

Chisapani–Nagarkot Trek: Kathmandu Valley’s Classic Forest-to-Ridge Adventure

Overview:

The Chisapani Nagarkot Trek is one of the most scenic short hikes in the Kathmandu Valley, offering a perfect blend of nature, mountain views, and rural village life. The journey typically begins at Sundarijal, entering the lush forests of Shivapuri Nagarjun National Park. The trail gradually ascends through waterfalls, dense woodland, and quiet Tamang settlements before reaching the picturesque ridge-top village of Chisapani.

From Chisapani, the trek continues along scenic ridgelines and rolling hills, passing through traditional villages, terraced farmlands, and open landscapes with panoramic Himalayan views on clear days. The route offers a peaceful walking experience away from the crowds of the city, with changing landscapes and cultural encounters along the way.

The trek continues to Nagarkot, a popular hilltop destination known for its spectacular sunrise and sunset views over the Himalayan range and Kathmandu Valley. The following morning, the journey continues to Changu Narayan Temple, one of the oldest Hindu temples in the Kathmandu Valley and an important site of Nepal's cultural and religious heritage. After exploring the temple and its surroundings, you will drive back to Kathmandu, marking the end of a refreshing journey that combines forest trails, rural culture, mountain scenery, and heritage exploration.

Quick facts:

Cost: USD per Person

Destinations: Sundarijal / Chisapani / Changu Narayan / Kathmandu

Duration: 6 Days

Trek starting point: Sundarijal

Trek ending point: Changu Narayan

Grade: Easy

Transportation: tourist coach

Accommodation: tea house, tourist standard hotel in Kathmandu

Max altitude: 2,165 m

Activities: Hiking & trekking, sightseeing

Best seasons: March, April, May, October, September and November

Please do not forget to carry the following items with you:

- Passport size Photos
- Torchlight / Headlight
- Warm cap
- Sunglass and sun-cream
- Sleeping bag (light weight)
- Trekking sticks
- Dry fruits and chocolates
- Down jacket
- Trekking trousers
- Trekking shoes (No any converse and Vans shoes)

PROGRAM ITINERARY

▣ **Day 1: Arrive at Kathmandu / Meet and Greet**

Arrival at Tribhuvan International Airport. Our staff member will meet you at the airport and transfer you to your hotel. After check-in, you can rest and relax following your journey. Overnight at the hotel in Kathmandu.

▣ **Day 2: Kathmandu Sightseeing and preparation for trekking**

After breakfast at the hotel, our guide will meet you at the hotel and provide a briefing about the upcoming trek, including the itinerary, safety information, and important preparations. He will also assist you with all the necessary trekking formalities and paperwork.

After the briefing, we will go on a sightseeing tour around the Kathmandu Valley, visiting famous UNESCO World Heritage Sites such as Boudhanath Stupa, one of the largest Buddhist stupas in the world, and Swayambhunath Stupa, also known as the Monkey Temple. On this day, we will also arrange the TIMS card and other required permits for the trek. In the evening, you will have time to prepare your trekking gear and make the final arrangements for the journey ahead. Overnight at the hotel.

▣ **Day 3: Drive to Sundarimal (1,350 m) and Trek to Chisapani (2,165 m):**

Walking Distance: 12 – 15 km | 5 – 7 hours

After an early breakfast in Kathmandu, we drive to Sundarimal (1,350 m), the starting point of the trek. The drive is short, covering around 15 km in approximately 1 hour.

From Sundarimal, the trek begins with a steady ascent through the Shivapuri Nagarjun National Park, passing through forest trails, stone staircases, waterfalls, and small settlements. The trekking distance to Chisapani (2,165 m) is approximately 12 – 15 km, and it takes around 5 to 7 hours to complete.

The trail offers a peaceful natural environment, gradually climbing through dense greenery and cooler landscapes. Along the way, trekkers can enjoy forest scenery and occasional views of surrounding hills and valleys.

Upon reaching Chisapani, guests are rewarded with a quiet hilltop village atmosphere and, on clear days, beautiful views of the Langtang Himalayan range. After arrival, we check into the lodge and enjoy the peaceful surroundings.

▣ **Day 4: Trek from Chisapani to Nagarkot (1,650m) : Walking Distance: 16 – 20 km | 6 – 7 hours**

The trek from Chisapani (2,165 m) to Nagarkot (2,175 m) is a scenic ridge walk through the hills of the Shivapuri–Nagarkot region, offering a mix of forest trails, rural settlements, and Himalayan views.

