

# Luxury Kathmandu Valley



**COUNTRIES VISITED:** NEPAL

**TRIP TYPE:** Trekking  
**TRIP GRADE:** Moderate  
**TRIP STYLE:** Hotel

**TRIP LEADER:** Local Leader  
**GROUP SIZE:** 2 - 10 people  
**NEXT DEPARTURE:** 06 Feb 2021

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

Many visitors to Nepal leave for the mountains far too quickly and never get the opportunity to enjoy what is closer at hand in the Kathmandu valley. You will also visit the most important religious and cultural sites and walk to less visited rural areas with ochre coloured farmhouses through rice terraces, orange orchards and forests. Your wonderful six day trek finishes off in the old capital city of Bhaktapur in Kathmandu valley.

For every night of the trek you stay at the high quality hotels and resorts, 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 rather than walk the whole way each day.

The vista on this trek stretches from Manaslu and Annapurnas in the west to the distant pyramid of Mt. Everest, Numbur and Karyolung in the east. The views are different from each point on the trek each providing a unique angle and perspective on the Himalayan mountain range in Nepal.

## REASONS TO CHOOSE US

- We are Himalayan trekking specialists and we have been operating trips in Nepal for many years.

[Roland Hunter](#), owner and founder of The Mountain Company, has modified this itinerary based on his first-hand experience of the Kathmandu Valley.

- Our approach to organising trips in the Himalayas has helped The Mountain Company win awards such as 2018 Gold Award as AITO Tour Operator of the Year and 2015 Bronze Award as AITO Tour Operator of the Year.
- The Mountain Company will receive bespoke weather forecasts for the Kathmandu region from EverestWeather.com and from our in house forecasting throughout the duration of this trek.
- We send a Thuraya satellite phone on all of our treks in Nepal. It is essential for your guide to have reliable communications with us for logistics, planning and group safety.
- We provide all porters with windproof jacket & trousers, crampons and shelter as per International Porter Protection Group ("IPPG") guidelines.
- We bring a comprehensive first aid kit plus high altitude medicine, antibiotics and other medicines.
- Pre trip support will be given by our Operations team with first hand knowledge of Kathmandu Valley trek. During high season we have a TMC representative from our UK Operations team based in Kathmandu.

## WHAT'S INCLUDED

- All transfers including airport collections.
- One day sightseeing in Kathmandu with Nepalese cultural guide and private vehicle.
- Twin share room at Hotel Shangri La in Kathmandu, Club Himalaya in Nagarkot, Dwarikas Shangri la in Dhulikhel, Namobuddha Resort near Namobuddha monastery, Baltali Resort in Baltali, Himalayan Height Resort and Hotel Heritage in Bhaktapur.
- Breakfast only at hotels in Kathmandu and Bhaktapur, all meals included for other places on itinerary.
- All trekking arrangements including permits and fees and Sherpa guide.
- Four wheel drive vehicle throughout trek (for baggage and support)
- Kathmandu Valley trekking map given to you on arrival to Kathmandu.
- Rubberised luggage tags posted to you before departure.
- Full financial protection for all monies paid to us through our membership of Association of Bonded Travel Operators Trust (our ABTOT membership number is 5365) and having an Air Travel Organiser's Licence (our ATOL number is 10921).
- Pre departure support and advice from The Mountain Company by email, phone or face to face meetings in London. After booking with us we will send our comprehensive "Nepal Pre Trip Information" notes.

## WHAT'S NOT INCLUDED

- International flight to/from Kathmandu.
- Travel & trekking insurance.
- Nepal visa for 15 days.
- Lunch and evening meals in Kathmandu and Bhaktapur.
- 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 Shangri La in Kathmandu

You will be met on arrival at Kathmandu airport and driven back to the hotel. Please provide travel plans

on booking and we will arrange the pick-up and transfer. A full briefing will be given in the afternoon.

