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# Kathmandu Valley Tour

URL: <https://naatatravels.com/trip/kathmandu-valley-tour/>

## Duration

7 Days

## Per Person Cost

USD 840

## Difficulty

Basic fitness level

## Group Size

2-16

## Maximum Elevation

2380 meters

## Accommodation

3-star hotels

## arrival\_on

Kathmandu

## Meals

Breakfast with welcome and  
farewell dinners

## Departure

Kathmandu

## Trip Route

Nepal

## Highlights Of Kathmandu Valley Tour

Visit the World Heritage Sites such as Bouddhanath, Pashupatinath, Swyambhunath, and 3 durbars of Kathmandu Valley.

Experience the unique Hindu and Buddhist culture of Nepali people.

Try local Nepali cuisines like Momo, Thakali Khana, Dhindo, Newari Khaja set, etc.

Visit the nearby tourist destinations around Kathmandu Valley.

Witness the sunrise and the breathtaking Mountain views from Nagarkot.

Observe the lifestyle of Nepali people in bustling Kathmandu City.

Get a chance to witness the World's highest peak, Mt. Everest, and the other peaks from a bird's eye view.

Hike the Shivapuri National Park and witness different Flora and Fauna in that region.

## Kathmandu Valley Tour Overview

The Kathmandu Valley Tour is a 7-day trip that takes us to three beautiful cities within the valley: Kathmandu, Patan, and Bhaktapur. Additionally, we visit beautiful sites located on its boundary. Kathmandu City, the capital of Nepal, boasts its own geographical, natural, and cultural fascinations for travelers. We begin our 7-day tour by visiting the UNESCO World Heritage Sites, namely Kathmandu Durbar Square, Bhaktapur Durbar Square, Patan Durbar Square, Swayambhunath, Pashupatinath, and Boudhanath. Visits to beautiful nearby villages follow the trip.

The Kathmandu Valley Tour takes us to Patan, a place rich in art and architecture. *Next, we visit Bhaktapur, an authentic medieval city, and Boudhanath, the largest Buddhist shrine.* After that, we visit Pashupatinath, the most important Hindu pilgrimage site, followed by Swayambhunath, the eye of Buddha for peace.

Our trip extends to Changu Narayan Temple, the oldest pagoda-style building in Nepal, believed to have stood proudly **since 325 A.D.** We also travel to Nagarkot, a hill station popular for its sunrise and sunset views over the Himalayas. Our trip concludes with visits to the historic Dakshinkali and Budhanilkantha temples, ideally located on the outskirts of the valley.

For a more extended tour of Nepal, you can opt for [Nepal experience tour](#).

For more info on UNESCO World Heritage sites in Nepal, visit UNESCO World Heritage sites

## Trip Itinerary

### Day : Arrival in Kathmandu

Upon your arrival at the Tribhuvan International Airport, a representative from Naata Trek and Tours will be waiting for you at the airport, displaying a playing card imprinted with your name. He/she will then transfer you to the designated hotel. In the evening, we can enjoy a welcome dinner hosted by Naata Trek and Tours. We can enjoy Nepalese cuisine during dinner, which introduces us to the country's food culture.

#### Accommodation

3-star hotel

#### Meals:

Dinner

#### Altitude:

1350 meters

### Day : Guided sightseeing in Kathmandu

After breakfast, we will have a pre-trip meeting to introduce you to your Guide. During the meeting, you can provide yourself with any queries regarding the trip.

We will start our tour by visiting Boudhanath Stupa, one of the most significant Buddhist shrines in the world, where we observe Buddhist monks praying in the monasteries surrounding the stupa.

After Boudhanath Stupa we visit Pashupatinath Temple, the most famous Hindu temple in the country, located on the banks of the holy Bagmati River. Here, we see Hindu holy men (sadhus) meditating, pilgrims bathing, and occasionally funeral pyres burning on the ghats. We will also visit Bhaktapur Durbar Square, a collection of pagoda and shikhara-style temples grouped around a fifty-five-window palace of brick and wood.

The attractions of the Bhaktapur Durbar Square are the Lion Gate, the Golden Gate, the Palace of Fifty-Five Windows, art galleries, and the Statue of King Bhupatindra Malla.

**Accommodation**

3-star hotel

**Meals:**

Breakfast

**Altitude:**

1350 meters

## **Day : Mountain flight and Sightseeing Tour of Patan, Khokana and Bungamati**

Early in the morning, a representative from Naata will pick you up from the hotel and transfer you to the airport for the Mountain Flight. During this spectacular Everest Mountain Flight, you will fly over the world's most extensive mountain range, providing an unforgettable scenic experience for an hour. You will witness Mount Everest (8848m), Mount Lhotse (the 4th highest), Mount Makalu (the 5th highest), and many other peaks. Among these, Gauri-Shankar is particularly clear during the mountain flight. We also get a glimpse of the Tibetan Plateau.

