

Filming in Nepal

THE ULTIMATE TRAVEL GUIDE TO FILM SITES

Volume I



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Volume I



2019

Special Thanks to

Mr. Gokul Prasad Baskota
Hon'ble Minister, Ministry of Communication and Information Technology



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Ministry of Communication and Information Technology
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A woman in traditional Nepali attire, including a white sari and a brown cardigan, stands next to a large haystack in a rural landscape. The background shows a sunset with a bright sun and silhouettes of trees and hills.

Filming in Nepal

A country of spectacular beauty and serenity, Nepal is guarded by the mighty Himalayas – eight of the world's ten highest mountains, warm and hospitable people ingrained in cultures dating back generations and diversity of topography, nature and abundant wildlife. Nepal is home to the most fascinating temples, shrines, stupas, festivals, living Gods and Goddesses and arts and cultures that have transcended time.

This is the place where directors, cinematographers, writers, poets, dreamers and artists find inspiration for their art and creativity.

As a film maker's destination, Nepal is also equipped with the modern day needs of filming, manpower and technology. To make an easy transition to film in Nepal, this guide has been especially prepared to introduce you to the various locations in Nepal, detailed information on getting permits and basic information on who to work with.

This publication is designed to help filmmakers across the world as the first comprehensive guide to shoot films in this beautiful country. For obvious reasons, the book does not include rates of services charged by the companies, but endeavors to provide enough information to enable filmmakers to contact the private agencies who have the required credentials and qualifications.

Likewise, there are areas in which filmmakers might need special assistance such as information on how to shoot on public roads and areas, the use of explosives, shooting in National Parks and Wildlife Reserves, permission for flight paths, use of airwaves for communicating radio, etc. These and other special requests are usually discussed on case to case basis. The Ministry of Communications and Information Technology is the first stop for such permits while the Film Development Board can also assist by facilitating such requirements.

We welcome you to Nepal. Have an incredible filming experience!

– Film Development Board, Nepal



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Annapurna Base Camp . . . 8
Api Base Camp . . . 10
Dhaulagiri Base Camp . . . 14
Everest Base Camp . . . 16
Kanchenjunga . . . 20
Limi Valley . . . 22
Makalu Base Camp . . . 26
Manang . . . 30
Manaslu region . . . 34
Mardi Base Camp . . . 38
Mustang . . . 40
Ruby Valley . . . 44

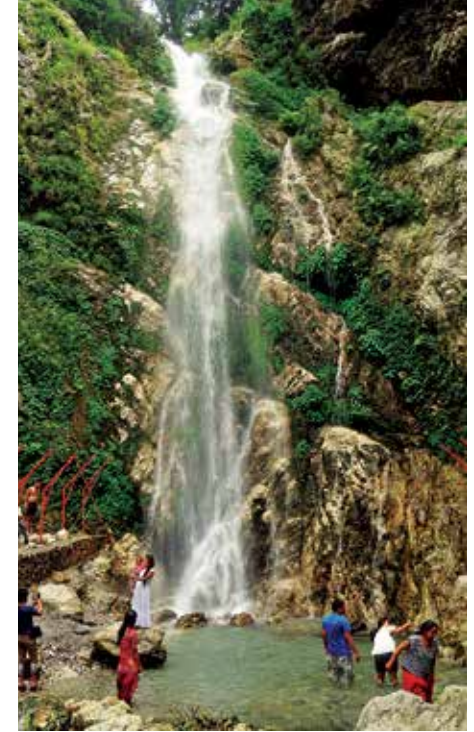
INSIDE ▶

MOUNTAINS



Beni . . . 46
Bhada village . . . 50
Chisapani . . . 54
Jiri . . . 56
Kirtipur . . . 60
Kushma . . . 62

GENERAL



Bandipur . . . 64
Bhedetar . . . 68
Chandragiri . . . 70
Dhulikhel . . . 74
Ghale Gaun . . . 76
Helambu . . . 78
Ilam . . . 80
Jajjala . . . 84
Palpa . . . 88
Panchase . . . 90
Poonhill . . . 92
Sindhuligadhi . . . 94
Temke . . . 96
TMJ . . . 98

HILLS



Ghodaghodi . . . 100
 Gosaikunda . . . 104
 Panchpokhari . . . 106
 Phoksundo Lake . . . 108
 Pokhara . . . 114
 Ramaroshan . . . 118
 Rara Lake . . . 120
 Syarputal . . . 124



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Bardiya . . . 126
 Dhorpatan . . . 130
 Khaptad . . . 134
 Koshi Tappu . . . 136
 Langtang . . . 138
 Sauraha . . . 140
 Shuklaphanta . . . 142
 Tikapur . . . 144



Badimalika . . . 146
 Baraha Kshetra . . . 148
 Dharan . . . 150
 Halesidham . . . 154
 Janakpur . . . 156
 Kalinchowk . . . 160
 Lumbini . . . 164
 Manakamana . . . 168
 Namo Buddha . . . 170
 Panchakoshi . . . 172
 Pathibhara . . . 174
 Shashwat Dham . . . 176
 Swargadwari . . . 178



Adventurous activities . . . 180
 Prominent festivals of Nepal . . . 184
 Heritage Sites . . . 188
 Prominent lakes of Nepal . . . 192
 Mountains of Nepal . . . 198
 Rivers of Nepal . . . 200
 About Filming in Nepal . . . 202
 Filming Permit Process . . . 206

LAKES

NATIONAL PARKS

PILGRIMAGES

MISCELLANEOUS

Annapurna Base Camp

PLACES NEARBY : Machhapuchchhre Base Camp • Chomrong

LANDSCAPES

| | | |
|-----------|--------|-------------------|
| Pond | River | Mountain |
| Stupa | Forest | Conservation area |
| Grassland | Cave | |

FACILITIES

Local transport :

| | | |
|-------------------------|--------|----------|
| Health Post at Chomrong | Hotels | |
| Rescue centre at MBC | Solar | Internet |

HOW TO REACH

| | |
|------------|---|
| Car/Jeep | 5 h 30 minutes (200 kms to Pokhara) 3 hours (67 kms to Ghandruk) |
| Bus | 6 hours (200 kms to Pokhara) |
| Airplane | 25 minutes (to Pokhara) |
| Helicopter | Available from Pokhara to ABC |
| Walk | 4 days to ABC from Ghandruk |



Among the 8,000 m high mountains, Annapurna was the first one to be climbed. The French nationals Maurice Herzog and Luis Lecanen climbed Annapurna I (8,091 m) on June 3, 1950. Not only the mountain but also the base camp is impressive.

