A topographic map of the Kathmandu Valley rim in Nepal, showing contour lines and various settlements. A white title box with a dark border is centered at the top. The map includes labels for several locations: Dara, Mulkharka, Maia Ban, Mahakal, Sundarijal, Bhatgau, Nayapati, Bhadrabas, Sakintar, Gagalgau, Thulodhik, Bhangen, Ghnarcok, and Bajrajogi. Elevation points are marked with numbers such as 2333, 2486, 2443, 2242, 2127, 1894, 1896, 1709, 1409, 1900, 1365, 1387, 1391, 1701, 1393, and 1394. The map also shows a network of roads and trails.

TREKS ON THE
KATHMANDU VALLEY RIM

by
Alton C. Byers, III

TRIPS ON THE KATHMANDU VALLEY RIM

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Alton C. Byers, III

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"I therefore resolved to ascend the Sheopuri..... From this position..... Northward, and not thirty miles distant, the Himalayas reared their heaven piercing summits, peak succeeding peak and crag succeeding crag..... The Dawalogiri, the highest mountain in the world, and 28,700 feet above the level of the sea, was as worthy a termination of the chain at one end as its rival, Kinchin Jung, was at the other"

Laurence Oliphant, JOURNEY TO KATHMANDU, 1852

"What? You're going to **walk** to Godavari? Why not take the bus? Its much faster."

A villager at Panauti, 1981

1

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PREFACE

Treks on the Kathmandu Valley Rim is intended to be a basic guide to trekking on and about Kathmandu's more prominent hills and ridges. It is a beginning, a first attempt to compile route descriptions of interest to Valley residents and to visitors with limited time. It is hoped that additional route descriptions, temple and historical place identification, and interpretations of other natural and man-made phenomena will be included in future editions.

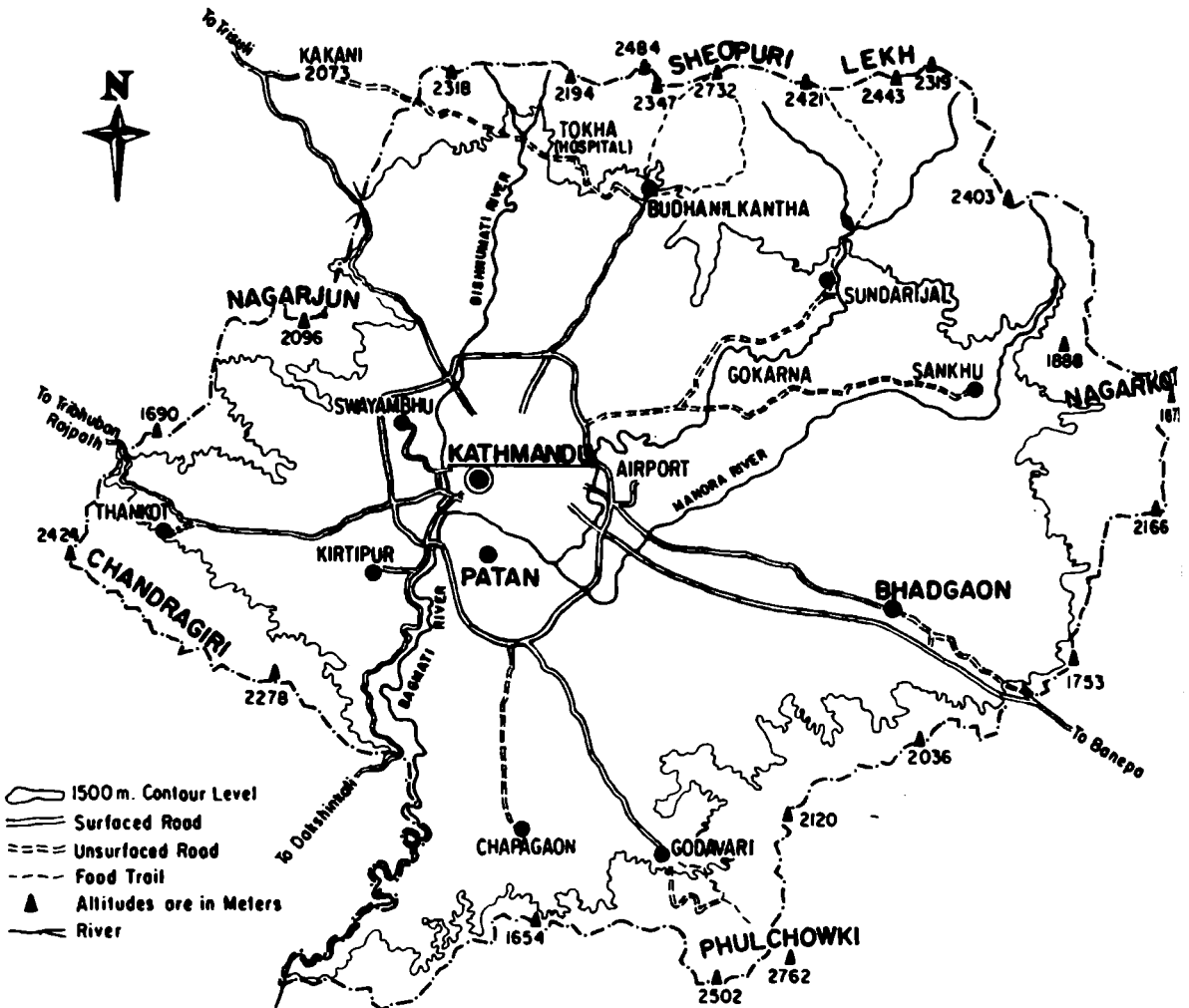
Readers are invited to submit route descriptions of treks not contained in the guide for future publication, for which due credit will be given. All comments and suggestions will be greatly appreciated. Contact the author at: Journeys Mountaineering and Trekking Service, P.O. Box 2034, Kathmandu, Nepal.

ACKNOWLEDGEMENTS

Bill and Lucy Dougall provided both the idea and inspiration for this guidebook, for which I would like to extend my warmest thanks. Bill also supplied the information for the Sheopuri treks. I would also like to thank Dr. William Leuschner, Dr. Don Messerschmidt, Dr. Robert Fleming and Elizabeth Andrews for their valuable suggestions and contributions

To Elizabeth

MAP I - KATHMANDU HILLS & RIDGES



TREKKING IN THE KATHMANDU VALLEY

1. Introduction

Until about 25,000 years ago, the Kathmandu Valley was a large lake with a surface area of some 300 square kilometers and a maximum depth of about 300 meters. The lake, known throughout the Buddhist text **Swayambu Purana** as Taodhanahrada ("Great Lake"), Kalihrada ("Black Water") or Nagavasahrada ("Lake Kingdom of the Nagas") was enclosed by a rim of hills, the highest over 2700 meters above sea level (Bajracharya, 1978).

These hills figure prominently in both the **Swayambu Purana** and in the more recent history of the valley. For example, legend states that the first of seven Buddhas to visit the valley surveyed the lake from Nagarjun and predicted the creation of the holy hill of Swayambu (Map 1). Eight thousand years later, a second Buddha meditated on Chandragiri, to be followed by a third who made a pilgrimage to Nagarjun, Swayambu and Pulchowki. It was this Buddha, who, while meditating on Pulchowki, predicted that the holy man Manjushri would arrive from China and drain the valley. Manjushri, in addition to leaving his two wives on Pulchowki and Chandragiri, circumambulated the entire rim before finding the lake's lowest point at Chobar Gorge. Slashing the hill with his sword, Manjushri drained the lake, leaving a fertile plain fit for human habitation.

One of the remaining four Buddhas who visited the valley preached on the top of Sheopuri, which still is the location of a famous Indian saddhu's ashram. In 1748, Prithvi Narayan Shah, the uniter of present day Nepal, posted troops at all of the valley's mountain passes to try and starve the ruling Mallas into submission (Sanwal, 1965). Some of their forts may still be seen today. Many of the passes still serve as main links between the valley and other areas, and the hilltops have been pilgrimage sites for valley inhabitants for thousands of years.

For the trekker, the Kathmandu Valley rim offers a wealth of historical, ecological, cultural and aesthetic experiences comparable to the extended trekking routes in the more remote regions of Nepal. For example, large tracts of oak-rhododendron forest still exist on most of the ridges and mountain tops, offering shelter for many of the valley's 400 bird species (Fleming, 1977). Some of the most beautiful views of the High Himalayas may be had from the summits or ridges of Sheopuri, Champadevi, Pulchowki or the town of Nagarkot. And the inevitable encounters with woodcutters, pilgrims, porters, farmers and charcoal makers, Newars, Tamangs, Chhetris and Sherpas, offer a fascinating glimpse of the cultural diversity so characteristic to Nepal.

With exceptions, the route descriptions within this guide will enable you, like Manjushri, to circumambulate the entire valley rim. However, the treks are generally broken into round-trip day hikes for the less ambitious. The treks range from the very easy, three hour hikes to the more strenuous eight hour hikes along rather ill-defined trails. The routes described here are by no means the only available trails. There are literally thousands of possible variations. Rather, this guide is a tool to begin trekking in the valley, and its use will be enhanced by your own creativity and sense of adventure.

Hills and Ridges of the Kathmandu Valley

The Kathmandu Valley is located in the Mahabharat Lekh, a chain of hills reaching heights of nearly 3,000 meters that is parallel to and south of the High Himalayas. The Mahabharat actually "splits" into two parallel ranges at the western edge of the Kathmandu Valley and rejoins into a single range at the other side. From the valley floor, the ridgetops of the Mahabharat appear to encircle the valley, forming distinct summits which may be divided into northern, southern, eastern and western sections.

A good place to see all of the hills is while standing on the Bagmati bridge, en-route to Patan near Kopundal. Look in the direction the water is going. North is on the right (Kathmandu) river bank. To the north lies Sheopuri (2732 m.), the second highest hill in the valley's rim. The most direct approach to the summit of Sheopuri is from the town of Buddhanilkantha.

Looking at the summit of Sheopuri, follow the skyline in a westward direction first down and then up again along a "hump-backed" ridge. These ridges connect the Sheopuri summit and the town of Kakani (2073 m.), where the Kakani-Balaju treks begin. Balaju is also the starting point for the Nagarjun trek, the next prominent (2096 m.) hill to the northwest near Swayambhu.

Continue following the skyline in a counter-clockwise direction. The long and distinctive Chandragiri ridge is located on the western rim of the valley (to the left while looking downstream). A number of circuit day treks to Chandragiri's various summits are described here. However, most of the valley's skyline, from Pikel (in the south) to Nagdhunga (to the north), could be walked in one long day.

Pulchowki lies due south. At 2762 m., Pulchowki is the highest hill on the valley's rim. The summit may be reached from Godavari, and separate ridge and valley treks to and from Panauti (due east from Pulchowki) are also described. Treks on the ridges between Chandragiri and Pulchowki are not described here.

Nagarkot (1985 m.), on the eastern rim, is a good starting point for several short treks as well as a two day trek to Sheopuri. Nagarkot is famous for its mountain views, and there are several inexpensive lodges located there.

Using the Guide

A summary of information precedes each trek description. This includes:

1. Time, or the approximate number of hours from the beginning of the trek to the summit or destination,
2. Bus, or location of the bus stop and approximate fare to the trail head,
3. Taxi, or approximate taxi fare from various central locations (taking a taxi will, with exceptions, usually involve bargaining over the price. Always agree on a price before entering the taxi. Going to Godavari, for example, means that the driver will probably have to return empty, so that he will understandably want to be paid for that. If one taxi's fare seems to exhorbitant, try another. Sometimes you can agree on twice the meter price), and
4. Trail Description, or a brief synopsis of the trek including the terrain encountered, steepness, of the trail, availability of water and trail condition (clear, brushy).

A mountain profile which outlines the ridges as seen from the Kathmandu Valley is provided for each trek. Dotted lines approximately trace the trails as seen from this perspective. Sketch maps show each of the routes described and, in some cases, other potential treks. You might consider purchasing the beautiful Kathmandu Valley Map (1:50,000, Nepal-Kartenwerk der Arbeitsgemeinschaft fur vergleichende, Munich, 1975; available at Himalayan Booksellers, Bagh Bazaar), from which the sketch maps were drawn, as an aid to navigation, a gauge of your progress, or as an eventual wall hanging. A compass is a highly recommended piece of equipment for any trekking.

The Nepali language is, of course, another navigational tool. Several phrase books, written specifically for trekkers, are available in most book stores. Often you can get by with simply saying the name of your destination, whereupon most villagers will cheerfully point you in the right direction. However, you should generally only accept answers that are coherent with the rest of your information, since many of the ridge treks are not major trekking routes for Nepalis or Westerners. The ridge trail may be heavily wooded and thus, to the villagers, less desirable than a lower, more circuituous route. Or, the villagers may simply not know your destination, but will nevertheless point to where they think you should be going.

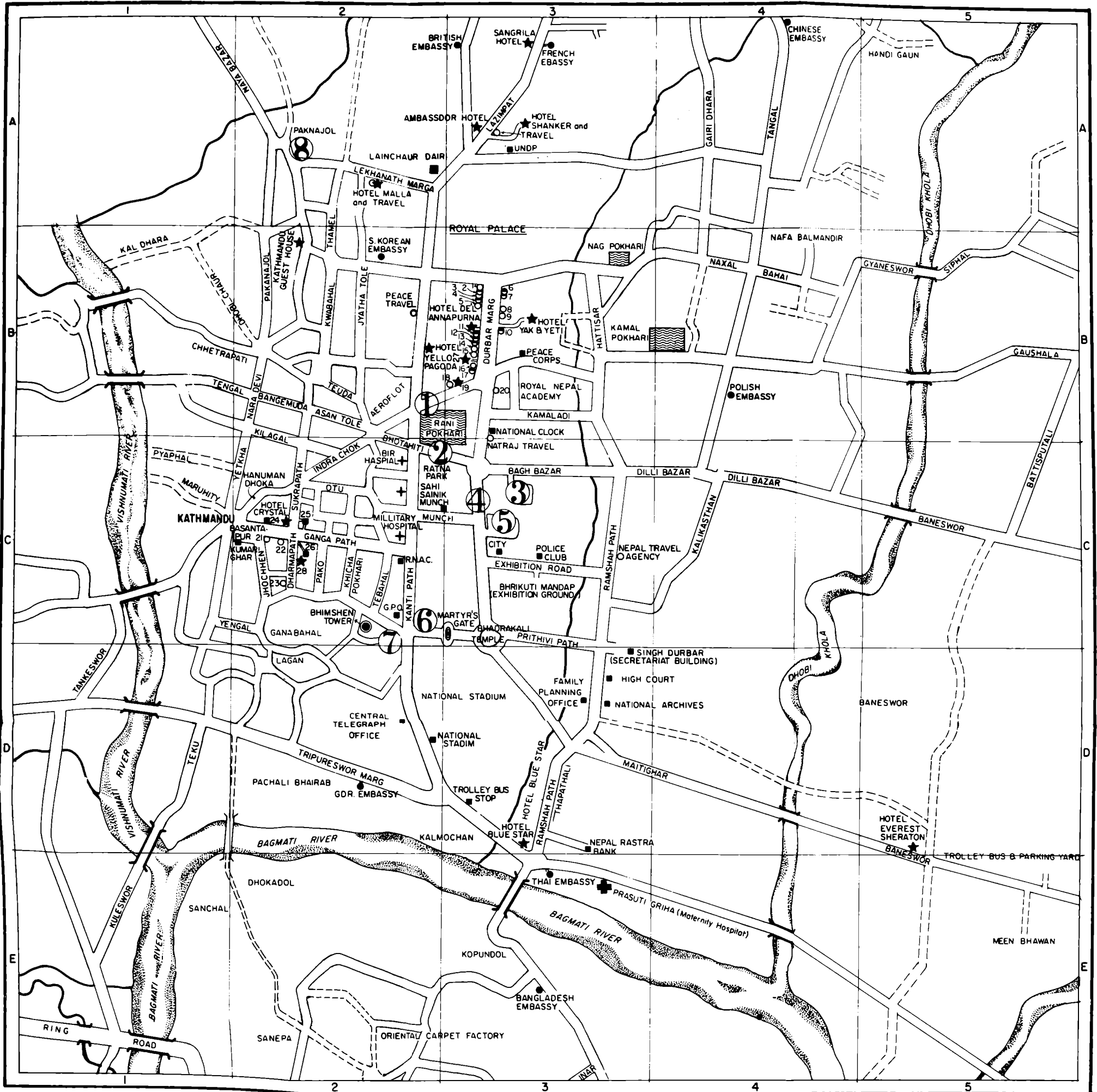
The trails described usually follow ridges, thus you simply get to the ridge and follow it (and the trail) to the summit or other destination. Often this will be easy, such as the trek from Pikhel to Champa-devi, where the trail is wide and well used. Sometimes it will be hard, such as the same ridge from Thankot to Nagdhunga, where thick forests, spur ridges and criss-crossing or ill-defined trails make going more difficult.