In the afternoon, we will visit Patan, Khokana, and Bungamati. Patan Durbar Square: Listed as a UNESCO World Heritage Site, it is rich in ancient arts and architecture. Bungamati: Essentially a Newari settlement, Bungamati seems unmarred by time. It is also famous for cycling trips. Here, we can see locals drying red chilies and garlic from the windows of their old-fashioned houses. Khokana: Renowned for its mustard oil seed production and its functional and industrial heritage, Khokana is splendid in its own right.

**Accommodation**

3-star hotel

**Meals:**

Breakfast

**Altitude:**

1350 meters

## **Day : Sightseeing: Thimi, Bhaktapur, Changu Narayan and Nagarkot**

Today, we start our trip by driving to Thimi, about 10 kilometers east of Kathmandu. Thimi is renowned for its puppets, hand-woven clothes, masks, earthenware, and other handicrafts. It is also known for its sweet, beaten rice grown in traditional fields.

Our next destination is Bhaktapur, an alluring city where the local lifestyle and traditions have been preserved over centuries of isolation from the hustle and bustle of Kathmandu. While in Bhaktapur Durbar Square, we immerse ourselves in the sights of the Nyata-Pola Temple, the Golden Gate, water

spouts, and the 55 Window Palace, which together create an aura of a magical outdoor theater for visitors.

The delicious local food, especially the famous 'Juju Dhau' curd, is mouthwatering. Changu Narayan is the oldest temple in the Kathmandu Valley and is the oldest pagoda-style building in Nepal.

Nagarkot, a renowned hill station, sits at 7,200 feet and is famed for its spectacular Himalayan vistas. It is well known for its sunrise and sunset views of the Himalayas. As per your preference, we will visit Nagarkot for sunrise or sunset.

**Accommodation**

3-star hotel

**Meals:**

Breakfast

**Altitude:**

2175 meters

## **Day : Tour Dakshinkali, Chobhar, Pharping and Kirtipur**

Today, after breakfast, we head towards the southern part of Kathmandu, reaching Dakshinkali Temple.

Dakshinkali Temple: Devoted to the Goddess Kali, it is one of the well-known Hindu enshrinements. Located 22 kilometers from Kathmandu and about a kilometer from the village of Pharping, Dakshinkali Temple is a place of absolute devotion for Hindus. A Malla King constructed the temple after Goddess Kali appeared in his dream and instructed him to do so. It is strongly believed that Dakshinkali Temple has the power to fulfill the wishes of its devotees. Furthermore, cockerels, male goats, hens, ducks, and other animals are sacrificed as wishes are made in front of the temple.

Chobhar Gorge is the major attraction of Chobhar. It is believed that the gorge was carved out by a mighty blow of the sword by Manjushree, who wanted to drain the lake that filled Kathmandu Valley centuries ago. Even today, this is where the valley's water surges. Alongside is the Jal Vinayak Temple, a pivotal pilgrimage site for the valley.

Pharping has several Buddhist and Hindu monuments, monasteries, and temples. Kirtipur is an ancient town with a brave history, situated atop a hill in the valley. Tribhuvan University, one of Nepal's largest and oldest universities, is here. It is an important learning center in Nepal. The historic town has many fascinating sights, shrines, old houses, and temples. We will spend the night in Kirtipur.

**Accommodation**

3-star hotel

**Meals:**

Breakfast

**Altitude:**

1440 meters

## **Day : Sightseeing in Budhanilkantha and Shivapuri**

Today, we drive north to Budhanilkantha, a major pilgrimage site for the Hindus, where a giant statue of Lord Vishnu rests on a bed of snakes in a small pond. Further north from Budhanilkantha is a popular trekking trail in the Shivapuri National Park. It is the go-to destination for people who want a short trekking session around the Kathmandu Valley. The dirt road takes us to a monastery and through the village of Dandagaon, Gurje Bhanjyang, and finally uncovers panoramic views of the mountains from the hilltop.

**Accommodation**

3-star hotel

**Meals:**

Breakfast

**Altitude:**

2730 meters

**Day : Final Departure**

Our trip ends today. A Naata Trek and Tours representative will drop you off at the international airport for your departure.

**Trip Includes**

- Pickups and drops from hotels and airports
- 3 stars hotel in Kathmandu
- Breakfasts only; welcome and farewell dinners
- Transportation in comfortable private vehicle(s)
- English speaking, trained and experienced local tour guide
- T-shirt and city map
- Heritage sites and national park entrance fees
- All government and local taxes

**Trip Excludes**

- Nepalese visa fee
- Airfare for international flights
- Everest Flight cost (\$200 per person )
- Lunches and dinners
- Extra night accommodation if required
- Excess baggage charges
- Personal expenses
- Services not mentioned in the What Is Included section

**Additional Trip Information**

# A Brief History of Kathmandu Valley

Kathmandu Valley, the national capital area of Nepal, has a history that goes back over **2,000 years**. It is a bowl-shaped valley located in the heart of Nepal. *It was once an essential stop on trade routes between India and Tibet, making it a busy cultural and economic center.* Many rulers, including the Malla kings, chose to build beautiful temples, palaces, and courtyards here. Later, when Prithvi Narayan Shah conquered the Valley while creating the present day Nepal. Since then, the Shah kings declared Kathmandu as the Nation's capital. Numerous palaces and historical monuments were built by the kings in the Valley. These historic sites still attract and captivate visitors today.

