



## Bridge Nepal Treks & Travels

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# Kathmandu Valley Rim Trek 6 Nights and 7 Days

<b>Price</b>	500.00
<b>Duration</b>	24
<b>Location</b>	Nepal

## Tour Overview

### Overview of Kathmandu valley Rim Trek

This 6 Nights / 7 Days Kathmandu Valley Rim Hiking / Trekking Tour is one of the best short walking journeys near Kathmandu, now designed with arrival and departure days for a complete travel package. It is ideal for travellers who want to enjoy nature, forests, village trails, sunrise viewpoints, Himalayan scenery, monasteries and traditional towns within a limited time, while also having comfortable airport transfers and Kathmandu hotel arrangements.

The journey starts with arrival in Kathmandu, hotel transfer and trip briefing. The hiking section begins the next day with a short drive to Sundarimal, one of the most popular hiking starting points on the north-eastern side of Kathmandu Valley. From Sundarimal, the trail climbs through forest, stone steps, small settlements and peaceful hill landscapes towards Chisapani. The route then continues along the valley rim to Nagarkot, famous for sunrise and Himalayan panorama.

From Nagarkot, the trek continues towards Dhulikhel, a traditional Newari hill town known for mountain views, old settlements and peaceful surroundings. The journey then follows a scenic countryside trail to Namobuddha, one of Nepal's most sacred Buddhist pilgrimage sites. On the final day, the trail descends towards Panauti, a historic Newari town, before returning to Kathmandu by private vehicle.

This itinerary is ideal for travellers who want a short trekking experience close to Kathmandu without going into remote high-altitude regions, with arrival, departure, accommodation and local coordination arranged in one complete package.

## Why This Route is Best Route

For a proper hiking and trekking route, this itinerary removes Chandragiri from the main trail. Chandragiri is located on the south-western side of Kathmandu and is better suited for a sightseeing and cable car tour. It does not connect naturally with the Chisapani-Nagarkot-Dhulikhel-Namobuddha hiking route.

The best hiking route is: Kathmandu → Sundarikal → Chisapani → Nagarkot → Dhulikhel → Namobuddha → Panauti → Kathmandu. In the 6 Nights / 7 Days package, Day 01 is arrival and Day 07 is departure, while the hiking route runs from Day 02 to Day 06.

This route is smoother, more scenic and more practical because it follows the natural north-eastern and eastern rim of Kathmandu Valley.

## WHY CHOOSE BRIDGE NEPAL TREKS & TRAVELS

Bridge Nepal Treks & Travels offers carefully designed hiking and trekking experiences around Kathmandu Valley for travellers who want nature, culture and Himalayan views within limited time. With local route knowledge, flexible planning, reliable guides and personal service, we make your journey safe, smooth and memorable.

## IMPORTANT NOTES

- This is a soft trekking route suitable for beginners with normal fitness.
- Chisapani to Nagarkot and Nagarkot to Dhulikhel are the longer walking days.
- Good walking shoes are strongly recommended.
- Trails may include forest paths, stone steps, village roads and jeep tracks.
- During monsoon, trails may be muddy and slippery.
- Mountain views depend on weather conditions.
- A private vehicle can be arranged as backup or for clients who prefer to skip any walking section.
- The itinerary can be customized based on group fitness, hotel category and available time.

## PACKING LIST

- Comfortable hiking shoes
- Light backpack
- Water bottle
- Sun hat or cap
- Sunglasses
- Sunscreen

- Light rain jacket
- Warm jacket for morning and evening
- Comfortable trekking clothes
- Personal medicine
- Basic first-aid items
- Walking pole, optional
- Camera or mobile phone
- Power bank
- Personal snacks

## Trip Highlights

- Arrival airport pickup and hotel transfer in Kathmandu
- Pre-trek briefing and preparation in Kathmandu
- Hike through forest trails, stone steps, villages and hill landscapes
- Sunrise and Himalayan views from Nagarkot and Chisapani
- Walk through villages and terraced fields towards Dhulikhel
- Explore Dhulikhel, a traditional Newari hill town
- Visit sacred Namobuddha Monastery
- Cultural walk to Panauti
- Combination of nature, culture, spirituality and Himalayan scenery