Hundreds of route variations exist whether ascending, descending or en-route to a summit. The routes within this guide are only the ones which we happened to have walked, and should not be taken as absolutes. Regardless, the golden rules for ridge trekking are (1) stay high and, as much as possible, on the ridge, (2) keep your landmarks (another summit, or the valley itself, which is almost always in sight) in perspective, avoiding even the wide trails if they strike off in the opposite direction, and (3) avoid "short cuts" through the brush to connecting trails, as the vegetation is deceptively thick and often times practically impenetrable.

Late September to late May is the best time for trekking. The skies are generally clear, the days cool, and excellent views of the High Himalaya may be enjoyed. The heavy rains, heat and leeches of the monsoon (June to September) make trekking more difficult and less pleasurable for some, although many people enjoy this time of year for its luxuriant vegetation and abundance of animal life. An umbrella, for sun and rain protection, is popular item among trekkers during the monsoon.

Be sure to maintain an adequate fluid intake while trekking. A rule of thumb is to drink two liters of water a day during any active exertion, and four liters a day in hot weather. Remember to add iodine to any water you take from streams or village water spouts (see Equipment).

KATHMANDU CITY



MAP No. 2

Drawn by: Graphics Rachana, Dharmapath

KATHMANDU BUS STOP

- | | |
|---|--------------------------------|
| 1 | to Budhonilkantha |
| 2 | to Patan, Tangal and Kirtipur |
| 3 | to Bhaktapur |
| 4 | to Sundarijal |
| 5 | to Banepa |
| 6 | to Pharping, Thankot and Patan |
| 7 | to Pokhara |
| 8 | to Kakani and Trisuli |

★ HOTELS

- | | |
|-----------------------|----|
| De'L Annapurna | B3 |
| Yellow Pagoda | B2 |
| Everest Sheraton | O5 |
| Blue Star | D3 |
| Yak and Yeti | B3 |
| 19 Mayalu | B3 |
| 28 Mt. Makalu | C2 |
| 24 Crystal | B3 |
| 27 Wood Land | C2 |
| Malla | A2 |
| Shanker | A3 |
| Kathmandu Guest House | B2 |
| Sangrila | A3 |
| Ambassador | .. |

○ AIRLINES

- | | |
|----------------------|----|
| 2 Bangla D. Biman | B3 |
| 4 Pan Am | .. |
| 11 Thai Airways | .. |
| .. Lufthansa | .. |
| 12 British Airways | .. |
| 13 Air France | .. |
| 17 K. L. M. | .. |
| 6 Indian Airlines | .. |
| 7 Swiss Air & P.I.A. | .. |
| 10 Japan Airlines | .. |

○ TRAV. & TREK

- | | |
|-----------------------|----|
| 1 Nepal Express T. | B3 |
| 3 Manasu Trek | .. |
| 5 Tiger Top | .. |
| 14 Annapurna Trek | .. |
| 15 Yeti Travel | .. |
| 16 Gorkha Travel | .. |
| 18 American Express | .. |
| 8 Gaida Wildlife | .. |
| 9 Mountain Travel | .. |
| 20 Annapurna Travel | .. |
| Natraj Travel | .. |
| Peace Travel | B2 |
| 21 Everest T Service | C2 |
| 22 Kat Travel & Tours | .. |
| Nepal Travel Agency | C3 |
| 23 Tourist Service | C2 |
| Shaker Travel | A3 |
| Malla Travel | A2 |

● EMBASSY

- | | |
|-------------------|----|
| Chinese Embassy | A4 |
| Franch Embassy | A3 |
| British Embassy | A3 |
| S. Korean Embassy | B2 |
| Polish Embassy | B4 |
| GDR Embassy | O2 |
| Thai Embassy | E3 |
| Bangladesh | .. |

■ OTHER PLACES

- | | |
|------------------------------------|----|
| 24 Tourist Information Center | C2 |
| 25 Super Market | .. |
| National Stadium | D2 |
| G.P. Office | C2 |
| 26 Nepal Bank | .. |
| Nepal Rasra Bank | D3 |
| Prasuti Griha (Maternity Hospital) | E3 |
| Hanuman Dhoka (Durbar Square) | C2 |

LEGEND

- | | |
|-------|-----------------|
| ★ | Hotel |
| ○ | Airline |
| ○ | Travel and Trek |
| ● | Embassy |
| ■ | Other Place |
| — | Matelled Road |
| - - - | Unmatelled Road |
| ~ | River |

Common sense dictates that you should never travel alone, particularly on the less-traveled trails through forested and remote areas. Medical emergencies and crime do happen, and it is much safer (and usually more enjoyable) to keep your group to a minimum of three people.

It might be a good idea to start your trekking with one of the easier hikes, such as Nagarjun or a direct route to the summit of Sheopuri. There is virtually no chance of getting confused or lost on these treks, and the views from the summits will give you the perspective you will need to thoroughly plan more ambitious routes, such as a Chandragiri ridge trek or a Sheopuri-Chaubas-Sundarijal circuit. For those interested in walking around the entire valley rim, note that this guide does not include two sections of the circuit. They are: (1) the region between Kakani and the northern end of the Chandragiri ridge, and (2) the region between the southern end of Chandragiri and the summit of Pulchowki. These are largely valley treks and so have not been included here.

Equipment

There is no need for special equipment besides a poncho (or umbrella), windbreaker, day pack, tennis shoes and water bottle, unless you decide to combine several day treks into an overnigher. Then you can rent tents, sleeping bags, and other equipment from the mountaineering stores in Thamel (see Map 2), or be outfitted entirely (including guide, cook and porters) through one of the many trekking agencies. The latter option is rather expensive (about \$24.00/day/person), but may be worth it to those with limited time.



rhododendron

A small first-aid kit should also be taken. At least one member of your group should have a kit which contains the following (all items are available in the drug stores on New Road):

1. Lugal's Iodine Solution (six drops per liter for water purification; wait 20 minutes before drinking)
2. Elastic bandage (for supporting sprains)
3. Band-aids (12)
4. Aspirin (20 tablets)
5. Sun screen
6. Moleskin or similar felt adhesive pads (for blister prevention or treatment)
7. Butterfly closures (for closing wounds; adhesive tape can be used as a substitute)
8. Sterile gauze pads
9. Anti-biotic ointment
10. Adhesive tape

As with hiking anywhere in the world, the most common medical problems are blisters, cuts, dehydration and sprains. Blisters can be prevented by placing a bit of Moleskin or felt adhesive tape on the reddened area of the foot, or protected by layering the felt tape around the blister. Cuts, including leech bites, can become infected and should be thoroughly cleaned and dressed. As was mentioned, drink lots of water in order to prevent dehydration. Minor sprains can be relieved by using the elastic bandage. For serious accidents, where the victim is unable to walk, remember that you will rarely be more than an hour away from a village where porters can be hired to carry the sick or injured person back to the nearest road. Don't worry if you don't speak Nepali; in a real emergency your pantomime will be an effective means of communication and you'll find the Nepali people to be exceptionally helpful.

II. NAGARJUN (2096 m.)

NI Queen's Forest gate to Nagarjun (Jamachok)

Time: About 2 hours to the summit.

Bus: From Paknajol (Map 2, No. 8), Re. 1/-.

Tempo, or other three-wheeled, scooter-like vehicles seen on the Kathmandu streets may be taken instead of a bus. They are parked on the north side of Rani Pokhari (Map 2, No. 1) and leave for Balaju, the starting point, every 15 minutes. Price is Re. 1/-, or Rs. 6/- for the entire tempo. From Balaju, however, you'll have to walk through town for about a mile to the entrance gate. The gate to the Queen's Forest is on the left (west) side of the road.

Taxi: About Rs. 25/- from the Thamel area to the entrance.

Trail: Wide, well-defined trail. Fairly steep at the beginning for about 1 hour. No water, picnic sites on the summit.

* * *

The prominent ridge to the north-west of downtown Kathmandu is called Nagarjun, a popular pilgrimage and picnic site for the city's Hindus and Buddhists. The name of the actual summit is Jamachok. The entire ridge is a walled forest preserve, and 25 paisa admission is charge, unless you happen to be riding an elephant which is considerably more expensive (fees are posted on the sign board). The gate to the preserve opens at 7:00 AM.

The trail begins on the top of a high bank on the right side of the Nagarjun road (unpaved), just inside the entrance. The gatekeeper will point it out to you. The trail swings back and parallels the road for a few yards before climbing into the forest. The first part of the trail is rather steep, and can be very slippery if wet. It is wide and easily followed throughout the duration of this two hour trek. The trail ends on a road just below the lookout tower which dominates the top. Cross the road and climb the steps to the summit. Beside the tower, there is a Buddhist stupa, a rest house for pilgrims, and picnic shelters in the vicinity of the summit. The summit itself is open and grass-covered, with several nice shade trees. There is a panoramic view of Kathmandu Valley to the southeast and the High Himalayas to the north.

N2 Ichangu to Nagarjun

Time: About 3 hours to the summit.

Trail: Prominent land marks make navigation easy, but the trails are sometimes obscure and steep. No water after Ichangu.

* * *

An alternative to the summit of Nagarjun is from the village of Ichangu.

Start at Swayambu, walking northwest on the paved road which circles the hill. Reach the Ring Road, cross, and continue on a motorable dirt road in a northerly direction towards Ichangu. After about ten minutes pass the limestone gravel quarries on your left. Continue on the dirt road to a small saddle, then drop slightly to the other side to the town of Ichangu.

At Ichangu, a wide, level path forks to the right from the dirt road near a cluster of houses. Follow this path, which gradually steepens as it climbs through corn fields and scrub. This is a route used by wood cutters and pilgrims.

You will reach the wall enclosing Queen's Forest after about 1 1/2 hours. There is a gate about 30 meters to the left (west) from the point where the trail meets the wall. Pass through the gate, to a well defined trail which climbs fairly steeply through a beautiful pine forest. Continue along this trail for another 45 minutes until you meet the Nagarjun road.

Turn left and walk along the road for about 15 minutes. Take the first trail leading up off the road to the right, toward another summit slightly higher than (2401 m.) and due west of Nagarjun (see figure 1). The trail to this higher summit is not very well-traveled, but it is easy to keep the hill in sight as the underbrush is low. Reach the summit after about 1/2 hour. This is another grassy, open spot with excellent views of Kathmandu, the High Himalayas, and the lower summit of Nagarjun to the east.

The descent from this hill to Nagarjun is another ill-defined trail, but you will have no trouble if you keep the Buddhist stupa of Nagarjun's summit in sight. After a 10 minute descent reach the Nagarjun road, and pick up the trail on the other side. Reach the summit of Nagarjun after a five minute climb.

* * *

N3 Descending via Routes N1 and N2, the Nagarjun road, and the "Buddha Cave"

Obviously, one could return by reversing the ascent. Or, the Nagarjun road could be followed to the Queen's Forest gate, or to the flatlands where trails leading back to Swayambu and Balaju could be located. The road, however, is long and circuituous, and between 2 and 3 hours of fast walking are required to reach these areas.

A more interesting route is via a trail which steeply descends from the summit on Nagarjun's east face and passes a large limestone cave (N. gupha). Walk down the embankment from the Buddhist stupa at the summit of Nagarjun onto the gravel road as if you were going to the two green-roofed picnic structures below. Turn left on the road before reaching the picnic area. Walking slowly down the road, look for a small trail heading down hill on the right side of the road, south-east of the observation tower. It's difficult to find, and may require several passes, but it does exist and is the only trail which descends from this vicinity. Once located, follow the trail down for about 10 minutes, through a grassy area. The trail then drops steeply down the left (eastern) side of the ridge, into a forest. About 45 minutes down, the trail suddenly levels out briefly, and the right fork leads to a limestone cave and a large (and in this quiet and remote setting, awesome) statue of the Buddha. Retrace your steps to where the trail first leveled out. The entire trek from here winds through beautiful, thick forest until you reach the Nagarjun gravel road after another 45 minutes or so. Upon reaching the road, it is a 3.5 km walk back to the Queen's Forest entrance gate.

You can also return directly to Balaju or Swayambu. If either of these options are chosen, descend via the "Buddha Cave" trail and walk along the road about 1 km until you reach a military post which includes a small firing range and bathing area. Walk past the firing targets and through a doorway in the wall which encloses the Queen's Forest. A well-travelled trail skirts the left edge of the rice paddies. Take this trail, which after about five or ten minutes forks. The left fork leads to Balaju, which can be reached in about 20 minutes. The right fork continues through the rice paddies and marijuana fields to a small Tamang village called Raniban, and from there to Swayambu. It takes about an hour from the military post to Swayambu.

