DESTINATION: DAY TOURS & DAY HIKES

Kathmandu Valley Rim Hike: Chisapani, Nagarkot and Changu Narayan

4 Days

4 days Duration	**Kathmandu** Starts at	**Kathmandu** Ends at
September to May, outside the monsoon Best season	**Moderate, with one long day** Difficulty	**1 to 10 people** Group size

OVERVIEW

The trip

This Kathmandu Valley rim hike follows the hills around the north and east of the valley for three days on foot, ending at one of Nepal's oldest temples. You climb from Sundarijal through Shivapuri Nagarjun National Park to the ridge village of Chisapani at about 2,150 m, then walk the long ridge east to Nagarkot at about 2,100 to 2,200 m. After sunrise at Nagarkot you drive down past the Shanti Stupa and the Rani Jhula suspension bridge and waterfall to Telkot, then walk to Changu Narayan, a World Heritage temple and old Newari village, and spend the night there. On the fourth morning you drive back to Kathmandu. It suits fit walkers who want a short trek with real variety, from forest and farming villages to Himalayan views and fifth-century stone carving.

HIGHLIGHTS

Trip highlights

The moments this trip is built around.

- Walking: 2 to 7 hours on each trail day
- Difficulty: Moderate, with one long day
- Best season: September to May, outside the monsoon
- Highlight: Changu Narayan, a World Heritage temple

ITINERARY

Day-by-day itinerary

Your day-by-day plan. Everything is customizable — add nights, swap activities, or change hotels.

DAY 1 — Sundarijal to Chisapani Hike

- Pickup from your hotel and drive to Sundarijal on the north-east edge of the valley
- Climb through Shivapuri Nagarjun National Park forest past the village of Mulkharka
- Cross the wooded pass at Borlang Bhanjyang and drop to Chisapani at about 2,150 m, 5 to 6 hours in all
- Sunset view of the Langtang and Ganesh Himal ranges if the sky is clear, overnight in Chisapani

DAY 2 — Chisapani to Nagarkot Hike

- Mountain view from the Chisapani ridge, then breakfast
- About seven hours east along the rim through villages, forest and terraced fields
- Lunch on the trail around Chauki Bhanjyang or Jhule
- Arrive in Nagarkot at about 2,100 to 2,200 m, check in and overnight

DAY 3 — Nagarkot Sunrise, Shanti Stupa, Rani Jhula and Telkot to Changu Narayan Hike

- Sunrise over the Himalaya from Nagarkot, then breakfast
- Drive down to the hilltop Shanti Stupa for its wide view across the valley
- Stop at the Rani Jhula suspension bridge and the waterfall nearby
- Drive on to Telkot, then hike about two to two and a half hours through pine forest and farmland to Changu Narayan
- Visit Changu Narayan temple, with its fifth-century inscription and stone carvings, and overnight in the village

DAY 4 — Changu Narayan to Kathmandu Drive

- Visit the temple courtyard after breakfast, before the day visitors arrive
- Walk through the old Newari village lanes around the temple
- Drive west to Kathmandu, about 12 km away
- Drop-off at your Kathmandu hotel

INCLUSIONS

What's included

Included

- Private transport on days 1, 3 and 4
- Licensed guide, all 4 days
- 3 nights with breakfast
- Shivapuri Nagarjun National Park entry

Not included

- Lunches, dinners and drinks
- Travel insurance
- Tips and personal expenses
- Entry fee at Changu Narayan (optional extra)

PACKAGE PRICING

Package pricing

Price per person for every group size we price. Bigger group? Ask us and we will price it.

GROUP SIZE	PRICE PER PERSON
1 person	**$489** / person
2 people	**$275** / person
3 people	**$251** / person
4 people	**$215** / person
5 people	**$212** / person
6 people	**$201** / person
7 people	**$205** / person
8 people	**$187** / person
9 people	**$189** / person
10 people	**$176** / person

Prices are per person, in US dollars. No card fee · no hidden costs. What each price includes and excludes is in the What's included section above.