## Detailed Itinerary

### **DAY 1: ARRIVAL IN KATHMANDU - AIRPORT PICKUP - HOTEL TRANSFER**

Upon arrival at Tribhuvan International Airport in Kathmandu, meet the representative of Bridge Nepal Treks & Travels and transfer to your hotel. After check-in, take time to rest and recover from your journey.

Depending on your arrival time, a short trip briefing will be arranged at the hotel. During the briefing, the guide or company representative will explain the hiking route, walking hours, packing requirements, weather conditions, safety notes and next day departure plan.

The rest of the day is free for personal preparation, currency exchange, shopping for any missing hiking items or exploring the nearby area at leisure.

Activities:

- Arrival at Kathmandu airport
- Meet, assist and transfer to hotel

- Hotel check-in and rest
- Trip briefing and preparation for the hike
- Free time for personal activities

Overnight Stay: Kathmandu

Meal Plan: As per package arrangement

## **DAY 2: KATHMANDU - DRIVE TO SUNDARIJAL - HIKE TO CHISAPANI**

After breakfast, meet your hiking guide in Kathmandu and begin the journey with a short drive to Sundarijal. Sundarijal is located on the north-eastern side of Kathmandu Valley and is a popular starting point for short hikes around the valley rim.

From Sundarijal, the hike begins with an uphill walk through stone steps, forest trails, waterfalls, local settlements and terraced fields. The trail gradually climbs through peaceful natural surroundings and offers a refreshing escape from the city.

As the trail gains elevation, the air becomes cooler and the views of the surrounding hills become more beautiful. The route continues towards Chisapani, a quiet hill settlement known for fresh air, forest surroundings and Himalayan views on clear days.

Arrive in Chisapani by late afternoon. Check in at a local lodge or guesthouse and enjoy the peaceful evening atmosphere.

Activities:

- Breakfast at hotel in Kathmandu
- Drive to Sundarijal
- Begin hiking from Sundarijal
- Walk through forest trails, stone steps and local settlements
- Pass terraced farmland and hill villages
- Arrive at Chisapani by late afternoon
- Evening rest and local lodge stay

Hiking Distance: 14 km

Walking Time: 5-7 hours

Overnight Stay: Chisapani

## **DAY 3: CHISAPANI - HIKE TO NAGARKOT**

Wake up early to enjoy the peaceful morning atmosphere of Chisapani. If the weather is clear, the area offers beautiful views of the surrounding hills and Himalayan range. After breakfast, begin the trek towards Nagarkot. This is one of the longest hiking days of the tour. The route passes through forest sections, countryside trails, rural settlements, terraced fields and quiet hill landscapes. Depending on the selected trail, some sections may follow village paths and rural jeep tracks.

The walk gives travellers a real experience of the countryside around Kathmandu Valley. Along the way, there will be opportunities for tea breaks, photography and interaction with local village life.

Arrive in Nagarkot by late afternoon. Nagarkot is one of Nepal's most famous hill stations and is known for sunrise, sunset and Himalayan panorama. After check-in, enjoy the evening at leisure.

Activities:

- Early morning view from Chisapani
- Breakfast at lodge
- Full-day hike towards Nagarkot
- Walk through forests, villages and terraced fields
- Tea break and lunch stop en route
- Arrival in Nagarkot by late afternoon
- Sunset view if weather permits

Hiking Distance: 20 km

Walking Time: 7-8 hours

Overnight Stay: Nagarkot

#### **DAY 4: NAGARKOT - HIKE TO DHULIKHEL**

Wake up early for the famous Nagarkot sunrise. On a clear morning, Nagarkot offers beautiful Himalayan views, with the mountains glowing in the first light of day. After breakfast, begin the hike towards Dhulikhel.

