

INDEPENDENT TRIPS

## Himalaya & Everest View Trek 3D/2N

Hiking & Trekking

3 Days / 1 Country

Nepal

Departure city: Kathmandu, Nepal

End city: Kathmandu, Nepal



### HIGHLIGHTS

- Enjoy views of Everest on the horizon
- Admire breathtaking sunsets from hill-top villages
- Learn about traditional Kathmandu Valley lifestyles

Enjoy views of Everest on the horizon and admire breathtaking sunsets from hill-top villages while learning about traditional Kathmandu Valley lifestyles on an incredible 3D/2N trek from Kathmandu into the Himalayas and back.

### MAP



\*This map shows trek altitudes, but is not geographically to scale.

## What is included



### Independent Trips

Include all of your accommodation, transport and experiences on a pre-set trip that you can customize to perfectly suit your travel needs.

---



### Accommodation: 2

- 2 Nights rustic guesthouse accommodation with shared bathroom as per Itinerary
- 



### Transport: 1

- Bus transfers (Kathmandu- Sundarijal & Dhulikhel- Kathmandu)
- 



### Guides:

- Professional English speaking guide with government license on trek
- 

## What is not included

- \*Accommodation in Kathmandu
- \*Food & drinks (min. \$20USD per day)
- \*Personal expenses
- \*Tips
- \*Travel insurance
- \*Airport departure tax

\*Prices for optional activities are subject to change at any time without prior notice. Please confirm these prices before departing on your trip.

## Additional information

### ADDITIONAL INFORMATION

#### Suggested Packing List

Backpack (10 - 15 liters), sleeping bag (if desired-- sheets & blankets are provided), hiking poles, rain pants, plastic rain poncho, trekking boots, sandals/flip flops, thermals (socks, t-shirts, sweater), windbreaker, hiking trousers, shorts, wool hat/beanie, gloves, sun hat, sun block, sunglasses, flashlight/torch, camera (with extra batteries & memory card), personal medications, reusable water bottle, water purification tablets, toiletries (toothpaste, soap, shampoo, toothbrush, toilet paper, towel)

#### Food Budget

Please expect to spend at least 20 USD per day on food and beverages. Please note that food costs will vary depending on the number of portions consumed, location and availability

# Itinerary

## Day 1: Kathmandu - Chisapani, Nepal

Kathmandu - Sundarijal (1350m) - Chisapani (2150m) / approx. 5.5 hours

Drive from Kathmandu to Sundarijal (approx. 45 minutes) and then begin a steep climb to reach Chisapani. Chisapani, meaning cold water, always has a cool climate where you can enjoy nature and friendly local villagers far from the noise and crowds of busy city life. Walking through village, greeting friendly locals and listening to the birds chirp in Chisapani makes it a pleasurable experience.

## Day 2: Chisapani - Nagarkot, Nepal

Chisapani - Nagarkot (2163m) / approx. 7 hours

An interesting trail takes us to the hill retreat of Nagarkot, perched on a ridge 32 km east of Kathmandu with sweeping views of five of the world's ten highest peaks; Everest, Lhotse, Choyu, Makalu and Manaslu. Nagarkot is a popular spot to watch the sunrise and sunset over the breathtaking landscapes of the Himalayas.

## Day 3: Nagarkot - Kathmandu, Nepal

Nagarkot - Dhulikhel (1531m) - Kathmandu / approx. 5 hours

Follow the trail climbing up to the tower of Nagarkot for excellent views of the mountains (including Mt. Everest) and the Kathmandu Valley. Then the trail descends through forests and villages until Dhulikhel, where you will take a 1-hour drive back to Kathmandu, arriving around 15:00.