The Annapurna is situated in Annapurna Rural Municipality-11 of Kaski district. The basement camp at the southern end of Annapurna I is bowl-shaped. It is surrounded by Annapurna ranges, Gangapurna, Fishtail and Himchuli mountains.

In fact, there are seven mountains in the Annapurna range- Annapurna 1 to 5, Annapurna South and Annapurna East. The mountains shine during sunrise and sunset. Annapurna Base Camp (4,130 m) has a glacier.

The source of the Modi river is Annapurna. At the foothills, the river water freezes. Different views of Fishtail mountain can be witnessed while uphill and downhill trek.

The trail falls in the Annapurna Conservation Area Project (ACAP). The trek to Annapurna Base

Camp begins from Ghandruk village. On the way, Rhododendron forest, hot spring water, waterfalls and villages are located.

The last village on the trail is Tilche. The Gurung community lives in this area. There is no settlement above Tilche village except the hotels. The base camp is reached on the fourth day trek from Pokhara. While returning back it takes three days.

The best time to visit Annapurna Base Camp is from mid-September to mid-December.

How to reach

- By road: Kathmandu-Pokhara 200 km, six hours by bus.
- By air: Kathmandu-Pokhara 25 minutes flight. From Pokhara via Naya Pul to Ghandruk is 67 km, three hours in a vehicle.
- Annapurna base camp can be reached on a four-day trek from Ghandruk. Helicopter facility is also available from Pokhara.

अन्नपूर्ण आधारशिविर

संसारका ८ हजार मिटर अग्ला पर्वतहरूमा सबैभन्दा पहिले आरोहण गरिएको हिमाल अन्नपूर्ण हो। फ्रान्सेली नागरिक मौरिस हर्जोग र लुइस लेकेनले ३ जून १९५० मा अन्नपूर्ण प्रथम (८,०९१ मिटर) आरोहण गरेका थिए। हिमाल त सुन्दर छँदैछ त्यसको आधारशिविर भन्नु चित्ताकर्षक छ।

कास्की जिल्लाको अन्नपूर्ण गाउँपालिका-११ मा पर्दछन् अन्नपूर्ण हिमशृङ्खला। अन्नपूर्ण प्रथमको दक्षिणी मोहडामा रहेको आधारशिविर कचौरा आकारको छ। यसको वरिपरि अन्नपूर्ण हिमशृङ्खला, गङ्गापूर्ण, माछापुच्छ्रे र हिउँचुली हिमाल उभिएका छन्।

अन्नपूर्ण शृङ्खलामा अन्नपूर्ण-१ देखि अन्नपूर्ण-५, अन्नपूर्ण साउथ र अन्नपूर्ण इष्ट गरी सातवटा हिमाल छन्। घाम अस्ताउने बेला र सूर्योदयमा हिमाल रङ्गीन देखिन्छन्। अन्नपूर्ण आधारशिविर (४,१३० मिटर) मा फाँट र ग्लेसियर छन्।

मोदी खोलाको मुहान हो अन्नपूर्ण। हिमालको फेदतिर खोलामा पानी जमेर बरफ बन्छ। उकाली-ओराली गर्दा माछापुच्छ्रे हिमालको फरक-फरक स्वरूप देख्न पाइन्छ।

अन्नपूर्ण संरक्षण क्षेत्र आयोजना (एक्याप) मा पर्छ पदमार्ग। घान्द्रुक गाउँबाट आधारशिविरसम्मको पदयात्रा सुरु हुन्छ। पदमार्गमा गुराँसे जङ्गल, तातोपानी कुण्ड, भरना र गाउँ छन्। पदमार्गको अन्तिम गाउँ तिल्चे हो। यस क्षेत्रमा गुरुङ समुदायको बसोबास रहेको छ। तिल्चे मास्तिर होटलबाहेक बस्ती छैन। पोखराबाट निस्केको चौथो दिनमा आधारशिविर पुगिन्छ। त्यहाँबाट पोखरा फर्कन तीन दिन लाग्छ।

असोजदेखि मंसिरसम्म अन्नपूर्ण पदयात्रा गर्ने उत्तम समय हो।

कसरी पुग्ने : काठमाडौँ-पोखरा (२०० कि.मि.) पुग्न गाडीमा ६ घण्टा लाग्छ भने हवाई यात्राबाट २५ मिनेट। पोखराबाट नयाँपुल हुँदै घान्द्रुकसम्म ६७ कि.मि.को बाटो गाडीमा ३ घण्टा लाग्छ। घान्द्रुकबाट चार दिनको पदयात्रामा अन्नपूर्ण आधारशिविर पुगिन्छ। पोखराबाट आधारशिविरसम्म टिकटमा हेलिकोप्टर सुविधा पनि छ।



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Gurung woman

Api Base Camp

PLACES NEARBY : Odar Camp • Domul • Siti village

LANDSCAPES

| | | |
|-----------|--------|-------------------|
| Pond | River | Mountain |
| Temple | Forest | Conservation area |
| Grassland | Cave | |

FACILITIES

| | |
|---|--------------|
| Local transport :  | |
| Healthpost at Siti village | Camping trek |

HOW TO REACH

| | |
|----------|---|
| Car/Jeep | 14 h 30 minutes (680 kms to Dhangadhi) 10 h 30 minutes (330 kms to Darchula or Latinath) |
| Bus | 16 hours (680 kms to Dhangadhi) 12 hours (330 kms to Darchula) |
| Airplane | 1 h 10 minutes (to Dhangadhi) |
| Walk | 7 days (Bitale or Darchula to Api Base Camp) |



Mt. Api (7,132m), located in the extreme northwest corner of Nepal, is the highest mountain in the far-western region of Nepal. Apart from the scenic beauty, off-beaten trails and mysterious culture, the region offers a panoramic view of the mountains like Api, Nampa, Ringdepani, Kayakor, Kalidhunga, Babai etc. in a series.

A trek through this landscape leads to the sacred Chameliya River and its source that lies underneath Mt. Api (7,132m) before reaching the Mt. Api Base Camp. You will walk all the way up to the base camp of Mt. Api through Siti. This beautiful village is equipped with basic food and stay options which help tremendously for the three day camping.

