

A day tour in Kathmandu

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URL: <https://ascendhikes.com/package/a-day-tour-in-kathmandu/>

Destination

Nepal

Activity

Tours

Duration

1

Best Season

February to May and September to December

Per Person From

USD 65

Group Size

1

Trip Difficulty

Easy

Namaste Kathmandu

A day tour in Kathmandu: Nepal's capital, Kathmandu, is home to several UNESCO World Heritage Sites, such as Durbar Square, Pashupatinath Temple, Monkey Temple, and Boudhanath Stupa. It is also a major center of politics and culture. With its many temples, stupas, and monasteries, the city is a fascinating blend of Buddhism and Hinduism. Many sights, including both contemporary conveniences and historic palaces and temples, can be found in Kathmandu, a well-liked travel destination. A monsoon season runs from June to September, and the climate is normally mild. Manufacturing, trade, and tourism all play significant roles in the economy's diversity. In Nepal, the city serves as a hub for healthcare and education facilities.

Tribhuvan International Airport and an extensive bus, taxi, and rickshaw network facilitate transportation. Still, there are issues in Kathmandu including air pollution, Rapid urbanization and traffic congestion are problems, but steps are being taken to solve them and enhance the standard of living for locals and visitors.

History of Kathmandu:

With a rich and intricate history spanning thousands of years, the Kathmandu Valley in Nepal is well known. The first known rulers of its ancient villages were the Kirata people, who lived in prehistoric periods. From 400 to 750 CE, the Licchavi Dynasty was a pivotal time in the history of art and architecture. During this time, notable individuals including King Mandeva constructed the Changu Narayan Temple.

The Kathmandu Valley was divided into three distinct kingdoms throughout the Malla Period (1200-1768): Patan (Lalitpur), Bhaktapur, and Kathmandu. The Malla rulers were ardent supporters of both religion and the arts, which resulted in a distinctive fusion of Buddhist and Hindu influences in the valley's culture during this era of flourishing art, architecture, and culture.

The Unification and the Shah Dynasty the Shah dynasty began in 1768 CE, signaling the end of the Malla period. While Western architectural styles and lifestyles were imported under the Rana Rule (1846-1951), a democratic administration with a constitutional monarchy was established during the modern era (1951-present). The Shah dynasty was abolished when Nepal was proclaimed a republic in 2008.

The historical and cultural significance of the Kathmandu Valley:

History is reflected in the seven UNESCO World Heritage Sites that are located there. These locations include Swayambhunath, Boudhanath, Pashupatinath, Changu Narayan, and the Durbar Squares of Kathmandu, Patan, and Bhaktapur.

The rich heritage of the region is still being preserved despite the tragic earthquake that struck in 2015. Because of the Kathmandu Valley's lasting cultural and historical significance in South Asia, academics, travelers, and The Malla period came to an end in 1768 CE, and devotees from all over the world began to arrive.



Is important to visit Kathmandu for a Day?

The Kathmandu Valley in Nepal is a multifaceted destination with a wealth of historical, cultural, and spiritual significance. It is home to seven UNESCO World Heritage Sites: The Pashupatinath Temple, the Changu Narayan Temple, Swayambhunath (Monkey Temple), the Boudhanath Stupa, the Kathmandu Durbar Square, and the Patan Durbar Square in Bhaktapur. The valley is also home to magnificently built temples and palaces, as well as historic architecture with elaborately carved wooden windows and doors.

Both Hindus and Buddhists use the valley as a spiritual hub, and pilgrims and visitors alike are drawn to

revered locations like Pashupatinath Temple and Boudhanath Stupa. The valley is well-known for its traditional crafts, which include metalworking, ceramics, and thangka painting. It also has a number of museums and art galleries that highlight the area's creative legacy.

The inherent beauty of The valley offers a tranquil escape from the busy cities and breathtaking views of the Himalayas. Trekking, hiking, exploring neighboring nature reserves, and savoring Nepali cuisine—which includes delicacies like momos, dal bhat, and Newari specialties—are examples of adventure and outdoor activities. Many restaurants that serve a variety of flavors also serve international food.

A distinctive shopping experience may be had at Thamel, a well-liked tourist destination with a buzzing environment and a large selection of stores offering handicrafts, hiking supplies, and souvenirs. You can purchase traditional goods and participate in a thriving local trade at Asan and Indra Chowk.

The friendliness and generosity of the Nepali people is well renowned, and they offer further insights into the customs and culture of the area. Courses on many disciplines and workshops are available for education such as cooking, yoga, meditation, and traditional crafts. The post-earthquake recovery demonstrates how resilient the people of Nepal have been in reconstructing and revitalizing their villages and historical landmarks.

Travel planning, honoring local traditions, and making sure you have the required travel documents, immunizations, and proper attire are all helpful advice while visiting Kathmandu.