The route from Nagarkot to Dhulikhel is a scenic countryside walk. The trail passes through pine forest sections, ridges, farmlands, small villages and traditional settlements. This day is moderate but still requires steady walking because of the distance.

Dhulikhel is a beautiful Newari hill town known for its old streets, temples, local culture, mountain views and peaceful surroundings. Upon arrival, check in at the hotel and take rest. If time and energy permit, explore Dhulikhel old town or walk to a nearby viewpoint.

Activities:

- Sunrise view from Nagarkot
- Breakfast at hotel
- Begin hike towards Dhulikhel
- Walk through rural villages, forest sections and terraced fields
- Arrive in Dhulikhel by afternoon
- Optional visit to Dhulikhel old town or viewpoint
- Evening leisure at hotel

Hiking Distance: 17 km

Walking Time: 6-7 hours

Overnight Stay: Dhulikhel

## **DAY 5: DHULIKHEL - HIKE TO NAMOBUDDHA**

After breakfast, begin the hike from Dhulikhel to Namobuddha. Compared to the previous two days, this is a shorter and more relaxed walking day. The route passes through countryside landscapes, terraced farms, local villages and peaceful hill paths.

Namobuddha is one of the most sacred Buddhist pilgrimage sites in Nepal. It is traditionally believed to be the place where Lord Buddha, in one of his previous lives, offered his body to a hungry tigress and her cubs. The area is known for its spiritual importance, calm environment and beautiful hilltop location.

Visit Thangu Tashi Yangtse Monastery, one of the main highlights of Namobuddha. The monastery offers a peaceful spiritual atmosphere with views of the surrounding hills. Spend the afternoon exploring the monastery area, taking photographs, meditating or simply enjoying the quiet setting.

Activities:

- Breakfast at Dhulikhel
- Begin hike to Namobuddha
- Walk through villages and terraced farmland
- Arrive at Namobuddha
- Visit Thangu Tashi Yangtse Monastery
- Explore the sacred Buddhist pilgrimage area
- Free time for meditation, photography and rest

Hiking Distance: 11 km

Approx. Walking Time: 3-4 hours

Overnight Stay: Namobuddha

## **DAY 6: NAMOBUDDHA - HIKE TO PANAUTI - DRIVE TO KATHMANDU**

Wake up early to enjoy the peaceful morning atmosphere of Namobuddha. After breakfast, begin the final hiking section towards Panauti. The trail descends gradually through rural settlements, farmland, small forest patches and countryside landscapes.

Panauti is one of the oldest and most culturally rich Newari towns near Kathmandu. It is known for its traditional houses, temples, courtyards, river confluence and old-world atmosphere. Upon arrival, explore the historic town, visit local temples and enjoy the cultural surroundings.

After sightseeing in Panauti, take a private vehicle back to Kathmandu. Arrive in Kathmandu by afternoon or evening. The hiking tour ends with beautiful memories of forest trails, hill villages, Himalayan views, monasteries and cultural towns around Kathmandu Valley.

Activities:

- Peaceful morning at Namobuddha
- Breakfast at lodge/hotel
- Hike from Namobuddha to Panauti

- Explore Panauti old town
- Visit local temples and traditional streets
- Drive back to Kathmandu
- Tour ends in Kathmandu

Hiking Distance: 10 km

Walking Time: 3-4 hours

Overnight Stay: Kathmandu

## FINAL DEPARTURE FROM KATHMANDU

After breakfast at the hotel, free time is available until your scheduled airport transfer. Depending on your flight time, you may rest at the hotel, do last-minute shopping or enjoy a short walk around the city.

A representative will transfer you to Tribhuvan International Airport for your final departure. The tour ends with memorable experiences of Kathmandu Valley rim hiking, peaceful hill settlements, Himalayan viewpoints, Buddhist heritage and Newari culture.