Api Base Camp trek is quite remote and untouched. So far, only few tourists have visited the region. The real wilderness can be experienced along this trail. It is always suggested that an experienced guide from Siti village accompanies you. Between June and August, the Yarcharghumba is gathered.

Api Nampa is Nepal's youngest conservation area. It was established in 2010 and covers 1,903 sq km encompassing 21 Village Development Committees in the Darchula District. Due to the few numbers of tourists

अपि बेस क्याम्प

सुदूरपश्चिमको दार्चुलामा पर्दछ अपि हिमाल (७,१३२ मिटर)। अपि बेस क्याम्पमा अपि र नम्पा हिमालसँगै रिङ्गेपानी, कायाकोर, कालीदुङ्गा र बबई लगायतका हिउँचुली लहरै उभिएका छन्। चमेलिया नदीको मुहान अपि हिमाल र नम्पा चुलीको फेदी हो।

चमेलिया जलविद्युत् परियोजनाको बाँध बिटलेमा छ। त्यहाँबाट अपि हिमालको फेद पुग्न चमेलिया नदीको किनारैकिनार उकालो चढनुपर्छ। यहाँ एउटा उखान छ – नडमाथि मासु छैन, सितीमाथि गाउँ छैन। सिती गाउँसम्म सामान्य खाना र बास पाइन्छ। माथि तीन दिनको बाटामा क्याम्पिङ गर्नुपर्छ।

असार-साउनमा बेस क्याम्पतिर यार्चागुम्बा जडीबुटी टिप्नेको मेला लाग्छ। यस पदमार्गमा पर्यटक कम भेटिन्छन्। ठाउँठाउँमा जङ्गलको बाटो हिँड्नुपर्छ। पदयात्रा गर्दा सिती गाउँबाट गाइड लाँदा राम्रो हुन्छ।

जनबोलीमा चमेलियालाई चौलानी नदी भनिन्छ। यस खोलामा असला माछा छन्। तल्लो भेकमा माछा खान दुःख हुँदैन। अर्को कुरा, सितीबाट अघि बढ्दा दोमुल आउँछ। चमेलिया र रोखाबु

that have reached this area of Nepal, you can experience untouched nature and authentic Nepali traditions. The conservation area is named after Mount Nampa (6,757 m) and Mount Api (7,132 m), the far west's highest mountains.

In the conservation area, species including the snow leopard, Himalayan black bear, red panda, common langur, Himalayan tahr, Himalayan musk deer, goral and serow are found. Birds like Himalayan monal, snowcock and blood pheasant can also be observed. The conservation region is also inhabited by Byasi Shauka.

The best time to trek Api is from mid August to mid November.

How to reach

- By road: Kathmandu to Dhangadhi is 680 km, 16 hours by bus.
- By air: Kathmandu to Dhangadhi is an hour 10 minutes flight.
- Further, it takes 10 hours drive from Dhangadhi to Bitale and seven days trek to Api Base Camp.

नदीको दोभानमा देवी पूजा गरेर मात्रै माथि अघि बढ्नुपर्छ। यात्रा शुभ होस् भनेर रूखको फेदमा धूपबत्ती बालिन्छ।

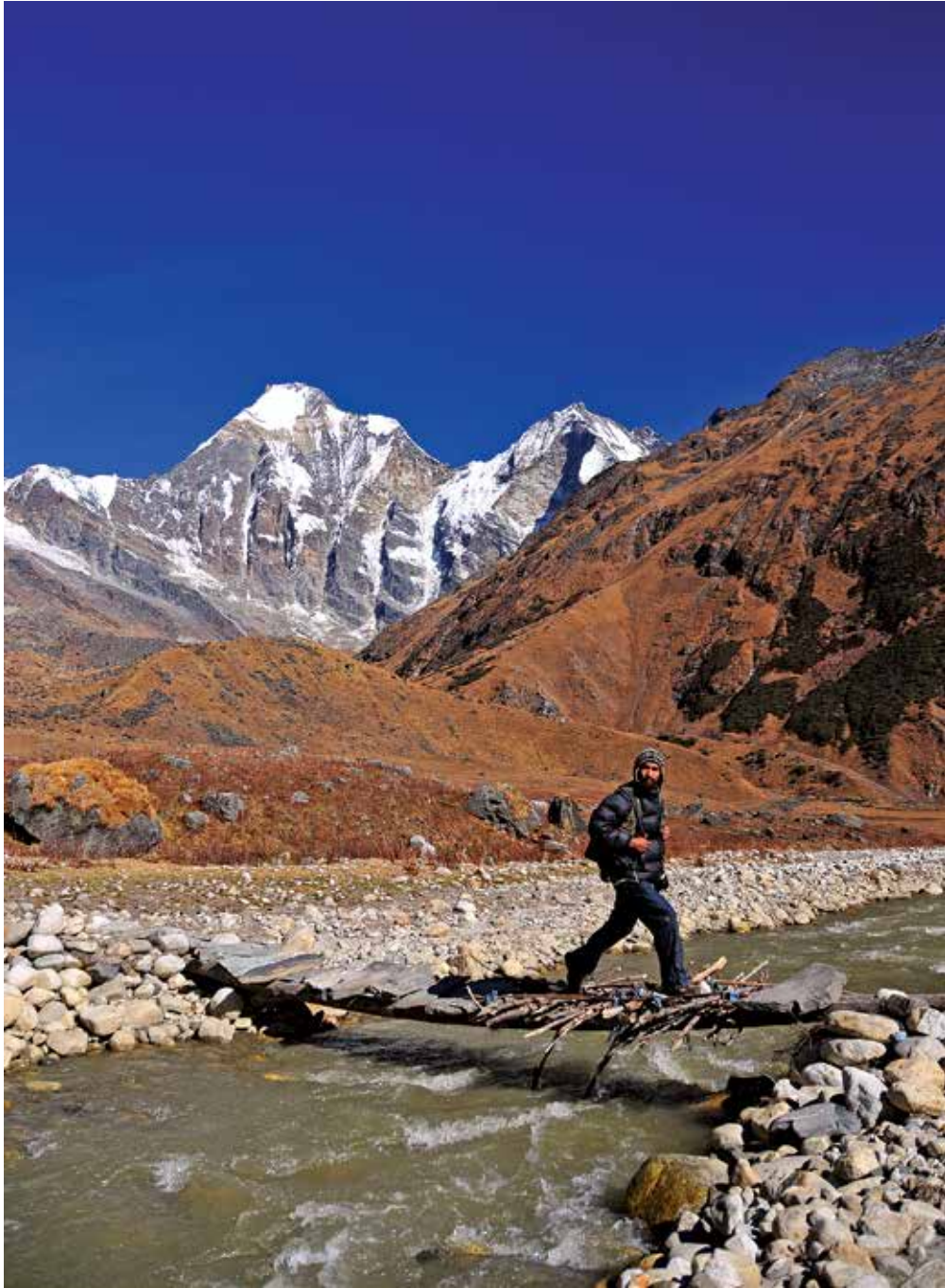
अपि पदमार्गको सबैभन्दा गाह्रो उकालो मकरीगाड हो। मकरीगाडदेखि पाटु पुग्ने उकालोले थकाउनुसम्म थकाउँछ।