Don't miss the chance to visit those places in Kathmandu in a day tour:

Kathmandu Durbar square:

Hanuman Dhoka Durbar Square, sometimes referred to as Kathmandu Durbar Square, is a noteworthy monument in Nepal that is renowned for its cultural, architectural, and historical significance. The area is rich in historic monuments that date back to the 12th century and is home to the former royal palace of the Malla monarchs and later the Shah dynasty. The plaza is home to magnificent Newari architecture, renowned for its dexterous wooden carvings, temples shaped like pagodas and exquisitely made statues. The Taleju Temple, the Kumari Ghar (House of the Living Goddess), the Basantapur Tower, and the Kasthamandap—the name of Kathmandu—are among the notable buildings.

A UNESCO World Heritage Site, [Kathmandu Durbar Square](#) is renowned for its exceptional cultural and global significance. It provides an informative gallery and museum experience. Tours with guides and chances for pictures. The square also demonstrates resiliency and rehabilitation, as evidenced by the work undertaken to preserve and repair historical monuments in the wake of the 2015 earthquake.

Engaging with local artists, sellers, and inhabitants at Kathmandu Durbar Square facilitates a greater understanding of the local way of life and handicraft. When planning a visit, it's advisable to hire a local guide, arrive early in the morning or late in the day, and follow local customs.

Swayambhunath (Monkey temple):

See the Monkey Temple, or Swayambhunath Stupa, in Nepal, which is recognized as a UNESCO World Heritage Site. Dating back more than 2,000 years, this historic religious place is very important to both

Buddhists and Hindus. Rich religious art, magnificent architecture, minute details, expansive views, a calm, spiritual ambiance, resident monkeys, and cultural exchange with nearby believers are all hallmarks of this location. Prayer wheels and vibrant flags surround the temple complex, heightening the meditative ambiance.

The monkeys that live in the temple are likewise revered and thought to be the progeny of the god Hanuman. Playfully observing them can be a fascinating and entertaining experience. Engaging in cultural interactions with local devotees and monks can facilitate a more profound comprehension of the religious customs and rituals of the temple. It is filled with examples of religious art, such as sculptures, murals, and carvings that represent many deities and tales from Hindu and Buddhist mythology. Events and festivals like Buddha Jayanti provide guests the chance to see colorful customs and festivities.

A few useful suggestions for traveling to Swayambhunath are to ascend the 365 steps, show consideration for the monkeys, dress modestly, and seize the chance to take beautiful pictures. The Main Stupa, Harati Temple, Vajra, and Shantipur are among the must-see locations; they are all distinctive and enlightening experiences that blend spiritual, cultural, and scenic splendor.



The greatest Hindu Temple Pasupatinath:

Visiting the Pashupatinath Temple, a major Hindu pilgrimage site in Nepal, is highly recommended due to its immense cultural, religious, and historical significance. The temple is considered one of the four most important religious sites in Asia for devotees of Shiva and is central to various religious rituals and ceremonies. It is also recognized as a UNESCO World Heritage Site, part of the Kathmandu Valley UNESCO World Heritage Sites.

The temple's unique architecture, including the pagoda style with beautiful wooden carvings and a gilded roof, showcases traditional Nepali craftsmanship. Inside the main temple, the sacred Shiva lingam (phallic symbol representing Shiva) is enshrined, providing a mesmerizing spiritual experience for devotees.

Vibrant religious activities include daily rituals and ceremonies, such as the evening aarti ceremony on the banks of the Bagmati River. The temple complex is situated on the banks of the sacred river, where open-air cremations take place, providing deep insights into Hindu beliefs about life, death, and the afterlife. The Bagmati River is considered holy, and its waters are believed to purify the soul and aid in attaining moksha (liberation).

The temple complex is a gathering place for sadhus (holy men) who have renounced worldly life, their unique appearance and spiritual practices are fascinating to observe and photograph. Cultural events and festivals, such as Maha Shivaratri and Teej, are celebrated at the temple, marking the focal point of grand celebrations, rituals, and festivities dedicated to Lord Shiva.

Swayambhunath Stupa, also known as the Monkey Temple, is a highly recommended destination for visitors due to its historical and cultural significance. As one of the oldest religious sites in Nepal, it holds great significance for both Buddhists and Hindus. The temple complex features stunning architecture, intricate details, panoramic views, a serene spiritual atmosphere, resident monkeys, cultural interaction with local devotees, and rich religious art.

Festivals and events, such as Buddha Jayanti, allow visitors to witness vibrant rituals and celebrations. To

visit Swayambhunath, visitors should climb the 365 steps leading up to the temple, respect the monkeys, dress modestly, and be mindful when photographing people.



Boudhanath stupa:

Boudhanath Stupa, a significant Buddhist pilgrimage site in Nepal, is a must-visit destination for its spiritual significance, architectural marvel, cultural and historical heritage, and vibrant atmosphere. The stupa represents the mind of the Buddha and is believed to have been built shortly after his death in the 5th century AD. Its massive structure features intricate carvings and artwork reflecting Tibetan Buddhist iconography. Boudhanath Stupa is also a UNESCO World Heritage Site, recognized for its cultural, historical, and architectural significance.

