



# KATHMANDU VALLEY RIM



**COUNTRIES VISITED:** **NEPAL**

**TRIP TYPE:** Trekking

**TRIP GRADE:** Moderate

**TRIP STYLE:** Hotel

**NAN Based On 0 Reviews**

**KG Carbon Footprint**

**TRIP LEADER:** Local Leader

**GROUP SIZE:** 2 - 10 people

**NEXT DEPARTURE:** 01 Oct 2022

**9 Trees Planted for each Booking**

Kathmandu Valley Rim is a five day trek around the hills surrounding the Kathmandu valley visiting places with superb panoramic views of the Himalaya mountains.

Many visitors to Nepal leave too soon for the mountains and do not visit the Kathmandu valley. During the Kathmandu Valley trek you stay at mid level hotels. We will transport your luggage to the next hotel by private car. You can also use our vehicle if you prefer to drive sections of the trail.

We visit the most important religious and cultural sites of Kathmandu. Over the nine days we see five out of the seven World Heritage sites. On the second day we have a day sightseeing in Kathmandu with a guide. We visit Patan Durbar Square, Boudhanath and the Hindu shrine of Pashupatinath.

We start the walk at the World Heritage site of Changu Narayan located north of Bhaktapur. During the hike we see rural areas with farmhouses in traditional villages. Along the way we see a landscape of rice terraces, orange orchards and forests. Every place we stay during the trek has views of the Himalaya. The views are different providing unique angles of the mountain range in Nepal. The vista on this trek stretches from Manaslu and Annapurnas in the West to the distant pyramid of Mount Everest, Numbur and Karyolung in the East.

Your wonderful journey ends in the old capital city of Bhaktapur in Kathmandu valley. If you would like to

stay at higher quality hotels then take a look at our [Luxury Kathmandu Valley trek](#).

## REASONS TO CHOOSE US

- We are Himalayan trekking specialists having operated trips in Nepal for many years. [Roland Hunter](#) has designed the itinerary from his first-hand experience of this trek.
- Our [AITO Traveller Reviews for Kathmandu Valley](#) have a holiday rating of 100%. Based on client feedback we won the 2018 Gold Award as AITO Tour Operator of the Year. Read more about our [Testimonials and Awards](#).
- We pay for private weather forecasts from EverestWeather.com. We also use in house forecasting throughout the duration of this trek.
- We bring a comprehensive medical aid kit.
- Our team with first hand knowledge of this trek provides pre trip support. During high season we have someone from our UK Operations team based in Kathmandu.

## WHAT'S INCLUDED

- All internal transport and transfers including airport collections.
- One day sightseeing in Kathmandu with Nepalese cultural guide and private vehicle.
- Twin share room at Hotel Tibet or Hotel Ambassador in Kathmandu, Club Himalaya in Nagarkot, Dhulikhel Lodge Resort in Dhulikhel, Namobuddha Resort near Namobuddha monastery, Baltali Resort in Baltali and Hotel Planet Bhaktapur in Bhaktapur.
- Breakfast only at Hotel Tibet in Kathmandu. All meals included at other places on itinerary.
- Trekking arrangements. Including permit and fees, Nepalese guides and vehicle transport.
- We provide one trekking guide for a group size of two people. We provide two guides for a group size of three people and three guides for group size of six people plus.
- Trekking map given to you on arrival to Kathmandu.
- Rubberised luggage tag posted to you before departure.
- Full financial protection. Our Air Travel Organiser's Licence (ATOL) number is 10921. Our Association of Bonded Travel Operators Trust (ABTOT) membership number is 5365).
- Pre departure support and advice from The Mountain Company. We are available by email, phone or face to face meetings.

## WHAT'S NOT INCLUDED

- International flight to/from Kathmandu.
- Travel & trekking insurance.
- Nepal visa for 15 days.
- Lunch and evening meals in Kathmandu.
- Personal clothing & equipment, please see the Appendix for suggested kit list.
- Tips (guidance on amounts included in our "Nepal Pre Trip Information" notes).
- Other items not listed in "What is included".

## ITINERARY

### DAY 1: ARRIVE IN KATHMANDU (1,400M)

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Arrive in Kathmandu

No meals

Hotel Tibet in Kathmandu

Flying into Kathmandu on a clear day is in itself an unforgettable experience. The Himalayan peaks are only a short distance north of the capital of Nepal as seen from the plane. After customs, you will pass into the passenger pick-up area outside the building. You will see a Mountain Company signboard. Our

representative will be waiting to welcome you to Nepal. After transferring to your hotel we will give you a full trek briefing. The rest of the day will be yours to explore Kathmandu and to make final preparations for the trek. You will hear the Nepalese word for hello 'Namaste', you will never forget that word after this holiday.