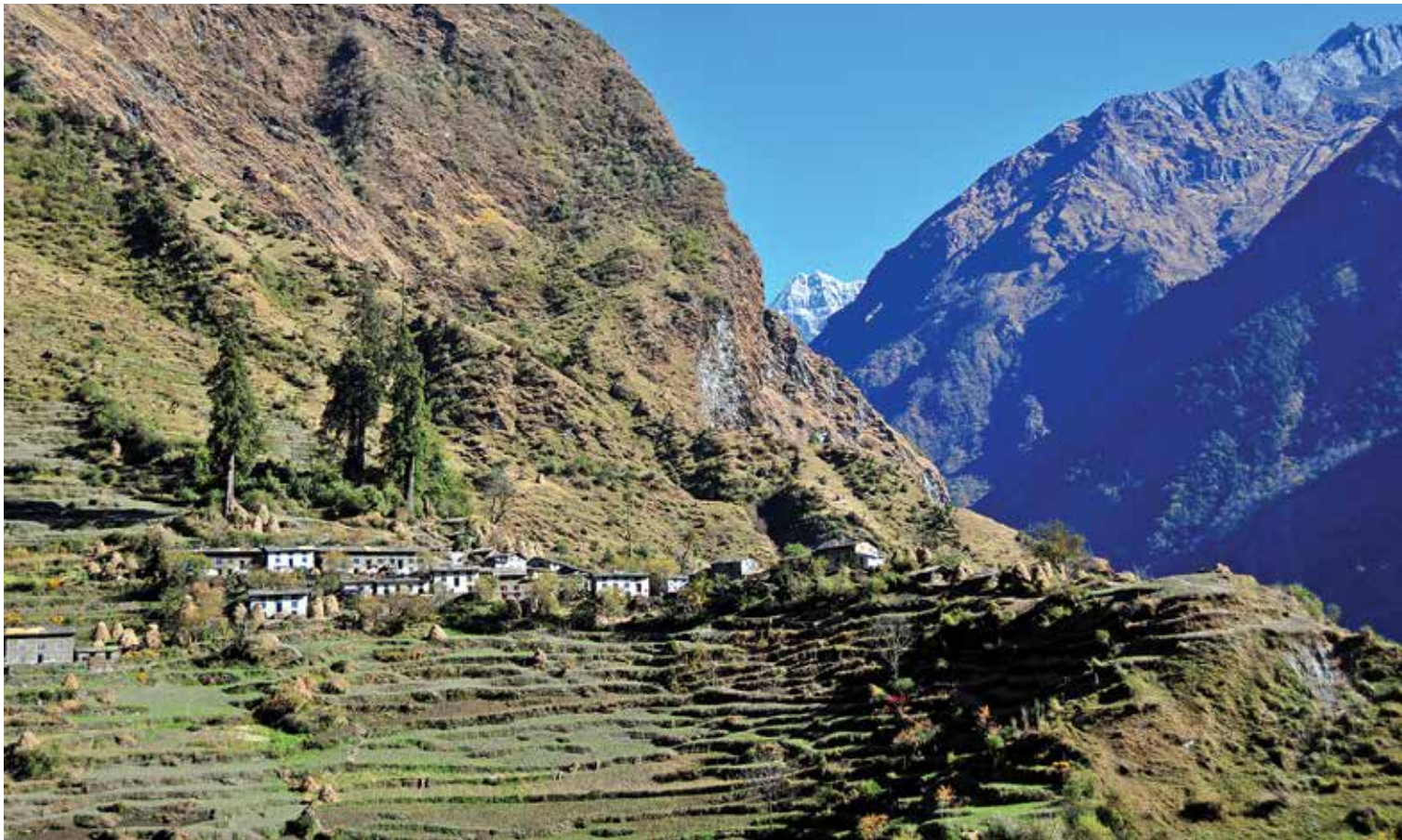
सरकारले दार्चुलाका १,९०३ वर्ग कि.मि समेटेर २०६७ असार २८ मा अपिनम्पा संरक्षण क्षेत्र घोषणा गरेको थियो। संरक्षण क्षेत्रमा हिउँचिनुवा, रेडपाण्डा, मृग, घोरल, फारल, भालु, नाउर आदि पाइन्छन्। डाँफे र मुनाल लगायतका चरा पनि पाइन्छन्। संरक्षण क्षेत्रमा बोन धर्म मान्ने शौका जातिको बसोबास रहेको छ।

भदौदेखि कात्तिकसम्म अपी पदयात्राको उत्तम समय हो।

कसरी पुग्ने : काठमाडौँबाट धनगढी (६८० कि.मि.) पुग्न बसमा १६ घण्टा लाग्छ भने हवाई यात्राबाट १ घण्टा १० मिनेटमा पुग्न सकिन्छ। धनगढीबाट डोटी, डडेल्धुरा, बैतडी हुँदै दार्चुलाको बिटलेसम्म बसमा। बिटलेबाट सात दिनको पदयात्रामा अपि बेस क्याम्प पुगिन्छ।







Siti Village



Mt. Api




Dhaulagiri Base Camp

PLACES NEARBY : Ghyasikhark • Odar Camp • Chimkhola

LANDSCAPES

| | | |
|-----------|--------|-----------|
| Pond | River | Mountain |
| Temple | Forest | Iron Mine |
| Grassland | Cave | |

FACILITIES

Local transport : 
Health post at Ghyasikharka
Camping trek

HOW TO REACH

| | |
|----------|--|
| Car/Jeep | 10 hours (288 kms to Beni) 13 hours (383 kms via Hetauda) 1 h 30 minutes (15 kms - Beni to Jhin) |
| Bus | 10 hours (288 kms to Beni) |
| Airplane | 25 minutes (to Pokhara) 2 hours (88 kms by Car/Bus to Beni) |
| Trek | 4 days (Beni to Dhaulagiri base camp) |



In May 1960, a group of nine climbers from Switzerland and Austria made their first ascent to Dhaulagiri I (8,167 m) located in Myagdi district. During the journey to Dhaulagiri, the community of Chhantyal, Magar and Thakali people with their diverse nature, culture and traditional lifestyles impressed them the most. The fascinating view of the Annapurna range, the lush green valleys, tranquil landscape has captivated hikers and trekkers alike.

