

How to Prepare for a Nagarkot Changunarayan Day Hike?

Nepal is a landlocked country surrounded by India in the east, west, and south and China in the north. Every place in Nepal is rich in scenic beauty and has peculiar characteristics. Locals and foreigners find a reason to blend in with the natural beauty and feel relaxed wherever they are in Nepal. Among various places in Nepal, Nagarkot and Changunarayan are one. The Nagarkot Changunarayan day hike is the most popular recreational activity for locals and foreigners.

Nagarkot Overview

Nagarkot lies in the Bagmati province of the Bhaktapur district of Nepal. It is about 32 km from the Kathmandu valley and is 2195 meters above sea level. Nagarkot is famous for its stunning panoramic views of the Himalayan range, where eight snow-capped Himalayan ranges of Nepal out of 13 can be viewed. The mountain range includes the Ganesh Himal range, Rolwaling range, Annapurna range, Manaslu range, Jugal range, Mahalangur range (Everest range), Langtang range, and Numbur range.

In addition, it is also known for its peaceful and serene atmosphere. Tourists come to Nagarkot to enjoy recreational activities like hiking, seeing scenic views, and viewing [sunrise](#) and sunset. Lush forests and high and low hills surround Nagarkot.

Changunarayan Overview

Changunarayan is another district located in the Bhaktapur district. It is mainly known for the mixed culture in one society and rich cultural heritage. There is a calm and relaxed atmosphere, as it is far from the city. Some people also call Changu for Changunarayan in short form.

The one thing that comes to every people's mind when they hear about Changunarayan is the [Changunarayan Temple](#). Changu Narayan is the oldest Hindu temple dedicated to Lord Vishnu, the god of Preservation. It was built during the Lichchhavi period in the 4th century. Ancient carvings, sculptures, and the unique architectural style of the temple make it among the most popular temples in the world. It is also listed as [World Heritage Site](#).

Nagarkot Changunarayan Hiking Overview

The Nagarkot Changunarayan day hike is the most popular recreational activity for locals and foreigners. Nagarkot Changunarayan hiking is a one-day program that begins in the morning and ends in the evening. One can start this journey either from Kathmandu to Nagarkot or from Kathmandu to Changunarayan. While choosing the journey from Kathmandu to



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Changunarayan, the journey starts with a drive from Kathmandu to Changu Narayan Temple. The actual hiking journey begins upon reaching the Changu Narayan temple. While choosing this path, people can enjoy sunset views from the top of Nagarkot.



Likewise, in the second option, i.e., from Kathmandu to [Nagarkot](#), the journey starts with a drive from Kathmandu to Nagarkot village. The ending destination in this path is the Changunarayan village. In addition, people can enjoy stunning sunrise views while taking this path. It's best to start the journey in the early morning to not miss a great ray of sunrise from the top of the hill. It takes around 4 to 5 hours to reach Nagarkot from Changunarayan and vice versa by walking.

What we will see in Nagarkot Changunarayan Hiking

On this journey, we will feel like we are walking on the most beautiful land on the planet Earth with the presence of green terraced fields, dense forests, beautiful floras, and faunas,



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throughout the journey. We also blend in with the local people’s lifestyle and know about their livelihood. We will see local houses painted with locally found red mud and smoke from chimneys from burning firewood, above all giving the vibe of the countryside feeling. Along the way, we will see lambs and goat kids hopping around. They look so innocent that we can’t help but take pictures of them, carry them near our hearts, and put them on our laps. We, therefore, get an opportunity to learn about native culture & lifestyles in the first part of our hike. And close watch on varied flora and fauna in the second part.

Upon reaching the Nagarkot hilltop, we will see the panoramic view of the mountain range like Annapurna, Manaslu, Ganesh Himal, Langtang, etc., a complete view of beautiful Kathmandu valley, green hills, dense forest, and so on. The journey will be worth it.