## **DAY 2: SIGHTSEEING TOUR OF KATHMANDU**

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Sightseeing in Kathmandu

Breakfast

Hotel Shangri La in Kathmandu

This is a one day guided sightseeing tour of the Kathmandu Valley visiting three out of the seven World Heritage Sites. You will start off by visiting Patan Durbar Square then drive to the Buddhist stupa at Boudhanath followed by 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 are located in the valley, Kathmandu, Patan and Bhaktapur, each having a great artistic and architectural tradition. Kathmandu is the capital and the largest city in the country. Patan, the second largest is separated from Kathmandu by a river. Bhaktapur, the third largest, is towards the eastern end of the valley and its relative isolation is reflected in its slower pace and more distinctly mediaeval atmosphere.

In the Valley the landscape is dramatically sculpted by the contours of the paddy fields. The towns and villages are alive with the colours of farm produce, ranging from pyramids of golden grain to the vivid reds of chilli peppers laid out on mats to dry in the sun. In the streets and towns there is a constant bustle of activity, especially in the bazaars and markets where the farmers sell their vegetables and fruit.

## **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 5 hours

Breakfast, Lunch and Dinner

Club Himalaya in Nagarkot

The trek starts at the World Heritage site of Changu Narayan just north of Bhaktapur. Changu Narayan is the name of a temple dedicated to Vishnu and is the oldest in Kathmandu valley with a stone slab discovered in the vicinity of the temple dating back to the 5th century.

After a visit to the temple we start the walk along a forested ridge with views of terraced fields of rice down in the floor of the valley. After Tilkot Forest Reserve the trail joins the road to Nagarkot on which you walk a while before turning off onto a trail that ascends to Nagarkot town and short distance beyond to Club Himalaya.

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

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Walking 6 to 7 hours

Breakfast, Lunch and Dinner

## Dwarikas Resort in Dhulikhel

From Club Himalaya we walk along the tranquil jungle trail then follow the ridge on edge of Bageshwari Forest Reserve past the Nagarkot View Tower. Continue to the junction at Rohini Bhanjang keep going straight along the ridge (do not descend here) and then further ½ hour along the trail descend passing terraced fields and farmyards towards Tanchok village. Before Tanchok you take left turn on road to ascend a ridge with Buddhist stupa on the summit, there is a superb 360 degree view from here to the Himalaya peaks and down to Kathmandu valley.

From the stupa follow the ridge down passing through Opi Village and onto the View Tower then descend to Dhulikhel town. Dwarikas Shangri La is a walk beyond Dhulikhel so it is best to get picked up by the support vehicle and in fact as this is a longer day you could also take the car earlier in the day if you prefer.

Dhulikhel is located at the Eastern rim of Kathmandu Valley, south of the Himalayas at 1,550m above sea level. The oldest area of the town, the southern end, is an assembly of fine old Newari houses, often occupied by twenty or more members of the local extended families. Their most valuable assets are the beautifully carved windows and doors, fine examples of traditional Newari craftsmanship.

The panorama from Dhulikhel is majestic undisturbed view of the Himalayan ranges stretching from Mount Annapurna in the far west to Mount Karolung in the Far East. More than twenty Himalayan peaks including Mt. Annapurna (8091 m), Mt. Ganesh Himal (7429 m), Mt. Langtang (7234 m), Mt. Phuribichyachu (6637 m), Mt. Gaurishanker (7134 m), Mt. Lhotse (8516 m) and many others can be seen in their full glory from the different vantage points in Dhulikhel.

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

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Walking 3 to 4 hours

Breakfast, Lunch and Dinner

Namo Buddha Resort

We have a later start today in order for you to enjoy the extensive property at Dwarikas Dhulikhel in the morning especially as this is the best place you will be staying at on Luxury Kathmandu Valley trek. After lunch at Dwarikas you walk up through and exit at the top of their grounds then follow the ridge along before descending to the road near the traditional village of Kabrechhap.

After crossing the road to start the walk up to Namu Buddha, the trail is lovely as passes through farmhouses and terraced fields. You get to Namu Buddha Resort located on the ridge before the monastery and once you have checked into your private cottage in the afternoon you can take a walk to visit the monastery. From the Buddhist point of view, Namu Buddha is one of the most important religious sites in Nepal. There are three major Buddhist pilgrimage sites: Boudha Stupa, Swayambhunath Stupa and Namu Buddha.