## **DAY 2: SIGHTSEEING IN KATHMANDU**

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Sightseeing in Kathmandu

Breakfast

Hotel Tibet in Kathmandu

This is a one day guided sightseeing tour of the Kathmandu Valley. We visit three out of the seven World Heritage Sites. You start off by visiting Patan Durbar Square. Afterwards you drive to the Buddhist stupa at Boudhanath. The last stop of the day at the Hindu shrine of Pashupatinath. The tour is likely to finish around 4pm and the rest of the day is free to further explore Kathmandu.

Three major towns in the valley, Kathmandu, Patan and Bhaktapur. Each place has great artistic and architectural traditions. Kathmandu is the capital and the largest city in the country. Patan, the second largest separated from Kathmandu by Bagmati river. Bhaktapur, the third largest, is towards the eastern end of the valley. Its relative isolation reflected in its slower pace and more medieval atmosphere. In Kathmandu there is a bustle of activity especially in the bazaars and markets. While the city has expanded over the last 10 years it is still possible to see traditional buildings and temples.

## **DAY 3: DRIVE TO CHANGU NARAYAN (1,500M), WALK TO NAGARKOT (2,040M)**

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Drive to Changu Narayan (1 1/2 hours)

Walking 6 hours

Breakfast, Lunch and Dinner

Club Himalaya in Nagarkot

After passing Bhaktapur we drive up a ridge to Changu Narayan. This is an important Hindu temple dedicated to Lord Visnu. This is the oldest temple in Nepal dating back to the 5th century. After a visit to the temple we start the trek along a forested ridge. There are views of rice fields down on the valley floor. After Tilkot Forest Reserve we join the road to Nagarkot. After walking on the road for a short section we turn off onto a trail. This ascends through fields to Nagarkot town. A short distance above the bazaar is our hotel for the night at Club Himalaya.

## **DAY 4: WALK TO DHULIKHEL (1,600M)**

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Walking 7 hours

Breakfast, Lunch and Dinner

Dhulikhel Lodge Resort

From Nagarkot we walk along the ridge on the edge of Bageshwari Forest Reserve. Soon we pass the Nagarkot View Tower. We continue walking along a tranquil trail to the junction at Rohini Bhanjang. From here we keep going straight along the ridge. After ½ hour we descend passing through terraced fields and

farms towards Tanchok village. Before arriving at Tanchok you turn left on the road to ascend a ridge with Buddhist stupa on the summit. There is a superb 360 degree view of the Himalaya peaks and also down to Kathmandu valley. From the stupa we follow the ridge through Opi Village and onto the View Tower. From here we descend to Dhulikhel town.

Dhulikhel is at the eastern rim of Kathmandu Valley at 1,550m above sea level. The oldest area of the town is an assembly of fine old Newari houses. These are often occupied by twenty or more members of the extended families. The houses have fine Newari craftsmanship with carved windows and doors. The panorama from Dhulikhel is majestic with Himalayas spreading from East to West. There are views of more than twenty Himalayan peaks. These include Ganesh Himal (7,429m), Langtang (7,234m) Gaurishanker (7134m) and Lhotse (8,516m).

## **DAY 5: WALK TO NAMO BUDDHA (1,800M)**

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Walking 5 to 6 hours

Breakfast, Lunch and Dinner

Namo Buddha Resort

We walk up through Dhulikhel town and exit on a trail at the top end. We follow steps up to the Kali temple. From here we descend to the road near the village of Kabrechhap. We cross the road and walk up a small trail to Namu Buddha. This walk is lovely as we pass through farmhouses and terraced fields. We arrive at Namu Buddha Resort located on the ridge before the monastery. In the afternoon we will visit the monastery. Namu Buddha is one of the most important Buddhist sites in Nepal.

## **DAY 6: WALK TO BALTALI VILLAGE (1,730M)**

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Walking 3 to 5 hours

Breakfast, Lunch and Dinner

Baltali Resort

We walk back towards the monastery and from here we have the choice of a long or short trail to Baltali village. The shorter trail starts from the lower stupa whereas the longer one starts from upper stupa. Both of these are lovely trails as we descend through traditional villages. We see ochre coloured farm houses surrounded by orange trees. Around Balthali there is rhododendron forest, magnolia and Sal trees. Baltali village is at the junction of Roshi and Ladku Khola River and stands on a fertile plateau.

