



Association for Tourism
Kathmandu, Nepal



Sightseeings in Nepal

Nepal has been a dreamland of the tourists since a long. Nepal invites, welcomes, and bewilders the visitors. Those who have already visited Nepal cherish the desire for the second visit and those who have heard or read about the kingdom make a plan to visit Nepal.

Geographically, Nepal is small country but she shines like a multi gem in her diversity. She is holy, she is wonderful, she is gracious, she is strange, she is wild and she is beautiful. The small geographical territory encapsulates the most diverse of geo-topographical, biological and Socio-ethnic varieties. In this country there stands the majestic Mt. Everest, fertile land of the Terai sprawls luxuriously, deep George's and fountains spring up form treasure house of the earth; swift and roaring rivers tumble down directly from the Himalayas, many rare and beautiful species of plants and animal find safe and favorable shelter in the land, the altitude of which varies between 70 meters to 8848 meters. More importantly, more than 65 ethnic groups speaking more than 45 languages present an unique example of the harmony in the diversity. In short, people with different sets of interest and different temperament find many things as their interest in the smallest possible territory.

A few highlighted places not to be missed with in the kingdom are as follows.

Kathmandu City

The Kathmandu valley is the hub of Nepal for its' political, commercial and cultural activities and is the first stop for the majority of the visitors to the country. Once separate kingdom in itself, it consists of three cities of the great history. Every one has an artistic exposition of graceful temple, elegant palace, brick-paved courtyards and quaint streets.

The history begins with the Buddhist saint Manjushree who slashed a passage through the surrounding hills to drain out primordial water and made it habitable. Over the centuries, a refined urban civilization emerged, built on a unique synthesis of Hinduism and Buddhism. Dynasties came and went trade and the arts flourished. Its deeply religious Newars' inhabitants built fabulous cities and artistic temples that attracted devout pilgrims as well as ramping invaders. In the date late 18th century, following the founding of modern Nepal with in more or less the present boundaries, Kathmandu was made the capital. It is said that 'Kathmandu' was named after Kastamandap an imposing pagoda next to Hanumandhoka palace. The city is said to built in its present form by Gunakama Dev 724 AD. Followings are the major tourist attractions in the Kathmandu Valley.

Durbar Square

This complex of palaces, courtyards, and temples are built on 12th to 18th centuries used to be the seat of the ancient Malla kings of Kathmandu. An intriguing piece here is the 17th century stone inscription set in to the wall of the palace with writing in 15 languages. The Durbar Square protected as an UNESCO World Heritage Site, is the social, religious and urban focal point of the city. There are three museums inside the palace building.

Swoyambhunath Stupa

This is one of the most glorious Buddhist Stupa, which is the oldest shrine of Kathmandu valley. Visitors often call it "Monkey Temple". The Stupa is formed with a solid hemisphere of bricks and clay supporting lofty conical spire capped by a pinnacle of copper gilt. Painted on four sides of the spire are the all-seeing eyes of Lord Buddha. It is three kilometers west of Kathmandu and located on the hilltop nearly 700 meters above the sea level of the valley.

Pashupatinath Temple

One of then most sacred Hindu shrines of the world, Pashupati Nath lies 6 km east of Kathmandu City center. Is famous for its superb architecture with its two tired golden roof and silver doors. It is a center of annual pilgrimage of Mahasivaratri. The richly ornamented pagoda houses the sacred LINGA or phallic symbol of Lord Shiva. Chronicles indicate the temple's existence prior to 400 AD. Devotees can be seen taking ritual dips in the Holy Bagmati River following beside the temple, also a World heritage Site.

Bouddhanath Stupa

One of the world's largest Stupa, Boudha is generally acknowledged to be the most important Tibetan Buddhist monument outside Tibet. Tibetans simply call it CHORTEN CHEMPO "Great Stupa". It has now become the Mecca of Tibetan exiles in Nepal. Walking around Boudhnath one often fins men wearing long braids wrapped around their heads. Many of these pilgrims carry their own prayer wheels, which they spin incessantly.

