

Earthbound Expeditions

Chisapani and Nagarkot, the Kathmandu Valley Rim

5 days, from US$349 per person

Duration **5 days**	Grade **Easy**	Max altitude **2,430 m**
Start and end **Kathmandu**	On the trail **4 to 6 hours a day**	Best season **Oct to Apr**
Accommodation **Hotels and a lodge**	Meals **Breakfast daily**	Group size **Up to 12**
Getting there **Private car**		

Chisapani and Nagarkot, the Kathmandu Valley Rim Overview

Three easy walking days on the ridge around Kathmandu, from a national park gate and oak forest to sunrise over Langtang, ending in two of the oldest towns in the valley.

Trek overview

This is a five-day trip, with three days on foot along the rim of hills that encloses the Kathmandu valley. You drive an hour to Sundarijal, climb through Shivapuri Nagarjun National Park to a pass at 2,430 m and sleep at Chisapani. The next day you follow the rim east to Nagarkot for the sunrise view, and on the third day you descend to Changunarayan and Bhaktapur.

Who this trip is for

The trek suits anyone who can walk four to six hours on a hill path and does not want to spend two weeks trekking. This includes beginners, families with children aged about ten and over, people with a short holiday, and people who are concerned about altitude and want to find out whether they enjoy walking in Nepal before committing to a longer trek. It is the least expensive and the easiest trek we offer.

What to expect

This is not a wilderness trek. The first day is through forest, but much of the second day follows a ridge that is farmed and inhabited, and for part of the afternoon you walk on a dirt road with occasional jeep traffic. In return, the Langtang range is in view for most of the way.

Why we recommend it

An hour from Thamel you are walking through oak forest with barbets calling, and the descent on the last morning ends at a temple that has been in continuous use since the fifth century. Few short walks offer this much in three days. It also makes a good first week for travellers who will fly to Lukla later in the same trip.

Key highlights of the Chisapani and Nagarkot, the Kathmandu Valley Rim

- Sleep at Chisapani (2,194 m), an hour from a city of a million people
- Oak and rhododendron forest inside Shivapuri Nagarjun National Park
- Sunrise over Langtang, Dorje Lakpa and the Jugal peaks from Nagarkot (2,175 m)
- Walk down to Changunarayan, the oldest temple still in use in the valley
- An afternoon in Bhaktapur, with no altitude concerns at any point

Itinerary

Day	Route	Hours	Distance	Altitude
1	Arrive Kathmandu	-	-	1,400 m
2	Drive to Sundarijal, walk to Chisapani	4–6 hrs	12 km	2,194 m
3	Chisapani to Nagarkot along the rim	6–7 hrs	22 km	2,175 m
4	Nagarkot at dawn, down to Changunarayan and Bhaktapur	3–4 hrs	9 km	1,541 m

5	Fly home	-	-	1,400 m

Day 1

Arrive in Kathmandu

When you land at Tribhuvan International Airport, a member of our office will meet you with a sign bearing your name and take you to your hotel in Thamel. If you have the afternoon free, you can walk to Durbar Square. Over dinner we go through the route, check your boots and tell you about recent weather on the ridge.

Altitude: 1,400 m On foot: None, arrival day Night: Hotel, Kathmandu Meals: Dinner

Day 2

Drive to Sundarijal and trek to Chisapani

You drive an hour north-east to Sundarijal, then climb concrete steps beside the pipe that carries water down to the city. The park gate is early on the route, and we buy your ticket there. Above Mulkharka the path narrows into oak and rhododendron forest and climbs steadily to the pass at Borlang Bhanjyang, then descends for half an hour to Chisapani.

Altitude: 2,194 m On foot: 12 km, 4–6 hrs Night: Lodge, Chisapani Meals: Breakfast, lunch, dinner

Day 3

Trek from Chisapani to Nagarkot along the valley rim

This is the longest day. You leave the forest for a ridge of terraced fields and villages, and walk on a dirt road for a good part of the afternoon. Lunch is at Chauki Bhanjyang. Langtang and the Jugal peaks are on your left for almost the whole way to Nagarkot.