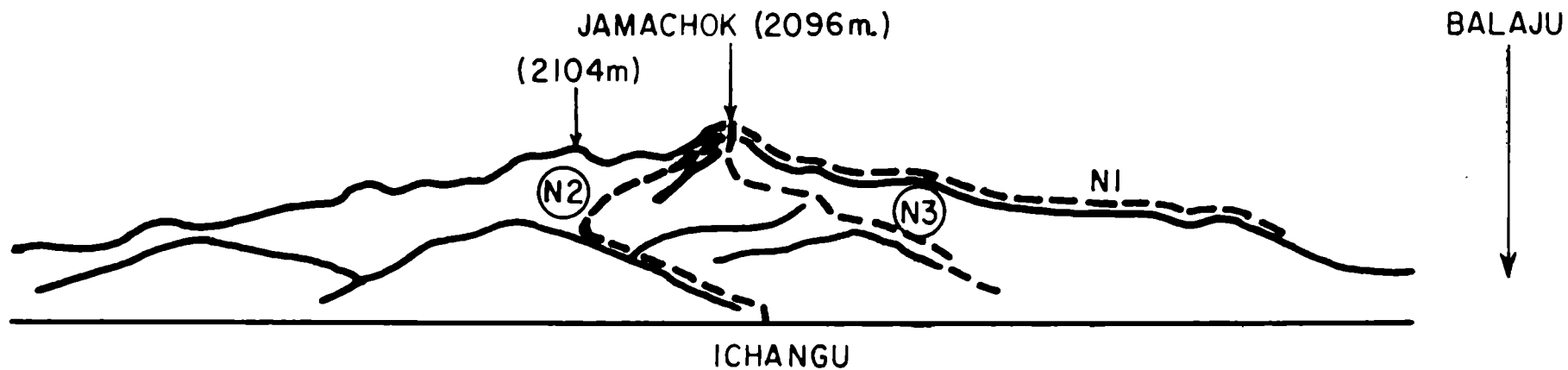
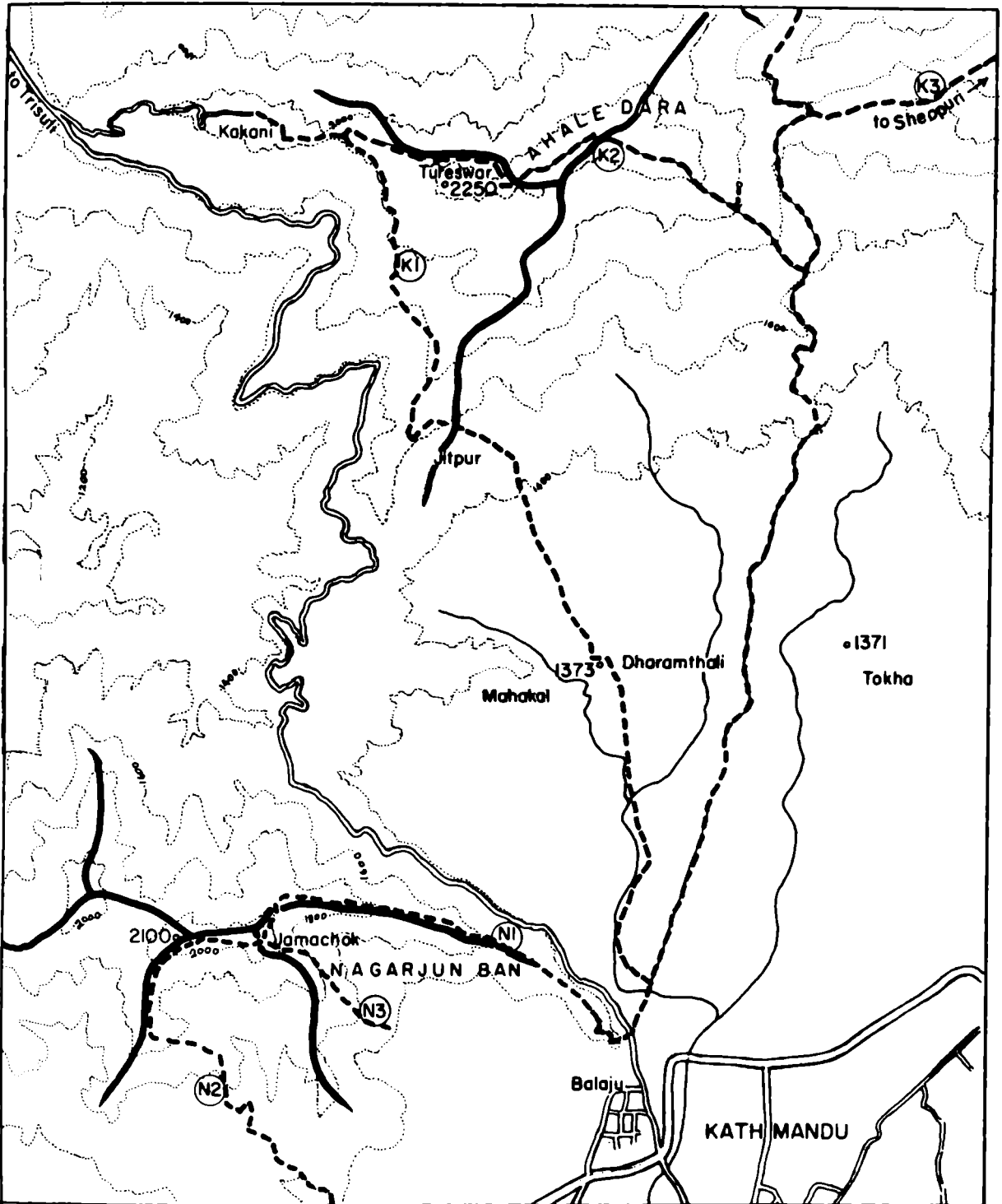


Figure 1- NAGARJUN, LOOKING NORTH WEST FROM KOPUNDOL



From : Schneider, 1975

MAP 3- NAGARJUN and KAKANI TREKS

LEGEND

- | | |
|--|--|
|  Ridges |  Paved Road |
|  Trails |  River / Stream |



III. KAKANI (2073 m.)

KI Kakani to Balaju

Time: About 3 1/2 to 4 hours

Bus: Catch the bus going to Triuli at Paknajol (Map 2, No. 8). Fare to Kakani is about Rs. 3/-. The bus ride takes between 1 1/2 to 2 hours. First bus leaves at 6:00 AM, with other buses leaving every hour until 5 PM.

Taxi: About Rs. 100/-. The trip to the Kakani Hotel takes about 1 hour. Fare will involve some bargaining with the taxi driver.

Trail: Mostly downhill and flat. The trail is somewhat overgrown in places, but the many land marks make navigation easy. Water available at Kakani and in several small streams in the forest.

* * *

This is an interesting trek through oak/rhododendron and pine forests with beautiful views of the Kathmandu Valley and mountains. Although it can easily be done in one day (including the bus ride from Paknajol to Kakani), it is advisable to spend the night in Kakani for the sunrise and mountain views in the morning. There is a lodge at Kakani serving Nepalese style food (dal-bhat, or rice and lentil peas), with the price of a three cot room quoted in 1981 as Rs. 75/- per night. Often you can arrange to have a taxi driver meet you early in the morning for the ride up, although this will undoubtedly involve the addition of a tip (N. baksheesh) in the deal.

Catch the bus going to Triuli at Paknajol. It takes about 1 1/2 to 2 hours by bus to reach the Triuli Road/Kakani Road junction, 1 hour by taxi or car. Get off the bus at this junction, which the last time we looked, had a sign pointing to Kakani. From this point follow a winding, paved road for 3 km. to a small, red hotel and another building, the British Ambassador's Bungalow. Just before the British Bungalow is a sign on the right of the paved road indicating the way to the Agricultural Farm. This marks the beginning of the trek. Follow the motorable dirt road to the Agricultural Farm, keeping to the left when it forks. There is a small school with a swing set immediately after the fork. Continue walking on the road to the Agricultural Farm sign where the road turns into a trail.

Follow the trail through a heavily cut, scrub oak region. About 1/2 hour later reach a thick oak/rhododendron forest and the first good views of the valley. From here the trail is somewhat overgrown with many smaller woodcutters' trails leading off in all directions. Several large trails lead down to the valley to the Triauli Road, but avoid going down. Keep to the hillside and contour around on any large trail which remains several hundred feet below the ridgetop.

Note how the ridge first goes in a westerly direction, then curves around in a southerly direction that "points" toward Nagarjun (see Map 3) This is the general direction that you'll want to go. The trail becomes well defined again after crossing a small stream, about 1/2 hour from the oak/rhododendron forest.

Eventually, the trail goes along a ridgetop with beautiful views of the valley. Continue down the ridgetop, which now goes in a southerly direction, on a steep and eroded trail. About 20 minutes later you will pass through a pine forest and, beyond the forest, an open area with four old stupas (Buddhist Monuments) on the ridgetop and several slate-roof houses. Follow the trail until you can see a large village down in the valley and to your left (east). The trail forks here. You take the left fork down to the village where you can stop for a rest and tea. Leave the village and follow the main trail through rice fields (you are now in the flat lands again). About 20 minutes to 1/2 hour later reach the second main village (Dharamthali) and continue on the path towards Balaju. Another 1/2 hour and you are in Balaju where a taxi stand allows you to easily get back to Kathmandu.



Tamang

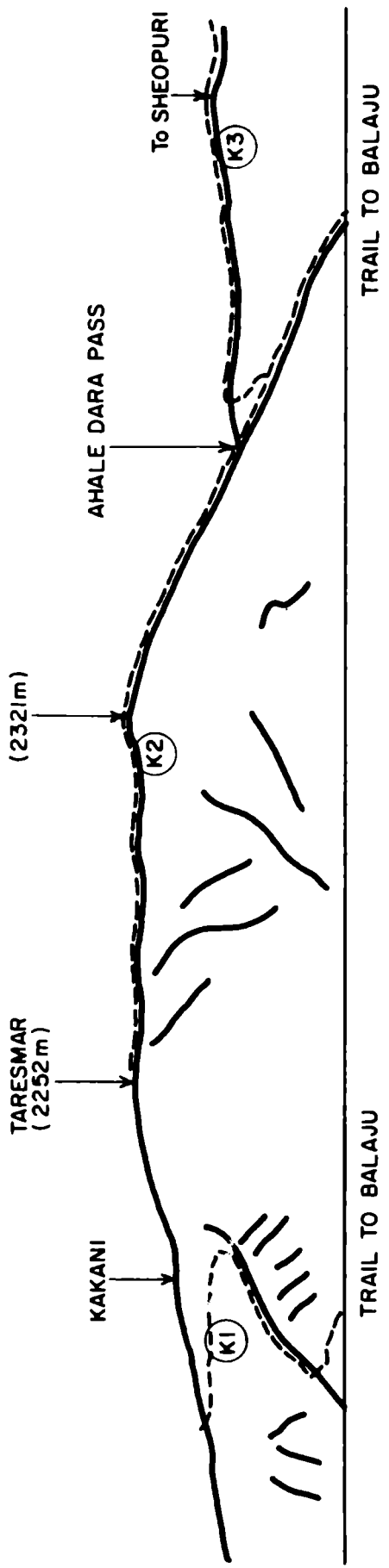


Figure 2- AHALE DARA, LOOKING NORTH FROM KOPUNDOL

K2 Kakani to the Ahale Dara Pass to Balaju

Time: 5 hours

Trail: Wide, well-marked trail. Some climbing at the beginning but mostly flat. Thick forests are often encountered but landmarks are prominent. Excellent views of the valley and High Himalaya. Water at Kakani and in numerous villages along the trail to Balaju. This trek is situated almost entirely along the ridgetop of the Ahale **Dara** (ridge). There are numerous picnic spots along the route and almost uninterrupted views of the High Himalaya.

Walk from Kakani to the Agricultural Farm as described above. Enter the gate, and looking in an eastern direction note the prominent hill behind and above the various buildings. This hill is called Taresmar (2252 m.) and is your destination for the first leg of the trek.

Walk through the farm grounds, ascending on a well-defined and maintained trail, to the greenhouse. From the greenhouse, continue walking up and toward the hill, and reach a school after about 20 minutes from the gate. The trail goes behind the school and crosses a stile over a barbed wire fence. After crossing the stile, stay on the **middle** path which winds up the ridge through a forested area. Reach the top of Taresmar after about 20 minutes from the school.

Most of the day's climb is now finished. Although you are now in thick forests and brush, the trail is generally easy to stay on and rarely strays from the ridge top. Your direction of travel is always to the east, which is easy to maintain as the Kathmandu Valley (which you can see throughout the duration of the trek) is always to your right or south.

After about 35 minutes reach the top of the second hill (2321 m.). From here you can see the summit of Sheopuri to the east, or in front of you, which is another good landmark. Continue along the winding trail, passing numerous open, grassy areas suitable for picnics. After about another half an hour reach a large, open area where the trail begins to descend steeply. Looking down into the valley before you, note the wide, north-south trail at the bottom. This is a heavily used route connecting the Likhu Khola valley to the north with the Kathmandu Valley to the south, which we'll call the Ahale Dara pass. Descend and reach the trail after about 30 minutes. Turn right (south) and head back toward Balaju, descending for about 20 minutes before the trail levels out for the remaining 2 1/2 hours back to Balaju. The trail forks in several places, but always bear to the right.

K3 Kakani to the Ahale Dara Pass to Sheopuri (possible alternative)

Time: Between 8 and 10 hours to Sheopuri's summit.

Trail: From the Ahale Dara Pass to the upper reaches of Sheopuri is easy. The last two hours to Sheopuri's summit is rather (difficult, as you enter very thick forests with numerous side and woodcutters' trails). A map and compass are essential for this last part of the trek. No water from the Ahale Dara Pass to Sheopuri's summit.

* * *

It is possible to continue from the Ahale Dara Pass to the summit of Sheopuri within one day. Bad weather and/or circumstances prevented our party from making the trek on several occasions. A number of friends have completed the trek, however, so that based on their reports a reasonable idea of what to expect may be presented here.

As described above, descend from the Kakani trail to the Ahale Dara pass trail. Turn left (north), and walk up the trail for about 20 minutes to the pass. During this time you'll be able to see the main Sheopuri ridge which strikes off to the east and up to Sheopuri's summit. From the **chautara** (rest spot) at the Ahale pass take any trail which leads off to the right (east) and up to the ridge.

The Kakani to Sheopuri route is advocated here because of the prominent landmarks in sight for most of the trek. This would appear to facilitate orientation, as opposed to starting the trek from the summit of Sheopuri where one is immediately engulfed in thick forests. Several people we've talked to began their trek from the summit of Sheopuri and nearly all were at one time lost or confused. Better to stay in the open while climbing the ridge, and then before entering the forest take a bearing with your compass. Stay on the large trails whose direction is generally consistent with your compass bearing. You should reach the main trail as described in the Sheopuri section about 2 hours after entering the forest, and either continue to the summit (about 45 minutes) or descend to Buddhanilkantha.

IV. SHEOPURI (2732 m.)

SI Buddhanilkhantha to Sheopuri

Time: 4 hours to the summit.

Bus: Mini-buses leave from the northwest corner of Rani Pokhari on Kantipath every half hour (Map 2, No. 1), going directly to Buddhanilkhantha, the trek's starting point. Price is Re. 1/25.

Taxi: About Rs. 40/- using the meter.

Trail: Popular, well-defined trail. Fairly steep. Excellent views from the top, large camping area. Water at Buddhanilkhantha and near the summit.

* * *

Sheopuri, the second highest hill in the valley, is a popular day hike among Kathmandu residents. Many people camp overnight on the summit, a large, flat area, in order to get the best mountain views at sunrise.

Take the bus or taxi out to Buddhanilkhantha, stopping where the road makes a sharp left turn just below the Buddhanilkhantha village. A dirt road continues north through the village and past the reclining Vishnu statue from here. Follow this road, which has a creek running along the right side of it, through the village for about 10 minutes. Leave the road where it turns and crosses the creek on a bridge. Follow the trail which continues along the left (west) side of the creek.