Bhudhanilkantha

It is situated below Shivapuri hill at the northern end of the valley. It is about 10 km from the city venture. The hub of the temple is a pond, in which lies a great stone figure of the Hindu god Vishnu reclining on a bed of snakes. It is the 5th century statue during the Lichachhavi period.

Patan

The ancient city of Patan is situated on the southern bank of Bagmati River and is about 5 km far from Kathmandu City. The City is full of Hindu Temples and Buddhist monuments with bronze gateways, guardian deities and wonderful carvings/ Noted for its craftsmen and metal workers, it is known as the city of artists. The major visitors' attractions of Patan are:

Durbar Square

Patan Durbar Square is situated in the heart of the city, the main tourist attraction. The Square is full of ancient palaces, temples and shrines noted for their exquisite carvings. One can rummage for treasures and souvenirs in the various shops around the Square. The main attraction of Patan Durbar Square is the ancient Royal Palace itself. It consists three main courtyards such as Mul chowks, Sundari chowks and Keshab Narayan chowks. In the northeastern corner of the courtyard is a triple roofed octagonal tower, Taleju Bhawani Temple built by King Shree Niwash Malla in 1667. Degu Taleju is in between Mul Chowks and Keshav Naarayan Chowks.

Krishna Mandir

Built by Siddhi Narshing Malla in 17th century. The temple of Lord Krishna holds a commanding position in the palace complex of Patan. It is the only temple Nepal to have 21 shrines and completely made of stone. Most of the important scenes from the ancient Hindu epics the Ramayana and Mahabharat have been engraved on its friezes.

Mahaboudha

A little further from Patan Durbar Square lies this Buddhist temple made of bricks in which thousands of image of Lord Buddha are engraved. The Terracotta structure is a 14th century Nepalese architectural masterpiece. An architect named Avay Raj constructed it.

Hirayna Verna Mahavihar

King Bhaskar Verma built this three-story golden pagoda of Lokeshwor (Lord Buddha) in the twelfth century. It is located in the courtyard of Kwabahal. Inside the upper story of the pagoda, placed on a pedestal, are golden images of Lord Buddha and a large prayer wheel. There are a wealth of gem-like carvings on its walls and a complete life history of Buddha in gold relief.

Jawalakhel Handicraf Center

This carpet factory is managed by the Tibetan Refugee and is a place where one can see the entire process of spinning, dying and weaving Tibetan design wool carpets. The center also has a well-shocked show room for carpet purchasing.

Patan industrial estate

It is in Lagankhel and is known as Nepali handicrafts such as wood - carving, metal craft, carpets and Thangka paintings. It is very interesting to see how these goods are made in the different workshop. For the visitors' convenience, there is a shopping arcade with in the premises of the industrial estate.

Kumbheshwor

Kumbeshwor temple in Patan and Nyatapol temple in Bhaktapur are the only five- storied temples in the Valley, with the exception of the round five-tiered Pancha Mukhi Hanuman of Kathmandu's Hanuman Dhoka Palace. This temple for Lord Shiva was expanded during the reign of King Jayasthiti Malla but originally constructed in 1392. A fair is held here on the Janal Purnima day in August.

Jagat Narayan Temple

This is a tall imposing temple of Lord Vishnu in red brick. Situated on the bank of the Bagmati River, the temple has many fine images of stone and an artistic metal statue of Garuda on a stone pillar.

Rudra Varna Mahavihar

This unique Buddhist monastery contains a collection of images and statues in metal, stone, and wood. In ancient times, kings were crowned in this monastery. Many of the treasures offered by kings' devotees could be seen here even today.

The Ashokan Stupa

There are four ancient stupas, popularly believed to have been built in 250 B. C. by Emperor Ashokan, at the Four Corners of Patan. The four stupas are located in Pulchowk, Lagankhel, Ebahi (way to Shankhamul), and in Teat (way to Sano Gaon) respectively. This stupa gives evidence to the city's ancient religious importance.