Altitude: 2,175 m On foot: 22 km, 6–7 hrs Night: Hotel, Nagarkot Meals: Breakfast, lunch, dinner

Day 4

Sunrise at Nagarkot and trek to Changunarayan and Bhaktapur

You set out before six to see the morning light on Langtang and Dorje Lakpa, and on an exceptionally clear morning a wider range of peaks. After breakfast you walk down the southern ridge through pine forest and terraces to Changunarayan, where the oldest dated stone inscription in Nepal stands beside a statue of Garuda. You then continue to Bhaktapur and drive back to Kathmandu.

Altitude: 1,541 m On foot: 9 km, 3–4 hrs Night: Hotel, Kathmandu Meals: Breakfast, lunch

Day 5

Departure

After breakfast, you have the morning free until your flight. If you wish, we can take you to Patan to visit the museum, or to the airport at any time you choose. Most people leave Nepal from here. Some stay on for a longer, higher trek, which we can also arrange.

Altitude: 1,400 m On foot: None, departure day Night: No overnight Meals: Breakfast

What's included

- Airport transfers and private vehicle throughout
- Licensed English-speaking guide
- Four nights of accommodation, twin share
- National park and heritage site entry fees
- All meals on the three walking days

Not included

- International flights
- Travel insurance
- Personal walking gear
- Tips and personal expenses
- Nepal entry visa (on arrival)

Permits and other costs

Permit	Fee	Issued by
Shivapuri Nagarjun National Park entry permit. SAARC nationals pay NPR 600 and Nepali citizens NPR 100. Children under ten enter free. We buy your permit at the gate on the morning of day 2, so you do not need to carry anything.	NPR 1,000, about $8	Department of National Parks and Wildlife Conservation, at the Sundarijal gate
TIMS card. The valley rim is not a designated trekking area, so there is no TIMS card to buy and no checkpoint that will ask for one. Do not buy a TIMS card from anyone for this walk.	None. It does not apply here	Nepal Tourism Board and TAAN, for the long Himalayan routes
Changunarayan heritage entry. The ticket includes entry to the small museum beside the square. Published rates have varied between NPR 300 and NPR 400 in recent years, so treat this figure as approximate.	NPR 350, about $3	Changunarayan ticket desk, at the temple gate
Bhaktapur Durbar Square entry. SAARC nationals pay NPR 500. The ticket allows you to come and go all day, and can be extended free of charge for a longer stay if you ask at the ticket office with your passport.	NPR 1,800, about $15	Bhaktapur municipality, at any of the town gates

Other cost	Amount	Note
Nepal visa on arrival, 15 days	$30	Paid in cash at the airport bank counter
Kathmandu hotel	$35–70 a night	Three-star, two nights
Lodge at Chisapani	$10–20 a night	Twin room, most with a private bathroom
Hotel at Nagarkot	$25–65 a night	Wide price range. The more expensive hotels face north
Shivapuri Nagarjun National Park entry	$8	NPR 1,000, paid at the Sundarijal gate
Changunarayan entry	$3	NPR 350, at the temple gate
Bhaktapur Durbar Square entry	$15	NPR 1,800, valid for the whole day

Meals on the ridge	$15–22 a day	Three meals and tea. Dal bhat is the best value
Licensed guide	$30–35 a day	Including their accommodation and meals
Porter, one for every two walkers	$20–25 a day	Rarely needed on this route, but available
Private car for both transfers	$70–90 in total	Kathmandu to Sundarijal, and Bhaktapur back to Kathmandu
Tips for the guide and driver	$40–60	Per walker, given at the end

Packing list

You carry a small daypack

There is no porter on the standard version of this trek, because there is very little to carry. You walk with a daypack containing water, a warm layer, a waterproof jacket and your camera, and your suitcase is kept in the hotel storeroom in Kathmandu until day 4. If you prefer not to carry a daypack, a porter costs $22 a day and we can arrange one. We lend trekking poles and a dry bag free of charge, so you do not need to buy either for this trip.