*The Kathmandu Valley is renowned for its unique blend of Hinduism and Buddhism.* It boasts seven UNESCO World Heritage Sites, each reflecting its diverse heritage. The valley's three main cities—Kathmandu, Patan, and Bhaktapur—are medieval art and architecture treasure troves. Newars are the indigenous inhabitants and the creators of the historic civilization of the Valley. Their native language is Newari, and they are called Nepal Bhasa. Kathmandu Valley is the whole of Newa architecture, monuments, and landmarks.

## Food and Accommodation

Your trip to Kathmandu Valley will be a pretty relaxing and comfortable journey. Your stay will be at a three-star hotel. Your room will have all the amenities. During your visit to nearby hill stations like Nagarkot and Kirtipur, your stay will be at a hotel with the perfect city view. You will be staying in a super comfortable deluxe room. *You will be provided breakfast in the place where you are visiting. Besides that, your dinner will be at the hotel during your arrival day.* We do not cover your lunch and dinner for the rest of the tour, where you can try different Nepali cuisine delicacies in Kathmandu.

## The Three Durbars of Kathmandu Valley

*Nepal was a more minor kingdom before being unified by the Prithivi Narayan Shah.* Likewise, the Kathmandu Valley too had multiple smaller kingdoms during that time. After the unification of Nepal, these Durbars became historic sites protected by the country.

These three durbars are listed on the UNESCO World Heritage Sites and are protected by the government. These palaces reflect the ancient history of Nepal. It attracts millions of domestic as well as international visitors every year. Basantapur Durbar Square, Patan Durbar Square, and Bhaktapur Durbar Square are the three durbars of Kathmandu Valley.

## Basantapur Durbar Square

*Basantapur Durbar Square is located in Kathmandu, Nepal.* It was built primarily during the Malla dynasty, around the 16th century. Later, King Prithvi Narayan Shah developed it in the 18th century after unifying Nepal. This site is a UNESCO World Heritage site renowned for its intricate architecture, temples, and palaces. The square reflects Newar culture and craftsmanship.

There's a three-story temple called Kumari Bahal on the southern edge of the durbar where a young girl, "KUMARI," is worshipped as a living embodiment of Hindu Goddess Durga. Historically, it served as a royal palace complex and ceremonial venue. It signifies the political and cultural heart of Kathmandu Valley.

## Patan Durbar Square

*Patan Durbar Square is located in the heart of Lalitpur, Nepal. It is an ancient palace complex known for its stunning Newar architecture. It was built primarily during the Malla period and features numerous temples, courtyards, and a museum. It is believed that most of the current architecture is from the 16th century, constructed during the reign of King Siddhi Narshing Malla. The key structures of Patan Durbar Square include the Krishna Temple, Bhimsen Temple, and Hiranya Varna Mahavihar.*

## Bhaktapur Durbar Square

Bhaktapur Durbar Square is located in Bhaktapur, Nepal. It is a historic complex renowned for its stunning Newar architecture. *It was constructed primarily during the Malla dynasty and includes iconic structures like the 55-Window Palace and Nyatapola Temple.* During its independence, it was considered the grandest among the three durbars of Kathmandu Valley, but many buildings in the square have been lost because of the frequent earthquakes.

This UNESCO World Heritage site showcases the artistic and cultural richness of the Kathmandu Valley. It is a vibrant center for traditional festivals, pottery, and woodcarving, reflecting the city's heritage as a vital hub of Nepalese art and culture.

## What to pack for the Kathmandu tour?

If you're planning to tour the capital of Nepal, you should know about many things, such as the weather, location, altitude, etc. The Kathmandu Valley sits at an altitude of around 1400 meters from sea level. Since the Valley lies in the hilly region of Nepal, the temperature generally ranges from 15- 30 degrees Celsius. The temperature drops to around **5-20 degrees** Celsius during winter. It would be best to be cautious while you pack for the Kathmandu tour. Here are some items you should not miss out on packing for the Kathmandu tour.

- Waterproof Jackets
- Windcheaters
- Fleece Jackets
- T-shirt and shirts
- Pants, Half Pants, and Trousers
- Shoes and Sandals
- Camera ( extra memory cards and batteries)
- Sunscreen
- Personal medicines
- Chargers and plug adaptors
- First aid kit
- Sunglasses and hats
- A small bag
- Water bottle

## Documents for Kathmandu Tour

- Passport
- Travel Insurance documents

- Photocopy of documents
- Few Passport size photos
- Hotel or Tour booking vouchers

## **Address**

**Naata Travel and Adventures Pvt. Ltd.**

Kathmandu, Nepal