Achheshwor Mahavihar

Accheshwor who built a temple to house an idol of Lord Buddha established this temple towards the beginning of the seventeenth century. The Mahavihar has recently been reconstructed. It has 30 rooms including a monastery, "Dhyankuti" research area, training area, library, review rooms, and guest rooms. Situated behind the Ashokan Stupa at Pulchowk, the Mahavihar commands a beautiful view of the Kathmandu Valley.

Temples of Machchendra Nath and Min Nath

The pagoda of Red Machchendra Nath, also known as Avalokiteshwor and Adinath Lokeshwor, is housed here for six months each year. For the remaining six months, the idol is taken to its shrine in Bungmati. The temple of Min Nath is situated in Tentgal, on the way to Tabahal. The temple of Min Nath is thought to be older than the temple of Red Machchendra Nath.

Bhaktapur City

Bhaktapur, situated at an altitude of 1401 meters, is a home of medieval art and architecture. The urban city covers an area of 4 square miles. Shaped like a conch shell, Bhaktapur means "the city of devotees". Pottery and weaving are its traditional industries.

The city lies about 14 kilometers east of Kathmandu and can be reached by car or any other public transport.

The major sightseeing places in Bhaktapur are:

Durbar Square

The main square of the city contains innumerable temples and other architectural showpieces like: the Lion Gate, a Statue of King Bhupatindra Malla, a Picture Gallery, the Golden Gate, the Palace of 55 Windows, the Batsala Temple, the Bell of Barking Dogs, and a replica of Pashupatinath Temple.

The Lion Gate, which was built during the reign of King Bhupatindra Malla, is adorned with stone figures of Hanuman, Ghairav, and Narasingh Narayan. A statue of the Malla King in the act of worship is placed on a column facing the palace. Of the many statues in Nepal, this is considered to be the most magnificent.

The Picture Gallery contains ancient paintings belonging to Hindu and Buddhist schools of Tantrism of various periods and descriptions.

The Golden Gate is the entrance to the main courtyard and the Palace of 55 Windows. It was built by King Ranjit Malla and is one of the most beautiful and richly carved specimens of its kind showing the Goddess Kali and Garuda, the winged carrier of Lord Vishnu. This gate is embellished with monsters of marvelous intricacy.

King Bhupatindra Malla built the Palace of 55 Windows in the seventeenth century. Among the brick walls, with their gracious setting and sculptural design, is a balcony of 55 windows. This balcony is a masterpiece of woodcarving.

The stone temple of Batsala Devi, which is also located in the Durbar Square, is full of intricate carvings. This temple also shows a beautiful example of Shikhara style architecture in Nepal. There is a bronze bell on the terrace of the temple that is also known as the "bell of barking dogs." When it peals, the local dogs start barking. This bell, placed in 1737 A.D. by King Ranjit Malla, was used to sound curfew during his reign. The bell is rung every morning while worshipping the Goddess Taleju.

Nayatpola Temple:

King Bhupatindra Malla built this five-story pagoda in 1702 A.D.. It stands on a five story terraced platform. On each of the terraces squat pairs of figures: two famous wrestlers, two elephants, two lions, two griffins, and Baghini and Singhini, the tiger and the lion goddesses. Each pair of figures is considered ten times stronger than the ones immediately below, while the lowest pair, the two strong men, Jaya Malla and Phatta Malla, was reputedly ten times stronger than any other men. This is one of the tallest pagodas and is famous for its massive structure and subtle workmanship. The temple was built for Goddess Laxmi.

Bhairavnath Temple

This temple was first built as a one-story pagoda during the reign of King Jagat Jyoti Malla, and later changed into a three-story temple in 1718 A.D. by King Bhupatindra Malla. The temple is noted for its artistic grandeur. It is dedicated to Lord Bhairav, the god of Terror.

Dattaatrya Temple

This temple is said to have been built from the trunk of a single tree. It was built in 1427 A.D. during the reign of King Yakchhya Malla and was repaired in 1458 A.D. by King Bishwor Malla.