Headwear and sun protection

- A sun hat with a brim, and a warm hat for the early morning at Nagarkot
- Sunglasses. The winter light reflected off the terraces is bright
- Sun cream, SPF 30 or higher, and lip balm
- A small head torch for walking to the viewpoint before six
- A buff for the dusty road section on day 3

Clothing

- Two walking shirts, one long-sleeved
- A fleece or light down jacket. Nagarkot in January is near freezing at dawn
- A waterproof jacket, even in the dry season
- Walking trousers, and something comfortable for the evening
- One extra warm layer if you travel in December or January

Footwear and gloves

- Boots or sturdy trail shoes, worn in. Ankle support helps on the steps
- Three pairs of walking socks
- Light gloves for the early starts, November to February
- Sandals or trainers for the evening
- Blister plasters, although your guide also carries them

Bags

- A 25 to 35 litre daypack, which is all you need on this trek
- A dry bag or bin liner to line it
- Your main suitcase can be stored at the Kathmandu hotel free of charge
- A small pack cover, or use the bin liner instead

Sleeping

- No sleeping bag is needed. Both lodges provide blankets and a duvet
- A sleeping bag liner if you prefer your own sheet
- Earplugs. Chisapani has thin walls and the village wakes early
- Warm socks to sleep in, December to February

Health

- Any personal medication, in its original packaging, plus a few days' spare
- Rehydration salts, two or three sachets
- Paracetamol or ibuprofen
- Hand sanitiser and a small roll of toilet paper
- Insect repellent if you travel in September or late May

Documents and money

- Your passport, which is checked at the park gate
- Two passport photographs, which are occasionally requested
- Travel insurance certificate
- About NPR 4,000 in small notes for tea
- A bank card, which can be used in Bhaktapur but not before

Altitude profile

Day	Place	Sleep at	Highest point
1	Kathmandu	1,400 m	-
2	Chisapani	2,194 m	2,430 m
3	Nagarkot	2,175 m	2,194 m
4	Kathmandu	1,400 m	2,175 m

Getting to the start

This trek involves no internal flights, no early departures and no weather-related flight cancellations. The trailhead is a short drive from Kathmandu after breakfast.

No internal flights

This is one of the few treks we offer that involves no internal flight, which removes the most common cause of disrupted itineraries in Nepal. You arrive at Tribhuvan International Airport, we collect you, and two mornings later a car takes you to the trailhead. If monsoon cloud covers the hills, there is no flight to be cancelled; the walk simply goes ahead in wetter conditions.

The drive to Sundarijal

Sundarijal is about 15 km north-east of the city centre, an hour's drive if traffic at Chabahil is light and ninety minutes if it is heavy. We leave the hotel at eight after breakfast. The road ends at a small hydroelectric intake and a group of tea shops, and the concrete steps start immediately, beside a large water pipe that supplies Kathmandu.

Returning from Bhaktapur

Changunarayan is about 20 km from central Kathmandu, and Bhaktapur a few kilometres further. Allow an hour and a half in the late afternoon. If you have an evening flight out on day 4 rather than day 5, let us know and we will finish at Changunarayan and drive straight to the airport, with your bags already in the car.

When to book your international flight

If possible, arrive a full day before the walk starts. It costs one extra hotel night and gives you a buffer against a delayed connection, and it means your first morning in Nepal is not also your first morning of walking. Flights into Kathmandu land at all hours, and we meet every one.

Accommodation

The two nights on the ridge

At Chisapani you sleep in a family-run lodge: simple twin rooms with thin walls, a private bathroom in most rooms, and hot water from solar panels, which is warm in the afternoon and less so late in the evening. Meals are eaten together in the dining room. At Nagarkot the hotel is on the north side of the ridge, and the rooms face north towards the mountains, so the sunrise can be seen from the room. Hot water there is reliable.

In Kathmandu

Before and after the walk you stay in a three-star hotel in Thamel, with twin or double rooms and a private bathroom.

Where	Nights	Type	Room	Bathroom
Kathmandu	2	Three-star hotel in Thamel	Twin or double	Private, hot water
Chisapani	1	Family-run lodge	Simple twin rooms with thin walls	Private in most rooms, solar hot water
Nagarkot	1	Hotel on the north side of the ridge	Twin or double, north facing	Private, reliable hot water

Heating
There is no heating at Chisapani apart from the kitchen fire. Nagarkot hotels have heaters in winter, and most charge extra for them.

Hot shower
At Chisapani the hot water is solar-heated and unreliable after dark. At Nagarkot it is reliable and included.

Charging
Free at both overnight stops. Nepali sockets take round two-pin plugs, so bring an adapter.

Wifi
Available and reliable at Nagarkot. At Chisapani it is intermittent and slow, and not available in the rooms.

Phone signal
Ncell and NTC cover the whole route, so you are always within reach of a phone signal on this trek, which is unusual for our trips.