## **DAY 7: WALK TO KHOPASI VILLAGE, DRIVE TO BHAKTAPUR VIA PANAUTI**

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Walking 2 hours

Drive to Bhaktapur via Panauti (1 1/2 hours)

Breakfast, Lunch and Dinner

Hotel Planet Bhaktapur

Today we have a short walk to Khopasi village crossing two suspension bridges along the way. We meet our vehicle and drive to Panauti. This is an old Newari town with narrow streets and ancient buildings. Its location is at the confluence of two rivers called Roshi khola and Punyamata khola.

Panauti has many temples dating back to the 15th Century. The Indreswor temple is one of the largest pagoda style temples in Nepal. It is one of the oldest surviving temples in Nepal. Roof struts on the temple show distinct Nepalese wood-carving and architecture. Pots and pans hang from the upper section. These are offerings from couples hoping for a happy and prosperous family life. After lunch in Panauti we drive to Bhaktapur.

This is an ancient Newari town. It is a World Heritage Site due to its rich culture, temples and traditional artwork. The main places to see are:

- Layaku (Durbar Square) has pagoda and shikhara-style temples
- Nyatapola Temple is a pagoda with five storeys built by King Bhupatindra Malla in 1702 AD. It stands on five terraces and on each of which squat a pair of figures. There are two wrestlers, two elephants, two lions and two griffins. Plus also Baghini and Singhini known as the tiger and the lion goddesses.
- Bhairab Nath Temple is another pagoda temple of Lord Bhairab. He is the dreadful aspect of Shiva.
- Dattatraya Temple built out of the trunk of a single tree and consecrated by King Yakshya Malla in 1427 AD.

## DAY 8: DRIVE TO KATHMANDU, AFTERNOON AT LEISURE

Drive to Kathmandu (1 hour)

Breakfast

Hotel Tibet in Kathmandu

We drive to Kathmandu and check into the hotel. You have the afternoon free day to relax after the trek. You can do some independent sightseeing around the city. You can enjoy spending time at the restaurants and cafes.

## DAY 9: FLY BACK HOME

Fly home

Breakfast

Transfer to Kathmandu airport for the flight back home. End of trip.

## DATES & PRICES

2022

Dates	Trip Leader	Price	Single Supplement: Room/Tent	Availability
01 Oct 2022 to 09 Oct 2022	Local Leader	US\$1,650pp	US\$300pp / NA	2 Left to Guarantee
29 Oct 2022 to 06 Nov 2022	Local Leader	US\$1,650pp	US\$300pp / NA	2 Left to Guarantee
26 Nov 2022 to 04 Dec 2022	Local Leader	US\$1,650pp	US\$300pp / NA	2 Left to Guarantee
24 Dec 2022 to 01 Jan	Local	US\$1,650pp	US\$300pp / NA	2 Left to

<b>Dates</b>	<b>Trip Leader</b>	<b>Price</b>	<b>Single Supplement: Room/ Tent</b>	<b>Availability</b>
2023	Leader			Guarantee

**2023**

<b>Dates</b>	<b>Trip Leader</b>	<b>Price</b>	<b>Single Supplement: Room/ Tent</b>	<b>Availability</b>
04 Feb 2023 to 12 Feb 2023	Local Leader	US\$1,695pp	US\$300pp / NA	2 Left to Guarantee
04 Mar 2023 to 12 Mar 2023	Local Leader	US\$1,695pp	US\$300pp / NA	2 Left to Guarantee
25 Mar 2023 to 02 Apr 2023	Local Leader	US\$1,695pp	US\$300pp / NA	2 Left to Guarantee
07 Oct 2023 to 15 Oct 2023	Local Leader	US\$1,695pp	US\$300pp / NA	2 Left to Guarantee
28 Oct 2023 to 05 Nov 2023	Local Leader	US\$1,695pp	US\$300pp / NA	2 Left to Guarantee
25 Nov 2023 to 03 Dec 2023	Local Leader	US\$1,695pp	US\$300pp / NA	2 Left to Guarantee
23 Dec 2023 to 23 Dec 2023	Local Leader	US\$1,695pp	US\$300pp / NA	2 Left to Guarantee