The trek to Dhaulagiri round starts after an nine hour scenic drive from Kathmandu to Beni from where you head to the village of Babiya Chaur which is in the north-west. The Dhaulagiri Sanctuary trek starts from Beni Bazar and continues to Jhi, Pakhapani, Raikhor, Ghyasikharka, Chhari, Phedi, Odar camp. After reaching the Dhaulagiri South Base Camp, the descent starts from Chhari and continues to Ghyasikharka, Chimkhola, Darmija, Dagnam, Galeswor Temple and Beni Bazar. There are hotel and home-stay facilities in places like Beni, Jhi, Ghyasikharka. Above Ghyasikharka there are no hotels and settlements. It takes two weeks to complete this journey, but the sanctuary can be completed in a week.

धौलागिरि आधारशिविर

म्याग्दी जिल्लामा अवस्थित धौलागिरि प्रथम (८,१६७ मि.) हिमालको फेदीसम्म पदयात्रा गरिन्छ। सन् १९६० को मे १३ मा स्वीस र अष्ट्रियाका नौ जना पर्वतारोहीले पहिलो पटक धौलागिरि आरोहण गरेका थिए।

धौलागिरि यात्रामा हिमाली सौन्दर्यका साथै नेवार, मगर र छन्त्याल संस्कृति अवलोकन गर्न पाइन्छ। पदयात्रीमाभू राउन्ड धौलागिरि र धौलागिरि सेञ्चुरी ट्रेक प्रख्यात छन्। राउन्ड धौलागिरि पदयात्रा अपठेरो छ। दुई साता लाग्छ यो पदयात्रा पूरा गर्न तर सेञ्चुरी ट्रेक एक सातामै सकिन्छ।

‘राउन्ड धौलागिरि’ पदयात्रामा बेनीबाट बाबियाचौर हुँदै बेस क्याम्प पुगेर मार्फा निस्कने गरिन्छ। त्यस्तै धौलागिरि सेञ्चुरी ट्रेक गर्न बेनी बजारबाट भीर्, पाखापानी, रायखोर, घ्यासिखर्क, छरी, फेदी, सहस्र भीर, ओडार क्याम्प हुँदै धौलागिरि आधारशिविर पुगेपछि फर्केर छरी, घ्यासिखर्कबाट चिमखोला, दर्मिजा, दनाम हुँदै गलेश्वर मन्दिर भएर बेनीबजारसम्म पदयात्रा गर्न सकिन्छ। बेनी, भीर्, घ्यासिखर्क, फेदी, ओडार क्याम्प, आधारशिविर र दनाममा बास बस्नुपर्छ।

A challenging adventure in the Annapurna region, the reward lies in the incredible views of the Himalayas, the mesmerising beauty of the forest, rivers and the hills. Ancient dances of the Chhantyal and Magar communities can be enjoyed. The villagers depend on traditional farming and livestock. Earlier, the Chhantyal community used to work in copper mines which is now not extracted.

Teahouse trekking is not possible on the Dhaulagiri trail. Camping is the only option. The best time for the Dhaulagiri Sanctuary Trek is from October to November.

How to reach

- By road: Kathmandu-Beni 282 km, nine hours by bus. Beni-Jhi 15 km, 1.5 hours by jeep. Dhaulagiri Base Camp is a four day trek from Beni. It takes three days to return from the Base Camp to Beni.

पदमार्ग छेउछाउका फराकिला बारीका पाटाबाट हिमाल भलमल्ल देखिन्छ। जङ्गल, नदी र पहाडको अनुपम सौन्दर्य पाइन्छ। पदमार्गमा छन्त्याल र मगर समुदायको पुख्र्यौली नाचको स्वाद पाइन्छ। गाउँलेहरू परम्परागत खेतीपाती र पशुपालनमा निर्भर छन्। पहिला पहिला गाउँको छन्त्याल समुदाय तामाखानीमा काम गर्थ्यो। अचेल खानी त छन् तर, त्यहाँबाट तामा निकालिँदैन। धौलागिरि पदमार्गमा टि हाउस ट्रेकिङ सम्भव छैन। क्याम्पिङ गर्नुपर्छ।

असोजदेखि कात्तिकसम्म धौलागिरि सेञ्चुरी ट्रेक पदयात्रा गर्ने उत्तम समय हो।

कसरी पुग्ने : काठमाडौं-बेनी २८२ कि.मि., बेसमा नौ घण्टा लाग्छ। बेनी-भीर् १५ कि.मि., जीपमा १.५ घण्टा। बेनीबाट चार दिनमा धौलागिरि बेस क्याम्प पुगिन्छ। बेस क्याम्पबाट बेनीसम्म फर्कन तीन दिन लाग्छ।



Mt. Dhaulagiri



Chimkhola village



Everest Base Camp

PLACES NEARBY : Kalapatthar • Pangboche • Namche

LANDSCAPES

| | | | |
|--------|---------------|-----------|--------|
| Pond | River | Mountain | Temple |
| Forest | National Park | Grassland | |
| Cave | Heritage Site | | |