Water
Boiled or filtered water is provided at both lodges and is included. The water in the park is clean, but we still recommend treating it before drinking.

Bathrooms
Private, western-style bathrooms at Nagarkot. At Chisapani bathrooms are usually private, occasionally shared, and cold early in the morning.

Cash machines
There are none between Sundarijal and Bhaktapur. Carry a few thousand rupees in small notes for tea.

Meals

Meal	Time	What it is like
Breakfast	7:00–7:30	Eggs, chapati, Tibetan bread, porridge, honey, tea or instant coffee
Lunch	12:00–13:00	Dal bhat, fried rice, thukpa, noodles, momo at the bigger tea shops
Dinner	19:00–20:00	Dal bhat, curry and rice, pasta, soup to start, something fried and salty
Tea	on arrival	Black, milk, lemon, ginger or masala tea, included at every stop

Diet	How we manage it
Vegetarian	Easily catered for. Dal bhat is vegetarian by default and is the best dish on every menu along this ridge.

Vegan	Manageable with a day's notice. Ghee and curd are the ingredients to watch for, and your guide will mention them when ordering.
Gluten free	Rice, dal, potatoes, eggs and most curries are safe. Chapati, noodles and momo are not, and a small kitchen cannot guarantee separation.
Halal	There is no certified halal kitchen on the route. Vegetarian food is the practical option, and Kathmandu has halal restaurants before and after the trek.
Allergies	Please tell us when you book. Peanut and mustard oil are both common in Nepali cooking, and a lodge kitchen can avoid them if it knows in advance.

A typical day

Time	What happens
6:30	Tea brought to your room while breakfast is prepared
7:00	Breakfast in the dining room, with the mountain view if the weather is clear
8:00	Start walking. The first hour of each day is the coldest and often the clearest
10:30	A tea stop. There is a tea shop roughly every hour on this route
12:30	Lunch, usually dal bhat, and an hour's rest
13:30	Two to four more hours of walking, with the Langtang range on your left
16:00	Arrive at the lodge, check in, wash and rest outside in the evening light
18:00	The haze often clears and the peaks become visible again
19:00	Dinner together, and a briefing from the guide on the next day

Difficulty and preparation

Difficulty 1 of 5

This is the easiest trek we offer. A fit ten-year-old can complete it.

- Three walking days of four to seven hours, with a light daypack and no technical sections.
- Day 2 climbs about 1,080 m from Sundarijal to the pass, on steps and forest path. This is the hardest part of the trip.
- Day 3 is long rather than difficult: 22 km of mostly level ridge, partly on a dirt road.
- Day 4 involves 600 m of descent, which can be hard on the knees.
- No high altitude, no exposed sections and no river crossings, and a road is never more than an hour away.

Getting ready

6 weeks before: Walk on consecutive days

Take two or three walks a week of an hour each, at a pace at which you can still talk. The challenge on this trek is not distance but walking three days in a row, which many people have not done before.

4 weeks before: Train on steps
The climb from Sundarijal is on stone and concrete steps for a long stretch. Twenty minutes of stair climbing twice a week will prepare you for day 2 better than flat walking. A stadium, a multi-storey car park or a tall building all work.

2 weeks before: Practise descending
Walk slowly down a hill several times. The descent to Changunarayan on the last morning is where many people feel it in their knees. Walking downhill is a skill, and it improves with practice more quickly than walking uphill.

1 week before: Test your boots
Spend a full day in the boots and socks you will walk in, carrying the daypack you will use. If anything rubs, you have a week to sort it out before the trek.

Altitude and safety

Our other trip pages cover acclimatisation in detail. This trek stays low enough that acclimatisation is not required.

The highest point of this trek is the pass at Borlang Bhanjyang, at 2,430 m, and you sleep at 2,194 m and 2,175 m. Altitude sickness does not occur at these heights in healthy people. Many European ski resorts are higher than Chisapani. If you have been advised not to go above 3,000 m, this trek stays well below that limit. The list below covers the minor problems that some walkers experience on this route.

