

Chisapani Nagarkot Hiking - 3 Days

URL: <https://nepalalternativetreks.com/trip/chisapani-nagarkot-hiking/>

Duration 3	Per Person Cost USD 200	Difficulty Easy
Weather -2°C to 22°C	Accommodation Hotels/Resorts	Meals Breakfast, Lunch, Dinner
Religion Buddhist, Hindu	Transportation Private overland	Max Altitude 2175m./7177ft.
Region of Nepal Shivapuri National Park, Kathmandu	Ethnic People Tamang, Newar	Daily Activity Approx. 5 - 6 hours
Best Seasons Sept, Oct, Nov, March, April, May	Geographic Terrain Mountain, Forest, hill	

Highlights

- A pleasant walk through Shivapuri National Park and remote villages.
- Amazing View of Mt. Everest and many more snowcapped himalaya ranges.
- Beautiful Sun rise with panoramic view .
- Visit Historical and hindu temple - Changunarayan .
- Catch the majestic panoramic view of A

Weather

January -2°C to 8°C	February 0°C to 10°C	March 3°C to 14°C
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April	May	June
7°C to 18°C	11°C to 20°C	15°C to 22°C
July	August	September
16°C to 22°C	18°C to 27°C	17°C to 27°C
October	November	December
14°C to 24°C	9°C to 21°C	6°C to 18°C

Trip Overview

Overview

Our short journey -first day begins from Sundarijal. After entering through Shivapuri National Park, we ascend to top of the hill through Mulpani Kharka about two hours and walk downhill 45 minutes to Chisapani. The weather in Chisapani is always cold as its name is Chisapani, meaning “cold water” in Nepali where you will enjoy the real boon of nature being away from the noise of Kathmandu feeling better to be away from crowded busy city life and your interaction with the local people will add another experience. Walking through jungle and hearing bird chirpings to Lapsi Phedi from Chisapani is a pleasurable excursion.

Our second day begins with wilderness area and quiet natural route to Jule chowki. We have lunch break in Jule or Chauki Bhanjyang village after walking 3 hours from Chisapani and after having lunch hiking continues to Nagarkot, the beautiful village full of standard hotels, lodges and resorts. Early sunrise view from Nagarkot is the most fascinating and mesmerizing view reflecting rays of sun to White Mountains. Nagarkot with the height of 2195 meter from sea level is on the edge of the valley and offers superb views of the mountains as well as Kathmandu valley.

On third day, we walk down to Tikot and Changunarayan temple. Along with this you visit the temple at Changunarayan, one of the oldest Hindu temples in Nepal which offers you to have a peek observation of the religious practice of Nepali people.

Product Description

Chisapani Nagarkot hiking is well combined of Himalaya range, Shivapuri national park, culture and rural villages though it is joined with Kathmandu. It is also popular of green forest, wild animal and domestic life to see along the trail. The view from Chisapani can be seen Annapurna, Manaslu, Ganesh himal, Lantang ri, Dorje Lakpa and many more. You will never forget the best sun set and sun rise from Nagarkot with panoramic view of Himalayas including Mount Everest.

About Us

Enjoy a tailored tour in Nepal with Nepal Alternative Treks and Expedition. We specialize in full-board hiking and cater to all kinds of tourists. Enjoy the most exquisite services, including domestic transportation, luxury accommodation, permits, experience hiking guide, and porters.

3 Days Chisapani Nagarkot Hiking Day-to-day-Itinerary

Day 1: Drive to Sundarimal - hike to Chisapani

After breakfast at your hotel, depart to Sundarimal an hour by overland then climb up to Shivapuri hill then trek down to Chisapani then stay there overnight at hotel.

Destination:

10km Uphill hike
(Avg 4hrs)

Accommodation

Dorje Lakpa Hotel or Similar(1750m./5775ft.)
category

Altitude:

Meals

Breakfast, Lunch, Dinner

Day 2: Trek to Nagarkot

After breakfast, hike to Nagarkot then stay there overnight at hotel . It's a long but pleasant day walking through Shivapur National Park and dense forest along the way. You will have a beautiful panoramic view of himalaya range and small settlement as Jhule post, Chauki bhanjyang . You will ascend to reach Nagarkot at the end of the day .

Destination:

15km Uphill hike
(Avg 6hrs)

Accommodation

Nagarkot View Point or Similar(1950m./6435ft.)
category

Altitude:

Meals

Breakfast, Lunch, Dinner

Day 3: Hike to Changunarayan temple - Drive to Kathmandu

After beautiful sun rise with spectacular view of snowcapped high mountains including Mount Everest, you will have a breakfast at roof top then hike down to Changunarayan temple. Visit temple then transfer to your hotel in Kathmandu by private vehicle.