Once the trail leaves the road, it climbs gradually out of town following along the creek's west side. Cross to the right (east) of the creek just below the large stone wall that encloses the national forest on Sheopuri ridge. There is a doorway in the wall, beyond which the trail is moderately steep but well-defined. Shortly, an east-west trail is crossed which runs along the side of the ridge to the Tokha hospital. Keep going straight, don't take the east-west trail.

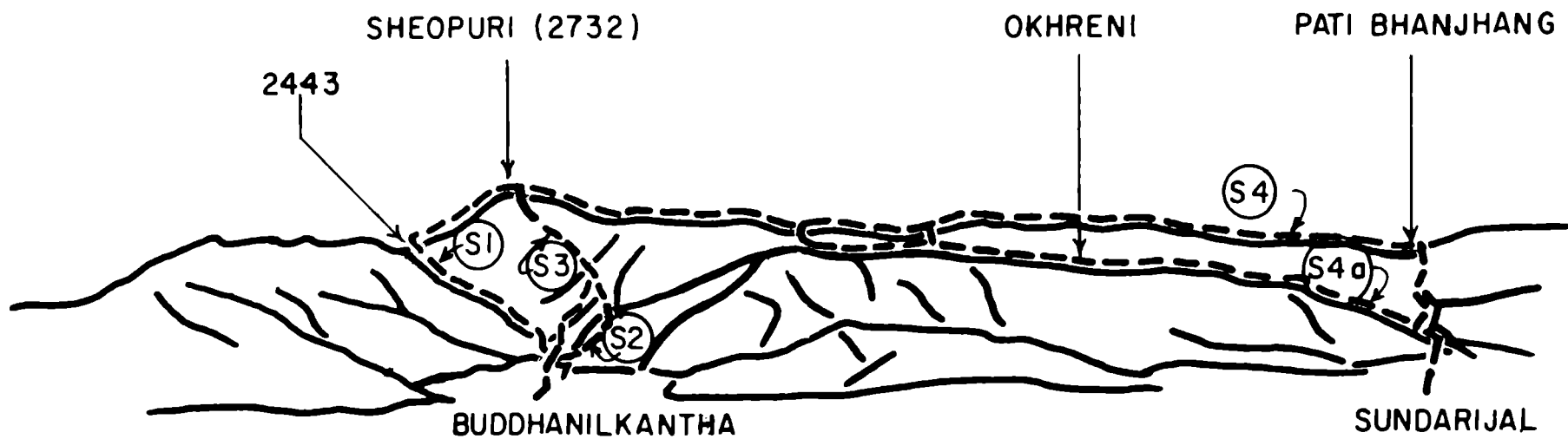
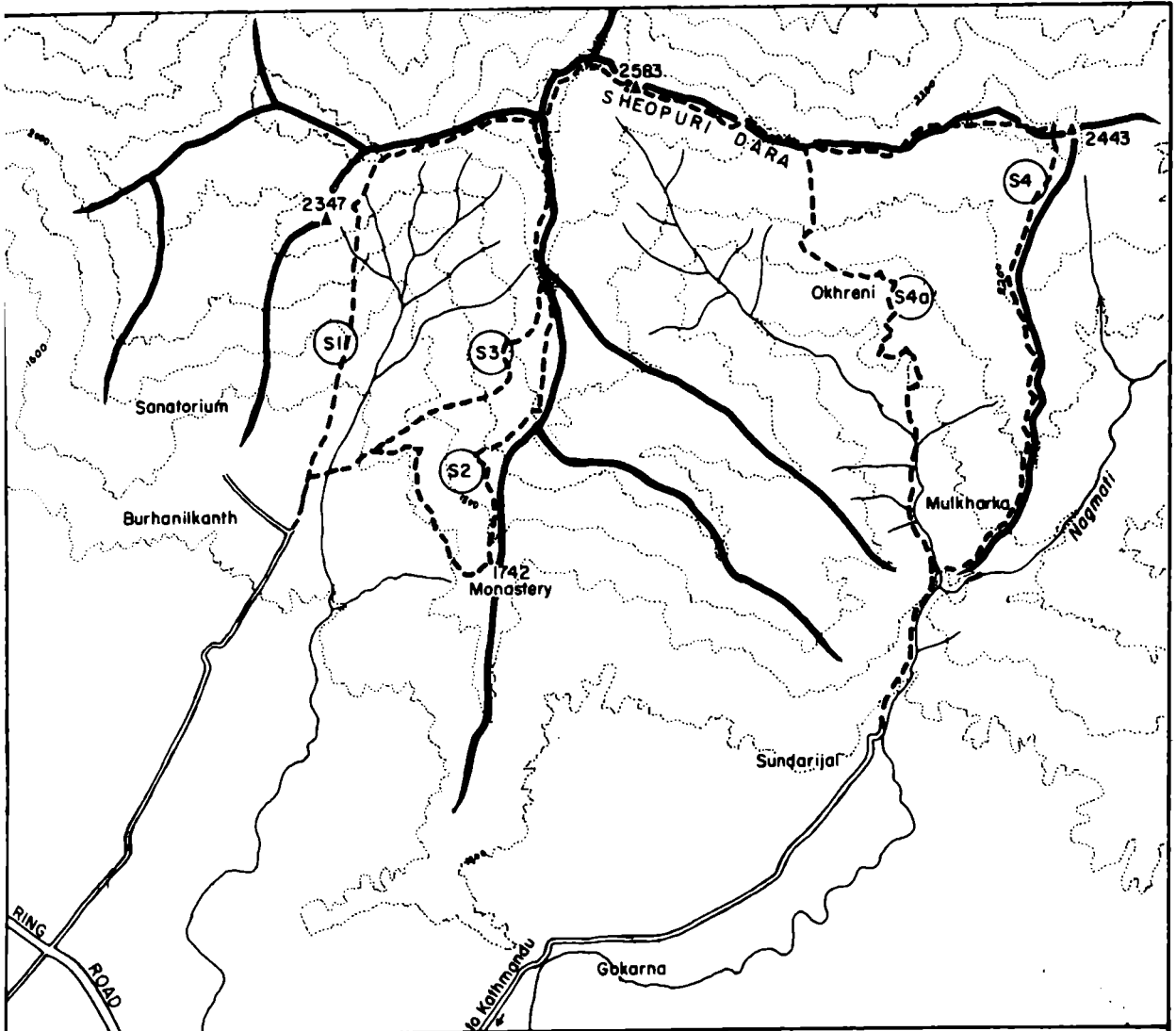


Figure 3- SHEOPURI, LOOKING NORTH FROM KOPUNDOL



From: Schneider, 1975

MAP 4 - SHEOPURI TREKS



LEGEND

- Ridges
- Trails
- Paved Road
- River/Stream
- Peaks

The trail becomes fairly steep, with occasional gentle stretches. In places it has been deeply eroded and becomes a foot deep cascade during a monsoon cloudburst. After about an hour, the trail gradually enters a forest and becomes less steep as the ridge is approached. There are a couple of huts and a tea-house, where the trail levels out at the top. Behind the huts another trail leads off to the left (west) to Kakani but your trail now bends around to the right (east) for about 1/4 mile and then turns back to the left (north).

At this point (about 2 hours after starting), the main trail drops down into the valley of the Likhu Khola, while the smaller trail to the top of Sheopuri separates to the right heading almost due east. This trail to Sheopuri begins fairly level and then climbs steeply to the top of the summit ridge. The trail is easy to follow after the turnoff, and runs along the ridge with a steep drop on either side. A large rock outcrop and the ruins of several stone buildings (an old Prithvi Narayan Shah fort) are passed just below the top. This part of the trek takes about another two hours.

S2 Buddhist monastery to Sheopuri

Time: 4 hours to the summit, starting from Buddhanilkantha.

Trail: Well-defined trail. Fairly steep. No water after the monastery.

* * *

A popular alternate route to the summit of Sheopuri is via the Buddhist **gompa**, or monastery, a prominent land mark (due to its prayer flags and white buildings) which can be seen from Buddhanilkantha and many other places in the valley. The time required to reach the summit is approximately four hours.

After arriving in Buddhanilkantha, walk through the village on the dirt road heading north as described in the preceding trek. Follow the road, which becomes quite steep, all the way to the gompā located above the road on a ridge extending south from Sheopuri's summit.

Leave the road at this point and make your way through the fields and buildings, staying generally along the left (west) side of the fields. About half way through the fields, a trail leads along the side of the ridge into trees and brush. This trail gradually ascends through the woods and, after about an hour of walking, comes to some abandoned (at time of writing) terraced fields.

Continue across these fields in a northerly direction. The trail is indistinct here, but reappears at the far side of the fields and continues through the woods and brush. Avoid any trails which strike off to the right (east), staying on the ridge and maintaining a northerly direction. Several open, grassy areas appear to the left, and the trail follows a series of distinct switchbacks which lead to the eastern part of the summit's ridge. When this main ridge is reached, turn left (west) and walk about 30 meters through brush to the summit.

S3 Still another ridge to Sheopuri

Time: About 4 hours to the summit, starting from Buddhanilkantha.

Trail: Somewhat steeper than Routes No. 1 and No. 2. Obscure and overgrown in places. No water after Buddhanilkantha.

* * *

Follow the dirt road up the mountain side from Buddhanilkantha. When you are perhaps half way up the highest visible point of the road (i.e., the buildings and flags of the monastery), look for a moderately visible trail that branches off to the left. The trail ascends along a prominent wooded ridge, between Routes No. 1 and No. 2, and eventually joins the main ridge running south from the summit. This trail is fairly steep and ascends in switchbacks up the ridge. In the woods at the top of the

ridge, the trail becomes level and curves north for about 100 yards before joining a good trail which comes in from the right. Follow the joint trails north (left), ascending slightly, arriving in the open terraced fields mentioned in Route No. 1. Follow the trail from this point as described in Route No. 1.

S4 Sundarijal to Sheopuri via Chaubas

Time: About 3 hours to Chaubas, and 3 hours along the ridge to Sheopuri.

Bus: Buses leave for Sundarijal from the bus stop on the east side of the Tundikhel parade grounds. Alternately, mini-buses from the west side of Ratna Park leave every half hour for Boudha. From Boudha, catch another mini-bus to Sundarijal. Price is about Rs. 5/-.

Taxi: Between Rs. 40/- and Rs. 100/- (without meter).

Trail: All trails are main routes and thus easy to locate and stay on. Fairly steep from Sundarijal to Chaubas, then a flat ridge walk to Sheopuri's summit. Total time Sundarijal-Sheopuri-Buddhanilkantha: about 8 hours. No water after Chaubas.

* * *

The main trail heads north through Sundarijal village, along-side the large water pipeline. The trail is very wide and paved with stone steps. This is the beginning of the popular Helambu trek, which has been a major trading route for centuries. After about 1/2 hour of steep climbing reach a tea shop with a large, old building above it. Descend from the tea shop to a water reservoir below, where the trail crosses the spillway.

Continue on this wide trail, which switchbacks up a prominent ridge through the village of Mulkarka. After several hours the ascent becomes more gradual and you will pass a heavily eroded section. The trail will begin a slight descent into the village of Chaubas.

4a Sundarijal to Sheopuri via Okreni

Time: About 3 1/2 hours

Trail: Easy to moderate. Steep from Okreni to the main ridge top.

The summit ridge trail to Sheopuri leaves the main Helambu trail just below (south) of Chaubas. Several branches of the summit trail all lead west from Chaubas, but they soon merge into one trail. Continue along the summit trail staying near the ridge top. After about 40 minutes a chaitya, or small temple, is reached, with another large trail crossing the ridge trail at right angles (north-south). Continue west along the summit trail, ascending gradually. In a clearing about half an hour later this main trail forks left and right around a moderately steep hill. Both trails lead into the valleys on either side. Take the route directly up the hill ahead. There is no clear indication of a trail, but once on top of the hill a small path appears which follows the crest of a broad ridge in a northwest direction. A small pond with a hut above it marks the hermitage of a well-known Indian **saddhu**, or holy man.

The trail turns to the left (south) of the hill past the holy man's hut and continues along the south side of the ridge. The trail passes through woods and a pool of water which is probably the best source of drinking water in the area. Continue for about 15 minutes to the summit, contouring along the side of the ridge and up switchbacks to the top.

This can be a continuation of the Nagarkot-Sheopuri trek (the two day "rim trek"; see Section VII) or a pleasant one day circuit from Sundarijal to Sheopuri.

If starting at Sundarijal, walk up along the large pipe and arrive at the reservoir with the tea shop about 45 minutes later. Instead of crossing the bridge over the dam, continue around to the left of the reservoir on a small trail. About 10 minutes later cross a stream near a small cable car. Follow the well marked trail upstream on the east side for about 1/2 hour, a particularly beautiful forested stretch. The trail takes a northeast direction and crosses the stream again about 20 minutes later. After about a 10 minutes climb you begin to leave the forested area and enter a cultivated zone and the village of Chilaune. From here, continue climbing to the village of Okreni, actually a series of scattered villages near the ridgetop about 1/2 hour further.

From Okreni simply head along the most direct route to the top of the ridge. There are many trails to choose from, but there's little chance to getting lost if you head up. Once on the ridge you'll intersect a very large, well-marked trail; this is a main route to Pati Bhanjyang on the Helambu trek, which you could reach by turning right. However, turn left on the trail and follow it through beautiful forests for about 1 hour, after which you'll reach the flat camping area at the top of Sheopuri.

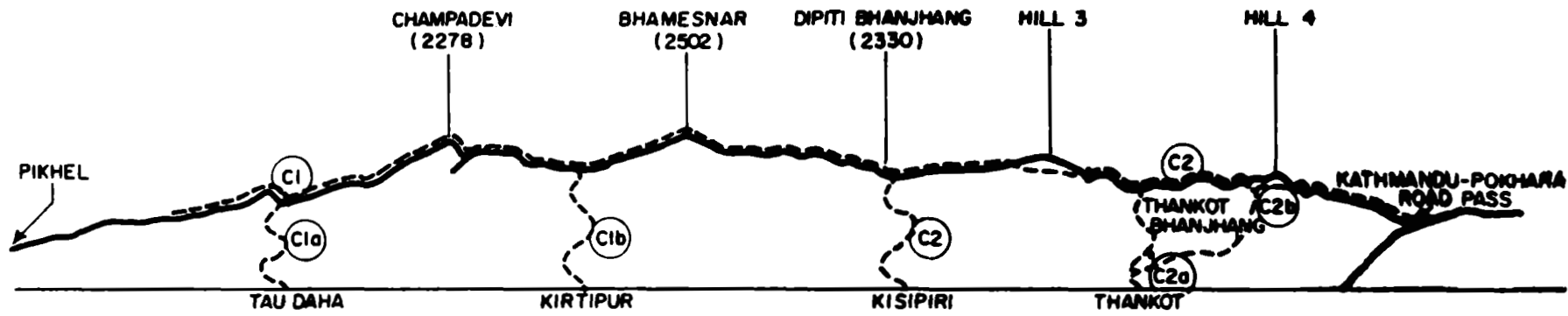


Figure 4 - CHANDRAGIRI RIDGE TREKS, LOOKING SOUTHWEST FROM KOPUNDOL

V. CHAMPADEVI (2278 m.)

Cl Pikhel to Champadevi and Beyond

Time: About 2 1/2 hours to Champadevi.

Bus: The bus leaves from southwest corner of Ratna Park (Map 2, No. 2). Fare to Pikhel: Rs. 5/-.