Activities:

- Breakfast at hotel
- Free time until airport transfer
- Transfer to Tribhuvan International Airport
- Final departure from Kathmandu

## Included Services

- Airport pick up and drop off service with private vehicles
- Kathmandu hotel accommodation before and after the hike as per package arrangement
- Private vehicle transfer from Kathmandu to Sundarikal
- Private vehicle transfer from Panauti to Kathmandu
- Experienced hiking/trekking guide
- 6 nights accommodation as per itinerary
- Basic trekking briefing before departure
- Route planning and local coordination
- Sightseeing at Chisapani, Nagarkot, Dhulikhel, Namobuddha and Panauti
- First aid kit carried by guide
- 24/7 support from Bridge Nepal Treks & Travels

## Excluded Services

- International Flights and Nepal visa cost
- Travel insurance

- Personal expenses and beverages
- Porter service unless included in the package
- Tips for guide and porter
- Any service not clearly mentioned in the included section

## Fixed Departure Dates

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## Frequently Asked Questions

### **Q: Can this hiking tour be completed in 6 Nights / 7 Days?**

Yes, this itinerary is designed to be completed comfortably in 6 Nights / 7 Days, including arrival and departure days. The actual hiking section remains 5 days, making it one of the best short hiking routes near Kathmandu for travellers who want nature, culture, villages, viewpoints and monasteries in a limited time.

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### **Q: Are arrival and departure days included in this package?**

Yes, this package includes Day 01 arrival in Kathmandu with airport pickup and hotel transfer, and Day 07 final departure with airport transfer. The hiking section starts on Day 02 and ends on Day 06.

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### **Q: What is the total hiking distance by foot?**

The total hiking distance by foot is approximately 64–79 km. This includes only the walking sections from Sundarijal to Chisapani, Chisapani to Nagarkot, Nagarkot to Dhulikhel, Dhulikhel to Namobuddha and Namobuddha to Panauti. Arrival and departure days are not counted in the hiking distance.

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### **Q: Are vehicle transfers included in the hiking distance?**

No. Vehicle transfers are not included in the hiking distance. The airport transfers, drive from Kathmandu to Sundarijal and the return drive from Panauti to Kathmandu are separate from the trekking distance.

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### **Q: Why does the hiking distance have a range instead of one fixed number?**

The distance can vary depending on the exact trail, hotel location, road condition, local detours, viewpoint visits and route chosen by the guide. Therefore, the itinerary uses an approximate distance range.

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**Q: Why is Chandragiri not included in the hiking route?**

Chandragiri is located on the south-western side of Kathmandu, while the Chisapani-Nagarkot-Dhulikhel-Namobuddha trail follows the north-eastern and eastern rim of Kathmandu Valley. For a smooth trekking route, Sundarijal is a more practical starting point.

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**Q: Is this trek suitable for beginners?**

Yes, this is an easy to moderate trek suitable for beginners with normal fitness. However, trekkers should be prepared for long walking days, especially from Chisapani to Nagarkot and Nagarkot to Dhulikhel.

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**Q: Which day is the longest hiking day?**

Day 03, from Chisapani to Nagarkot, is the longest hiking day. The walking distance is around 20 km and may take around 7-8 hours depending on pace and trail condition.

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**Q: Which day is the most difficult?**

The Chisapani to Nagarkot section is generally the most demanding because of the long distance. The Nagarkot to Dhulikhel section is also a full-day walk but usually feels more comfortable if the group maintains a steady pace.

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**Q: What is the highest point of the trek?**

The highest point is around Chisapani view point 2,215m. This is not a high-altitude trek, so serious altitude sickness is unlikely for most healthy travellers.

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**Q: Do we need previous trekking experience?**

Previous trekking experience is not compulsory. Basic fitness, comfortable walking ability and a positive attitude are enough for most travellers.

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**Q: How many hours do we walk each day?**

Walking time varies from 3 to 8 hours per hiking day. The first three hiking days are longer, while the Dhulikhel-Namobuddha and Namobuddha-Panauti sections are shorter and more relaxed.