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

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Walking 3 to 5 hours

Breakfast, Lunch and Dinner

Baltali Resort

From Namu Buddha Resort walk towards the monastery and you 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. If you have the energy it is well worth taking the longer trail as this is one the best walking days passing through traditional villages with ochre coloured farmhouses surround by orange trees. The area of Balthali has various flora, colourful rhododendron forest and magnolia & Sal trees. Baltali village is located at the junction of Roshi and Ladku Khola River and stands on a plateau.

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

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Walking 2 hours

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

Breakfast, Lunch and Dinner

Himalayan Height Resort

Today there is a short walk to Khopasi village crossing two suspension bridges along the way, then you drive by our support vehicle to Panauti. This is an old Newari town with narrow streets and ancient structures and located near the auspicious position of confluence of two rivers called Roshi khola & Punyamata Khola.

Panauti has many temples dating back to the 15th Century or earlier. The Indreswor temple is one of the largest and tallest pagoda style temples in Nepal, it was originally built over a lingam in 1294 making it the oldest surviving temple of Nepal. The roof struts embellishing the two lower stories of the temple are distinct Nepalese wood-carving and architecture. The upper section of the temple is hung with pots and pans, offerings from young married couples hoping for a happy and prosperous family life.

After lunch in Panauti then there is a further drive for a couple of hours to the Himalayan Heights Resort at Hattiban. The sunsets at this property can be superb and it is also well worth getting up early to catch the sunrise in the morning.

## **DAY 8: WALK TO UP CHAMPA DEVI (2,285M) THEN DRIVE TO BHAKTAPUR**

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Walking 3 to 4 hours

Breakfast

Hotel Heritage in Bhatkapur

After breakfast we walk from the hotel up a trail through pine forest onto a grassy ridge to Champadevi at an altitude of 2,285m. On the summit there is a Buddhist stupa and a Hindu shrine and pilgrims visit this place on full moon day. The views of central and western Himalayan Range are superb.

After the walk we drive to Bhaktapur, this is an ancient Newar town in the east corner of the Kathmandu Valley and is listed as a World Heritage by UNESCO for its rich culture, temples, and wood, metal and stone artwork. The main places to see are:

Layaku (Durbar Square): Bhaktapur Durbar Square is a conglomeration of pagoda and shikhara-style temples grouped around the 55-window palace of brick and wood.

Nyatapola Temple: This five-storeyed pagoda was built by King Bhupatindra Malla in 1702 A.D. It stands on five terraces, on each of which squat a pair of figures: two famous wrestlers, two elephants, two lions, two griffins, and Baghini and Singhini — the tiger and the lion goddesses.

Bhairab Nath Temple: This is another pagoda temple of lord Bhairab, the dreadful aspect of Shiva.

Dattatraya Temple: Consecrated by King Yakshya Malla in 1427 A.D., this temple, according to popular belief, was built out of the trunk of a single tree.

## DAY 9: FLY BACK HOME

Fly home

Breakfast

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

## DATES & PRICES

### 2021

Dates	Trip Leader	Price	Single Supplement: Room/Tent	Availability
06 Feb 2021 to 14 Feb 2021	Local Leader	US\$1,950pp	US\$585pp / NA	2 Left to Guarantee
27 Mar 2021 to 04 Apr 2021	Local Leader	US\$1,950pp	US\$585pp / NA	2 Left to Guarantee
02 Oct 2021 to 10 Oct 2021	Local Leader	US\$1,950pp	US\$585pp / NA	2 Left to Guarantee
30 Oct 2021 to 07 Nov 2021	Local Leader	US\$1,950pp	US\$585pp / NA	2 Left to Guarantee
27 Nov 2021 to 05 Dec 2021	Local Leader	US\$1,950pp	US\$585pp / NA	2 Left to Guarantee
25 Dec 2021 to 02 Jan 2021	Local Leader	US\$1,950pp	US\$585pp / NA	2 Left to Guarantee