Destination:

3hrs Hike to Changuarayan
- 18km. (Avg. 1hr)

Altitude:

(1290m./4273ft.)

Meals

Breakfast, Lunch

What do you get in the Trip?

- Private transport as per mentioned in itinerary.
- All meals during the hiking (Breakfast, Lunch, Dinner with tea/coffee) three times in a day.
- Hotel accommodation (Twin share basis) during hiking.
- One experienced educated, well trained, fluent English speaking, friendly, government authorized and professional hiking guide.
- Guide and porter's food, accommodation, salary, insurance and transportation.
- Shivapuri National Park Fee.
- Water purification, seasonal fruits etc.
- Government tax and service charge.
- Public Liability Insurance

Not Included

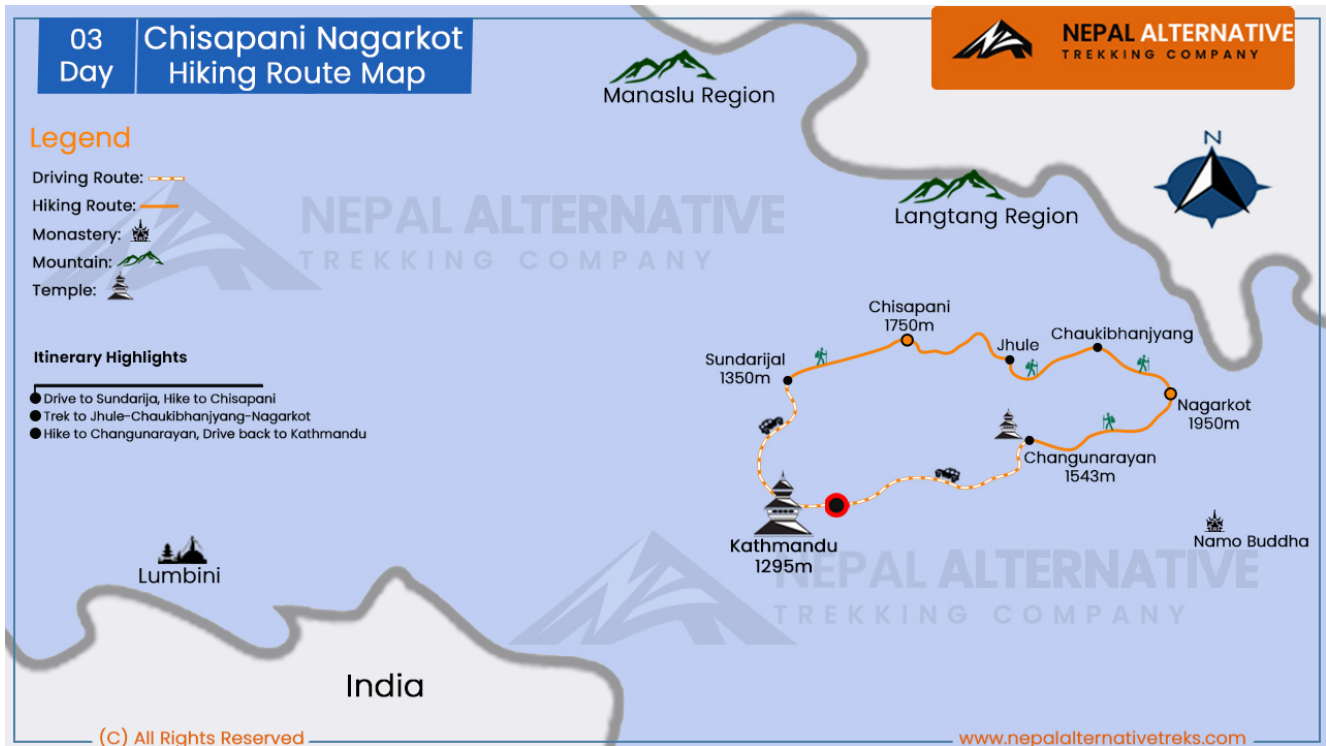
- Hotel accommodation and meals in Kathmandu .
- Hard and soft table drinks such as coke, fanta, mineral water, beer, desert, phone bill, laundry etc during hiking.
- Personal Travel insurance.
- Entrance fees for sightseeing.
- Tips for guide. (Highly suggested).