What to watch for

- Sore thigh muscles on the last morning, because the descent to Changunarayan is 600 m downhill
- Blisters, almost always from new boots that were not worn in before the trip
- Sunburn, which happens more quickly than expected at 2,200 m in thin winter air
- A dry throat and a cough from dust on the road section of day 3, especially in April and May
- Mild dehydration, because the air is dry and cool and you may not feel thirsty

How to prevent it

- Wear your walking boots for several long days at home before the trip.
- Drink two litres of water on the long day, and more in spring. Your guide carries extra.
- Apply sun cream to the back of your neck and the tops of your ears every morning.
- Use trekking poles for the descent on day 4 if your knees are sensitive. We lend them free of charge.
- Wear a buff over your mouth on the dusty section. It is effective.

What we do

1. No altitude procedures needed
Nothing on this route requires acclimatisation, oxygen saturation readings or a descent plan. The altitude procedures described on our Everest page do not apply here.

2. First aid
Your guide carries a first aid kit with blister care, painkillers, rehydration salts, antiseptic, a bandage and a foil blanket. Every guide holds a current first aid certificate.

3. Vehicle access
There is road access at Chisapani, at several points along the ridge and at Nagarkot, so no one needs to be carried if they cannot continue.

4. Hospital access
From any point on this route you can be in a Kathmandu hospital within about two hours, and the best hospitals there provide good care. This is not the case on our other treks.

Weather by month

We do not run this trek for two months of the year, and the three winter months that are least often booked have the clearest air.

Month	Daytime on the ridge	Night-time on the ridge	Kathmandu, daytime	Conditions	Note
January	13°C	3°C	19°C	Best	The clearest air of the year. Cold at dawn, pleasant by nine, with sharp views of the peaks.
February	15°C	5°C	22°C	Best	Still clear and a little warmer, with rhododendrons starting to flower lower on the hill.
March	19°C	8°C	26°C	Good	Rhododendrons flower in the forest above Mulkharka. Haze starts to build over the valley.
April	23°C	11°C	29°C	Good	Warm and green, but the mountains are often hidden by dust by mid-morning.
May	23°C	13°C	29°C	Hard	Hot and hazy, dusty on the road section, with afternoon thunderstorms.
June	23°C	16°C	30°C	Hard	The monsoon arrives mid-month. Green and humid, with leeches in the forest and no mountain views.
July	22°C	16°C	29°C	We do not run it	Nearly 474 mm of rain at Nagarkot. We do not run the trek this month and do not recommend it.
August	22°C	16°C	29°C	We do not run it	The wettest month, with 478 mm of rain. Slippery trails, many leeches and no views.
September	22°C	14°C	29°C	Hard	Rain eases through the month. The last week can be very clear after the rains.
October	21°C	11°C	27°C	Best	The busiest and most reliable month. Warm days, clear air and every lodge open.

November	18°C	7°C	24°C	Best	The driest month of the year at Nagarkot. Cold mornings, long views and few visitors.
December	14°C	4°C	20°C	Best	Cold at first light and very clear. Bring a warm jacket for the viewpoint.

Nagarkot station at 2,147 m and Kathmandu airport, 1991–2020 normals from Nepal's Department of Hydrology and Meteorology. Any given week can sit five degrees either side of these figures.

Guides and porters

Your guide

One government-licensed guide with a current first aid certificate leads every departure, including for a single walker. Groups of nine or more have a second guide, so that nobody at the back of the group walks alone. Most of our valley guides grew up in the hills you walk through and know the local tea shops well.

The role of the guide

On this route the guide is not needed for navigation. The path is clear and signposted for most of its length, and many people walk it alone. The guide arranges the park permit and the bed at Chisapani in October, identifies the peaks for you and helps you talk with the local people you meet along the way.

Staff pay and insurance

Our guides are paid a salary with insurance, not a day rate that stops when the trip ends, and we pay for their food and accommodation on the trail. Tips are welcome but never expected, and anything you give goes directly to the person you give it to.

Guiding languages

English is available on every departure. With three weeks' notice we can usually provide a French, German, Spanish or Japanese-speaking guide on this route, and a Nepali sign language interpreter with more notice. Please ask early, as few valley guides offer these languages.

Responsible travel

Waste

Shivapuri Nagarjun National Park covers 159 square kilometres of forest that supplies a large part of Kathmandu's drinking water, and there is no rubbish collection above the gate. Your guide carries a bag, and all the group's waste is brought back down in it. This includes fruit peel, which takes months to decompose at this altitude and encourages monkeys to scavenge.

