



Himalayan Adventure Treks & Tours

Thamel, Marg Kathmandu, info@himalayanadventuretreks.com

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Bhatgaon, Nagarkot & Changunarayan Hike :- 2 Days - USD 400 Per Person

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Highlights

- *Enjoy the Himalayan panorama of the mountains in the Langtang, Jugal, and Gauri Shankar ranges.*
- *Relish the local culture, traditions, and lifestyle.*
- *Visit numerous Newar and Tamang villages on the trail.*
- *Explore Changunarayan temple and the sacred sites around the temple premise.*

Overview

Bhatgaon Nagarkot Changunarayan Hike is a popular hiking adventure around the outskirts of the Kathmandu Valley. The hike offers an authentic display of the culture and lifestyle of the Newar and Buddhist communities. Also, the scenic beauty one can enjoy on the hike is surreal as well. The hike is an easy trip to enjoy a quick getaway from the capital. Likewise, even those with families and average physical shape can do the hike. Firstly, the trip begins in Kathmandu with a drive across the hills to the northeast of the valley. Heading past Boudha, the drive takes you to Bhatgaon which is a traditional Newar village. Here, you can enjoy the lifestyle and social norms of the Newar people before the hike. The hike takes off and ascends through the Tamang villages. Hiking across the forests and serene trails, you will gently ascend to Nagarkot. Nagarkot is one of the most famous viewpoints near Kathmandu. Here, you can enjoy the vista of mountains in Langtang, Ganesh, and Jugal Himal ranges during the sunset. After spending a night at Nagarkot, you get up in the morning and relish the panorama of the Himalayas. Then, you begin the downward hike to...

Itinerary

Outline itinerary:

Day 01: Drive from Kathmandu to Bhatgaon and hike to Nagarkot. (L/D)

Day 02: Hike from Nagarkot to Changunarayan. (B/L)

What's included?

- *One Night 3* hotel in Nagarkot with Dinner & Breakfast.*
- *All transportation by private vehicle.*
- *Experience & helpful tour Guide.*



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- *Entrance fee.*
- *Hiking permit.*
- *All necessary paper works.*
- *Drop and pickup for Hiking*
- *Medical supplies (first aid kit will be available).*
- *All government taxes.*

What's excluded?

- *Travel and rescue insurance.*
- *Personal expenses (phone calls, laundry, bar bills, Bottle bottle etc).*

Equipment

Equipment List for Bhatgaon, Nagarkot & Changunarayan Hike:

Bhatgaon, Nagarkot & Changunarayan Hike is just for 2 days short hike we need at least a few types of equipment for this hike. we hope, this information will be helpful to you so success your trip.

Luggage/Duffle bag:

You will require a duffel bag or a backpack for trekking (25- 35L) max and all our trekking stuff is kept in this duffel bag and this will be carried by our porters. However, Himalayan Adventure also provides the duffel back if needed.

A day backpack:

You will need a day backpack and you will be carrying it every day by yourself and we recommend you it has to be at least 15L and you can carry important documents like Passport, credit card along with a need to carry a water bottle, snacks bar and clothing layers (hat, gloves, fleece, sunblock, poles, etc...).

Trekking/Hiking boots:

If you have trekking boots or sneakers also enough for this hike.

Fleece jacket:

You need to have good quality fleece jacket at least 1 synthetic jacket or pullovers are a great alternative to fleece.

Socks:

You need to have at least 2 pairs of thick socks during the spring & autumn but winter and monsoon need at least 3 pairs of socks for the Everest short trek.



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Lightweight/ warm insulated pants:

You need to have at least 1 pairs of lightweight trekking pants like Lightweight Pants.

Short-sleeved shirts:

You need to have 1 merino wool to keep you warm from the cold or synthetic shirts and if you are not allergic to wool products, merino wool is ideal for this trek.

Long-sleeved shirts:

You need to have at least two shirts.

Waterproof jacket:

You need at least one waterproof jacket for the rain/snow and wind and waterproof pants may be an option.