Taxi: About Rs. 100/-, without meter.

Trail: Wide, well-defined trail. A "true" ridge walk. No water after Pikhel.

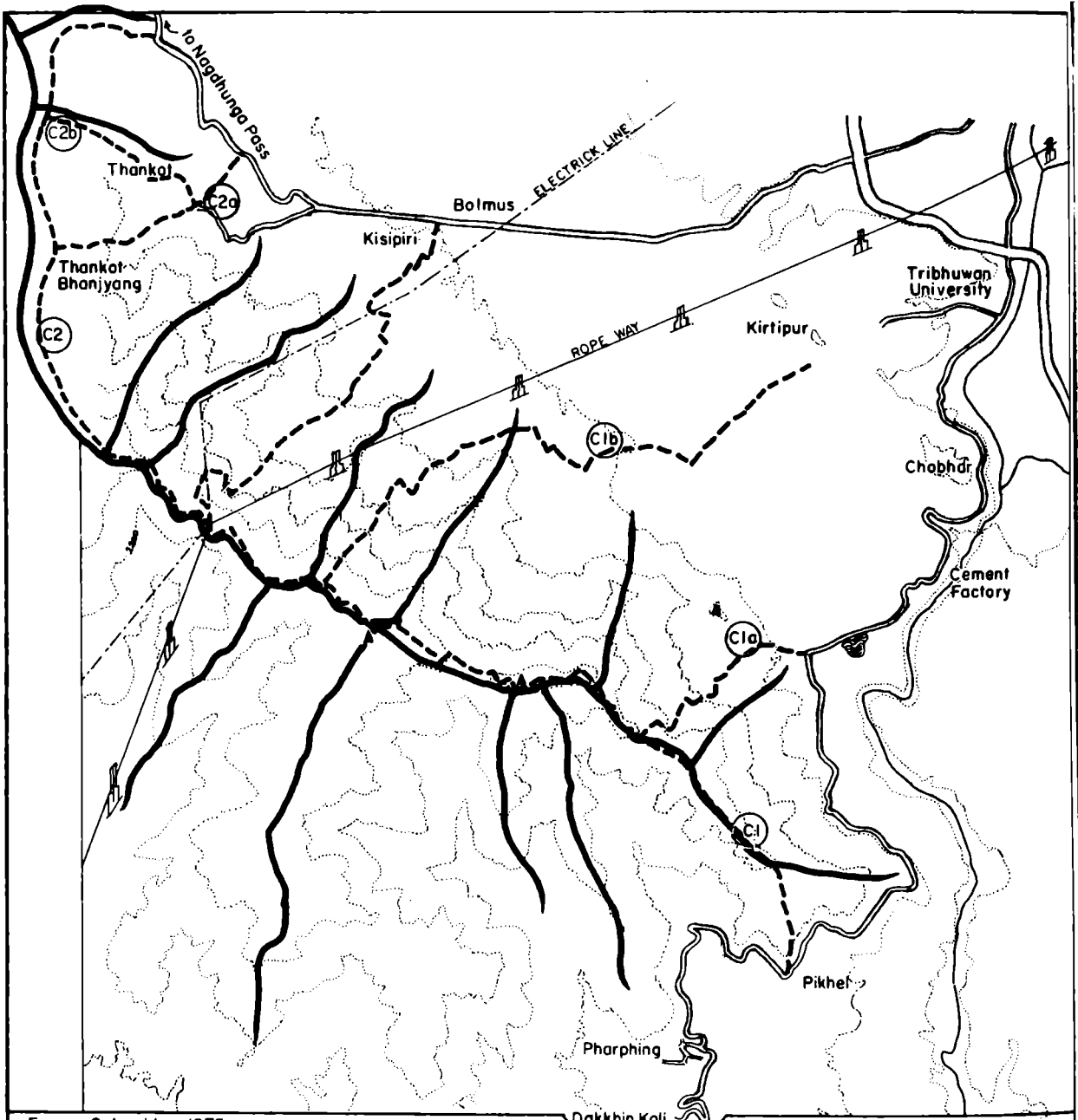
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The prominent ridge to the west of the Kathmandu valley is called Chandragiri, with Champadevi (2278 m) being a somewhat minor hill on the ridge. Champadevi, however, is a pilgrimage site, and important enough so that the entire ridge is often referred to by that name.

There are a number of different routes to Champadevi's summit, all wide & fairly heavily traveled. For example, one could start at Kirtipur, traveling to the base of the mountain chain on a wide dirt road. The road turns into a trail which switchbacks up the mountain to a saddle on Champadevi's north face. Or, one could bus or taxi to Chobar Gorge, and then take a trail which leads from that point up to a saddle on Champadevi's south-facing slope. These trails, however, are discussed as descents from Champadevi in this book.

The Champadevi ridge trail starts at Pikhel, the southern-most point of the chain, and ends at Nagdhunga, the pass out of the valley on the Kathmandu-Pokhara road. The entire ridge could be walked in one very long day. However, it is broken into two treks here.

To begin, drive, bus or taxi to Pikhel (located at the foot of the last ridge before the town of Dakshinkali). Walk north up the ridge (called the Neupane Danda) through a young pine plantation. The ridgetop itself is badly eroded in places.



From: Schneider, 1975

MAP 5 - CHANDRAGIRI TREKS



- LEGEND**
- Ridges
 - Trails
 - Paved Road
 - River / Stream
 - Peaks
 - Rope Way
 - Electric Line

After 1/2 hour you will cross a barbed-wire fence. From here, the trail runs under some very tall pine trees in a park-like forest with no underbrush. It continues to climb, slightly east (or right) of the ridge crest, and gradually becomes less steep.

A beautiful flat area is reached with uninterrupted views of the High Himalayas about 45 minutes from Pikhel. The trail turns left here (northwest), with the vegetation changing to scrub which continues to the top of Champadevi.

From the pine forest area, the trail skirts left (south) of the first knoll on the chain (1981 m.), then drops into a small saddle before the final climb to Champadevi. In the saddle, a well-maintained trail drops northeast to rejoin the Dakshinkali road at Tau Daha, a small lake south of the cement factory (Cla, Map 5). Time from the forest to the saddle is about 30 minutes. From the saddle, follow the ridge to the top of Champadevi. The trail becomes less distinct here, but the ridge is free of underbrush and you can't get lost. Just follow the crest, no matter how alluring the numerous wood cutting trails that contour off to the side seem to be.

On Champadevi's summit is a small white Buddhist stupa and a Hindu shrine. The views of the valley and the High Himalayas are magnificent.

Behind the Buddhist stupa (i.e., west of) are a number of Hindu artifacts in celebration of Shiva and the remains of an old fort or building. To continue the Champadevi ridge trail, pick up the trail on this west-facing slope, following it down to the second saddle encountered. Climb up to Bhamesmar, the second knoll in the chain (2502 m.) after another 45 minutes from Champadevi. From Bhamesmar, descend once again to the third saddle, always staying on the ridge. There is a well-marked trail at this saddle which, at the base of the mountain, turns into the dirt road to Kirtipur mentioned earlier (C1b, Map 5).

To reach the fourth saddle or pass, simply continue on the ridge in a northwestern direction. The trail becomes less distinct here and will necessitate some bushwacking if you lose it even for a moment. However, you should reach the next major pass, called Dipiti Bhanjyang or Deurali Bhanjyang, after another 45 minutes by keeping the valley in view to your right, and by staying as high as possible (C2, Figure 4).

Dipiti Bhanjyang is easily identified as the "junction" of some electric power lines and the old ropeway. There is a wide trail here which descends back to Kisipiri on the Kathmandu-Pokhara highway. Unless you've started very early in the morning, this might be a good place to stop and begin the descent back to Kathmandu. If you're equipped to spend the night, or have another 4 hours to walk to Nagdhunga, continue the trek as described from paragraph four in the following section.

C2 Dipti Bhanjyang to Thankot Bhanjyang to Nagdhunga

Time: About 6 1/2 hours.

Bus: Take the local bus to Kisipiri from the Bhim Sen tower bus stop near the Central Post Office (Map 2, No. 7). Fare is Rs. 3/-.

Taxi: From the Central Post Office to Kisipiri the fare should be about Rs. 20/- with meter.

Trail: Difficult. Trails are generally overgrown, and numerous side ridges with heavily used trails can make this route confusing. A compass should be taken. No water after Thankot Bhanjyang.

* * *

This trek completes the Champadevi ridge walk from Pikel to Nagdhunga. A number of shorter variations are also described below.

Note the "difficult" rating. There are many confusing side ridges and woodcutters' trails which diverge from the main ridge path (itself obscure and rarely used). A compass should be taken to maintain a general northward bearing.

The trek begins at the village of Kisipiri on the Pokhara-Kathmandu road. Catch the Pokhara bus at Bhim Sen Tower near the post office and after about 15 minutes get off at the small roadside village of Bolmus (Map 5), just before Kisipiri. Or, since it is such a short ride, take a taxi but continue about 1/2 km further up the road, past Bolmus, to the first large dirt road to your left. Get off here, and walk up to the large village of Kisipiri, past the pond and temple on through the village. At the edge of the village, the trail forks. Take the left hand fork and continue up the valley, keeping on a main trail east and alongside a prominent gulley which leads up to the Dipti Bhanjyang. At this point, the pass is in clear sight and can be distinguished by the electric lines and the old ropeway which cross at the top. After a gradual climb on the left (east) side of the gulley for about 1/2 hour, begin the switchback climb up to the pass (1 1/2 hours).

At the top of Dipiti Bhanjyang there are numerous shrines and stupas, a tea house, several huts, and the ropeway/electric line junction previously mentioned. From this area, bear left (north) and continue walking up a hill with a well-defined trail. After about 5 minutes enter a scrub oak forest, and about another 5 minutes later the trail forks. Take the right fork--the left will take you down a western slope of the main ridge and eventually to Pokhara. The right fork contours around the first large hill north of Dipiti Bhanjyang, several hundred feet below the summit, through a thick oak-rhododendron forest. After about 1/2 hour you will reach Thankot Bhanjyang, a large, open pass with several huts on the old coolie path. From here you can descend to the village of Thankot (45 minutes) on the Pokhara-Kathmandu road and catch a bus or lorry to Kathmandu (C2a, Map 5).

If you wish to continue along the ridgetop, head up the grassy slope in front (north) of you. After several minutes the trail becomes obscure, and you'll probably have to bushwack for a minute or two before finding the ridge trail again. Remember to keep your north bearing and the Kathmandu valley in sight to your right (east) and you will have no problems. The route we took went through some old, overgrown ruins, probably the remnants of Prithivi Narayan Shah's fort near the Thankot pass. The trail was easily located from these ruins, continuing through a very thick and beautiful oak-rhododendron forest, and always either on the ridge or within 50 meters of the top.

The trail widens and begins to descend after about 1/2 hour (and depending on how long you bushwacked). This will lead you back to Thankot in about 1/2 hour (C2b, Map 5). To complete the ridge walk, simply climb up to the top of the last small hill in the Chandragiri chain, by way of any small woodcutter trails or by plain old bushwacking. Once on top there is a well-defined trail which follows the ridge down to within 1/2 mile east of the pass along the road. From here you can flag down a bus, truck or friendly motorist for the short-ride back to Kathmandu.

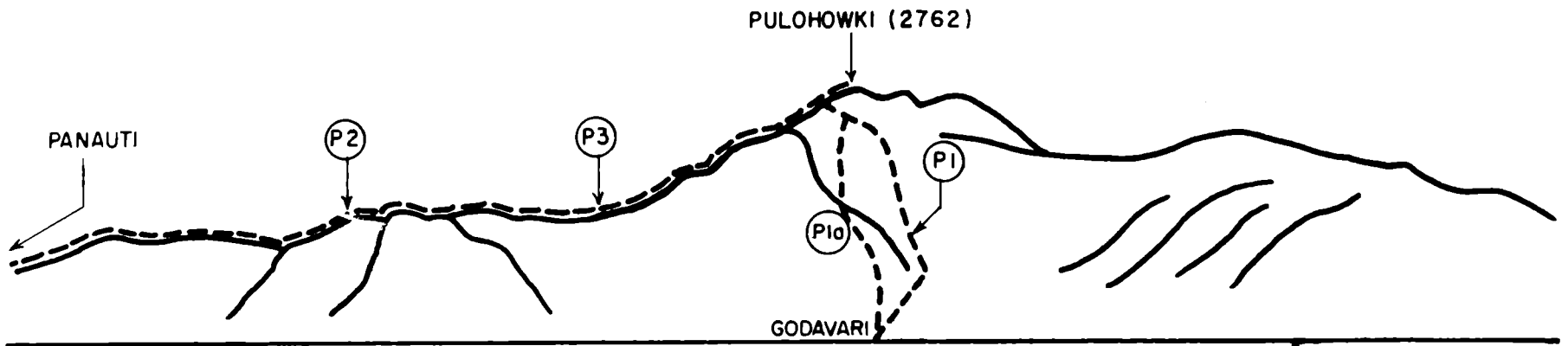


Figure 5- PULCHOWKI, LOOKING SOUTH FROM KOPUNDOL

VI. PULCHOWKI (2782 m.)

Pl Godavari to Pulchowki

Time: 2 1/2 to 3 1/2 hours to the summit.

Bus: Take the bus from the northeast corner of Ratna Park (Map 2, No.2) to Lagankhel bus stop in Patan. Fare is Re. 1/-. From Lagankhel, catch the bus to Godavari for approximately Rs. 3/-. From Lagankhel the trip takes about 1 hour.

Taxi: From Ratna Park, the fare should be about Rs. 100/- without the meter. The trip takes about 25 minutes.

Trail: Steep but well-defined trail from Godavari to the summit. No water after Godavari.

* * *

Both the drive to Godavari and the place itself are beautiful. The Royal Botanical Gardens, the National Herbarium, St. Xavier's School and the Godavari Marble Quarry are located here. So are footpaths and a motorable road to the top of Kathmandu's highest peak, Phulchowki (2782 m.).

To reach Godavari, take the bus from Ratna Park to Lagankhel, a 15 minute ride, and transfer at Lagankhel onto the Godavari bus. After about a one hour ride get off at the Godavari bus station which is actually a series of houses and a large tea shop on the right side of the road. Walk on the surfaced road toward the St. Xavier's School (the direction the bus was heading) until the road forks. Take the right fork (the left goes to the Botanical Gardens), and proceed for about 1/4 mile up until you see a large temple on the left, partially hidden by trees. A path perpendicular to the dirt road branches off here and goes to the temple, and this marks the beginning of the trek.

Walk through the temple's archway, past a pond on your left and eight fountains on your right, to the continuation of the path on the other side. Begin a steep uphill walk through forests of Schima, laurel, holly and wild apple trees. After about 1/2 hour the trail parallels some high voltage wires on the left; after another 1/2 hour, the trail intersects the gravel road for the first time.

The trail crosses the road about six more times between here and almost the top of Pulchowki, because it takes a direct route whereas the gravel road switchbacks. After about the sixth crossing there is a small stone house. The trail ends here, and you must follow the road for about one more hour before reaching the summit.

At the end of the road is a compound containing buildings and a tower with several dish antennae. Simply climb up the embankment to your right and reach the summit and a number of tridents, bells and **puja** (worship) objects in celebration of Shiva. The views from the top of Pulchowki are among the best in the valley. Return to Godavari along the same trail (about 1 1/2 hours down).

