves as the main entrance of trekking routes to Gosainkunda, Helambu, Nagarkot and the Langtang National Park. The park is the famous watershed area and the biggest resources of Kathmandu's drinking water supply. The park is spiritually significant with several religious and cultural heritage sites for the Hindus as well as Buddhists including peaks of Shivapuri, Manichud, Tarkeswor and the source of the Bagmati and Bishnumati rivers. The Shivapuri trek offers breathtaking spectacular views of Kathmandu Valley from the top of Shivapuri ridge. The Park is situated between the subtropical and temperate climate zones, rich in flora and fauna with sub tropical hardwood, oak, rhododendron and pine along with many species of mushrooms and a variety of orchids. A large variety of butterflies and bird species, nine of which are considered under threat and the wildlife such as sloth bear, jungle cat, leopard and monkeys are found in the park. The last leg of the trek takes us to Nagarkot. Nagarkot is a popular hill station and favourite destination for many visitors to Nepal. The trek finishes at Changunarayan, a fifth century made Temple located over a hillock 15km east of Kathmandu.

Best time for this trek:

Trekking around Kathmandu valley is possible throughout the year however the best times considered for this trek are from the beginning of March to mid of May and from the beginning of September to mid of November. The days are sunny and warm here and the nights are not the freezing. The Sundarijal Nagarkot is a popular trail even for winters and summers. It is not very cold in winter on this trail but the summers are wet. April and early May is a good time to see the trees bursting into bloom, with Rhododendrons, adding a spectacular splash of color to the landscape. The views are simply great after the summer monsoons have cleared the atmosphere of dust. This trail is more popular as all season trails.

Experience Required:

We have categorized Sundarijal Nagarkot trekking as easy trek and are suitable for passionate trekkers who are looking for short trekking holidays and prefer to walk at least 4-5 hours each day. Regular exercising and jogging for some weeks prior to the trip is a good idea to enhance your strength and stability.

How We Make This Trip Responsible?

Trekking Encounters promotes Responsible Tourism and strictly follows the responsible travel guide lines.

Cost Includes:

- All kind of trekking permits
- Three meals (B/L/D) a day on trekking from teahouse/lodge
- Accommodations at teahouse/lodge in the mountains
- An English speaking Trekking Guide
- A porter shared between two trekkers
- Staff insurance, salary, food, accommodation and their transportation
- Kathmandu-Sundarijal and Changuarayan-Kathmandu overland transfers by public bus [*Private vehicle available on request and extra*]
- First aid kit box
- Emergency co-operation service

Complimentary:

- A Trekking Encounters T-shirt
- A farewell Nepali dinner with live culture program

Cost Excludes:

- Hotel and meals in Kathmandu
- Bar and beverages bills, bottled water
- Nature of personal expenses
- Personal cloths and equipment such as sleeping bag, jacket, boots etc.
- Insurance for accidental, medical and evacuation
- Tips to the staff
- International Airfare and Taxes

Add-Ons:**Kathmandu City Tour**

Activity: Cultural tour to the World Heritage Sites.

Major sites: Swoyambhunath, Boudhanath, Pashupatinath, Kathmandu/Patan/Bhaktapur Durbar Square and Changuarayan Temple.

Duration: Full/Half day.

Frequency: Tour can be organized in any day and at your suitable time.

Cost: US\$ 50 per person. Group discounts available.

Ground transfer: Included by a private vehicle as per group size (Car/Van/Bus).

Guide: English Speaking City Tour Guide included. Additional language Guides are also available on demand.

Meals: Not included.

Entrance fee: Applicable and not included.

Mt. Everest Flight

Activity: Mount Everest sightseeing flight.

Duration: One hour.

Frequency: Everyday in the morning between 6am to 9am.

Cost: US\$ 224 per person. Group discounts available.

Ground transfer: Included by a private vehicle. Two persons minimum needed.

Airport tax: Included.

Airline: Buddha Air, Simrik Airlines and Yeti Airlines.

Jungle Safari in Chitwan National Park

Activities: Jungle safari on elephant-back, jungle walk, canoe ride, jeep drive, experience of Tharu culture.

Accommodation: Resorts, Hotels and Lodges.

Transportation: Private Car included (Kathmandu/Pokhara-Kathmandu).

Meals: Included.

Duration: 3 days and 2 nights.

Cost: Starts from US\$ 225 per person.

Jungle Safari in Bardia National Park

Activities: Jungle safari on elephant-back, jungle walk, boat ride, jeep drive.