### 2022

Dates	Trip Leader	Price	Single Supplement: Room/Tent	Availability
05 Feb 2022 to 13 Feb 2022	Local Leader	US\$1,995pp	US\$595pp / NA	2 Left to Guarantee
05 Mar 2022 to 13 Mar 2022	Local Leader	US\$1,995pp	US\$595pp / NA	2 Left to Guarantee
26 Mar 2022 to 03 Apr 2022	Local Leader	US\$1,995pp	US\$595pp / NA	2 Left to Guarantee
01 Oct 2022 to 09 Oct 2022	Local Leader	US\$1,995pp	US\$595pp / NA	2 Left to Guarantee

<b>Dates</b>	<b>Trip Leader</b>	<b>Price</b>	<b>Single Supplement: Room/Tent</b>	<b>Availability</b>
29 Oct 2022 to 06 Nov 2022	Local Leader	US\$1,995pp	US\$595pp / NA	2 Left to Guarantee
26 Nov 2022 to 04 Dec 2022	Local Leader	US\$1,995pp	US\$595pp / NA	2 Left to Guarantee
24 Dec 2022 to 01 Jan 2023	Local Leader	US\$1,995pp	US\$595pp / NA	2 Left to Guarantee

## PRACTICAL INFORMATION

### Clothing and Equipment List

## CLOTHING AND EQUIPMENT LIST FOR KATHMANDU VALLEY

For the safety of everyone in the group and to help ensure a successful trek, you are required to have the following items in our clothing and equipment list tailored for Kathmandu Valley trek.

### Footwear:

- Walking boots. A pair of water repellent boots with ankle support.
- Wool and liner socks.
- Casual shoes. Can be used in the hotels in the evenings.

### Clothing:

- Waterproof jacket and trousers (goretex or similar).
- Trekking trousers. Minimum two pairs of trousers.
- Long sleeve shirts (not cotton). Minimum two shirts.
- Micro fleece.
- Mid to heavyweight fleece.
- Sleeveless or body warmer type fleece.
- Thermals or base layer for top & bottom (merino wool or synthetic).

### Handwear:

- Fleece gloves.

### Headwear:

- Wool or fleece hat.
- Sun hat.
- Bandana or scarf. (eg. Buff Headwear check out <http://www.buffwear.com>)
- Bring extra batteries.
- Sunglasses.

### Personal Equipment:

- Recommended size is 30 litres or larger as you need to have enough space to carry water bottles, camera, snacks and extra clothing such as down jacket etc. It is also a good idea to bring a rain cover to keep the contents dry.
- Two water bottles (Nalgene wide mouth bottles are the best).
- Sunscreen and lipsalve with a high SPF.
- Insect repellent.
- Favourite snack food.
- Books, ipod and cards etc.
- Trekking poles.

- Camera with spare batteries and memory cards.
- Insurance certificate.
- Hand sanitizer (optional).

#### Travelling:

- Suitcase or duffle bag for your personal gear on the trek [this will be transported on trek by our support vehicle from hotel to hotel]. Bring a small combination padlock to secure the bag.
- Travel clothes. You will need casual clothing for air travel days and time spent in Kathmandu.
- Toiletry bag include toothbrush, etc.

#### Personal first aid kit:

Note: we provide a [comprehensive group first aid kit](#) but please bring any personal medications.

#### Threat and risk assessment

### **THREAT AND RISK ASSESSMENT FOR KATHMANDU VALLEY**

Participants should be aware trekking, mountaineering and travelling in a developing country are activities that involve a risk of personal injury or death. As a condition of booking 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, unpredictable weather and last minute changes to the itinerary beyond our control. The ability to work in team is an important aspect of all of our trips.

As a part of our planning process we have performed a detailed threat and risk assessment for our Kathmandu Valley Rim trek. It is worth pointing out all of our trips have a certain degree of risk, this is of course part of the attraction of adventure travel and why so many people choose to join this type of holiday. However by identifying the potential hazards on Kathmandu Valley Rim we can assess the level of risk and implement control measures to reduce this happening.