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**Q: Is this trek suitable for families?**

Yes, families can do this trek. For families with children or senior members, the itinerary can be adjusted with vehicle support in some sections.

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**Q: Can senior citizens join this hike?**

Senior citizens with good health and walking ability can join. However, they should consult a doctor if they have knee problems, heart conditions, breathing issues or other health concerns.

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**Q: Can we arrange vehicle backup during the trek?**

Yes, vehicle backup can be arranged for selected sections depending on road access. This is useful for families, corporate groups or travellers who may want to skip longer walking sections.

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**Q: What kind of trail should we expect?**

The trail includes forest paths, stone steps, village roads, terraced farmland, rural jeep tracks and hill ridges. Some sections may be dusty, muddy or slippery depending on the season.

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**Q: What type of shoes are recommended?**

Comfortable hiking shoes or trekking shoes with good grip are recommended.

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**Q: What should I pack for this trek?**

Carry comfortable trekking clothes, light backpack, water bottle, rain jacket, warm jacket, sun hat, sunglasses, sunscreen, personal medicine, snacks, power bank and basic first-aid items.

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**Q: Is a porter required?**

A porter is not compulsory because this is a short trek. However, porter service can be arranged for travellers who prefer to walk with only a small day bag.

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**Q: Is a guide necessary?**

A guide is strongly recommended for route navigation, safety, local coordination, cultural explanation and smooth hotel/lodge arrangements.

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**Q: What type of accommodation is available?**

Clean , simple local lodges, guesthouses or hotels accommodation with standard facilities are available.

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**Q: Are meals available during the hike?**

Yes, meals are available at local lodges, restaurants and tea stops along the route. Food options may be simple in rural sections but are generally sufficient for trekkers.

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**Q: Is drinking water available on the trail?**

Drinking water is available at lodges and shops along the route, but trekkers are advised to carry a reusable water bottle. Purification tablets or filtered water are recommended.

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**Q: What is the best season for this hiking tour?**

The best seasons are autumn, spring and winter, especially from September to May. These months usually offer better weather, clearer skies and better chances of Himalayan views.

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**Q: Can this trek be done during monsoon?**

It is possible, but monsoon is not the best season. Trails can be muddy, slippery and leech-prone, and mountain views may be blocked by clouds.

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**Q: Can we see the Himalayas during this trek?**

Yes, Himalayan views are possible from Chisapani, Nagarkot and Dhulikhel on clear days. However, mountain views depend entirely on weather conditions.

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**Q: Is sunrise viewing included in the itinerary?**

Yes. Sunrise views are possible from Chisapani, Nagarkot and Dhulikhel. Nagarkot is especially famous for sunrise views.

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**Q: Is Namobuddha a religious site?**

Yes, Namobuddha is one of Nepal's most sacred Buddhist pilgrimage sites. Travellers should dress respectfully and maintain silence around monastery areas.

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**Q: Can we include Panauti sightseeing?**

Yes, Panauti sightseeing can be included on the final day after hiking down from Namobuddha. It is a historic Newari town known for temples, traditional houses and cultural heritage.

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**Q: Can the itinerary be customized?**

Yes, Bridge Nepal Treks & Travels can customize the itinerary based on group size, fitness level, hotel preference, walking pace and available time.

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**Q: Is this trek good for corporate or student groups?**

Yes, this is a suitable route for corporate teams, students and small groups because it is close to Kathmandu, culturally rich and flexible with vehicle support options.

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**Q: Is travel insurance required?**

Travel insurance is recommended for all hiking and trekking trips, even short ones. It should cover medical issues, accidents, trip interruption and emergency transportation. but not compulsory

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**Q: Why choose Bridge Nepal Treks & Travels for this hiking tour?**

Bridge Nepal Treks & Travels provides local route knowledge, reliable guides, flexible planning, accommodation coordination and personal support to make the hiking experience safe, smooth and memorable.

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**Trip Information**

- About The Trek
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