

## Kathmandu Valley Tour - 1 Days

Kathmandu, a historical, cultural, and religious, city of temples is the capital city of Nepal which is surrounded by green hills. It includes three major ancient cities viz—Kathmandu, Bhaktapur, and Patan with numerous shrines which are centuries old.

The inventively built temples and palaces, delicately etched stone and metal images, carved wooden columns and pillars, and history-laden shrines and chaityas of these three historical and cultural cities stand witness to the excellence in art and architecture during the medieval period.

Visiting this city is full of those shrines which are inscribed in UNESCO World Heritage Sites. Those sites are spread within a radius of 20km which include Kathmandu Durbar Square, Patan Durbar Square, Bhaktapur Durbar Square, Swyambhunath, Boudha Nath, Pashupatinath, and Chagunarayan.

Here is the detail of those sites that you will explore throughout a day's journey.

### SWYAMBHUNATH – BUDDHIST SHRINE

Swyambhunath, popularly known as the small hillock of Swyambhu, this temple is a center of peace and prayers. It is popular as the oldest stupa in Nepal which dates back to 2000 years. The stupa is situated at the top of the hill which is surrounded by green hills. Travelers and pilgrims climb hundreds of steep stairs to reach the top and view the mighty stupa.

The stupa is surrounded by forests which is the residence of hundreds of monkeys and many people know this temple as a monkey temple. Travelers and pilgrims climb hundreds of steep stairs to reach the ultimate spot and view the mighty stupa.

During your visit to this place, you can see the ancient statues, temples, paintings, and prayer wheels situate which resemble the ancient world. Manuscripts from the ancient period offer knowledge about that period. This area is a place of relaxation and meditation for many local peoples.

As it sits at the top of the hill, the entire Kathmandu valley can be observed from here. And it offers the best view of the entire valley as well. Although it is popular as Monkey temple among tourists, it actually is Shyambhu which means 'the self-existent'. In times of unmapped history, Manjushree, one of the Bodhisattva came across a beautiful lake during his travel and saw a lotus that emitted brilliant light at the lake's center.

He, then went to the Chovar, a southern hill of the Kathmandu valley, and cut that hill letting the water of the lake free. Then he saw an eternal flame blowing and he covered it and made a stupa above it. From then on, the hilltop of the self-existent Lord has been a holy place. Images of important deities, both Buddhist and Hindu, are found installed here.



## KATHMANDU DURBAR SQUARE – ANCIENT DURBAR PALACE

One of the most popular shrines of Nepal, Kathmandu Durbar Square is a world heritage site and it has thousands of monuments, shrines, and temples including the house of Living Goddess (Kumari Ghar), the ferocious Kal Bhairav, the red monkey god, and hundreds of erotic carvings are a few examples the sights at the Kathmandu valley square. There you can see the colorful life everywhere; dozens of vendors with beautiful arts and crafts, Kastamandap, a rest house which is said to have been built with the wood of a single tree and is the source from which the Kathmandu valley got its name.

Nearby the White Palace, there are great drums that were been to announce royal decrees. All statues, sculptures, woodcarvings, and architecture in this area are exceptionally adequate and Kathmandu Durbar Square is among the most important shrines for travelers to see. You can witness the mementos of different Shah dynasties in the Tribhuvan Museum.

Nearby are great drums, which were beaten to announce royal decrees. All woodcarvings, statues, and architecture in this area are exceptionally adequate and Kathmandu durbar square is among the most important sights for travelers to see. The complex also houses the Tribhuvan Museum which carries the mementos of different Shah Kings.

## PATAN DURBAR SQUARE – HISTORICAL DURBAR PALACE

Patan Durbar Square is one of the Durbar Squares of Kathmandu valley and is one of the ancient Malla Kingdom of Nepal. It is at the same time the business hub of the city. You can see numerous Pagoda-style temples around the Durbar periphery, some Buddhist shrines, and more.

The stone temple of Lord Krishna and the Royal Bath with its intricate stone and bronze carvings are two other masterpieces in the same locality. The three-story stone temple continues to provoke high praise from lovers of art and beauty. The minute details of this work clearly show the high level that the art of stone carving attained in the sixteenth century.

## PASHUPATINATH- HINDU HOLY TEMPLE

One of the most popular Hindu shrines in the world, Pashupatinath temple carries great importance and is enlisted in the world Heritage Sites. The temple is dedicated to Lord Shiva and has images, crafts, Lingams, and other shrines to other deities as well. The temple is believed to built in 879 AD but the present temple was built by King Bhupendra Malla in 1697 AD.

The pagoda-style structure, gold-plated roof, silver doors, and woodcraft of the finest quality make the temple outstanding. Guheswori Temple, restored in 1653 AD, represents the female “force”. It is dedicated to Satidevi, Shiva’s first wife, who gave up her life in the flames of her father’s fire ritual.

You can also visit cremate places, Raj Rajeshwori temple which was established in 1404, Goraknath temple, and the courtyard of Biswarup. There are rows of Shiva shrines and Hindu pilgrims from all over South Asia offer worship to

Shiva, the Lord of Destruction.

## **BOUDHANATH STUPA**

Situated just 6 km from the core of Kathmandu, Boudhanath Stupa sits on the eastern outskirts of Kathmandu. It is one of the largest stupas in the world and is the holiest Tibetan Buddhist temple outside Tibet. Boudhanath is the center of the sacred heart of a thriving Tibetan Buddhist Community outside Tibet and is rich in Buddhist symbolism.

Since 1959, this stupa has been the focus for Tibetan exiles in Nepal, but it has been a sacred site on the Kathmandu–Tibet trade route for centuries. It is also the most important Tibetan Buddhist monument.