FACILITIES

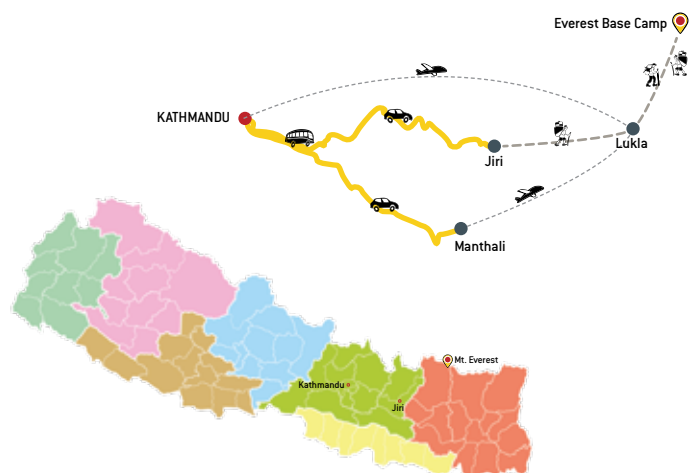
Local transport :

Health post at Pheriche

| | | |
|--------|-------|----------|
| Hotels | Solar | Internet |
|--------|-------|----------|

HOW TO REACH

| | |
|----------|---|
| Car/Jeep | 4 hours [140 kms to Manthali] |
| Bus | 4 hours [140 kms to Manthali] |
| Airplane | 25 minutes [Kathmandu to Lukla] 15 minutes [Manthali to Lukla] |
| Trek | 8 days [65 kms from Lukla to Everest Base Camp] |



The world's highest mountain's (8,848 m) southernmost base or Everest Base Camp at 5,364 m is in Nepal while the northern base at 5,150 m is in China. Everest can be climbed from both sides. For trekking, the southernmost base is considered beautiful and falls in the Solukhumbu district.

From Kalapatthar at 5,600 m you get a 360 degree view of the Himalayan range. The Everest trek has hotel facility up to Gorak Shep at 5,100 m. From there it takes four hours uphill to Kalapatthar and further three hours to the Everest Base Camp.

The journey starts from Lukla at 2860 m. During the trek, nearby Fakding, Namche, Sangboche, Tengboche, Dingboche, Lobuche and Pangboche are beautiful places with accommodation facilities.

Namche has a beautiful view of the mountains including Kongde Chuli and Thamserku. From Sangboche, you can view Mt Everest and Lhotse.

Tourists spend two nights in Namche for acclimatisation. Crossing Dudh Khola and Khahare Khola, one has to climb uphill. During the trek, one will find Buddhist mantras etched on stones. There are various ancient monasteries on the pathway.

सगरमाथा आधारशिविर

संसारकै अग्लो छानो सगरमाथा (८,८४८ मि.) को दक्षिणी आधारशिविर (५,३६४ मि.) नेपालतर्फ पर्दछ। त्यस्तै उत्तरी आधारशिविर (५,१५० मि.) चीनतिर छ। दुवैतिरबाट सगरमाथा आरोहण गर्न सकिन्छ। पदयात्राका लागि भने नेपालतर्फको भूगोल सुन्दर मानिन्छ जुन सोलुखुम्बु जिल्लामा पर्दछ।

हिमाली दृश्यका लागि सगरमाथा क्षेत्रको कालापत्थर (५,६०० मि.) उपयुक्त छ। यहाँबाट ३६० डिग्रीमा हिमालको लर्को देखिन्छ। सगरमाथा पदमार्गको गोरखसेप (५,१०० मि.) सम्म होटल सुविधा छ। त्यहाँबाट चार घण्टा उकालो चढे कालापत्थर पुगिन्छ भने तीन घण्टामा सगरमाथा आधारशिविर। पर्यटक कोही आधारशिविर जान्छन्, कोही कालापत्थर चढ्छन्।

लुक्ला (२,८६० मि.) बाट पदयात्रा सुरु हुन्छ। पदमार्ग छेउछाउका फाकिदड, नाम्चे, स्याङ्बोचे, तेङ्बोचे, दिंगबोचे, लोबुचे, पाङ्गबोचे सुन्दर छन् जहाँ होटल सुविधा छ। नाम्चेबाट हिमालको सुन्दर दृश्य देखिन्छ। कोङ्डे चुली, थामसेर्कु, आमामादब्लम लगायत हिमाल। माथि स्याङ्बोचेबाट सगरमाथा र लोत्से लगायत हिमाल पनि देखिन्छन्।

Nearby Namche lies Khumjung Valley. Sir Edmund Hillary, the first climber to have summited Mount Everest built a school in Khumjung Valley under the Hillary Foundation. There is also a cave on the hill of Khumjung where Buddhist Guru Padmasambhava meditated. This area lies in the Everest National Park and is inhabited by the Sherpa community.

Best time to visit Everest is from mid-September to mid-December.

How to reach

- By road: Kathmandu - Manthali 140 km, four hours by bus.
- By air: Manthali - Lukla 15 minutes flight. Everest Base Camp can be reached on the eighth day of trekking from Lukla. The return journey to Kathmandu is four days.

पर्यटकहरू 'एक्लमटाइज' हुन नाम्चेमा दुई रात बिताउँछन्। यात्रामा डरलाग्दा चट्टान देखिन्छ। दूधकोसी र खहरे खोला पार गर्दै उकालो चढ्नुपर्छ। पदमार्गका दार्जीबायाँ ढुङ्गामा कुँदिएका बौद्ध मन्त्र भेटिन्छन्। ठाउँठाउँमा प्राचीन गुम्बा छन्।

नाम्चे मास्तिर खुम्जुङ उपत्यका छ। त्यहाँ हिलारी फाउन्डेसनको सहयोगमा बनेको विद्यालय हातामा सगरमाथामा पहिलो पटक पाइला टेक्ने सर एडमन्ड हिलारीको सालिक छ। खुम्जुङको डाँडामा बौद्ध गुरु पद्मसम्भवले तपस्या गरेको गुफा पनि छ।

यो क्षेत्र सगरमाथा राष्ट्रिय निकुञ्जमा पर्दछ। निकुञ्ज क्षेत्रमा शेर्पा समुदायको बसोबास छ।

असोजदेखि मंसिरसम्म सगरमाथा भ्रमण गर्ने उत्तम समय हो।

कसरी पुग्ने : काठमाडौँ-मन्थली १४० कि.मि., बसमा चार घण्टा लाग्छ। मन्थली-लुक्ला १५ मिनेट हवाई यात्रा। लुक्लाबाट हिँडेको आठौँ दिनमा सगरमाथा बेस क्याम्प पुग्न सकिन्छ। फर्कदा चार दिनमा काठमाडौँ आउन सकिन्छ।