Our full threat and risk assessment for Kathmandu Valley Rim is available on request. For your information 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, sun burn, heat exhaustion or heat stroke).
- Lightning strike.
- Wildlife, pack animals (eg. donkeys or horses) or stray dogs. Pack animals have been known to knock people off the path. Dogs can attack and bite, we advise you discuss rabies vaccination with your doctor.
- Earthquake.
- Risk of fire in the hotel or lodge.
- Endemic local diseases. We advise you discuss vaccinations with your doctor before departure.
- Physiological injury such as heart attack, appendicitis, hernia, toothache etc. in a remote area.
- Road traffic accident.
- Contaminated food and/ or water.

This trip visits a remote area where you are away from normal emergency services and medical facilities. In case of a serious injury requiring hospitalisation evacuation could take up to several days and may impede your ensuing recovery. Helicopters are the most usual means of evacuation, however they are not always available or they may be hindered by poor weather and flying conditions.

#### Weather and climate

### **WEATHER AND CLIMATE FOR KATHMANDU VALLEY**

Kathmandu Valley trek will have a range of temperatures depending on the altitude and the time of day. In the mountains between 1,000m and 2,000m the nights will be cool, normally around 5°C, and during the day temperatures sometimes rise to 25°C.



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

## ACCOMMODATION

### HOTEL SHANGRI LA IN KATHMANDU



Shangri La is our usual hotel for our Luxury trips in Nepal as our clients enjoy staying in this property with well-appointed rooms, lovely garden and swimming pool plus good restaurants and Lost Horizon bar.

Hotel Shangri La is located in Lazimpat and within 20 minute walking distance from the tourist hub of Thamel.

## NAMO BUDDHA RESORT IN KATHMANDU VALLEY



Namo Buddha Resort is a lovely place to stay and relax, it is certainly one of our favourites in the Kathmandu Valley.

There are small houses beautifully built in traditional Nepali style by carpenters and masons from Kirtipur. All of the houses have private toilet, stone roof and traditional small doors and windows. The resort is surrounded by an organic farm where milk is collected from their cows and at the moment most of the food is grown on the property. This property is located at the top of a hill where there is a superb view of the Himalaya.