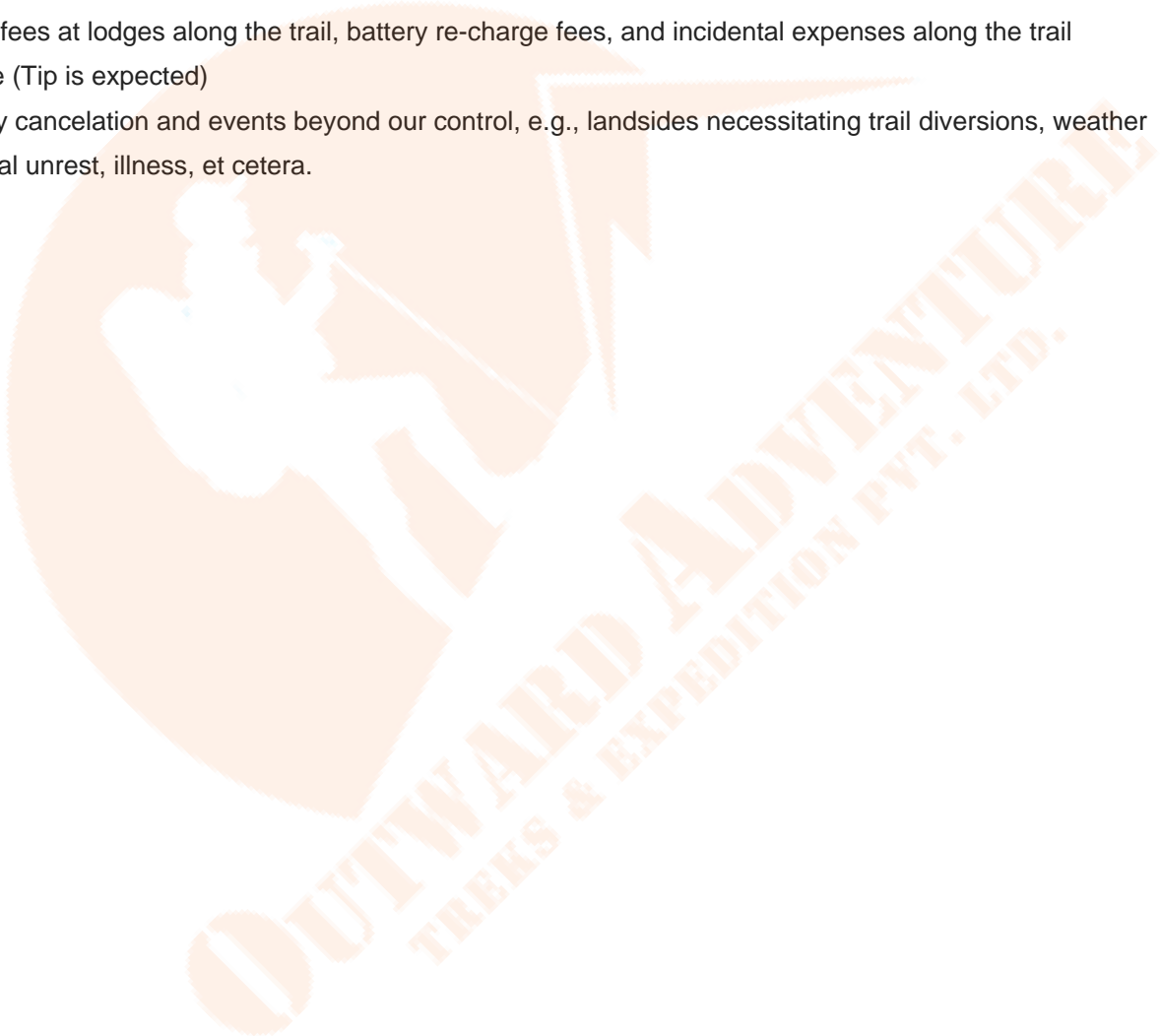
Address: Boudha, 06 Kathmandu Nepal  
Tel: +977-9842802155, +977-9844956319  
E-Mail: [info@outwardadventuretreks.com](mailto:info@outwardadventuretreks.com)  
[www.outwardadventuretreks.com](http://www.outwardadventuretreks.com)

## PRICE INCLUDES

- Official Outward Adventure Treks and Expeditions (Government registered and licensed) Expert Tour Guide including salary, transport, insurance, equipment, and other essentials
- Surface transfer by private car/van/bus
- All Government and local taxes and permits

## PRICE EXCLUDES

- Lunch During the tour
- All Personal Expenses such as laundry, telephone calls, bar bills, beverages, snacks
- Travel Insurance.
- Extra shower fees at lodges along the trail, battery re-charge fees, and incidental expenses along the trail
- Tips for Guide (Tip is expected)
- Cost raised by cancelation and events beyond our control, e.g., landslides necessitating trail diversions, weather delays, political unrest, illness, et cetera.



## ITINERARY IN DETAIL

### Day 1: Exploration of World Heritage Sites

From the hotel, after an early meal, our tour guide receives you and drives you to the hilltop of Swyambhunath Stupa. Exploring this Buddhist shrine, you will be driven to the Kathmandu Durbar Square and you will explore the entire Durbar periphery.

Then, you will be taken to Patan Durbar Square. Meanwhile, it will be lunchtime and you will get lunch in one of the restaurants there. Then your vehicle will move towards Pashupatinath temple and you will explore the entire temple surroundings. At last, the Buddhist shrine – Boudhanath awaits you. Exploring this giant shrine, we will drive back to the hotel. In such a way our day's Kathmandu tour will be completed