LEGAL & POLICIES

Booking & cancellation

Operated by Zeta Tours and Travels Pvt. Ltd. · Effective 2 June 2026

PAYMENT SCHEDULE

1. **30% — at booking confirmation**
   This first payment confirms your dates and lets us secure permits, domestic flights, guides, porters and your teahouse or hotel nights. Bookings made 15 days or fewer before the start date are payable in full on confirmation.
2. **40% — 15 days before your trip starts**
   The second instalment is due 15 days before the trip starts. For a group of seven or more travellers it is due 30 days before instead.
3. **Balance — 2–3 days before departure**
   Anything still outstanding is settled 2–3 days before departure, or at your pre-trip meeting in Kathmandu.

REFUND TIMELINE (CANCELLATION)

30 days or more	**FULL REFUND**
15–29 days	**25% FEE**
8–14 days	**50% FEE**
7 days or less	**NO REFUND**

Introduction

At **Uncover Nepal** we believe a trip should be stress-free from the very first step. This policy outlines how bookings work, what happens if plans change, and what you can expect from us at every stage of your journey in Nepal.

Bookings are confirmed in writing by email and are subject to availability at the time of payment. We accept bank transfer, credit card and authorised payment gateways, in US dollars or the Nepalese rupee equivalent; international transaction fees are borne by the traveller, and a payment counts as made only once the funds reach our account.

Non-refundable services

Some costs are committed to third parties the moment they are issued and cannot be recovered, regardless of cancellation timing:

- **Trekking permits** — ACAP/national-park entry and restricted-area permits are issued in your name.
- **Domestic flight tickets** — Kathmandu–Lukla, Pokhara and similar sectors, once ticketed.
- **Entrance tickets** to parks, monuments and heritage sites, once issued.
- **Chartered helicopters**, peak-climbing royalties and pre-paid activities.
- **Special hotel rates** booked on non-refundable terms at your request.
- Unused services, early descents, early departures and voluntary trip curtailments.

Permits & domestic flights

Permits

- Permits are issued by the relevant government authority and in your name; issuing them is not at our discretion.
- Permit and park fees are non-refundable once issued, including if you turn back on the trail.

Domestic flights

- Mountain sectors such as Lukla are weather-dependent. Delays and cancellations are common in cloud and are outside anyone's control.
- All cancellations and changes are subject to the airline's fare rules.
- Where a mountain flight is cancelled we will help you rebook or arrange an alternative, but Uncover Nepal is not liable for the delay itself or for onward connections you have booked separately.

How refunds are paid

- Cancellations must reach us in writing at contact@uncovernepal.com. The timeline above runs from the date we receive that email.
- We process your refund within 4 to 7 working days of our acknowledgement.
- Money is returned by the original payment method and in the original currency. Your bank may take a few more days to show it.
- When you cancel, bank and transaction fees on both the original payment and the refund are borne by the traveller. If we cannot run the dates we confirmed with you, we refund every cent you paid, fees included.

No-show & early departure

- Travellers who do not arrive for the trip are charged the full trip cost.
- Leaving a trip early, and any service you choose not to use, is charged in full and is not refunded.

Liability & disclaimer

Events beyond our control

Uncover Nepal is not liable for delays or cancellations caused by events beyond our control, including weather, landslides and road closures, natural disasters, government actions, strikes or pandemics.

Your own international flights, travel insurance and Nepal entry visa are your responsibility. We strongly recommend insurance that covers trekking to the maximum altitude on your itinerary, including helicopter evacuation.

Talk to us

Questions about a booking or cancellation? Email contact@uncovernepal.com or call +977 9705413894. For urgent queries, WhatsApp us for a faster response.

uncover nepal

Ready to book this trip?

Share your dates and group size. A Uncover Nepal travel expert will build the best plan for you — free, no pressure.

View tour on web → | WhatsApp us

Call / WhatsApp: +977 9705413894
Email: contact@uncovernepal.com · **New Baneshwor, Kathmandu, Nepal**
Web: uncovernepal.com

This itinerary is indicative and subject to a final booking agreement. Prices, inclusions and day sequence may change with availability, season and group size. Zeta Tours and Travels Pvt. Ltd.