The area around Boudhanath is home to a large Tibetan community, offering opportunities to interact with monks, shop at Tibetan markets, and experience Tibetan culture and cuisine. Numerous monasteries surround the stupa, where visitors can observe or participate in Buddhist rituals and meditative practices.

The stupa offers a peaceful retreat, offering a serene environment for reflection and spiritual solace. Quiet corners and sunrise and sunset views make it an ideal location for photography. The stupa becomes a focal point during Buddha Jayanti, the celebration of Buddha's birth, enlightenment, and death, and during the Tibetan New Year, known as Losar.

Practical tips for visiting Boudhanath Stupa include dressing modestly, respecting rituals, and walking around the stupa clockwise. Consider hiring a local guide to learn more about the history, significance, and practices associated with the stupa. Highlights to explore include the Main Stupa, surrounding monasteries, and Tibetan shops and cafes.

Itinerary

Day 01: Meet in Kathmandu Hotel

After the breakfast, Guide will come to pick you up and your tour start from your hotel.

First Boudhanath stupa visit and discover mini-Tibet and the other interesting sites. After Boudha stupa drive to next destination called greatest Hindus temple Pasupatinath, where you will have a last ritual experience and other sites near Bagmati river.

Then slightly drive to Sayambhunath (Monkey temple) your guide will describe a briefly about the site and after visiting this place directly drive to Kathmandu Darbar Square and discovering the living Godes Kumari and others ... after that you will drop on your hotel and say bye - bye to your guide.

Cost Includes

- All the official expenses and paperwork (like permit and tickets).
- Privet transportations.
- Government license holder Ascend Hikes Experience English Speaking Guide.
- All the Government Taxes.

Cost Excludes

- Food and beverages.
- Personal expenses
- Tips and
- Others what is not listed in including all are exclude.

Group Discounts Available

No. of Persons	Price per Person
1	USD 120
2	USD 80
3	USD 65
4	USD 60
5+	USD 60

Trip Information

Useful Information

- **Visa Requirements:** Most travelers to Nepal require a visa to enter the country. You can obtain a tourist visa upon arrival at the Tribhuvan International Airport in Kathmandu or apply for it in advance at the Nepalese embassy or consulate in your home country.
- **Travel Insurance:** It is highly recommended to have travel insurance that covers high-altitude trekking and climbing activities. Make sure your insurance policy includes emergency medical evacuation, as well as coverage for trip cancellation, lost luggage, and other potential incidents.
- **Accommodation in Kathmandu:** In Kathmandu, you'll find a wide range of accommodation options, ranging from budget guesthouses to luxury hotels. Thamel is a popular area for tourists and offers a variety of hotels, restaurants, and shops.
- **Local Currency and Expenses:** The local currency in Nepal is the Nepalese Rupee (NPR). It's recommended to carry some cash for small expenses, as credit cards may not be widely accepted in

remote areas. ATMs are available in Kathmandu, but they may be limited in other locations. It's also advisable to carry small denomination USD bills as they can be easily exchanged.

- **Communication and Internet:** Most major towns and trekking routes in Nepal have access to mobile networks and internet services. Local SIM cards can be purchased in Kathmandu for better connectivity during your stay. However, keep in mind that the availability of network coverage and internet speeds may vary in remote mountainous areas.
- **Health and Vaccinations:** Prior to your trip, consult with a healthcare professional or travel clinic for up-to-date information on recommended vaccinations and health precautions for Nepal. Common vaccinations include those for hepatitis A and B, typhoid, tetanus, and influenza. It's also important to bring any necessary medications and a basic first aid kit.
- **Responsible Trekking:** Practice responsible and sustainable trekking by respecting local customs and traditions, preserving the environment, and supporting local communities. Carry out any trash you generate, use designated teahouses or lodges for accommodation, and hire local guides and porters to contribute to the local economy.

As a Ascend Hikes views for a day tour in Kathmandu, The Kathmandu Valley offers a unique and unforgettable experience, blending historical exploration, cultural immersion, spiritual reflection, and natural beauty. With UNESCO World Heritage Sites like Kathmandu Durbar Square, Patan Durbar Square, Bhaktapur Durbar Square, Pashupatinath Temple, Boudhanath Stupa, and Swayambhunath (Monkey Temple), the valley provides a deep dive into Nepal's historical and architectural marvels. It is a major pilgrimage center for both Hindus and Buddhists, offering spaces for spiritual reflection. The valley is also alive with vibrant traditions and festivals, offering unique opportunities to witness and participate in local traditions. Engaging with local communities and artisans enriches the travel experience.



The Kathmandu Valley offers a plethora of destinations to visit, depending on your interests and availability to explore ancient civilizations and historical cities. We at Ascend Hikes always plan tours for you so you never miss the best spots to see and learn about. [Namaste!!!](#)

Address

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