Head and face gear:

Sun Hat or cap during the daytime, Woolen Hat for morning & Evening, and Polarized sunglasses are compulsory.

Hand gear:

You need warm gloves.

Traveling supplies:

Adapter Plug for Charging the Camera and Mobile, Camera belt, Passport belt (nice to have), Swiss army knife (option), Flashlight, Headlamp, Water bottle, Extra camera battery, Hand sanitizer, Alarm clock, Hiking poles (optional), and Binoculars (optional).

Toiletries:

Most of the things available at Nagarkot hotel.

Medication:

First Aid Medical Kit box (can be purchased in Thamel Kathmandu), Altitude Medicines (Diamox), Tylenol, aspirin, ibuprofen, Anti-diarrheic, Powerful antibiotics, and Nasal Spray or Drops. (Option)

Trip Notes



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About Country

Popularly recognized worldwide for its majestic sky-dominating peaks, Nepal is one of the most sought-after nations for trekking and other adventure activities. This tiny Himalayan nation is home to eight of the world's tallest peaks, including Mt. Everest (8848m)- the highest mountain in the world. Moreover, the rugged and rural trekking trails to the massifs along the dense forest which is filled with exotic floras and faunas instills excitement and adventures to the travelers. However, traveling to Nepal is not only about the mountains and natural beauty. Unraveling the beauty that lies in the old monuments, palaces, and temples. Nepal has a diverse array of cultures, traditions, languages, and history which are reflected in the lifestyle of the people.

Key Facts

Location: Nepal is located in South Asia; between two great giants the Republic of China to the north and India to the south, east, and west.

Geography: A landlocked country, Nepal is divided into three geographical regions, namely, the Himalayas, the Hills, and the Terai.

Capital: The capital city of Nepal is Kathmandu.

Area: The total area of Nepal is 147,181sq km.

Population: The current population of Nepal is 29 million.

Political system: Nepal is a federal republic country with a multi-party system.

Major religion: Nepal is a secular state but the majority of people follow Hinduism, followed by Buddhism and Christianity.

Time zone: The time zone of Nepal is GMT +5:45.

Official Language: The official language of Nepal is Nepali.

Working hours: The working hours in Nepal are from 10 am to 5 pm.

Electricity: Currently, all the major cities have electricity while electricity supply in some rural areas is limited. The standard voltage of electricity in Nepal is 220V.

Visa Information

All tourists visiting Nepal except tourists from India should have a valid passport and visa. An On-Arrival visa to enter can be obtained at the Tribhuvan International Airport or any other land entry/exit points at the Nepal-Tibet and Nepal-India border. During the peak season, there will be a long line of tourists here trying to get their visas. So, to avoid the endless waiting you should visit the nearest Nepalese diplomatic missions stationed in your country before your arrival.



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An On-Arrival Tourist Visa costs USD 30 for 15 days, USD 50 for 30 days, and USD 125 for 90 days. Find more information regarding the updated visa fees at <http://www.nepalimmigration.gov.np/post/notice-regarding-visa-fee-updates>.

You can also extend your visa within a valid period which will cost you USD 3 per day. However, if you are visiting Nepal from SAARC countries you don't have to pay visa fees as gratis fee or free visa is applicable for 100 days. Regarding information about tourist visas, you can head to the information on the official website of the Department of Immigration at <http://www.nepalimmigration.gov.np/page/tourist-visa>.

How to reach the country

Nepal is very well accessible via air, rail, and road. Tribhuvan International Airport is the only international airport and the entry point for those arriving by air. Nepal Airlines is the main operator in the nation. Other international airlines here are Air Arabia, Air Asia, Etihad airlines, Fly Dubai, Jet Airways, Malaysia Airlines, Qatar Airways, Silk Air, and Thai air. The rail and road service can only be used by those arriving from India.

In terms of land transport, there are several land entry/exit points at the Nepal-Tibet and Nepal-India borders. Kerung and Kodari are the entry/exit points at the Nepal-Tibet border whereas

Janakpur-Jainagar railway is the sole railway that connects Nepal with India, several buses connect Delhi and Kathmandu.