After breakfast in Chisapani, the trail continues through peaceful woodland, small villages, and rolling ridge lines. The route gradually moves through terraced fields and countryside landscapes, offering a quiet and natural trekking experience away from crowded areas.

The trekking distance is approximately 16 – 20 km, and it takes around 6 to 7 hours of walking, depending on the chosen trail and pace.

As we approach Nagarkot, the views open up to wide Himalayan panoramas, including peaks from the Langtang, Ganesh Himal, and Everest ranges on clear days. Nagarkot is famous for its sunrise and sunset viewpoints over the Himalayas.

Upon arrival, we check into the hotel and enjoy the peaceful hilltop environment.

▮ **Day 5: Trek to Changu Narayan and Drive back to Kathmandu (1,400 m):**
Walking distance : 8 – 12 km | 3 – 4 hours

From Nagarkot View Tower, we begin the day by enjoying a spectacular sunrise view over the Himalayas, with golden light illuminating the surrounding hills and valleys. After taking in the early morning scenery, we start a beautiful downhill walk toward Changu Narayan Temple, covering approximately 8 to 12 kilometers of scenic countryside trails and terraced fields.

The route winds through small villages, farmland, and peaceful natural surroundings, offering a relaxing and culturally rich trekking experience. The trek takes around 3 to 4 hours of walking, mostly on gentle descents with occasional rolling sections, while providing beautiful views of the surrounding hills. On clear days, distant Himalayan peaks can also be seen from certain parts of the trail.

The journey ends at Changu Narayan Temple, one of the oldest Hindu temples in Nepal and a UNESCO World Heritage Site, known for its historical significance and intricate stone carvings.

After exploring the temple area, we drive back to Kathmandu (1,400 m), which takes approximately 1 to 1.5 hours, concluding the trip.

▮ **Day 6: Departure day:**

Today marks the completion of your Chisapani Nagarkot Trek. Depending on your travel schedule, you will be transferred from your hotel in Kathmandu (1,400 m / 4,593 ft) to Tribhuvan International Airport for your onward departure.

As you leave Nepal, we hope you take with you unforgettable memories of the Chisapani Nagarkot Trek including its breathtaking sunrise from Poon Hill (3,210 m), peaceful rhododendron forests, traditional Gurung and Magar villages, cascading waterfalls and the warm hospitality experienced along the way. Thank you for being part of this journey and we look forward to welcoming you again for future adventures in Nepal.

What's Included:

- ☒ Airport Pick-up and drop Service
- ☒ Hotel Accommodation in Kathmandu and Nagarkot (twin sharing basis) with breakfast
- ☒ Guided Tour of Kathmandu valley with an experienced tour guide
- ☒ Sightseeing charges and Entry fees
- ☒ Accommodation during the trek (teahouse / guesthouse / homestay)
- ☒ All meals during the trek (Breakfast, Lunch, Dinner)
- ☒ Transportation (tourist coach / local bus / private vehicle)
- ☒ Experienced licensed English-speaking trekking guide
- ☒ Local government Entry Permit of Rs. 2000 (started in 2018)
- ☒ Insurance of the Guide and Porter
- ☒ Shiva Puri Nagarjun National Park Area Permit
- ☒ TIMS (Trekking Information Management System) Trekking Permit Card
- ☒ Medical kits carried by the guide
- ☒ All necessary paper works, office service charge and all Government Taxes

Optional Add-Ons:

- ☒ Porter (cost: 20 USD per day, carries 15 – 20 kg load. Porter's accommodation, transport and meal is paid by the company)
- ☒ Down jacket, all-season sleeping bag, duffel bag and trekking map (in case you don't have your own. Down jacket, sleeping bag and duffel bag must be returned after completion of the trip).

What's Excluded:

- ☒ Travel insurance (Mandatory: Should include emergency evacuation coverage while trekking up to 5500+ m)
- ☒ International airfare and Visa costs (you can get Visa upon arrival at the airport)
- ☒ Personal interest items or gears
- ☒ Tips to guide / driver / porter
- ☒ Beverage and Drink Items / Other Extra facilities like hot shower during trek
- ☒ Any other expenses which are not mentioned in "What's Included" section

Important note:

This note represents the most current information for this itinerary and may supersede any information in the current brochure, including but not limited to the itinerary and price. The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control. We do our best to provide you the best available services but at the same time ask for your understanding to be flexible, in case of unpredictable conditions.

Thank you for choosing Trekadvise, Nepal as your travel partner. We wish you a very pleasant stay in Nepal.