Pla St. Xavier's School to Pulchowki

Time: 2 1/2 - 3 hours to the summit.

Trail: Mostly a gradual ascent along a ridge top. Wide, well-used trail. Beautiful forests.

In Godavari, take the right fork of the paved road as described in PI. Continue about 1/4 mile up the road and take the first left turn onto a dirt road. This turn is about 100 meters before the temple area, and is marked by a red and white-striped sign pole. Directly across from the sign pole, in March of 1982, is the gravel crushing machinery of the Godavari Marble Quarry.

Cars may be parked in the sign pole area. Walk down the dirt road for about 100 meters and note the new red brick buildings on your right. The road ends near these buildings with the trail continuing immediately afterward.

The trail is wide, well-traveled and follows the crest of the ridge immediately in front (southeast) of you. After a fairly steep climb reach the ridge and follow the trail through beautiful forests which continue throughout the duration of this trek--as opposed to trek P1, there is little human activity or presence except for the occasional woodcutter or charcoal maker.

After about 1 1/2 hours you'll reach a grassy area where the trail forks. The left fork which continues around another hill would take you to Banepa. Take the right fork, and note that the summit of Pulchowki is directly in front of you. Climb steeply for about 20 minutes and reach the Pulchowki gravel road. As with trek P1, follow this road for about 1 hour to the summit, keeping an eye out for several short-cuts on the left which may save some time between switchbacks.

You can make a circuit by simply descending via trek P1. In reverse descend down the gravel road from the summit for about 25 minutes, keeping your eyes to the right. At the last switchback you can see the grassy area below you (now in a small valley from this perspective) and should be able to find the trail which descends steeply down the right bank of the gravel road.

P2 Behind and Over Pulchowki

Time: Between 6 and 8 hours to the summit; 1 1/2 hours back down to Godavari.

Bus: Catch the bus at the bus stop on the northeast corner of Tundikhel, near the City Hall, to Banepa (Map 2, No. 5). Fare is about Rs. 6/-, and the trip takes 1 1/2 hours. From Banepa, catch the mini-bus to Panaoti. Bus fare is Rs. 1/50 and the trip takes 20 minutes.

Trail: The first 3-4 hours is an easy, beautiful walk up a valley and along a heavily used trail. The climb up the backside of Pulchowki, however, is strenuous and almost complete bushwacking. No water after the climb begins. A compass is recommended.

* * *

This trek is undoubtedly one of the most beautiful in terms of vegetation and remoteness even though most of it is confined to a valley. Be warned, however, that after several beautiful hours of walking through thick, subtropical forests you'll be faced with the prospect of a very steep bushwacking climb up the backside of Pulchowki. Only the experienced woodsman in good physical condition should attempt this. A compass and map are also recommended. As an alternative, consider simply walking up the valley for a few hours and returning the same way to Panaoti.

After getting off the bus at Banepa, catch the mini-bus to Panaoti. Walk through the bazaar to the south side of town where there is a tea shop on the left and a dirt road leading off to the west. Take this dirt road, and follow it for about 20 minutes until it turns into a wide trail. Continue on the trail and descend to a small stream which you must cross on a log bridge. Follow the stream (running south) which, after about five minutes, turns to the west. This marks the beginning of the valley walk, and the trail is wide and well-defined.

Follow the trail which keeps to the left (south) side of the stream and goes through beautiful agricultural land for about 1 1/2 hours. Then it enters thick, subtropical forests, but always keeps within sight or hearing distance of the stream. There are very few people in this area besides the occasional woodcutter. Always take the fork which bears right and parallels the streams at any trail junction which you happen to come upon.

One and a half hours after entering the forest, the stream becomes quite small and, looking north, you will see a large mountain which is Pulchowki. From this point Pulchowki is not very distinct (you can't see the tower or even the top). If you have the daylight and the energy you can try hiking to the top, otherwise you should return to Panaoti.

If you decide on the top, simply begin climbing until you are high enough to see the summit and the tower. Once the summit is in sight, walk along any ridge or path which takes you in the most direct route to the top. Don't be tempted by large paths which, at first glance, appear to circle around the mountain. They will dwindle to barely distinguishable woodcutters' paths within 15 minutes, necessitating another two hours of bushwacking before actually reaching the road. Instead, set your sights on the summit and go for it. The steep, half-hour climb to the

top after sighting the tower is nothing compared to hours of cross-country bushwacking seeking an "easier" route. These statements are unfortunately based on personal experience.

Once on the summit, simply take the trail back down to Godavari as described in trek No. VI.I. "Godavari to Pulchowki." Remember to start this trek early in the day so that you can catch the bus from Godavari back to Kathmandu.

P3 Pulchowki summit to Panaoti or Godavari (possible alternative)

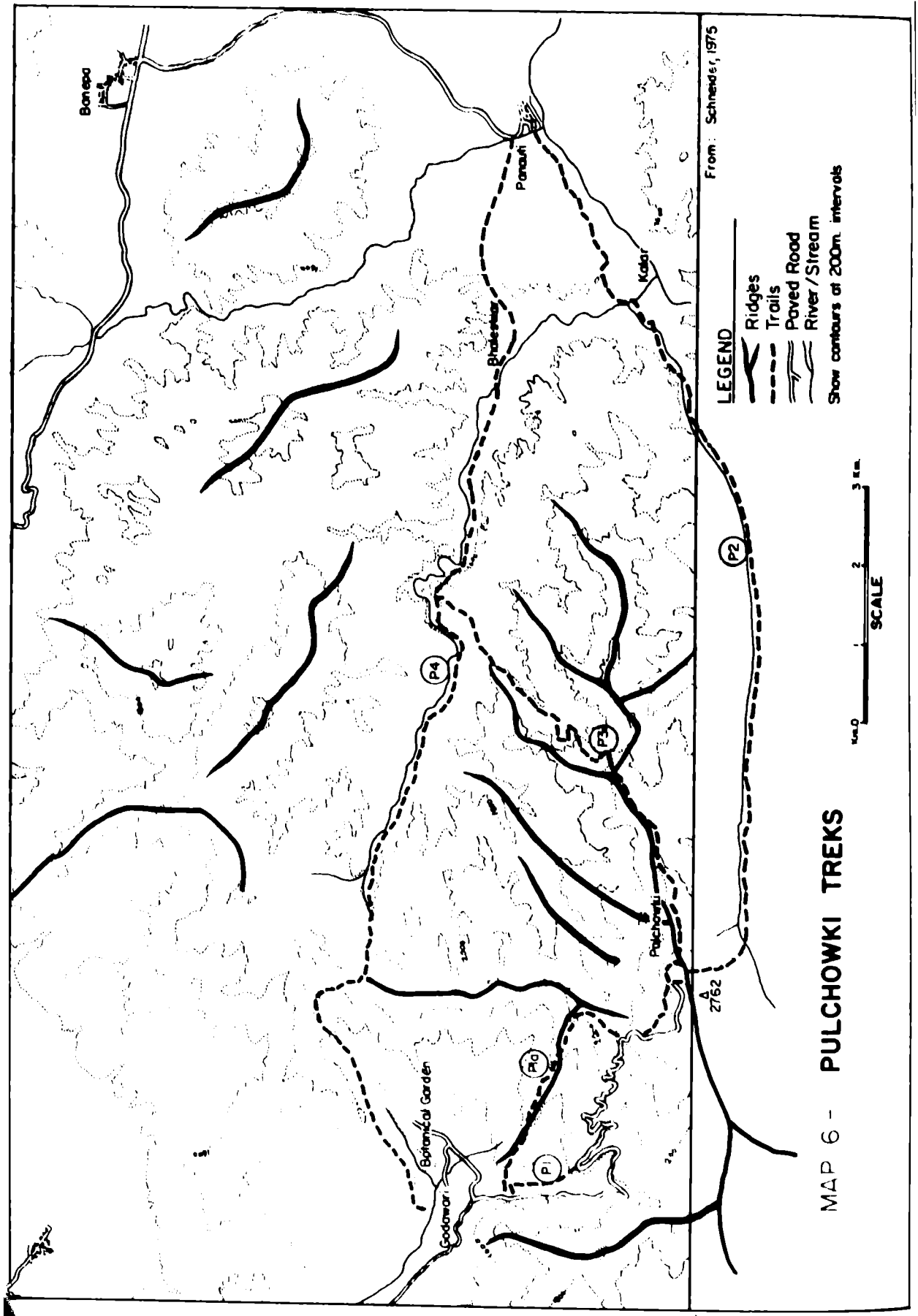
From the summit of Pulchowki, a ridge striking northeast may be followed down into the Rosi Khola valley. Once in the valley, one could continue either east along the Rosi Khola to the village of Panaoti, or west back to Godavari.

P4 Panaoti to Godavari (possible alternative)

This is a valley trek which follows the Rosi Khola upstream (west) to Godavari. We have no other information on this trek other than (1) it takes about six hours and (2) is very hot in the late spring and summer.



Albizzia mollis "Siris" tree



From: Schneiders, 1975

LEGEND

-  Ridges
 -  Trails
 -  Paved Road
 -  River/Stream
- Show contours at 200m. intervals

MAP 6 - PULCHOWKI TREKS



VII. NAGARKOT

Bus: From Bhaktapur Bus Stop, across from Himalayan Book Sellers on Dilli Bazaar (Map 2, No. 3), to Bhaktapur, about 1 hour, Rs. 3/-. From Bhaktapur to Nagarkot, about 1 hour, Rs. 3/-.

Taxi: About Rs. 200/-.

* * *

Nagarkot, besides being famous for its mountain views, is also the starting point for at least four treks ranging in duration from three hours to three days. The three day-treks take one either to Banepa, Bhaktapur or Changunarayan, all of which have bus transportation back to Kathmandu. The three day trek, from Nagarkot to Sheopuri (often called the "Kathmandu Rim Trek") ends in Buddhanilkantha where there is also bus transportation.

NI Nagarkot to Bhaktapur

Time: 2 hours.

Trail: Wide, well-defined, all downhill. Water available throughout the trek at villages.

* * *

This short, easy, downhill trek to the outskirts of Bhaktapur, is a nice way to end an overnight stay at one of the several Nagarkot lodges. The trail is easily located near the Nagarkot Lodge, heading east and downhill from the restaurant/kitchen area. It is wide and well used, crossing the paved road in several places like the Pulchowki trail.

The end of the trek is at the bottom of the hill, about 5 minutes on the paved road to a small village with a traffic check post and bus stop. However, buses may be flagged on any section of the road. Catch the bus back to Bhaktapur (15 minutes, 50 paise), and transfer at Bhaktapur for the bus back to Kathmandu.

N2 Nagarkot to Changunarayan

Time: 2 1/2 hours.

Trail: Mostly downhill. Water available at villages.

* * *

Look in a northeasterly direction from the Nagarkot Lodge. You can see a hill striking in that direction for several miles. At the far end and near the bottom of the hill you can see a large building and compound, the temple of Changunarayan. This is one of the most beautiful temples in the valley and is definitely worth seeing.

Begin the trek from the same point as the Nagarkot to Bhaktapur trek. However, after about 1 hour (or halfway, whichever comes first) start looking to your right for a large trail in the general direction of the temple. The trail is easier to find than it sounds, as there is only one ridge leading to the temple. You can see the temple as you walk down from Nagarkot and therefore you can see the ridge which runs to it. Get on the trail, which crosses the road once before heading up a steep, pine-covered hill. After climbing the hill the trail becomes relatively flat. After about 2 1/2 hours you'll arrive at the Changunarayan village, and the temple just beyond.

After visiting the temple, walk back to the village and take any path to your left which leads down to the Manohara River. Cross the river and proceed up to the Sundarijal Road (gravel), where you can catch a bus back to the city.

N3 Nagarkot to Sundarijal

Time: About 8 hours.

Trail: Somewhat difficult to follow due to the many criss-crossing trails; we had to constantly ask directions. Water available in villages.

* * *

This is one version of what is commonly called the "Kathmandu Rim Trek," a walk along the eastern rim of the valley from Nagarkot to Sheopuri. The Nagarkot to Sundarijal trek takes about two easy days; the trek from Sundarijal to Sheopuri adds another day, and is described in trek No. VI, 4.

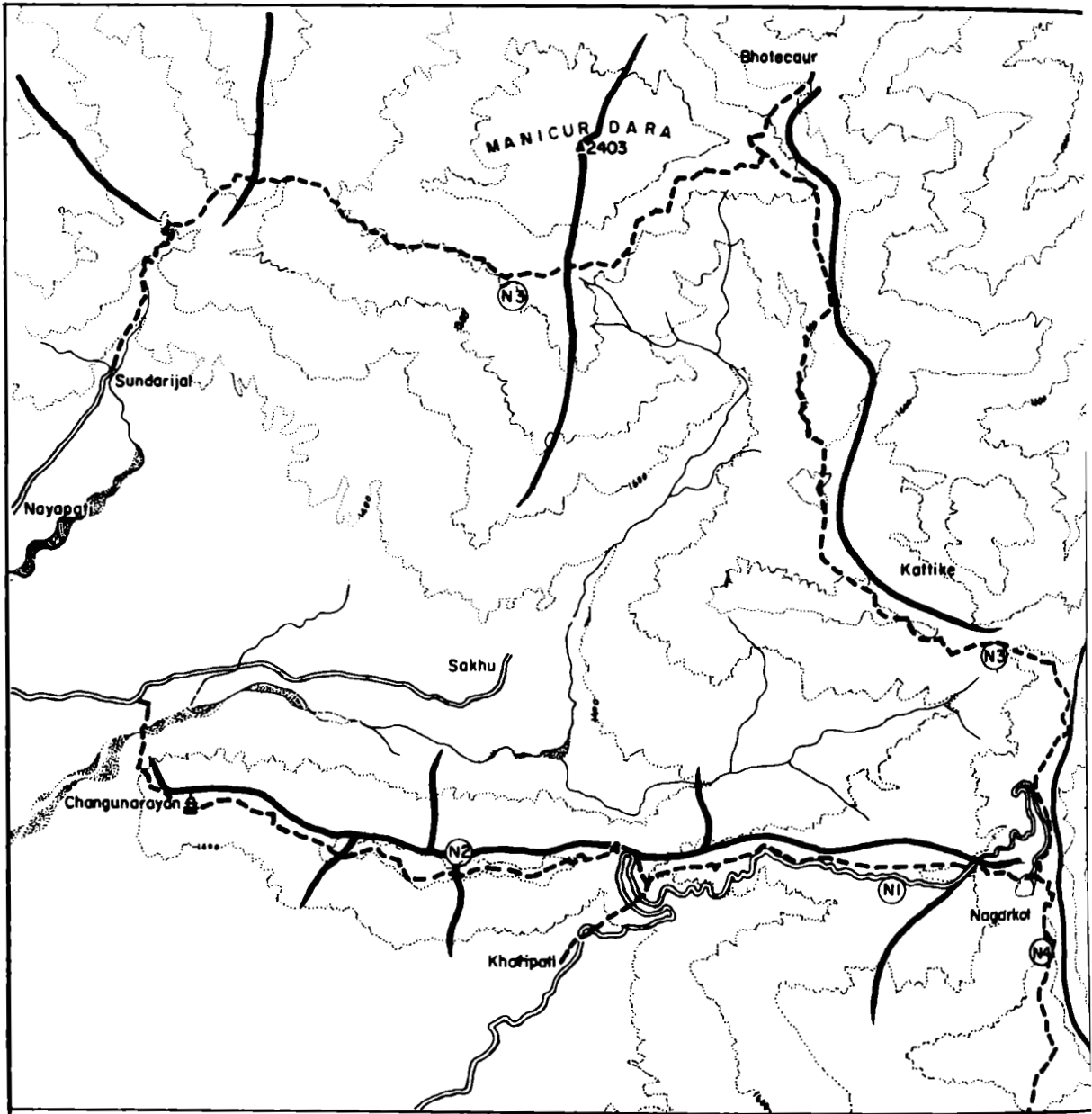
Most people doing this trek are outfitted by trekking agencies, which allows them to camp in the oak-rhododendron forests or at scenic overlooks. However, food and lodging may be obtained along the way, although your "lodge" will probably be a bain, shack, or the outside of a tea shop.