Pujarimath

Near the Dattarraya temple is a monastery with carved peacock windows. This monastery was built by King Yakchhya Malla and later renovated by the priest Ram Dutt Giri.

Surya Vinayak

This is a shrine of Ganesh, the elephant-headed God, situated in the beautiful surroundings of Bhadgaon, placed in a sylvan setting to catch the first rays of the rising sun. The view of the city of Bhaktapur is seen from here with snow-capped peaks in the background. Nestled in a thick forest, it is a good picnic spot flanked by many attractive landscapes. It is easily accessible by trolley bus.

Changunarayan

Located at the end of a long ridge, which runs well into the Valley, this temple is said to have been built in 323 AD by King Hari Dutta Varma. The temple is richly decorated with sculptures and carvings. It is said to be the oldest temple in the Valley. Situated about 153 meters above the level of Kathmandu Valley, it affords a beautiful view of the surrounding countryside. An all-weather motorable road connects it with Bhaktapur City.

Tourist Destinations beyond the Kathmandu Valley, Nepal

Nuwakot; A historic hill town

Nuwakot is a small, still merely ignored town, which used to be quite a historic place, when King Prithvi Narayan Shaha, the first king of modern Nepal, planned and launched several unification campaigns from there. Situated close to Trisuli Bazar (North West from Kathmandu), there's only a very few people taking the opportunity to visit this place, making it a very preserved area (though lacking resources to maintain the buildings). An interesting, very quiet and peaceful place, benefiting from beautiful views of the Trisuli valley...

A pagoda style building popularly known as the seven story Palace and the temple of Taleju Bhawani and Bhairabi stand as the landmark of Nuwakot and it was built shortly after the King Prithvi Narayan Shaha's arrival. With its strategic hilltop view the convergence the **Tadi** and **Trishuli** Rivers to the south and serving as a gate keeper to the main trade route north onto Tibet via Kerung.

A trip to Nuwakot along the mountain highway, Trisuli Road, is rewarding with views of green forests on one side and terraced cultivation on the other. The road to Nuwakot begins from Kathmandu and terminates at Bidur where the road to Nuwakot bifurcates. The vehicles can go right up to the top of Nuwakot. It takes about one and three hours to

reach Nuwakot by car from Kathmandu. There are frequent bus and other vehicle services from Thamel to Nuwakot.

You can visit to the School. You will have knowledge of Schools in the remote part of Nepal. Also a great opportunity to interact with the people of that village.

Nagarkot

One of the most famous tourist destinations outside the Kathmandu valley is Nagarkot, which is located on the rim of Kathmandu Valley at an elevation of 7,200 feet. It offers the panoramas of the major peaks of western Nepal like Annapurna range, Manaslu, Ganesh Himal range, Langtang range, and Gaurishankar in the east. It is 32 km north east of Kathmandu. It takes 45 minutes drive from Kathmandu and is best for sunrise and sunset.

At dawn and dusk the snow-covered peaks are painted in shades of rose, pink orange and gold. It is a sight not to miss, though one can never be sure of the visibility of the mountain ranges even during the winter months. Seeing a single pink peak appearing in the midst of clouds can be as thrilling as seeing the whole 200-mile panorama of peaks. Since mornings are clearer than afternoons, it is recommended spending a night up here.

Nagarkot is also a place for day hikes, especially when you do not have enough time for long treks. The Best part of these hikes is that everything goes down the hill from the time you start. The three possible destinations for day hikes from Nagarkot are Banepa, Sankhu and Changu Narayan. Number of comfortable hotels and lodges are available here.

Dhulikhel

Dhulikhel is a much larger town than Nagarkot and is situated at an altitude of 5,500 Ft above Sea level, 30 km east of Kathmandu on the Kodari Highway. The city offers a complete panoramic view of the snow-capped ranges from Karyolung in the east to Himalchuli in the west. The view however is not as good as that from Nagarkot, one can see for 130 miles. It is a magnificent place to spend the night and awaken to the sun rising across the wide Himalayan range. Once an important link in the ancient trade route to Tibet, Dhulikhel has a glorious past that can be witnessed in the lovely building and intricate woodcarving found among the shop lone streets and in the temples.