Group Discounts Available

No. of Persons	Price per Person
Group Of 1 - 1	400 PP 300PP
Group Of 2 - 4	300 PP 200PP
Group Of 5 - 8	280 PP 180PP
Group Of 9 - 12	260 PP 160PP
Group Of 13 - 16	240 PP 140PP

No. of Persons	Price per Person
Group Of 17 - 20	220 PP 120PP
Group Of 21 - 24	200 PP 100PP

Route Map



[Download Route Map](#)

ESSENTIAL INFO

Clothing gears check list

When you select your personal items, keep in mind the number of days you will be hiking, the time of year and the altitude. We advise our clients to bring these items:

- Lightweight hiking boots or sport shoes “walked” them in prior to arrival in Nepal to avoid blisters or sport shoes.
- Light weight pants, shirts
- T-shirts.
- Long sleeve shirt, if susceptible to sunburn.
- Sun hat - sunburn is severe at rarefied altitudes.
- Vaseline for feet and crutch.
- Water bottle - 2 liters.
- Sunglasses and strap
- Sunscreen, sun bock, sun - tan lotion.

- Small daypack - 25 liters.
- Rain jacket - poncho style to cover backpack during monsoon.
- Warm jacket during winter.

Meals

We don't provide any facilities for meals. You should manage it by yourself in Kathmandu but trekking we provide you with 3 meals a day and lodge accommodation. We also provide top-quality foods for our consumers. Because while traveling your diet should be on point. Otherwise, you might be sick and might not be able to complete the trek.

Physical fitness requirement

Chisapani Nagarkot Hiking is a 3 day-long hike. So, you should have normal physical fitness. It is an easy hike. You just make sure you don't have any physical illness. Similarly, if you don't have any problem then you can complete this hiking very easily. This hiking is best for rookie hikers. Likewise, make sure you are capable of traveling uphill climbs.

Accommodation

You don't provide any accommodation facility here. Make sure you come prepared for that.

Climate and weather

This trek is a 3-day long trek. So, you should be very careful about choosing the best climate and weather for your trek. Normally, this trek is suitable during monsoon seasons. But, this hiking is possible throughout the year. But, it gets cold during November.

Safety and security

This trek is long compared to other small treks. So, you should carry every essential with you. Similarly, you should stay in the nearby lodges. There they also take good care of you and your belongings. But, in rare cases, you should take care of your belongings by yourself. Most of the time the hike is safe.

Frequently Asked Questions

Is this hike safe for tourists?

Yes, this hike is safe for tourists. This area has not been affected by the earthquake in 2015. Also, there is no burst of epidemics or viral diseases or covid-19. We also recommend you keep yourself updated with

the local news.

The government and other respective bodies are continuously are trying to facilitate accessible communication, comfortable and safe internal travel, proper healthcare facility, and services of restaurants en route for tourists.

What are the physical fitness and other criteria required for this hike ?

Although it is not a strenuous hike, the trails pass through the down with ascents that can be demanding and tiresome, so it is beneficial for all hikers to exercise daily from a month before their trip. This helps the body get accustomed to the physical work required during the journey.

Participants with pre-existing medical conditions such as heart, lung, and blood disease should inform us before booking the trek and are advised to seek medical advice or consent from their doctors before the hike.

When is the best season for this hiking ?

The best season to hike in Chisapani Nagarkot route is during autumn (September to November) as the weather is stable, dry, and clear. Also, the atmosphere is merry during these seasons, as autumn is the major festive season of the country. Another favorable season for hiking is during spring (March to May) as the trails become more vibrant and pleasing with the blooming of different wildflowers and Rhododendrons. The days are clear and perfect for hiking .

December to February is the coldest time of the year. From June to August, the region experiences the summer season. Humidity increases along with the temperature. Hence, the monsoon starts, which makes the skies cloudy, and the roads muddy and slippery. There are chances of flooding and landslides throughout the country as well.

Do you have other dates available that match my timing?

Even though our hiking packages have pre-fixed group departure dates, we can tailor them to accommodate your specific requests and schedule. Please review our designated departure dates, and if they do not suit your timeframe, let us know your preferred timing so that we can manage your itinerary accordingly. We organize this hike as per your wishes and convenience.

As a single trekker, may I join fixed departure group ? Will it be possible to get a separate room?

Our group packages are designed in such a way that they suit single travelers too. It is a great way to get to know new people with similar interests, and most people find that group dynamics are very friendly and comforting. Single hikers will share accommodation with other individual hikers of the same gender on our group journeys.

If you are a single traveler wishing for a private room, we can manage that as well, but you will have to inform us about it while booking the trip. Also, please note that you may have to pay some additional charges for single rooms.

Can we change money along the route ? Can we pay by credit card or foreign currency ?

No, you won't be able to change money along the route. We recommend changing money at Thamel . Credit card and foreign currency are not accepted along the route. You are better to take enough cash from Kathmandu.