From Nagarkot, near the military camp, walk down the paved road for about 15 minutes until you reach a large path leading off to the left and to a small hill to the east. At the top of the hill is the Mahakal Temple, which you can see from the starting point at Nagarkot. Walk up the hill and reach the temple in about 15 minutes.

From Mahakal, follow the trail in a north-northeasterly direction down a ridge. After about an hour pass the village of Kattike on your right, and then continue in a more northerly direction to Jorsim Pauwa, which you'll reach in another hour. Another 1/2 hour brings you to Bagdhara where there are several nice tea shops. Continue along the trail for 1/2 hour and reach Chowki Bhanjyang. From Chowki, continue north on the trail to Bhotechaur, passing through the village of Nangle and its blue-walled houses on the way. Chowki to Bhotechaur takes about 1 hour.

Bhotechaur is a good place to spend the night if you've started somewhat late in the day from Nagarkot (and you'll have little choice but to do so if you've travelled by bus). There are excellent views of the Himalayas and of Gosainkund in the morning, and Mr. Amar Bahadur Lama, who owns a small tea shop, can provide you with food and lodging for the night.

The next morning, retrace your steps back towards Chowki (to the east) for about 10 minutes, to where the trail forks at a large Chautara. Take the uphill fork toward the village of Chule and a steep, 1 hour climb to the top of the ridge. At the top of the ridge, the trail splits in three directions. You continue along the middle path, reaching Chule, a little cluster of 3-4 houses, in about 15 minutes.









From: Schneider, 1975

MAP 7 - NAGARKOT TREKS

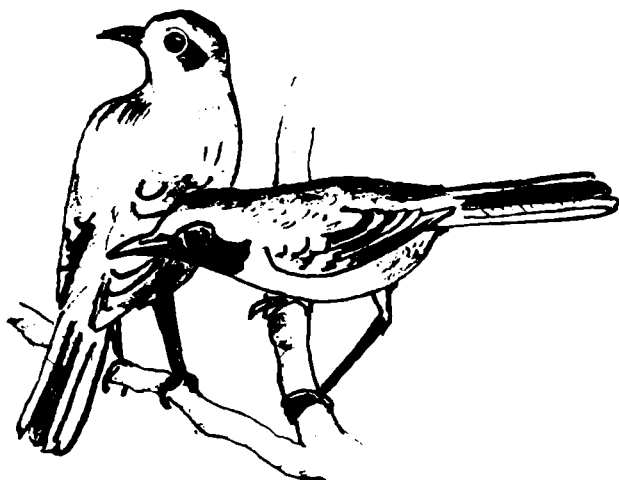


LEGEND

-  Ridges
-  Trails
-  Paved Road
-  River / Stream
-  Peaks
-  Temple

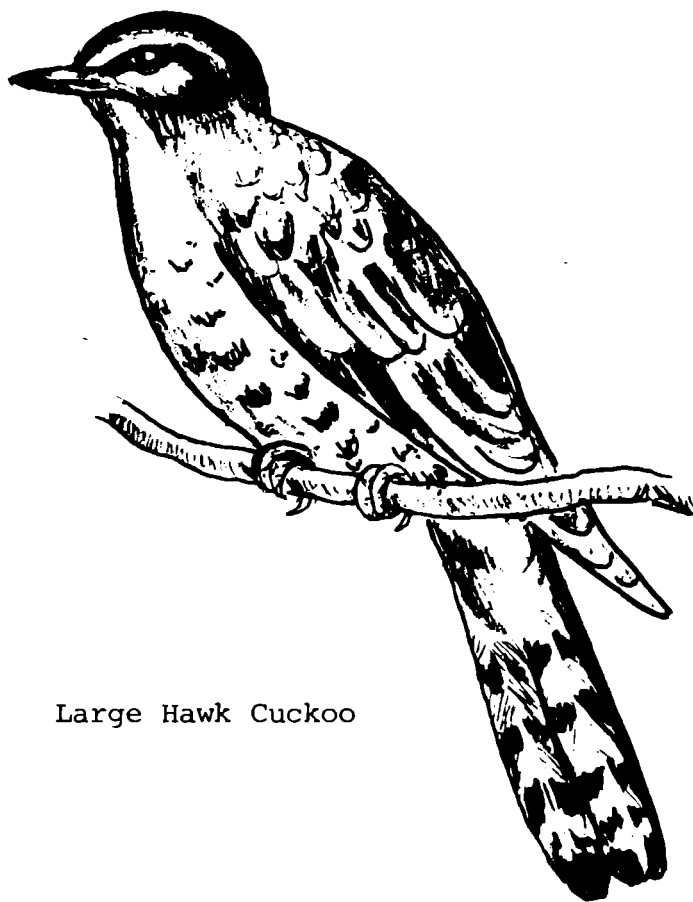
From here, the views of the valley are excellent and continue as such for the rest of the trek. The trail continues through Chule and is now flat, contouring along the upper parts of the Manichur Dara. At a number of places the trail will fork, the left trail leading down into the valley. You continue to bear right in a north or northwest direction, towards Sheopuri (your primary landmark). About 1 hour beyond Chule you will reach the Manichur nursery, where medicinal plants are grown to be shipped and processed at Thapathali in Kathmandu.

From Manichur, continue contouring on the main trail, passing through beautiful meadows and forests. After about an hour the trail becomes less well-defined and is replaced by numerous paths through the scrubby vegetation, most of which seem to lead down into the valley or in a westerly direction down the tops of ridges. You will follow these down slowly. Both Mulkarka and Sundarijal will be in sight as you begin your descent. Stay on the ridge tops, walking in a westerly direction towards Sheopuri and descending toward the Bagmati River and the village of Mulkarka. Another hour brings you to Mulkarka, and from here take the main trail (the first part of the popular "Helambu Trek") down past the reservoir and along the pipeline to Sundarijal, about a 1/2 hour trip. Buses run on the hour back to Kathmandu.



Redstart

Phoenicurus phoenicurus



Large Hawk Cuckoo

VIII. BRIEF NATURAL HISTORY OF THE KATHMANDU VALLEY

R.L. Fleming, Jr.

The Kathmandu Valley is essentially a bowl with subtropical vegetation rising from the valley floor to about 6,000' on the surrounding slopes and temperate hardwood forest (and scrub) continuing to the top of the ridge line. As with many mountain areas, this fine valley exhibits a fascinating variety of microclimates which in turn influence the vegetation and animal life.

The original forest ecosystems of the Kathmandu Valley have been severely affected by human activity and while no part of the Valley is free from human pressure, the oak forests clothing the upper portions of Shivpuri have not been extensively cut. Despite human presence, the natural history of Kathmandu remains remarkably diverse and exciting with over 400 species of birds, for example, recorded from the Valley and over 1,000 species of plants known here.

In an attempt to summarize the natural history of the Valley, one might divide the region into four distinct parts: (1) the Valley floor with towns, villages, cultivations, temple groves and stream beds, (2) cut-over scrub on dry south-facing slopes from about 5,000' to about 7,000', (3) subtropical Schima-Castanopsis forest on north-facing slopes from 5,000' to 6,000' and (4) Quercus Oak - Rhododendron forest (or scrub) from about 7,000' up to 9,000'.

The amount of rainfall, direction of slope exposure and slope (incline) are three of the most important natural features governing the distribution of plant growth in the Valley. Shivapuri at about 120 inches a year is the wettest part of the Valley with Pulchowki-Godavari second and the Valley floor (at about 60 inches a year) the driest.

Despite intense cultivation and settlement, the valley floor is interesting from the natural history point of view. Stream beds, hedges, standing crops and temple groves all provide habitats for different species. When considering birds, one immediately thinks of the Common Myna, the House

Crow, the Barn Swallow and the Pied Wagtail as species found on the valley floor and not often on surrounding slopes.

Even the scrub habitat provides shelter and ecological niches for certain species. The Spiny Babbler, for example, the only bird found only in Nepal, is more-or-less restricted to scrub growth. This species is fairly common in the Kathmandu Valley but is shy so that one may have to spend considerable time in scrub habitat in order to see it.

The Schima-Castanopsis forest with many Lauraceae inclusions ranges to about 6,000 feet at Godavari. This is possibly the largest region still covered by this forest type in the whole of Nepal. At one time, this forest was likely very widespread in Nepal between 4,000' to 6,000' in the central and eastern portions of the country. But for centuries, now, humans have settled at these elevations and have virtually eliminated large stands of Schima-Castanopsis. Thus the Godavari area holds either the last or one of the last stands in the country and rates very high on a natural heritage map of Nepal. Sadly, though, this unique forest is daily being decimated, literally hacked to pieces before our very eyes. Already the sound of the axe has replaced the mellow whistle of the Common Hill Partridge and unless the trend of destruction can be reversed, Nepal will have lost one part of its original natural heritage.

Above 7,000' one walks through mountain cloud forests. Oaks abound here along with Rhododendrons and a scattering of Lyonia, Michelia and Prunus. Moss clings to most trees, creating dark, bulbous bumps on trunks and frilly strands hanging from branches. Ferns choke the damp ravines (over a hundred species are known from the Valley).

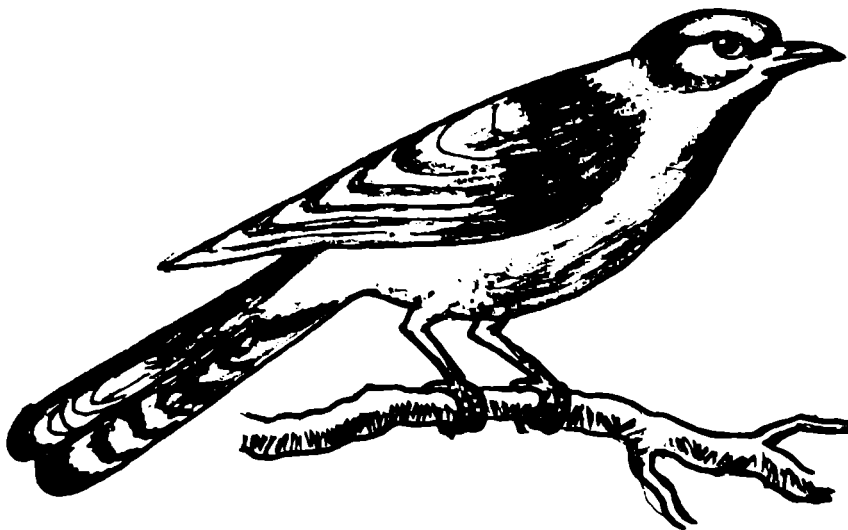
This type of cloud forest is best seen on Shivapuri where the top triangular portion is under cloud for a good many afternoons of the year. It is in this type of forest that one looks for the special species of Himalayas and the mountains of southwestern China. Thus, on a walk on Shivapuri, one might see such bird as the Hoary Barwing, Black-capped Sibia, Stripethroated Yuhina, Red-tailed Minla and White-browed Tit-Babbler. These birds belong to the large and diverse Babbler family (Timaliidae), a group especially well represented in the mountain forests of Nepal.

Mammals on Shivapuri include the Common Leopard, the Barking Deer, the Yellow-throated Marten and the Orange-bellied Squirrel. Himalayan Black Bears did roam these woods some years ago but their continued existence here needs confirmation.

A summer visit here reveals many wildflowers ranging from Anemones Begonias, Wild Morning Glories (Porana), Smartweed (Polygonum) and Lobelia. But leeches abound at this season (the summer monsoon), and botanizing can be somewhat impeded.

But there are no leeches during the spring blooming season of Nepal's national flower, the Tree Rhododendron, *R. arboreum*. These monsoon-bedecked trees offer a fine frame for view of Langtang and other parks north of Kathmandu. Both Shivapuri and Pulchowki offer good stands of rhododendrons, with white and pink forms of *arboreum* growing near the tops of the hills. Abundance and timing of the blossoms varies considerably from year to year but the third week of March is usually good between 7,000' to 8,000'.

Even from this brief summary one can see that the Kathmandu Valley offers a surprisingly rich and diverse natural history, much of which is easily reached and easily seen. With Nagarjun and Shivapuri now fully protected, we hope that coverage will also be extended to Godavari-Pulchowki so that three of the most unique and beautiful areas of the Valley may be enjoyed by generations to come.



Plaintive Cuckoo



IX. PEOPLE OF THE KATHMANDU VALLEY RIM

Donald A. Messerschmidt, Ph.D.

The Kathmandu Valley Rim provides the trekker with an excellent opportunity to view and experience some of Nepal's rich ethnic diversity and cultural heritage. From the flat valley floor up through the rolling hills to the ridge tops, the trekker passes the homes and observes the livelihoods of many different groups of people. This chapter introduces you to the richness of Kathmandu's surrounding societies in order to make your trek more meaningful and memorable.

There are several ways to distinguish among Nepal's many ethnic and caste groups. We will begin here by delineating them geographically. We will add to that some aspects of social structure (how the various peoples organize themselves) and material culture (what tools they use, their house styles, and other forms of expression).

The Valley Floor

The indigenous people of Kathmandu Valley are called Newar. It is the rich Newar religious art and architecture that you have observed in the historical older quarters of the valley cities of Kathmandu, Patan (or Lalitpur), and Bhaktapur (or Bhadgaon), as well as in such smaller towns as Kirtipur, Thimi, Banepa and Sankhu.

Many Newars are city dwellers; their ancestors built the rich urban complexes of the valley. Nowadays urban Newars pursue such occupations as shopkeepers, taxi-drivers and civil servants in His Majesty's Government.

Almost any trip out of the start of a Rim Trek takes the traveller past colorful (predominantly orange-ochre) Newar farmhouses and village clusters. Many are the homes of the Jyapus, Newar farmers. Harisiddhi, a village on the road to Godavari and the Pulchowki treks, is a typical Jyapu community. Jyapu farmer culture adds a whole new dimension to the visitor's appreciation of valley heritage. It is though that these villagers are descendants of the first valley dwellers, clans of herdsmen and farmers who

periodically re-mud their houses and wash them anew with fresh color. Fall festival time is the traditional time to clean up the village lanes and renew one's home to make it look fresh again. If your trek takes you in the vicinity of a slate quarry, you will notice that thatch roofs give way to sturdier slate roofs. Sometimes a corrugated metal roof will show up -- a sign of wealth and prestige in the village; perhaps a retired Gurkha soldier lives there, or a landlord, or wealthy merchant.