Drinking water

Both lodges provide boiled or filtered water free of charge, and your guide also carries a filter. A three-day walk on bottled water uses about nine plastic bottles per person, discarded in a water catchment area. Please bring a reusable bottle and refill it.

Supporting local communities

We use the same family lodge at Chisapani on every trip rather than the cheapest available that month, and lunch is always bought at a village tea shop rather than carried from the city. The park fee goes to the Department of National Parks, and part of it is returned to the buffer zone communities along the trail.

Visiting Changunarayan

Changunarayan is an active Hindu temple as well as a heritage site, and worship continues while visitors take photographs. You may be asked to leave leather belts and bags outside, and shoes must always be removed. Non-Hindus may view the courtyard but may not enter the inner shrine. Your guide will explain this before you arrive.

Booking and payment

A trek of this length can be arranged within a week, and is often booked by travellers who are already in Kathmandu.

How to book

Write to us or send a WhatsApp message with your preferred week. You will receive a personal reply from a member of our Kathmandu office who has walked this ridge. Nothing is payable until you choose to pay a deposit.

What we need from you

A scan of your passport, your arrival and departure flight details, any medical conditions or dietary requirements, and a brief summary of your walking experience. There is no altitude questionnaire for this trek because it does not reach high altitude.

Deposit and balance

A 20 per cent deposit secures your dates, and the balance is due on the day you arrive in Kathmandu, in cash or by card at our office. Card payments carry a bank charge, which we will tell you about before you pay.

Late bookings

We can arrange this trek within two days if the lodges have space, which they usually do outside October and Easter. Many people book it from a guesthouse in Thamel on a Tuesday and start walking at Sundarijal on the Thursday. Please ask, even if your dates are next week.

Cancellation

If you cancel more than 21 days before departure, your deposit can be transferred to another trip within a year. If you cancel within 21 days, we keep the deposit, because the lodge beds and the car have already been booked. If bad weather prevents the walk, we will offer you alternative dates.

Insurance

Standard travel insurance is sufficient for this trek. You do not need the high-altitude helicopter cover required for our other treks, because there is road access at both ends and a hospital an hour away. Check that your policy does not exclude hill walking below 3,000 m.

Optional extras

A porter for two walkers

$22 a day, no extra days

A porter is not needed on this route, but some walkers prefer to carry nothing.

A second night at Nagarkot

from $45, +1 day

Two chances to see the sunrise instead of one, which in March or April roughly doubles your chances of a clear view.

Bhaktapur with a heritage guide

$35, same day

Three hours with a guide who can explain the woodcarving, the Potters' Square and the earthquake restoration work. Bhaktapur benefits from a heritage guide more than any other town in the valley.

Finish at Sankhu

$60, +1 day

Descend north from the rim to the old Newar trading town of Sankhu and the Bajrayogini temple above it, then drive back to Kathmandu. It is quieter and far less visited than Bhaktapur.

Everest mountain flight

$220, 1 morning

A one-hour flight along the range from Kathmandu with a guaranteed window seat. This is the most reliable way to see Everest on a trip like this one.

Chitwan, three days

from $390, +3 days

Travel south to the lowland jungle to see rhino, gharial and a wide variety of birds. It combines well with a short valley walk if you have a spare week.

Frequently asked questions

Answers to the 21 questions travellers ask us most often. If your question is not here, contact us and we will answer it.

Is this trek suitable if I have never trekked before?

Yes. We recommend this trek to first-time trekkers more than any other. It involves three days of walking, a light daypack, a bed with a duvet each night and a road that is never far away. If you can walk for five hours on a hilly footpath at home, you can do this trek.

Can I bring children?

Yes. Children from about ten years old manage the trek comfortably. Day 3 is the longest at 22 km, and for a younger child we would split it by staying overnight at Chauki Bhanjyang or driving the last section. Tell us their ages and we will plan the days accordingly.

Is this trek suitable if I am in my seventies?

Age alone is not a problem. We take walkers well into their seventies on this route every season. What matters is whether you walk regularly at home and how your knees cope with 600 m of descent. Trekking poles help, and a slower four-day version costs the same.

Is this a good warm-up before a longer trek?

Yes. Three days of walking at 2,200 m will not acclimatise you for the Khumbu, but it will show you whether you get blisters, test your boots and let you find out whether you enjoy trekking before you commit to a two-week trip.