Accommodation: Jungle lodges.

Transportation: Not included.

Meals: Included.

Duration: 4 days and 3 nights.

Cost: Starts from US\$ 475 per person.

Bird Watching in Koshi Tappu Wildlife Reserve

Activities: Bird watching, boat ride and wildlife viewing on jeep drive.

Accommodation: Resorts, Tented camps.

Transportation: Not included.

Meals: Included.

Duration: 3 days and 2 nights.

Cost: Starts from US\$ 480 per person.

Rafting in Nepal

Trishuli River: 2/3 Class – 1 Day – 17 Kilometers – Cost starts from US\$ 30 per person.

Seti River: 3 Class – 2 Days – 32 Kilometers – Cost starts from US\$ 80 per person.

KaliGandaki River: 4 Class – 3 Days – 56 Kilometers – Cost starts from US\$ 140 per person.

BhoteKoshi River: 4/5 Class – 2 Days – 18 Kilometers – Cost starts from US\$ 85 per person.

- **Cost includes:** Top quality Rafting equipment, Highly trained Crew, Well organized camping, Hygienic food.

- **Transportation:** Bus transportation included and depends.

Bungy Jumping / Canyoning / Paragliding / Ultralight Flight

We can check and deliver information and cost as per your interest received for Bungy Jumping, Canyoning,

Paragliding and Ultralight Flight. Bungy and Canyoning can also be customized together.

Shopping Tours

Package available on demand.

Shopping items: Pashmina items, Paubha/Thangka, Woolen Carpets, Root Art, Ceramics, Shaligram (Holy Rocks), Masks of deities, Khukuri, Tea, Spices, Garments and Knitwear, Musical Instruments and Music, Glass Ornaments, Jewelry and Gems, Metal Wares, Sculptures, Wood Carvings, Rudraksha (Rosary), Incense, Natural Buttons, Fiber Products, Wood Game Boards, Fancy Hats, Bamboo Crafts, Bags and Accessories, Leather Articles, Lokta Paper and items made by Lokta, Nepali Dolls, Home Decors, Books and Maps and innumerable other unique items which are found nowhere else.

Trip Itinerary:

Day 01 : Drive Kathmandu to Sundarijal and trek to Chisapani (2,215m/7,267ft).

We drive about 12km from Kathmandu to Sundarijal. Sundarijal is situated at the elevation of 1350 meters (4,429ft) where we start our trek. Beyond Sundarijal, 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 1550 meters. Then cross the road and continue climb to the top of the Shivapuri ridge, the first village on the trail with the sprawling Tamang settlement of Milkshake at 1895 meters. There are few small tea shops where you can stop 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 the army camp, the trail enters into Shivapuri National Park. Most of the Shivapuri ridge has dense forest of pine and oak. Climb continues down the ridge through a forest of oak and rhododendron to Chisapani. Stay overnight in Chisapani or Chisopani (Cold water) at a teahouse. Trekking time 4-5 hours.

Day 02 : Trek Chisapani to Nagarkot (2,195m/7,201ft).

After breakfast, we precede our trek on the flat trails for about 3 hours. The trail descends almost two hours then we will reach a small village called Chowki Bhanjyang where we will have our lunch. Beyond Chowki Bhanjyang, the trail is flat for almost one and half hours then 30 minutes ascend to arrive at the popular hill station called Nagarkot. Nagarkot provides great panoramic views of the Himalayas. We can see five of the fourteen tallest mountains in the world, including part of Mt. Everest (8,848m/29,028ft) from here. Other mountains are Lhotse (8,516m/27,941ft), Cho Oyu (8,201m/26,907ft), Makalu (8,463m/27,767ft), Manaslu (8,163m/26,782ft) and many other lesser summits. The view of the peaks looks gorgeous during Sunrise and Sunset. Stay overnight at a hotel in Nagarkot. Trekking time 5-6 hours.

Day 03 : Trek Nagarkot to Changunarayan and drive to Kathmandu via Bhaktapur.

After breakfast, we take an easy walk down to Changunarayan Temple, listed as the world heritage site. This is a fifth century made Temple located over a hillock 15 kms 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, we have a chance to stop in Bhaktapur city too, a great collection of ancient arts and culture. There are many monuments of historical significances including the five storey Temple known as Nyatapola, 55 Windows Palace, Golden Gate and Lion Gate, etc.

We continue our drive back to Kathmandu and relax in the hotel. Trekking time 2-3 hours.

Option available for extending your trip with Jungle Safari adventure, white water rafting or a trip of

your choice.