Popular destinations to visit

There are many places you can visit in Nepal. Nepal is not only gifted with natural beauty but it is also culturally rich which means there are many heritages and sites you can visit. Kathmandu Valley is the first and foremost destination that you should not miss out on. The seven UNESCO world heritage sites in the valley, namely, Patan Durbar Square, Bhaktapur Durbar Square, Kathmandu Durbar Square, Pashupatinath, Swayambhunath, Boudhanath, and Changunarayan.

Other places you must visit while in Nepal are Pokhara, Chitwan, and Lumbini. Pokhara is a scenic lake city, located 6 hours' drive away from Kathmandu city. There you will be able to enjoy the serene and peaceful nature with the Annapurna ranges in the backdrop. Lumbini, the birthplace of Lord Buddha, is a historic destination whereas the Chitwan National Park is a natural haven for exotic flora and fauna. Both of these are also enlisted as world heritage sites by UNESCO. Palpa, Bandipur, Bardia National Park, and Ilam are some of the popular destinations.

As for trekking and mountaineering activities, Annapurna, Everest, Langtang, Manaslu, Upper Mustang, and Dolpo regions are some of the most popular ones in Nepal.

Internet and Communication in the country

You do not have to worry about not getting communication service or Internet service in Nepal. In recent years, the internet and communication services have drastically progressed and developed.

While in the major cities and tourist destinations, you can use free Wi-Fi including many of the cafes and restaurants. Similarly, almost every hotel and some public areas provide Wi-Fi services. However, Wi-Fi is not always available in remote areas in the Himalayas and rural Hilly regions.

In such situations, a cellular connection is the best option for both Internet access and communication. NTC and Ncell at two of the biggest telecommunication corporations and offer sim cards with various packages at a reasonable price. These service providers have a wide reach over many parts of Nepal. You will easily be able to purchase any sim card with your passport or identity card.

Local currency and foreign exchange

While in Nepal, you should use Nepali rupees (NRs) which is also the official currency of Nepal. You can easily exchange your currency into the Nepalese Rupee at the Tribhuvan International Airport or the exchange counters and banks around the major cities. Also, the major cities like Kathmandu, Pokhara, Chitwan, and Lumbini have a great availability of banks and ATMs. However, their availability becomes quite scarce when you head to the Himalayas and remote areas.

So, it is best if the travelers perform all their money-related activities while they are in the major cities.

Weather and climate

The climate in Nepal varies according to altitude and the current season. The lowland of the Terai region in the southern part of the country is very hot and humid during the summer. The temperature there can get as high as 45 degrees Celsius. The middle part is also known as the hilly region has a pleasant and bearable climate all year long. However, in winter the nights and early mornings can get quite chilly. The Himalayan region is the northernmost part of the country and is above 3300m. This region usually has alpine climatic conditions and during the winter season, it experiences adverse weather conditions.

Nepal generally has four seasons, namely, spring, summer, autumn, and winter. The spring here means every part of the country has flowers blooming and summer means a lot of humidity and rainfall. While the autumn is neither too hot nor too cold and the skies are always clear. The winter season brings snow in the Himalayan region and some parts of the hilly region as well. Finally, during the monsoon season, the entire country experiences heavy rainfall except in the rain shadow areas of Upper Dolpo and Mustang.

People, culture, and festivals

Nepalese are known to be one of the kindest people all over the world. With a smile on everyone's face, you will be warmly welcomed and greeted. The word "Namaste" is used while they join their hands together which means a respectful greeting. Nepal is a culturally rich country with many different castes, languages, and traditions. The diverse culture and tradition result in many different festivals celebrated all around the nation. The major festivals celebrated are Dashain, Tihar, Holi, Sonam Losar, Gyalpo Losar, and many more. Especially in Newari settlements, people celebrate many colorful and radiant festivals. You will be able to experience wonderful and lifelong memory if you visit Nepal



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during the time of festivals.