**2024**

<b>Dates</b>	<b>Trip Leader</b>	<b>Price</b>	<b>Single Supplement: Room/ Tent</b>	<b>Availability</b>
03 Feb 2024 to 11 Feb 2024	Local Leader	US\$1,695pp	US\$300pp / NA	2 Left to Guarantee
02 Mar 2024 to 10 Mar 2024	Local Leader	US\$1,695pp	US\$300pp / NA	2 Left to Guarantee
23 Mar 2024 to 31 Mar 2024	Local Leader	US\$1,695pp	US\$300pp / NA	2 Left to Guarantee
05 Oct 2024 to 13 Oct 2024	Local Leader	US\$1,695pp	US\$300pp / NA	2 Left to Guarantee
26 Oct 2024 to 03 Nov 2024	Local Leader	US\$1,695pp	US\$300pp / NA	2 Left to Guarantee
23 Nov 2024 to 01 Dec 2024	Local Leader	US\$1,695pp	US\$300pp / NA	2 Left to Guarantee
21 Dec 2024 to 29 Dec 2024	Local Leader	US\$1,695pp	US\$300pp / NA	2 Left to Guarantee

## PRACTICAL INFORMATION

Kit List

### KIT LIST FOR KATHMANDU VALLEY

This is the mandatory kit list for the safety of everyone in the group and to ensure a successful trek. You must have the following items tailored for Kathmandu Valley trek. The group leader will check your gear in Kathmandu before departure for the trek.

As a reminder, the weather on this trek will vary season to season and day to day as you ascend to higher elevations. At lower altitudes you will experience warm conditions with temperatures up to 20 Celsius.

You should bring a rucksack or backpack for gear required during the day. Your pack should contain items such as warm clothes, jacket, camera, water bottles, personal first aid kit and snacks.

Print the kit list and tick items off as you pack them then weigh your kit bag before you come on trek.

### Footwear

- Walking Boots. A pair of water repellent boots with ankle support.
- Casual shoes. Used around the hotel in the evenings.
- Walking socks.

### Clothing

- Waterproof and Windproof jacket (with hood) and trousers (goretex or similar). For use if it rains or snows during the trek and in windy conditions.
- Trekking trousers. (eg. Mountain Hardwear Mesa V2 or The North Face Paramount Peak).
- Long sleeve tops or shirts (not cotton).
- Micro fleece.
- Mid to heavyweight fleece or synthetic/ primaloft top.
- Fleece or synthetic leggings. Worn around the camp or added as a layer when the temperatures start to drop higher up.

### Head and Gloves

- Fleece gloves.
- Wool or fleece hat.
- Sun hat.
- Bandana or scarf (eg. Buff Headwear).
- Head torch. Bring extra batteries.
- Sunglasses. The lenses need to be Category 4 rated. They should have side protection or wraparound design.

### Personal equipment

- Day pack. Recommended size is around 30 litres. You need to have enough space to carry water bottles, camera, snacks and extra clothing. The pack should have a good waist belt. It is also a good idea to bring a rain cover to keep the contents dry.
- Trekking poles (Black Diamond with "Flick Lock" are best). Two poles are mandatory for your safety. These will be helpful on steep sections of the trail and river crossings. Also for walking on snow or ice higher up.
- Stuff sacks for keeping your gear dry and organised. Or even better are fold dry bags such as from Exped.
- Two water bottles. Nalgene wide mouth bottles are the best. You may use a hydration pack lower down but the tube will freeze in the cold so ensure you still have two water bottles.
- Sunscreen and lip salve with a high SPF.
- Favourite snack food.
- Books and cards etc.
- Camera with spare batteries and memory cards.
- Insurance certificate.

- Earplugs (optional).
- Baby wipes (optional).
- Hand sanitizer. Keep this in your day pack for use after a toilet break during the trek or before eating any snacks. We provide sanitizer for use before meals.

## Travelling

- Duffel bag for your personal gear on the trek. Our support vehicle will transport your bags from hotel to hotel. Bring a small combination padlock to secure the bag.
- Travel clothes. You will need casual clothing for time at the hotels.
- Toiletry bag with soap, toothbrush etc.

We provide a [comprehensive group first aid kit](#). Please bring personal medications and other items you might use such as:

- Any personal medications.
- Blister treatment (Compeed patches are the best)
- Analgesics (paracetamol, ibuprofen and aspirin).