The hills surrounding Kathmandu Valley are the home to many kinds of people, including those of the highest castes of Brahmin and Chhetri, those of the occupational castes of blacksmith (Kaml), cobbler (Sarki), and tailor (Damai), and those of the ethnic group of Tamang. You may observe occupational caste men such as blacksmiths at their ascribed occupations on house porches, in work areas adjacent to the house, or on the streets of the occasional bazaar town. Many of the occupational caste people, however, are quite poor and work as day laborers in the fields of wealthier people, or as long-distance porters (men, women, and young boys, alike), carrying goods to merchants in villages and bazaars far distant from the valley. If you have engaged a porter for your trek, he or she may well be from one of the occupational castes, or from the Tamang ethnic group.

The predominant ethnic group of the hill regions surrounding Kathmandu Valley is Tamang. These sturdy people of strong Mongoloid features speak a dialect unlike the Newari of the Newars, or the Nepali of the caste groups. They are frequently encountered on the Rim Trek trails, particularly on Sheopuri ridge trails. You will see them cutting wood or fodder in the forests, or carrying heavy porter loads. Tamang villages are nucleated, with thatch-roofed houses. Tamangs are Buddhists, and their villages are easily identified by the presence of long white pray-flags and an occasional **gomba**, a Buddhist shrine or temple. The people themselves are often distinguished by their dress, dark blue-violet saris on the women, and rough woollen jackets with short sleeves and a **khukri** knife tucked into the waistband on the men.

Some Tamangs are renowned as hunters (**shikari**); some others practice the ancient craft of paper-making from the bark of the daphne, a tall bush. You may see paper making in the forest, or men carrying large loads of course Nepali paper to market. Other men may be seen weaving baskets of split bamboo. Still others,

Tamangs and other castes as well, are often encountered on the forest paths herding cows, buffalo, and goats. Such herdsmen are known in Nepali as **gothalos**.

If you happen upon a Tamang religious ceremony, or a funeral, you will see Tamang lamas performing the ritual. At other times, you may encounter a local faith healer (a dharmi or jhankri shaman). Faith healers of virtually any caste or ethnic group are exceptionally popular in rural Nepal, where there are few doctors or health posts. They treat both physical as well as psychological disorders. They often wear colorful robes and headdresses, and carry one-sided drums as one of the symbols of their calling. Their incantations and other ritual expressions are very ancient, predating the great religious movements of Hinduism and Tibetan Buddhism.

Among other people you might encounter in the hills of the Rim Treks are Sherpas. Many of them come from the region of Helambu, north of the valley. They speak a Tibetan dialect and are sometimes indistinguishable from local Tamangs who dress similarly. Sherpas trek down to Kathmandu all through the year, carrying produce to and from market, or going back and forth for seasonal employment. You may encounter Sherpas on the trek north of Sundariljal over the Sheopuri ridge.

This is one of several routes north toward the sacred lakes of Gosain Kunda on the way to Langtang Himal and the headwaters of the Trisuli Khola (river). Depending on the time of year you are trekking, you may also encounter a variety of Nepalese and Indian Hindus and Buddhists trekking north toward Gosain Kunda on pilgrimage. Annually, on the date of the full moon of the Nepalese months of Bhadau (mid-August to mid-September) and Chait (mid-March to mid-April), hundreds of pious pilgrims are found on these trails. Some among them may be sadhus (holy men) and jogis (yogis), in quest of enlightenment in the mountains and at the shrines along the way. They can be recognized by their religious forms of dress (pale yellow or orange robes, or little dress at all), their bead necklaces, uncut hair, the trishul (a trident carried by followers of Lord Shiva), begging bowls, and the like.

Pilgrims, in fact, may be encountered on many of the Rim Treks. Besides Nepali and Indian Hindus, you may encounter Tibetan Buddhist pilgrims, especially in the vicinity of Pharping and Dakshinkali southwest of the valley on the Champadevi trek. The route

through Pharping is also part of the ancient foot path leading to and from the valley via the south rim. If you are trekking in this vicinity in February, around the time of Shivaratri, watch for people going to the festival held in honor of Lord Shiva in the month of Magh (end of January or early February). Thousands of devout Hindus stream into the valley by every means of transportation -- many on foot -- and crowd the central Pashupatinath temple north-east of Kathmandu city. At this time you will be sure to see many Terai and Indian pilgrims.

In one sense, any one of the Rim Treks may be your own sort of pilgrimage, to take in the cultural, as well as the aesthetic, sense of wonder so commonly encountered in the Nepalese hills.



Chautara

X. GEOLOGY OF THE KATHMANDU VALLEY

Elizabeth Andrews

Long before the birth of the Himalaya, India and China were separated by an ancient seaway. Driven by forces deep within the earth, India moved slowly but relentlessly northward. Forty million years ago, the seaway began to close, culminating in the most spectacular collision of continents the world has ever known. Sediments laid down in the ocean floor over 500 million years ago were forced upward into the highest mountain range on earth, the Himalaya. Great slices of sedimentary rock piled on one another, and hot magma rose and cooled to form granite.

Less than 200,000 years ago, when the uplift of the main Himalayan chain had quieted, new disturbances suddenly appeared to the south. The range of hills known as the Mahabharat Lekh rose rapidly to heights of over 2500 meters, damming the rivers that rushed southward down the Himalayan slopes. In the Kathmandu Valley a huge lake formed, which remained for over 150,000 years. During the last ice age, erosion and earthquakes carved a course through the Mahabharat Lekh, and the Kathmandu lake drained out through this final range of hills to disappear onto the plains of India.

Today the geology of the Kathmandu Valley reflects the story of its formation, and even the casual trekker can observe chapters of the valley's history preserved in its rocks. The valley lies in a large bowl-shaped depression in the Mahabharat Lekh, caused by a downward folding of the rocks. The valley floor is covered with ice-age lake deposits reaching thicknesses of up to 300 meters. Most of the lake deposits are silts and clays, but occasional gravels and sands collected where streams from the mountains entered the lake. Peat, lignite and white clay all bear plant fossils and tell of a time when parts of the lake were covered by swamps and marshlands. The lignite is mined locally for brick firing, and the white clay is used to bleach vegetable oil. The black clay of Kalimati is used as a fertilizer. Natural gas is also found in small amounts, particularly in the central part of the valley.

The valley rim is formed by the ridges of the Mahabharat Lekh. These ridges are made of sediments laid down in the ancient seaway which separated India from China. The lowermost layer of the Kathmandu Valley rim is found at the base of the Nagarkot ridge. These slates, sandstone, and silky mica-rich rocks were formed from the mudbanks and beaches of the ancient seaway.

The base of Pulchowki, Chandragiri and Nagarjun is made up of soft black slates and slaty limestones. These are overlain by a massive light-colored rock known as the Chandragiri limestone, which is locally mined for cement. The fine lines and layering in this limestone are traces of the ancient sea floor. It forms the top of Nagarjun and Chobar gorge.

Above this, topping the Chandragiri ridge and forming part of Pulchowki, a soft, violet-colored slate occurs. On the eastern slope of Pulchowki this slate contains fossils and occasional iron deposits. The uppermost rock layer on the Pulchowki ridge is called the Godavari limestone. This is a coarse white rock with abundant fossils.

Sheopuri and Kakani are made out of gneisses. These are black and white banded rocks that reflect the violence of the continental collision. Like the rest of the rocks on the Kathmandu Valley rim, these gneisses were once ocean sediments, but have since been distorted and mangled beyond recognition.

These are black white banded rocks with a much more violent history than the surrounding rocks. They have been distorted and mangled by the tremendous forces of the continental collision.



Chestnut-headed
Bee-eater

APPENDIX A

Recommended Reading

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a Newar Jyapu

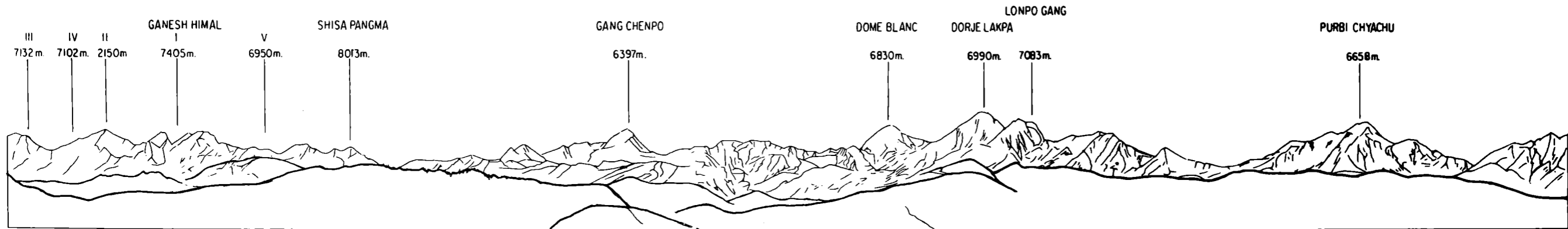
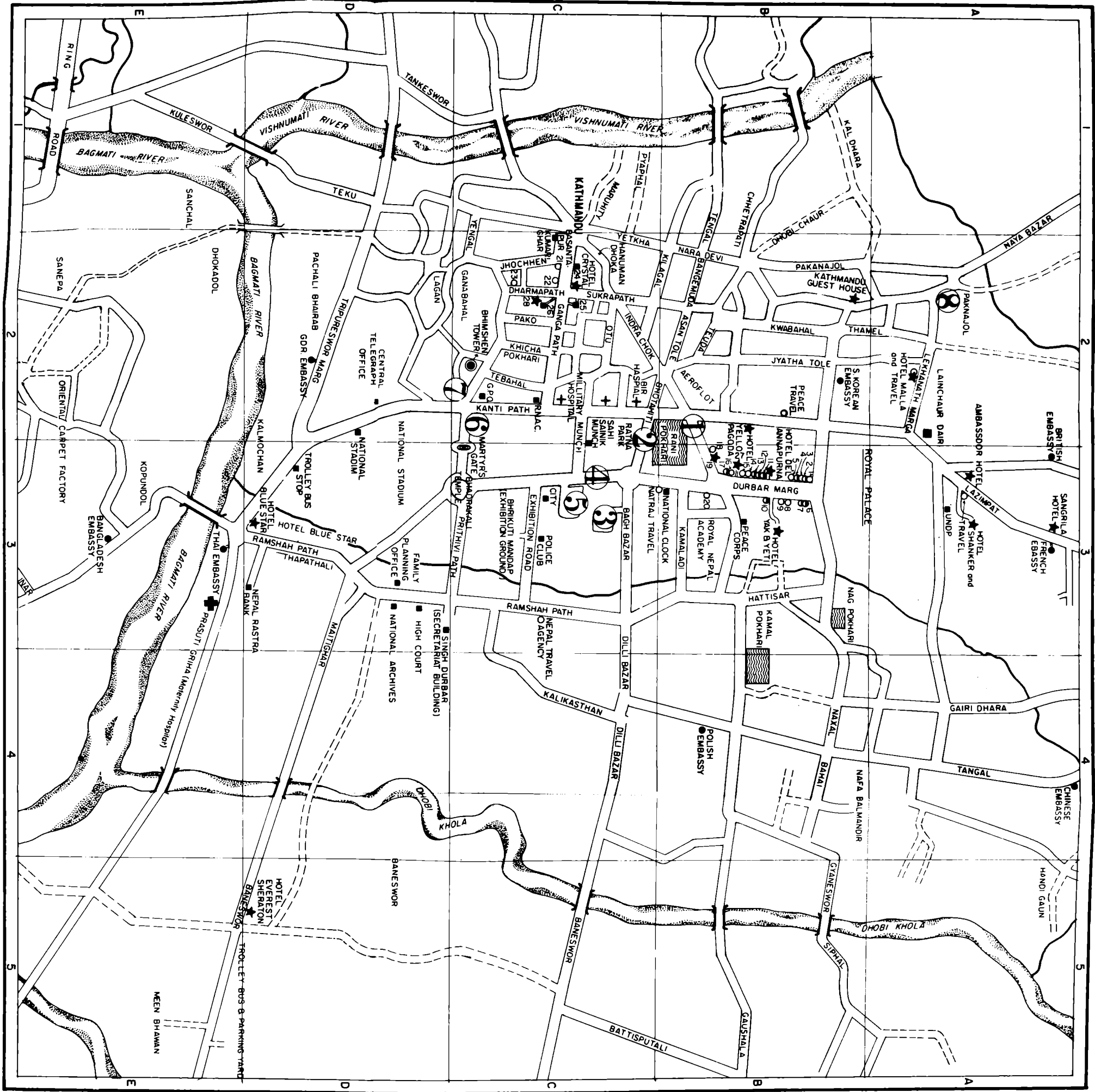


FIGURE :— 6

MOUNTAINS SEEN FROM THE KATHMANDU VALLEY

KATHMANDU CITY



MAP No. 2

Drawn by: Graphics Recharge, Dhormapoth

- ### KATHMANDU BUS STOP
- 1 to Budhanilkantha
 - 2 to Paton, Tongal and Kirtipur
 - 3 to Bhoktiapur
 - 4 to Sundarjal
 - 5 to Bonepa
 - 6 to Phorping, Thankot and Paton
 - 7 to Pokhara
 - 8 to Kakani and Trisuli

HOTELS

Del Annapurna	B3
Yellow Pagoda	B2
Everest Sheraton	05
Blue Star	D5
Yak and Yeti	03
19 Moyoju	B3
28 Mt. Mokeli	C2
24 Crystal	B3
27 Wood Land	C2
Molio	A2
Shankar	A3
Kathmandu Guest House	B2
Sangria	A3
Ambassador	..

AIRLINES

2 Bonglo D. Bimon	B3
4 Pan Am	..
11 Thai Airways	..
.. Lufthansa	..
12 British Airways	B3
13 Air France	C2
17 K. L. M.	..
6 Indian Airlines	..
7 Swiss Air & P.I.A.	A2
10 Japan Airlines	..

TRAV. & TREK

1 Nepal Express T.	B3
3 Monasi Trek	..
5 Tiger Top	..
14 Annapurna Trek	..
15 Yeti Trek	..
16 Gorkha Trek	..
18 American Express	..
8 Gorda Wildlife	..
9 Mountain Trek	..
20 Annapurna Trek	..
Natraj Trek	..
Peace Trek	B2
21 Everest T. Service	C2
22 Kat. Travel & Tours	C3
Nepal Travel Agency	C2
23 Tourist Service	A3
Shaker Travel	..
Media Travel	A2

EMBASSY

Chinese Embassy	A4
French Embassy	A3
British Embassy	A3
S. Korean Embassy	B2
Polish Embassy	B4
GDR Embassy	D2
Thai Embassy	E3
Bangladesh	..

OTHER PLACES

24 Tourist Information Center	C2
25 Super Market	..
National Stadium	D2
G. P. Office	C2
26 Nepal Bank	..
Nepal Rasra Bank	D3
Prasuti Githa (Maternity Hospital)	E3
Hanuman Dhoka (Durbar Square)	C2

LEGEND

★	Hotel
○	Airline
○	Travel and Trek
●	Embassy
■	Other Place
—	Motelled Road
- - -	Unmotelled Road
~	River