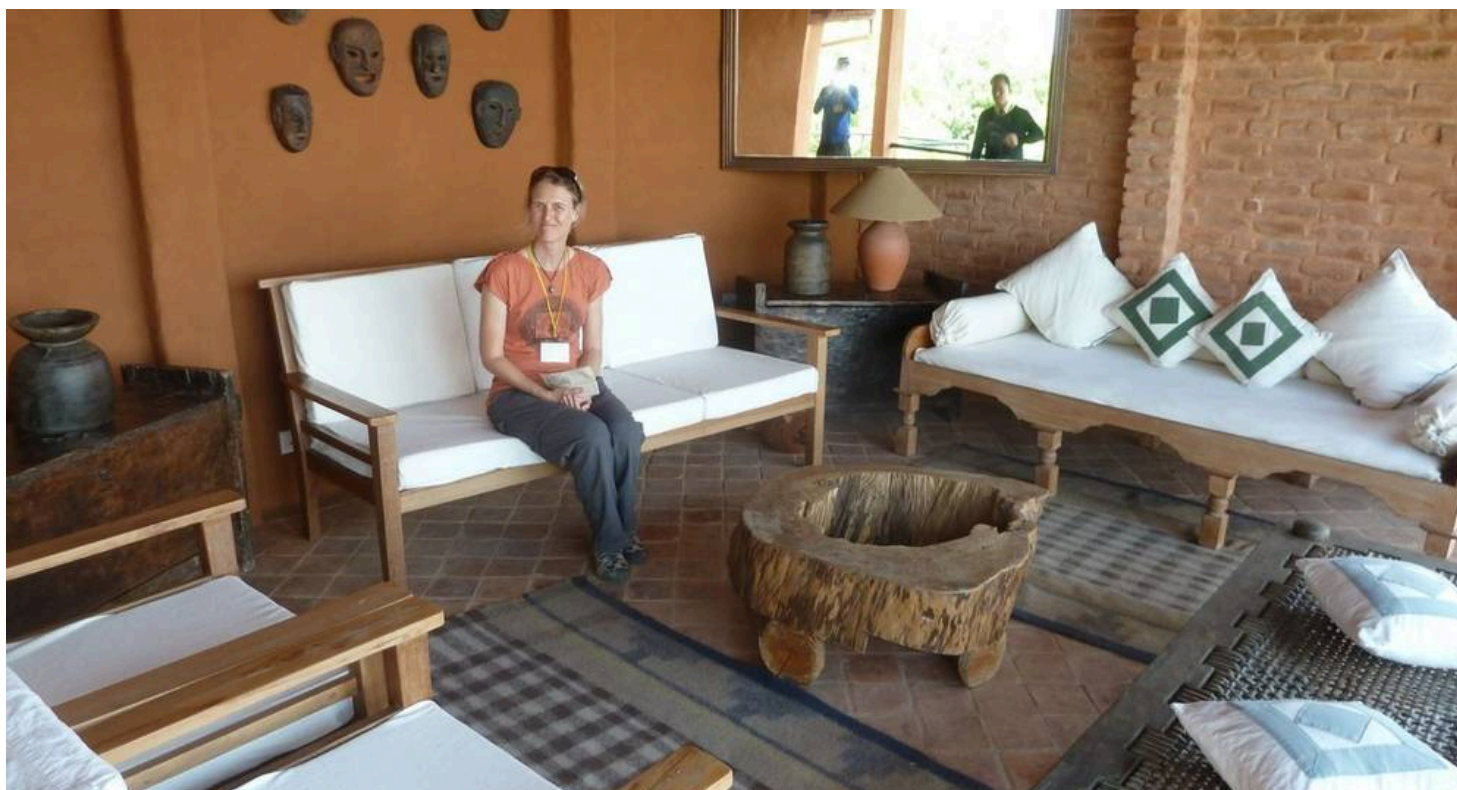
## HOTEL HERITAGE IN BHAKTAPUR



Hotel Heritage is a boutique hotel conveniently located close to the medieval town of Bhaktapur. This hotel has been restored and retrofitted by local craftsmen with traditional Nepali architecture and furnishings.

Most of the bricks come from derelict old palaces and rich merchant's houses in the valley. They have integrated beautiful wood carved windows on Hotel's Front elevation. You will also notice the use of antique marbles and stone floors which were once the pride of few Royal Palaces and are nearly over 400 years old.

## DWARIKA'S RESORT IN DHULKHEL



Dwarikas is Nepal's premier hospitality group, dedicated to preserving and sharing Nepal's rich and diverse heritage. Their resort in Dhulikhel is located on a lush forested hill that extends over twenty acres facing the Himalayas.

The property is designed in the spirit of a traditional Nepali village with trails, glades and terraced farms interspersed within the ecology of ancient woodland. The Pancha Kosha Himalayan Spa, an integral part of the resort, draws on Himalayan herbs and unique treatments to achieve complete relaxation and rejuvenation. The resort incorporates a number of ecologically responsible processes, including solar energy, grey water treatment, recycling of waste and organic agriculture.

The following places and activities are included with your stay: Himalayan Salt Room, Crystal House, Chakra Sound Therapy Chamber, Meditation Maze, Swimming Pool and Fitness Center, Garden of Nine Planets, Sauna and Hot Tub, group Yoga Session, group Meditation Session, group Pottery Session, group Cine Therapy Session, visit to the farm, art and Painting Session and consultation with Ayurvedic Doctor.

## HOTEL CLUB HIMALAYA IN NAGARKOT



Club Himalaya has a superb location on top of a hill in Nagarkot with 360 degree views encompassing the mountains, Kathmandu valley and forested hills. The panorama view of the Himalayas stretches from Mt. Annapurna in the North West to Mt. Everest in the North-East.

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

## **BALTALI RESORT IN KATHMANDU VALLEY**



Baltali Resort sits on top of a hill overlooking Baltali Village and has views of the green terrace fields dotted with ochre painted houses and the green forest of Mahabharata range to the South.

## **HATTIBAN RESORT IN KATHMANDU VALLEY**



Hattiban Resort is located in pine forest with 270-degree view of the Kathmandu valley below and the

Himalaya mountains to the north. The rooms are in separate cottages in a peaceful garden.

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**Notes downloaded on:** 13-08-2020