Will I get altitude sickness?

No. The highest point is 2,430 m and you sleep lower than that. Altitude sickness is not a meaningful risk below about 2,500 m and does not occur at these heights in healthy people. Acclimatisation is not a concern on this trek.

What happens if I am injured or cannot continue?

A vehicle can reach Chisapani, several points along the ridge and Nagarkot. Your guide calls for a car. From anywhere on the route you can be in a Kathmandu hospital within about two hours, which is not the case on our other treks.

Is it safe for a woman to walk alone with a guide?

Yes, and many women do. You can request a female guide, and we can usually arrange one with a few weeks' notice. The route is busy enough that you are rarely out of sight of other people, and both overnight stops are in villages.

Can you see Everest from Nagarkot?

Very rarely. Everest is roughly 160 km away. On an exceptionally clear winter morning you may see a faint grey peak behind the nearer ridges, which is easily confused with other mountains, and many peaks pointed out as Everest at Nagarkot are not Everest. The main view from Nagarkot is of the Langtang range.

Which mountains will I see?

In clear weather you see the Langtang range almost due north, with Langtang Lirung at 7,227 m, Dorje Lakpa and the Jugal peaks to its right and Ganesh Himal to the left. On a very clear day you can also see Manaslu at 8,163 m and part of the Annapurna range far to the west.

How likely is a clear view at dawn?

Very likely in December and January, likely in November and late October, about even in March, and unlikely in April and May, when haze settles over the valley. For the best chance of a view, we recommend travelling in winter and bringing a warm jacket.

What if the morning is cloudy?

If the morning is cloudy, you can still watch the mist fill the valley. The peaks often clear again around five in the afternoon, so the evening before is also worth watching. A second night at Nagarkot, for $45, doubles your chances of a clear view.

Is the whole route through forest?

No. Day 2, from Sundarijal to Chisapani, passes through oak and rhododendron forest inside the national park. Day 3 crosses farmland, villages and, for a good part of the afternoon, an unsealed road used by occasional jeeps.

What is the road section like?

It is dusty in spring, muddy after rain and pleasant in November. It makes up about two hours of the day 3 walk. Construction on the ridge is increasing steadily, so expect more road each year. The mountain views continue throughout.

What are the lodges like?

At Chisapani you stay in a small family lodge with twin rooms, blankets, usually a private bathroom, solar hot water that works best before dark, and a good kitchen. At Nagarkot you stay in a standard hotel with heating, wifi and a north-facing terrace. Both are comfortable but not luxurious.

Will there be a mobile signal?

Yes, along the whole route. Ncell and NTC both cover this ridge. You can buy a SIM card at the airport or in Thamel for a few hundred rupees, and you will have mobile data at every point on this trek, which is unusual for trekking routes in Nepal.

What permits do I need?

You need one permit: the Shivapuri Nagarjun National Park entry permit, which costs NPR 1,000 (about $8) and is bought at the Sundarijal gate on the morning of day 2. We buy it for you and it is included in the price. There is no TIMS card on this route.

Do I need a TIMS card?

No. The TIMS card applies to the designated Himalayan trekking regions, so that the authorities know who is on those routes. The Kathmandu valley rim is not one of these regions. Nobody will check for a TIMS card, and you should not pay anyone to issue one for this walk.

How much cash should I carry?

About NPR 4,000 to 5,000 in small notes covers tea, snacks, a beer at Nagarkot and tips for the lodge. There is no cash machine between Sundarijal and Bhaktapur, and the lodges do not accept cards.

Do I need to book far ahead?

Not usually. Two to three weeks' notice is enough outside October, and we have arranged this trek within 48 hours on several occasions. October is the exception, when Nagarkot and Chisapani fill with Nepali weekend visitors as well as trekkers.

Can I do this trek without a guide?

Yes, legally. The route is well used and signposted, the park gate sells permits to individual walkers, and many people walk it independently. On this route a guide is useful for company and local knowledge rather than for navigation.

Why is this trek less expensive than your other trips?

There are no internal flights and no porters, the trek lasts three days rather than two weeks, and the lodges are an hour from our office. It is the least expensive way to spend three days walking in Nepal with a guide who knows the area.

Photos, videos and reviews of this trip: earthbound.rajansimkhada.com/chisapani-to-nagarkot-to-dhulikhel-hike