Namche



Syangboche



Yak



Tengboche Monastery





© Bijay Galmer



© Bijay Galmer



© locationnepal.com

Namche bazar



On the way to Everest



Everest trek



On the way to Amadablam

Photos : © locationnepal.com


Kanchenjunga

PLACES NEARBY : Ghunsa • Khambachen • Selele Bhanjyang

LANDSCAPES

Pond Conservation area River Grassland Mountain Cave Stupa

FACILITIES

Local transport : 
Health post at Ghunsa
Hotels
Solar

HOW TO REACH

Car/Jeep 18 hours (743 kms to Fungling)
Bus 13 hours (506 kms to Birtamod)
8 hours (237 kms to Fungling from Birtamod)
Airplane 1 hour (Suketar)
Walk 21 days (Fungling, Taplejung Bazar to Kanchenjunga)



Mt Kanchenjunga is located in Taplejung of eastern Nepal. In this series, there are five mountains above 8000 meters - Kanchenjunga South (8,476 m), Kanchenjunga Middle (8,473 m), Kanchenjunga Main (8,486 m), Yalung/Kanchenjunga West (8,505 m) and Yalung Khang West (8,077 m). In the Sherpa language, this mountain is called 'Khancheng Chenga'. This means a place with 15 deities. People from Sikkim worship Kanchenjunga as their kul-devata, the guardian deity of the clan.

For the first time on May 25, 1955, British mountaineers George Wayne and Joe summited the Kanchenjunga. Kanchenjunga can be climbed from both Nepal and Sikkim. There are two base camps in the mountains towards Nepal. The baseline camp to the north is Pangpema (5,400 m), while the southern base camp is Ramche (4,580 m). Nowadays, trekking trails have been developed on both sides.

Kanchenjunga is a conservation area in the northern geography of Taplejung. The conservation area, established in 1997, is spread over an area of 2,035 sq km. Kanchenjunga area is considered a repository of biological diversity.

कञ्चनजङ्घा

पूर्वी नेपालको ताप्लेजुङमा कञ्चनजङ्घा हिमशृङ्खला पर्दछ। यस शृङ्खलामा ८ हजार मिटरभन्दा अग्ला पाँचवटा हिमाल छन् - कञ्चनजङ्घा साउथ (८,४७६ मि.), कञ्चनजङ्घा मिडल (८,४७३ मि.), कञ्चनजङ्घा मेन (८,५८६ मि.), युलखाँ (कञ्चनजङ्घा वेस्ट (८,५०५ मि.) र यलुखाँ वेस्ट (८,०७७ मि.)।

शेर्पा भाषामा यस हिमाललाई 'खाङ्चेन चेङा' भनिन्छ। यसको अर्थ हो १५ वटा देवदेवी बास भएको स्थान। सिक्किम भारतका बासिन्दा कञ्चनजङ्घालाई कुल देवताका रूपमा पुज्छन्। पहिलो पटक सन् १९५५ मे २५ मा बेलायती नागरिक जर्ज भेन र जोले कञ्चनजङ्घा आरोहण गरेका थिए।

नेपाल र सिक्किम दुवैतिरबाट कञ्चनजङ्घा आरोहण गर्न सकिन्छ। नेपालतिर हिमालका दुइटा आधारशिविर छन्। उत्तरतिरको आधारशिविर पाङ्पेमा (५,४०० मि.) छ भने दक्षिणी आधारशिविर राम्चे (४,५८० मि.) छ। अचेल दुवैतिर पदयात्रा गरिन्छ।

ताप्लेजुङको उत्तरी भूगोलमा पर्ने कञ्चनजङ्घा संरक्षण क्षेत्र हो। वि.सं. २०५४ सालमा बनाइएको संरक्षण क्षेत्र २,०३५ वर्गकि.मि.मा

The Kanchenjunga circuit trek begins at Taplejung. It has two routes. The first one passes through Tapethok and the second passes through Suketar Simbu. Passengers on both trails pass by Sinelapche Bhanjyang (4,646m), Mirgin (4,480m) Sinion La (4,440m) and Sele La (4,240m). In the Kanchenjunga area, there are sprawling plains, forests, streams and waterfalls. One will find general tea houses right up to the base camp. There are Sherpa, Limbu, Chhetri and other ethnicities living in this area.

The best time to visit Kanchenjunga is from mid-September to mid-December.

How to reach

- By road: Kathmandu - Birtamode is 506 km, 13 hours by bus. Birtamode - Fungling is 237 km. Fungling - Suketar is eight km.
- By air: Kathmandu - Suketar is an hour flight. The trek from Taplejung Bazaar can be completed in 21 days.

फैलेको छ। जैविक विविधताको भण्डार मानिन्छ कञ्चनजङ्घा क्षेत्र।

राउन्ड कञ्चनजङ्घा पदयात्रा ताप्लेजुङबाट सुरु हुन्छ। यसका दुइटा बाटा छन्। पहिलो ताप्लेजुङबाट तापेथोक हुँदै जाने र दोस्रो सुकेटार सिम्बु हुँदै जाने। दुवै पदमार्गका यात्रीले सिनिवन भन्ज्याङ (४,६४६ मि.), मिर्गिन भन्ज्याङ (४,४८० मि.) र सेलेले भन्ज्याङ (४,४८० मि.) पार गर्नुपर्छ।

कञ्चनजङ्घा क्षेत्रमा ठाउँठाउँमा फराकिला पाटन, जंगल, खोला र भरना छन्। आधारशिविरसम्मै सामान्य टि हाउस छ। यस क्षेत्रमा शेर्पा, लिम्बु, क्षेत्री लगायत जातजातिको बसोबास छ।

असोजदेखि मंसिरसम्म कञ्चनजङ्घा यात्रा गर्ने उत्तम समय हो।

कसरी पुग्ने : काठमाडौँ-बिर्तामोड ५०६ कि.मि., बसमा १३ घण्टा। बिर्तामोड-फुङलिङ २३७ कि.मि.। फुङलिङ-सुकेटार ८ कि.मि.। अथवा काठमाडौँ-सुकेटार १ घण्टा हवाई उडान। ताप्लेजुङ बजारबाट २१ दिनमा पदयात्रा पूरा गर्न सकिन्छ।