Threat and risk assessment

## RISK ASSESSMENT FOR KATHMANDU VALLEY TREK

You should be aware trekking in a developing country involves a risk of personal injury or death. You must accept these risks and be responsible for your own actions and involvement. Adventure travel requires an open and flexible attitude. You may experience extreme conditions and unpredictable weather. There could be last minute changes to the itinerary beyond our control. The ability to work in a team is an important aspect of our trips.

We have performed a threat and risk assessment for our Kathmandu Valley trek. Our trips have a degree of risk. This is part of the attraction of adventure travel and why so many people choose to join this type of holiday. By identifying the hazards we assess the level of risk. We have control measures in place to reduce this happening or to reduce the impact.

Our risk assessment is available to clients on request. We have listed below a summary of the significant risks and hazards identified by us:

- Falls and trips resulting in physical injury eg. slipping on ice or falling off the path.
- Climatic injuries (dehydration, sunburn, heat exhaustion, hypothermia or heat stroke). Please note during the months of April and October it will be very hot and humid for the first three days of the trek.
- Lightning strike.
- Wildlife, pack animals (e.g. donkeys or horses) or stray dogs. Pack animals can knock people off the path. Dogs can attack and bite. Discuss rabies vaccination with your doctor.
- Earthquake.
- Risk of fire in the hotel.
- Endemic local diseases. Discuss vaccinations with your doctor before departure.
- Physiological injury. Such as heart attack, appendicitis, hernia, toothache etc. in a remote area.
- Road traffic accidents.
- Contaminated food and/ or water.

Weather and conditions

## WEATHER AND CONDITIONS FOR KATHMANDU VALLEY

Kathmandu Valley Rim trek has a wide range of temperatures. This depends on the season, altitude and time of day. Between 1,000m and 2,000m the nights will be cool around 5 Celsius and during the day temperatures sometimes rise to 25 Celsius.

The trekking season in Nepal is late September to May. October and November is generally recognised as having the best weather. Spring is a popular time of year with warmer weather than in Autumn. Also there is the advantage of seeing spring flowers and rhododendrons in bloom. Winter is also a good time to do



this trek as you are staying in hotels.

We have written a blog article [When is the best time to go trekking in Nepal Himalaya?](#) This has information about the weather and conditions in Spring and Autumn seasons. It also explains the differences between the trekking regions of Nepal.

## ACCOMMODATION

### HOTEL TIBET IN KATHMANDU



Hotel Tibet is in Lazimpat next to the Radisson. This is our usual hotel for our standard trips in Nepal.

We have used Hotel Tibet for over 15 years and our clients have enjoyed staying at this property. It has a good location, comfortable rooms and high level of service. There is a garden terrace next to the restaurant on the ground floor. On the fifth floor there is a roof terrace with the Yeti Bar overlooking the city.

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## **DHULIKHEL LODGE RESORT IN DHULIKHEL**



Dhulikhel Lodge Resort is a short walk from the centre of Dhulikhel town. This hotel has wonderful mountain views.

The property has 24 bedrooms with en-suite bathrooms with showers. The rooms have wifi, TV and tea & coffee making facilities.

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## **NAMO BUDDHA RESORT IN KATHMANDU VALLEY**



Namo Buddha Resort is a lovely friendly place to stay and relax. It is one of our favourites in the Kathmandu Valley. This property is at the top of a hill where there is a superb view of the Himalaya.

The accommodation is in small houses built in traditional Nepali style. The carpenters and masons were from Kirtipur. The houses have private toilets, stone roofs and traditional small doors and windows. The resort has an organic farm where milk is collected from their cows. Most of the food is grown on the property.

## HOTEL CLUB HIMALAYA IN NAGARKOT



Club Himalaya has a superb location on top of a hill in Nagarkot. There are 360 degree views of the mountains, Kathmandu valley and forested hills. The panorama view of the Himalayas stretches from Mount Annapurna to Mount Everest.

This hotel has 68 rooms both in Standard and Deluxe category. The rooms have private balconies where one can enjoy the view. This property has an indoor pool, spa and a shopping arcade. Restaurant Kantipur serves a selection of Nepali, Continental, Chinese and Indian cuisines. Bar Indrawati serves drinks.

## BALTALI RESORT IN KATHMANDU VALLEY



Baltali Resort sits on top of a hill overlooking Baltali Village. There are views of the green terrace fields below. The village has ochre painted houses and the green forest of Mahabharata range to the South.

Notes downloaded on: 17-08-2022