Like Nagarkot, the city offers numerous interesting day hikes. These provide the tourists an opportunity to see the Nepali countryside away from the roads and also giving a taste of trekking. The easiest is the hike to Namobuddha and back.

Kakani

Kakani 1982 meters above sea level and located 29 km northwest of Kathmandu City is famous for its magnificent view of the Valley. It overlooks the northwestern Himalayan ranges set against the vastness of the blue sky. The holiday area of Kakani features attractions ranging from beautiful alpine scenery to the magnificent Himalayan panorama, particularly of the Ganesh Himal. Other peaks that can be seen from Kakani are Gaurishankar (7,134 m), Choba Bhamre (6,016 m) and several other peaks. One should not miss the majestic sunset that Kakani offers.

A trip to Kakani along the mountain highway, Trisuli Road, is rewarding with views of green forests on one side and terraced cultivation on the other. The road to Kakani

begins at Balaju and terminates at Kaule where the road to Kakani bifurcates. The vehicles can go right up to the top of Kakani. It takes about one and half-hours to reach Kakani by car from Kathmandu.

Daman

This site is situated 80 kilometers southwest of Kathmandu at an altitude of about 2,400 meters. Daman is located on the Tribhuvan Highway in between Kathmandu and the town of Birgunj. For a view of the world's highest peaks extending in one glittering arc from the Far West of Dhaulagiri to the Far East of Sagarmatha (Mt. Everest), there is no better place than Daman. Other peaks that are visible from Daman are Annapurna III (7,555m), Phurbi Chyachu (6,637m), Choba Bhamre (6,016 m), and Gaurishanker (7,134). There is a view tower equipped with long range telescopes. Daman can be reached in about four hours from Kathmandu. Simple overnight accommodations are also available in Daman. A round trip from Kathmandu to Pokhara, Tansen, Lumbini, Narayangadh, and Daman is very rewarding.

Pokhara

The Pokhara valley, the most picturesque spot of Nepal, is enhanced by its lovely lake Few, Begnas and Rupa, and Caves, River gorges and Monasteries. Situated 200 km west of Kathmandu at an altitude of 827m. is connected by air as well or by bus from Kathmandu is the starting and or ending point for some of the popular treks including the Annapurna Circuit and the Jomsom Trek. Pokhara offers the magnificent views of Dhaulagiri, Manaslu, Fishtail, Five Peaks of Annapurna and others. It also offers a number of short treks for those who cannot opt for long and challenging ones. The most popular among them is Sarangkot (1592 m), a former Kaski fort lying atop a hill five km west of the old bazaar.

Sarangkot

To enjoy of an eye feast of the Annapurna ranges to the north overlook, the **Fewa lake** valley of Pokhara to the south and east, you can walk uphill for three hours from the foot of **Bindya Bashini** temples along a ridge rack northwest of the valley and get to Sarangkot. Very beautiful sunrise and sunset can be seen from Sarangkot.

Tansen

Tansen is a Himalayan town located on the slopes of a hill called Shreenagar hill at an altitude of 1343 meters above sea level. Tansen is the most popular summer resort in western Nepal on account of its position and climate. It has perhaps Nepal's most far stretching views of the country's chief attraction - the Himalayas - from Dhaulagiri in the west to Gaurishanker in the northeast. From Shreenagar Danda, one has a view of the Tinau river valley below and the surrounding Churia and Mahabharat hills, including the Terai's flat lands to the far south. Tansen is the headquarter of Palpa District. Tansen is easily accessible. It takes just six hours by bus from Pokhara to reach Tansen along the Siddhartha Highway. The distance between Pokhara and Tansen is 123 km. Situated midway along the route from Pokhara is Lumbini, the birthplace of Lord Buddha. It is a convenient stop on the way to or from Royal Chitwan National Park.