However, the hiking routes aren’t that easy. We should walk on steep slopes and dense forests to reach our destination. There is a saying, “ a difficult road leads to a beautiful destination.” The route to Nagarkot hill is challenging, but the result is fruitful. We will quickly forget all the suffering we endured during the trek after viewing the mesmerizing mountain ranges and the surreal view of the city from the hill. It’s the view that every people must see in their lifetime.

An Overview of Nagarkot Changunarayan’s Hiking Highlights

Nagarkot Changunarayan hiking is the best way to escape the busy city and get in touch with nature. Some of the highlights of the Nagarkot Changunarayan hiking are as follows: Surreal panoramic view of the eight mountain peaks, for instance, the Annapurna range, Manaslu range, [Ganesh Himal range](#), Langtang range, Jugal range, Rolwaling range, Mahalangur range (Everest range), and Numbur range.

1. An opportunity to meet local people along the way.
2. An experience to view sunrise and sunset from the Nagarkot hilltop.
3. View the whole Kathmandu valley from the top of Nagarkot.
4. An ideal place to escape city chaos.

In conclusion, Nagarkot Changunarayan Hiking is the best recreational activity everyone can enjoy.



What Are the Things to Take With You During Hiking?

Our first step when planning a hike is to research the location. Once a destination has been chosen, it is time to learn more about the location's details, such as its distance, vehicle routes, elevation, road trails, etc. After that, you must choose the equipment and tools you'll need for your hike. During a hike, one must carry the following items:

Snacks to eat on the way.

1. A suitable backpack.
2. A water bottle.
3. First-aid kit.
4. Hiking shoes.
5. Sun protection.
6. Map/ Navigational tool.



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7. A headlamp that will be a light source when walking in the dark.
8. Trekking poles (optional)
9. Extra clothes
10. Mini speaker (optional).

What Are the Things not to do during Nagarkot Changunarayan Hiking?

Following are some things that you must avoid doing during Nagarkot Changunarayan hiking:

1. Avoid exploring on your own. Always walk in a group.
2. Avoid leaving plastics and other litter behind.
3. Don't consume wild fruits if you're not certain about them.
4. Don't play loud music because it may trigger wild animals.
5. Don't walk with headphones on. You must remain vigilant about your surroundings.
6. Don't neglect any health issues.

Optimal Time for Nagarkot Changunarayan Day Hiking

Nepal experiences five seasons in a year: the summer, the rainy, the spring, the autumn, and the winter. The summer season falls under March, April, and May, whereas the rainy season falls under June and July. Similarly, the spring season is in August and September, Autumn is in September, October, and November, and the Winter season is in December, January, and February.

While talking about the optimal time for the Nagarkot Changunarayan day hike, the best time will be during the spring because the climate is clear and the natural environment renews and restores at this time. Similarly, the worst time will be during the rainy season, which falls in June and July, because the route will be slippery due to continuous rainfall, and it's impossible to hike during rainfall.

FAQ

A. Is the Nagarkot Changunarayan day hike worth it?

Yes. The Nagarkot Changunarayan day hike is a good idea. You will see various mountain ranges and a complete view of the city from the top hill of Nagarkot. Similarly, you will also see a sunset and sunrise from there.

B. How far is Nagarkot from Kathmandu?

The distance between Kathmandu and Nagarkot is 28 km.



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C. How far is Changunarayan from Kathmandu?

Changunarayan is 19 km away from Kathmandu.

D. What to take with us for Nagarkot Changunarayan Hiking?

Some of the things that we must take Nagarkot Changunarayan day hike are listed below:

1. Snacks to eat on the way.
2. A suitable backpack.
3. A water bottle.
4. First-aid kit.
5. Hiking shoes.
6. Sun protection.
7. Map/ Navigational tool.
8. A headlamp that will be a light source when walking in the dark.
9. Trekking poles (optional)
10. Extra clothes
11. Mini speaker (optional).

In conclusion, Nagarkot Changunarayan Hiking is the best recreational activity everyone can enjoy. And we, Attractive Nepal, are always ready to help you plan your hiking spots.

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