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KATHMANDU

KATHMANDU VALLEY
TRAVEL GUIDE





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Rotaract Club of Baneshwor Royal is proud to present Kathmandu Valley Travel Guide as a joint project with Rotaract Club of Palmville (where Rotaract Club of Palmville will be publishing their travel guide to Bangalore).

This guide is by no means extensive—there are so many more places to visit, and Kathmandu is also so much more than the places to visit—there are jattras (special street festivals) that you cannot miss, great local cuisines, and more. What we have put together is a brief description on the places here you simply cannot afford to miss. We hope you enjoy this guide, and enjoy your visit in Kathmandu!

Rotaract Club of Baneshwor Royal

Published: June 2022

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WORLD HERITAGE SITE

The cultural heritage of the Kathmandu Valley is illustrated by seven groups of monuments and buildings which display the full range of historic and artistic achievements for which the Kathmandu Valley is world famous. The seven include the Durbar Squares of Hanuman Dhoka (Kathmandu), Patan and Bhaktapur, the Buddhist stupas of Swayambhu and Baudhdhanath and the Hindu temples of Pashupati and Changu Narayan.

Kathmandu Durbar Square

Kathmandu Durbar Square (Basantapur Durbar Kshetra) is located in front of the old royal palace of the former Kathmandu Kingdom and is one of three Durbar (royal palace) Squares in the Kathmandu Valley.

Durbar Square is surrounded with spectacular architecture and vividly showcases the skills of the Newar artists and craftsmen over several centuries.

It is also known as “the Museum of Temples” because there are over 50 temples in the square. In the heart of old Kathmandu city, Basantapur never fails to impress first time visitors with its intricate wood carvings and rich history.



Patan Durbar Square

Patan Durbar Square is situated at the centre of the city of Lalitpur in Nepal. One of its attractions is the ancient royal palace where the Malla Kings of Lalitpur resided.

The Durbar Square is a marvel of Newar architecture. The square floor is tiled with red bricks. There are many temples and idols in the area. The main temples are aligned opposite of the western face of the palace. The entrance of the temples faces east, towards the palace. There is also a bell situated in the alignment beside the main temples. The Square also holds old Newari residential houses. There are other temples and structures in and around Patan Durbar Square



Bhaktapur Durbar Square

Like with Kathmandu and Patan Durbar Squares, Bhaktapur Durbar Square is a former royal palace complex located in Bhaktapur, Nepal.

The 15th century Palace of 55 Carved Windows called Pachpanna Jhyale Durbar and the palace entrance, the Golden Gate—a masterpiece in repoussé art, have added splendor to this palace square. The extraordinary Durbar Square with its extraordinary monuments reflects the glory days of the Malla dynasty when art and architecture thrived in the three cities of the valley.

It is grounded within the area of 6.52 square miles yet it has numerous temples and monuments.



Pashupatinath Temple

This temple situated on the banks of the holy River Bagmati is the most revered Hindu temple in Nepal. The main temple complex is open only to the Hindus; non-Hindus must satisfy themselves by observing from the terraces just across the Bagmati River to the east. As a mark of reverence and tradition, leather items that include shoes, belts and cameras are forbidden within the temple complex and must be left outside.

This “extensive Hindu temple precinct” is a “sprawling collection of temples, ashrams, images and inscriptions raised over the centuries along the banks of the sacred Bagmati river.”



Swoyambhunath Stupa

An ancient religious architecture resides on top of a hill in the Kathmandu Valley, west of Kathmandu city. The stupa encapsulates one of the root disciplines in Buddhism for those individuals who consider mythological history, origin myth, and day-to-day religious practice of great importance.

It is probably the most sacred among other Buddhism pilgrimage sites across Nepal. Some people believe that just by being present near the holy place, you will not just receive inner peace and blessing but also receive a positive impact on your luck and well-being.



Boudhanath Stupa

Boudhanath stupa is a stupa in Kathmandu, Nepal located about 11 km from the center and northeastern outskirts of Kathmandu, its massive mandala makes it one of the largest spherical stupas in Nepal and the world.