Lumbini: A religious destination

Lumbini is the **birthplace of Siddhartha Gautam**, the Shakya prince, the eventual Shakyamuni and the ultimate Buddha- the Enlightened One. At the time his birth of the prince the city was a part of the kingdom of Kapilvastu.

The main attraction of the city is the Sacred Garden, spread over 08 Sq. km and possesses all the treasures of the historic area. In the gardens that surround the ruins, there is a Buddha tree where Siddhartha Gautam gained enlightenment and became Buddha. To the west of the **Mayadevi Temple**, stands the Ashoka Pillar, which did Emperor Ashoka erect in 249 BC to commemorate his pilgrimage to the sacred site. The inscription on it in Brahmi script proves Lumbini as the place where the Buddha was born in 623 B.C. To the south of the Pillar one finds the sacred pond- Puskarni – the place where Queen Mayadevi took a bath just before giving birth to the Buddha. One can reach in Lumbini by Bus or car.

Gorkha

Gorkha is the **birthplace of King Prithvi Narayan Shah**, the founder of modern Nepal, and hence it is the ancestral home of the Shah Kings of Nepal. Situated on a hill overlooking the snowy peaks of the Himalayas, there is an old palace known as Gorkha Durbar. The palace is said to have been built by King Ram Shah. King Prithvi Narayan Shah began his campaign to unify the Kingdom from this palace of Gorkha. There are two temples of Gorakhnath and Kali inside the palace precinct. Gorkha Durbar is one of the most outstanding examples of Nepalese architecture. Only Hindus are allowed inside the temple of Gorkhanath, where from the town derives its name.

The world famous Gorkha soldiers hail from this place. Gorkha can be reached in about four hours from Kathmandu and in about two hours from Pokhara. Regular buses for Gorkha leave at 7 A.M. every morning from the Central Bus Terminal in Kathmandu. A side trip to Manakamana either from Gorkha or from Khaireni on the Prithvi Highway is very enjoyable and interesting. Cable car facility is also available from Kurintar.

About Mountain Flights

One of the highlights of the visit to Nepal is the mountain flight. It is a one-hour flight along the great Himalayan range to the Mt. Everest or to Dhaulagiri past such gains as the Annapurna massif the west there is also a "complete Himalayan panorama" flight, which takes one on an enchanted review of the entire Nepal Himalayan range. Royal Nepal airline and private airlines also operate the breathtaking mountain flight for the tourists.

Hot Air Ballooning

"Sailing High In The Himalaya," is the title to one promotional story presented by Balloon Sunrise Nepal, an Australian-Nepali joint venture that organize daily sunrise hot air balloon rides in the Kathmandu Valley. "Its one of the most spectacular commercial balloon flights you can make, guaranteed to give you a lordly perspective of the changing face of the Kathmandu valley," are the opening lines in Action Asia magazine on a article by Patricia Roberts.

This is thrilling one hour's flight that traverses across the Kathmandu valley from Kirtipur to Bhaktapur meandering through a path of 20 kilometers charting its way above the three ancient kingdoms of Kantipur (Kathmandu), Lalitpur (Patan) and Bhaktapur (Bhadgaon). Beyond the sights and scenes of the valley is another awe-inspiring vista of snow clad lofty mountain peaks, again from a vantage point.

Wildlife Safari Excursion in Nepal

Nepalese jungles in the Tarai region especially filled with wildlife. Different types of jungle (National Park) of Nepal are preserving a unique ecosystem significantly valuable to the whole world. Formerly park history was started from Chitwan as a hunting reserve for the Nepalese royalty & nobility. But now days, national park (jungle) in Nepal has been changed as an attraction of visitors for wildlife safari. Among the their inhabitants are the one-horned rhino, the Royal Bengal tiger, the Gharial crocodile and the colorful peacock. Animal lovers, birds watches and sightseers can go there.

