



Trip Facts

Price: USD 820

Duration: 5 days

Trip Profile: Chisapani Nagarkot Yoga Trek

Geography: Hills/Forests

Location: Kathmandu/Kavre

Max Altitude: 2,175m

Accommodation: Hotel/Tea house/Lodge

Meals: All meals included during the trekking

Religious: Hinduism/Buddhism

Ethnic People: Tamang/Sherpa/Bhramin/Chhetri

Transportation: Tourist bus/ Private vehicle

Group Size: 01-10 Pax

Highlights

- Enjoy the stunning UNESCO world heritages spread around the valley
- A unique adventure comprising nature and yoga
- Stunning Himalayan views of Langtang, Ganesh, Gaurishankar, and Jugal Himal ranges
- Picturesque natural views reflected in the vibrant hamlets and experiencing the traditional way of life

Overview

A perfect combination of stunning natural beauty and a calm mind attained through Yoga, the Chisapani Nagarkot Yoga Trek is perfect if you are seeking a relaxed time at the Himalayan environment in the outskirts of Kathmandu. Perhaps the closest trekking route around the capital city, the Chisapani Nagarkot Yoga Trek by Himalaya Land Treks aims to achieve the best of both worlds: Yoga and Trekking. And with so many of us falling back to a natural way of life to attain tranquility in our lives, the timing for this journey couldn't be more perfect.

Heading to the stunning hamlets of Chisapani and Nagarkot deep within the Shivapuri-Nagarjun National Park, the journey captures the best sights of hills and the mountain that Nepal has to offer. The lush green forests spanning for miles create a lovely escape from the hectic day-to-day life while the majestic Himalayas on the horizon add to the stunning beauty of the region. One to be thoroughly enjoyed, the Chisapani Nagarkot Yoga Trek is a brilliant adventure in a short amount of time.

The scenic trek begins from Sundarijal as we make our way over to the Shivapuri-Nagarjun National Park, ascending towards Mulkharka. Beyond the hamlet lies Chisapani, where we spend our first night on the go. Every day, we conclude our daily adventures with a scheduled Yoga Session, and every morning begins the same way as well. Enjoying the quaint hamlet of Chisapani, we continue our journey heading through the lush green forests to reach the hamlet of Manichaur before reaching Nagarkot. One of the most popular trekking destinations around the valley, the Gurung hamlet boasts stunning views of numerous Himalayan ranges ranging from the stunning Ganesh, Langtang, Jugal, and Rolwaling, to Number peaks. Taking time off to enjoy the stunning Himalayan views, we begin our trek descending over to the temple of Changu Narayan before driving back to Kathmandu.



We, here at [Himalaya Land Treks](#), have been accompanying trekkers for over a decade. With well-constructed itineraries and well-trained guides, we assure you an amazing journey. Likewise, at Himalaya Land Treks, we have numerous other travel packages with a great number of services.



Day to Day Itinerary

Day 1: Arrive in Kathmandu (1300m/4265ft)

Accommodation: Overnight at 3 star Hotel

Touching down at the Tribhuvan International Airport, you will be welcomed by the representatives from our office who will guide you directly to the hotel. Taking some time off to freshen up from the day's adventure, you will be further introduced to other members of the staff, including your guides for the trip. Wrapping up all the things scheduled for the day, you are free to head down to the local region to enjoy the pleasant evening.

Day 2: Drive from Kathmandu to Sundarijal | 1 Hr., hike from Sundarijal to Chisapani. (2175m/7136ft) | 4 Hrs, Evening Yoga

Walking hr: 5 hrs | **Accommodation:** Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

This is the first day of the trip and we begin our journey with a lovely drive heading through the pleasant hillsides to reach Sundarijal. Driving through quaint hamlets for about an hour, we reach the trailhead which takes us on an ascending run to reach the Shivapuri-Nagarjun National Park. Ascending through the lush green forests, the trail passes Mulkharka and takes us to Chisapani. Reaching Chisapani, we take some time off to explore the local region before heading back to the hotel for our evening Yoga session.

Day 3: Yoga and meditation session. Hike from Chisapani to Nagarkot. (2175m/7136ft) | 4-5 Hrs, Evening Yoga

Walking hr: 4-5 hrs | **Accommodation:** Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

The day begins with a calming Yoga Session alongside the picturesque Himalayas in Jugal and Ganesh Himal ranges. Leaving Chisapani, the trail begins through the lush green forest to and meanders along the landscape reach Manichaur, where we take a brief rest. Enjoying the hilly landscapes, the journey reaches Nagarkot just in time to enjoy the sublime Himalayan views adorning the region. The day comes to an end following our scheduled evening Yoga Session.

Day 4: Yoga and Meditation session. Hike from Nagarkot to Changu Narayan | 2-



3 Hrs and drive back to Kathmandu. (1300m/4265ft) | 1 Hrs, Farewell Dinner

Walking hr: 4 hrs | **Accommodation:** Overnight at 3 star Hotel | **Meal:** Breakfast/Farewell Dinner

Beginning the day with our usual Yoga Session, we make our way over to the Nagarkot View Tower which boasts surreal views of the Himalayas. On a clear day, the hilly hamlet displays a Himalayan panorama comprising of the Ganesh, Langtang, Jugal, Rolwaling, Everest, and the Numbur Ranges. Taking some time off to enjoy the Himalayan beauty, we begin our descending journey, heading towards the temple of Changu Narayan. Devoted to Lord Vishnu, the temple hosts the very first written inscription of Nepal. Taking some time off to explore the stunning temple premises, we make our way back to Kathmandu, ending the journey. You will end the day with a farewell dinner hosted by the Himalaya Land Treks.

Day 5: Departure from Nepal

Meal: Breakfast

Our representatives will once again drop you back to Tribhuvan International Airport just in time for your flight back home. We hope you had a lovely time with us and we look forward to seeing you again.

Trip Cost Includes

- Airport pick up and drop off, upon arrival and departure
- Pre trek meeting.
- 3-star Hotel in Kathmandu for 2 nights
- Transport from Kathmandu to Sundarimal by private vehicle.
- All necessary paperwork and permits.
- Trekking equipment: walking poles and a duffel bag.
- An experienced English-speaking Govt. registered trekking guide and local porters to carry luggage (2 trekkers: 1 porter).
- Guide and porter salaries, insurance, equipment, transport, food, and lodging.
- Private transport Changu Narayan to Kathmandu.
- Full meals: Breakfast, Lunch & Dinner on your choice.



- Supplementary snacks: energy bar and cookies.
- Fresh seasonal fruits after dinner.
- Unlimited Chlorine treated Safe Drinking water.
- Oxi-meter: To check pulse, heart rate, and oxygen saturation.
- All mountain accommodation (Soft, comfort, private room with shared toilet).
- Professional Yoga teacher.
- Mat for Yoga.
- A comprehensive First Aid kit.
- All government and local taxes.
- Souvenir: Himalaya Land treks t-shirt and Trekking Route map.
- Farewell dinner at one of the finest Nepalese Restaurant with traditional ethnic music and dance.

Trip Cost Excludes

- Nepal visa (USD 30 for 15 days and USD 50 for 30 days).
- Your international flight to and from Nepal.
- Meals in the city except for breakfast and other mentioned special dinner.
- The cost incurred during the tour around the city.
- Cost for additional trips.
- Hot showers, Wi-Fi & battery charging on a trek.
- Travel insurance (for helicopter evacuation if needed whilst on trekking).
- Personal expenses such as laundry, telephone, internet/e-mail, etc.
- Bar and beverage bills.
- Tip for guide, porter, and drivers.