The stupa is on the ancient trade route from Tibet which enters the Kathmandu Valley by the village of Sankhu in the northeast corner and continues to the ancient and smaller stupa of Chabahil named Charumati Stupa (often called “Little Boudhanath”). It then turns directly south, heading over the Bagmati River to Lalitpur.



Kirtipur

Located about 30 minutes from Kathmandu on a ridge 8 kilometers southwest of the city. Kirtipur, an ancient Newar town, is a little hill town with paved streets lined by typical red-brick houses and tiled roofs, as well as temple squares. An experience in itself, its age-old traditional Newari buildings blending with the new is a sight you wouldn't want to miss. Apart from its architecture, Kirtipur is a lively town that hosts a variety of traditional events known as Jatras in Nepali, which visitors can attend. The most well-known Jatras are Indrayani Jatra in November and December, and Bagh Bhairab Jatra in August.



Nyatapole Temple

Nyatapola derived from Newa language (Nepal Bhasa) translated as five-tiered temple is the tallest pagoda style temple of Nepal. There is a belief that those five tiers of Nyatapola are the symbolic of the five basic elements. This wholesome five-tiered architecture is not only artistic perfection but also an engineering marvel. It took only 214 days from digging to the completion of the structure, including the placing of its pinnacles. The temple foundation is said to be made wider than the base. There are stone statues lined up on two sides of staircase, which we can see in five layers from base of the temple are considered as guardians of temples and the residing goddess. Also, this temple has survived all earthquakes till date.



Chandragiri Hills

Chandragiri is one of the four hills that encircle the valley of Kathmandu, along with Shivapuri, Phulchowki and Nagarjun. It is a simple one-day excursion from Central Kathmandu. Chandragiri Cable Car runs from Thankot to Chandragiri hills.

Viewing the Kathmandu valley, the surroundings, and the mountains from the cable car is an exhilarating and enjoyable experience. The hill offers sweeping views of the Kathmandu valley and the Himalayan Mountain ranges, including Everest and Annapurna. It is one of the Nepal's most popular day-trip locations for hiking. At the bottom, in the lush valley of Kathmandu, you can observe the expanding urbanization.



Shivapuri Nagarjun National Park

Shivapuri Nagarjun National Park is the ninth national park in Nepal and was established in 2002. It is located in the country's mid-hills on the northern fringe of the Kathmandu Valley and named after Shivapuri Peak of 2,732 m (8,963 ft) altitude. It covers an area of 159 square kilometres (61 sq mi) in the districts of Kathmandu, Nuwakot and Sindhupalchowk. In the west, the protected area extends to the Dhading District.

The park includes some historical and religious sites, and a popular hiking route for local people and tourists.



Chisapani

Chisapani is a little hill station on the outskirts of Kathmandu. It is located in the Shivapuri National Park and serves as the entry point to the Langtang-Gosainkunda hiking zone. The area is known for its snow-capped mountain peaks and waterfalls.

Mulkharka is the last community on the trail to Chisapani. It is a beautiful blend of different ethnic groups and offers delicious Nepali cuisine. From Mulkharka, the trail transitions into a narrow single track hedged by dense forest. After reaching Burlang Bhanjyang at 2427 km, you can reward yourself with the outstanding sweeping vistas of the surrounding peaks. If you're here during peak season, be sure to book your accommodation in advance.



Budhanilkantha Temple

Budhanilkantha Temple, located in Budhanilkantha, Kathmandu, Nepal, is a Hindu open air temple dedicated to Lord Mahavishnu. Budhanilkantha Temple is situated below the Shivapuri Hill at the northern end of the Kathmandu valley, and can be identified by a large reclining statue of Lord Mahavishnu. The temple's main statue of Budhanilkantha is considered the largest stone carving in Nepal.

The main statue is made of black basalt. The statue stands 5 meters tall and is positioned in the middle of a recessed pool of water, which is 13 meters long. This temple is regarded as a sacred place for Hindus but equally well venerated by Buddhists.





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