Especially the **Chitwan National Park** is undoubtedly one of the outstanding wild life sanctuaries in the world as well as Koshi Tappu, Bardia National Park, Parsa wildlife reserve & Dhorpatan hunting reserve. Visitors will have the good experience of one of the best Jungle Safari operations in of the world.

Royal Chitwan National Park is located 166 km Southwest of Kathmandu, 204 km Southeast of Pokhara. The national park is large area of low, heavily forested hills bordering India in the south, a heaven of wildlife including one horned rhino, leopard, varieties of deer, wild boar and around 400 species of birds. The park, formerly a royal hunting reserve covers nearly 400 square miles of dense forest and is home to nearly 60 **Bengal Tigers**.

The area has two distinct seasons - the wet monsoon season (June through September) and the dry winter monsoons. The best time to visit the park is March through May. The Elephant grass at this time of the year grows up to 20 feet, which is too short to provide cover to rhinos, which prefer this reverie environment. The nearest airport is Meghauly and Royal Nepal, Everest Air and Necon Air has regular flights from Kathmandu.

Best time to visit Nepal

October-November, the start of the dry season, is in many ways the best time of year: the weather is balmy, the air is clean, visibility is perfect and the country is lush following the monsoon. Its not very hot and not very cold during October-November. In Kathmandu it will be 18 -25 degree. **February-April**, the tail end of the dry season is the second-best period: visibility is not so good because of dust, but the weather is warm and many of Nepal's wonderful wild flowers are in bloom. In December and January the climate and visibility are good but it can be chilly. The rest of the year is fairly unpleasant for travelling: **May** and early **June** are generally too hot and dusty for comfort and the monsoon from **mid-June to September** obscures the mountains in cloud and turns trails and roads to mud.

Nepal's Exciting Wild River Raftings

Nepal is a second richest country in the world for water resources containing the worlds' best river for white water experiences and is one of the best in Asia in terms of quality rafting & professionalism. The fast flowing rivers with numerous rapids are the wonderful imagination for the courageous rafters. Commercially these are the rivers where your rafting trip will be carried out:

There are numerous fine rivers in Nepal, which offer excellent rafting or canoeing. You can glide on calm jade water amid magnificent scenery all about or rush through roaring white rapids, in the care of expert rivermen employed by Government authorized agencies. There are clear sandy beaches to camp or take a meal and cool in you clear Pools.

One can operate for a day of river running or more. There is no more relaxing experience, no better way of getting from the Kathmandu valley to the jungle of the Chitwan valley, a drop of thousands of feet in a few heavenly miles.

Information on Nepalese Rafting Rivers

River	Days	Distance	Grade	Gradient	Volume	From Kathmandu
Trishuli	1-4.	180 km	4-	06 Ft. A mile	1600cts – 45cumeecs	Half day drive west
Kali Gandaki	3	92 km	4+	18 Ft. A mile	400cts - 117cumeecs	One day drive west
Sunkoshi	7 -10	272 km	5-	10 Ft. A mile	14000cts- 4000cumeecs	3 hrs. drive east
Seti Khola	2	32 km	3+	25 Ft. A mile	1400cts 40cumeecs	One day drive west
Arun River	3	70 km	4-	12 Ft. A mile	7500cts 215cumeecs	1hr. fly in or 1&1/2 Day drive to Hile & 3 Days Trek
Marshyangdi	3	25 km	5+	10 Ft. A mile	1400cts 40cumeecs	1 Day drive west
Bhote Koshi	2	40 km	5+	10 Ft. A mile	1500cts	3 hrs. drive east
Karnali, far western-The Peacock River	5 - 7	180 km	5-	10 Ft. A mile	10500cts 300cumeecs	1 & half day drive + 1 day Trek

Entrance fees

Patan: Rs 50 less equal to than a dollar

Bhaktapur: Rs. 700 equal to US \$ 10

Shwiyambhunath, Pashupatinath Rs. 50

Kathmandu Durbar Square: Rs 200 equal to less than 2 dollar



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