What is the weight limit for porters ?

Usually, we arrange one porter for two trekkers, and one porter carries weights up to 20 kilograms. Hence, each trekker's luggage should weigh only up to 10 kilograms. However, if your essentials weigh more than that, we can provide you a personal porter with some additional costs.

What kind of food will be provided during this hike ?

Our package includes three meals per day, breakfast, lunch, and dinner. Dinner and lunch include the authentic Nepali Daal-Bhat (rice and lentils) along with seasonal vegetables, spinach, and pickle. If you do not like it, you can choose any item from the wide range of menu offered by the lodges.

Tea houses and lodges serve Nepalese, Asian, and Continental food, and even pizzas. The food is prepared hygienically, but the taste of western food might not meet your expectations as there are minimal resources available. We usually suggest eating vegetarian food to avoid falling ill. We ensure hygienic food and clean kitchen to avoid food poison and enough nutrition and immunity needed for the mountain walk.

How can drinking water be managed ?

Bottled plastic water is readily available along route at USD 1 per liter. However, we recommend you carry your own water bottles. You can fill them up with filtered water or boiled water wherever possible and purify it using chlorine or iodine. We shall provide water purification drops and tablets.

How long will we have to hike each day during the trek?

An average day of trekking involves around 4 to 6 hours of hiking, including breaks for meals as needed. The average distance covered depends on the terrain and altitude, but ranges from 10 to 15 kilometers on average.

Along the way, you will have many chances for photography and other personal interests such as bird watching and discovering local areas of interest like natural springs, hot water ponds, and even exploring flora and fauna.

What are the documents that we need to bring for this hike ?

You need to submit the following documents that should be sent via email :

- A copy of passport,
- Flight details,

What are the accommodation arrangements during the hike ?

In this hiking route, the accommodation options are hotels and resorts. Nepal Alternative Treks generally manages your accommodation in the best hotel/resort that provides single or double rooms. The bed has a mattress, pillow, and blanket. Hotels offer a room with a heater, and a blanket so, you don't need to carry sleeping bags.

What kind of toilet facilities are there? Will we be able to take a shower ?

Hotel/Resorts in this hiking route have excellent infrastructure and are likely to have western-style toilets, and sometimes even attached toilets.

If you need to use the toilet while hiking , we will try to find the nearest lodge, if possible; otherwise, you will have to manage it somewhere in the forests. Please respect the environment by placing the used toilet paper in a plastic bag so that you can dispose of it later.

Nepal Alternative Treks arranges accommodation with proper hot shower facilities.

Can we hire hiking gears in Kathmandu?

Yes, there are plenty of shops around Thamel that sell as well as rent all the necessary gears for hiking. These shops have great varieties of goods ranging based on their brand as well as price. We will help you with buying or hiring all the necessary equipment.

Are alcoholic beverages available in hiking ?

You can easily find different types of alcoholic beverages of international as well as Nepalese brands. In villages, however, you can either find local (home-made) drinks like Chyang, Raksi, and Tongba or other packaged drinks of Nepalese brands.

Is it possible to recharge batteries and electronics during the hike ?

Nowadays, all kinds of facilities, including recharging batteries and electronics, are available in this hiking route and also have electricity and recharging facilities available for a minimal service charge.

Also, note that the Nepalese plugs are of Type D, and the voltage is about 220-240 V. So, make sure that your devices are chargeable. Otherwise, you shall require adapters and voltage stabilizers

Is it possible to communicate with friends and family back home while on hike ?

There are mobile networks, internet data, and Wi-Fi available in Chisapani Nagarkot hiking route, and you can connect to your friends and family back home.

For mobile network and internet data, you will require a Nepalese SIM-Card. If you wish to buy a Nepalese SIM-Card, we will assist you in getting it. You can buy a SIM-Card from local distributors easily with some fees. We recommend **Namaste** SIM to have better network coverage and 4G data uses.

What if the guide/porter leaves alone on the trail?

Guides and porters will always walk together with you, but, sometimes in case if there is no communication available to reserve lodge in advance, your porter may have to go ahead to book a room in an excellent lodge for the night. Our guides /porters will not leave you behind otherwise.

If by any chance such a circumstance occurs, you have to contact us immediately. We will then connect to our guides/porters and get back to you. We assure you.

What is the weather and temperature like we can expect during the hike ?

The temperature could range around and above 25 degrees Celsius in summers and decrease below 0 degrees Celsius in winters. During autumn and spring, temperature ranges around 10 to 20 degrees Celsius, making it suitable for hiking purposes.

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