Ghunsha



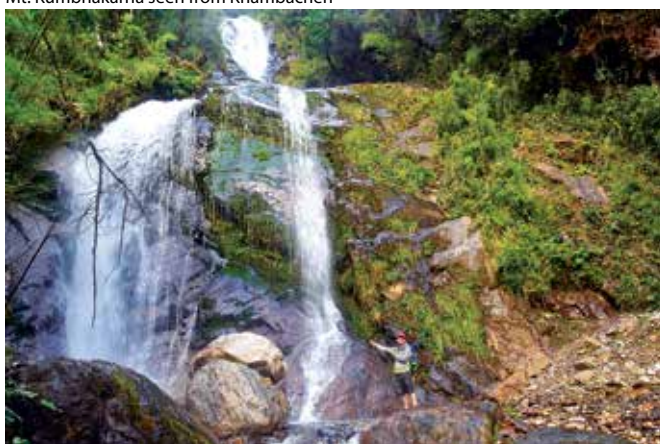
Mt. Kumbhakarna seen from Khambachen



Khambachen Area



Khambachen Bazar



Thangam Waterfall



Limi Valley

PLACES NEARBY : Hilsa • Lapcha Border

LANDSCAPES

| | | | |
|---------------|--------|-----------------|-------|
| Pond | River | Mountain | Stupa |
| Farming Field | Forest | Monastery | |
| Grassland | Cave | Rocky mountains | |

FACILITIES

| | |
|-------------------|----------|
| Local transport : | |
| Health post | Hotels |
| Electricity | Internet |

HOW TO REACH

| | |
|----------|--|
| Car/Bus | 10 hours (500 kms to Nepalgunj) |
| Airplane | 1 hour (to Nepalgunj) 55 minutes (Nepalgunj to Simikot) |
| Walk | 5 days to Limi Valley from Simikot |



There are three villages in the Limi Valley of Upper Humla - Til (3,700 m), Halji (3,670 m) and Jang (4,070 m). These three villages are situated on the banks of the Karnali River.

The ancient Monastery, Chaitya and Mane shrines are found in the Limi Valley, inhabited by the Bhote community. Halji is the biggest and most important village in Limi, and its centrally located Rinchen Ling Gumpa monastery built in ninth century is a must-see. It also comprises different facade statues are in the east, west, north and south. Buddhists regard these idols special.

Limi is connected to Tibet via road network. The road is occupied by trucks and tractors. Lapcha Pass is the spot in Nepal from where Lake Mansarovar is visible. The border post is open only seasonally for the inhabitants of Limi Valley to trade with Tibet.

Hilsa is another destination connecting Tibet. Today, pilgrims visiting Mansarovar fly from Nepalgunj to Simkot Airport. From there, a helicopter ride to Hilsa and further move towards Mansarovar.

People living in Limi source their food from Hilsa and Lapcha. To reach Limi, you have to walk four days from the headquarters of Simkot. Humla is not connected to the outside district by road network. However, jeep, truck and tractor move on the roads built inside the district.

Camping trek is popular in Limi valley and the best time to visit Limi is from mid-September to mid-November.

How to reach

- By road: Kathmandu - Nepalgunj 500 km, 10 hours by bus.
- By air: Kathmandu-Nepalgunj one hour flight. Nepalgunj-Simkot is 55 minutes flight. Limi Valley can be reached on a five day trek from Simkot.

लिमी भ्याली

उपल्लो हुम्लाको लिमी भ्यालीमा तीनवटा गाउँहरू छन् – तिल (३,७०० मि.), हाल्जी (३,६७० मि.) र जाङ (४,०७० मि.)। खोलाका किनारमा नाँगा पहाडको काखमा बसेका छन् गाउँ। भट्ट हेर्दा तिब्बती शैलीको भूबनोट देखिन्छ लिमीमा।

भोटे समुदायको बसोबास रहेको लिमी भ्यालीमा प्राचीन गुम्बा, चैत्य र माने छन्। लिमी गाउँको हाल्जी गुम्बा नवौं शताब्दीमा बनेको मानिन्छ। गुम्बाभित्र बोधिसत्व नामबर नाङजेदका मूर्ति छन्। भिन्नभिन्न मुखडाका मूर्ति पूर्व, पश्चिम, उत्तर र दक्षिण चारै दिशामा छन्। तीनतले गुम्बाको भुइँतलामा रहेका मूर्तिलाई बौद्धमार्गीले विशेष महत्त्व दिन्छन्।

तिब्बती सीमा लाप्चाबाट सडक सञ्जालले जोडिएको छ लिमी। त्यहाँ ट्रक र ट्र्याक्टर गुड्छन्। लाप्चाबाट तिब्बतमा रहेको मानसरोवर र कैलाश दर्शन गर्न सकिन्छ। लाप्चा क्षेत्रमा फराकिला पठार छन्।

तिब्बतसँग जोडिएको अर्को नाका हो हिल्सा। अचेल मानसरोवर दर्शन गर्न जाने तीर्थालुहरू नेपालगन्जबाट सिमकोट विमानस्थल

उड्छन्। त्यहाँबाट हेलिकोप्टरमा हिल्सा उडेर मानसरोवर प्रस्थान गर्छन्।

लिमीका बासिन्दा हिल्सा र लाप्चा नाकाबाट खाद्यान्न ल्याउँछन्। लिमी पुन सदरमुकाम सिमीकोटबाट चार दिन हिँड्नुपर्छ। हुम्ला बाहिरी जिल्लाबाट सडक सञ्जालले जोडिएको छैन। तर जिल्लाभित्र खनिएका सडकमा जीप, ट्रक र ट्र्याक्टर गुड्छन्।

लिमी भ्यालीमा क्याम्पिङ ट्रेक चल्छ। असोज-कात्तिक लिमी घुम्ने उत्तम समय हो।

कसरी पुग्ने : काठमाडौँबाट नेपालगन्जको दूरी ५०० कि.मि. छ। बसमा १० घण्टा लाग्छ भने हवाईजहाजमा १ घण्टा। नेपालगन्ज-सिमकोट ५५ मिनेट हवाई यात्रा। सिमकोटबाट पाँच दिन पदयात्रामा लिमी भ्याली पुगिन्छ।



Halji Monastery



Limi valley



Simkot



Simkot airport



Halji village



Lapcha border



Jang village



Jang village



Halji village



Til village

Makalu Base Camp

PLACES NEARBY : Lumbasumba • Yangle • Shivadhara

LANDSCAPES

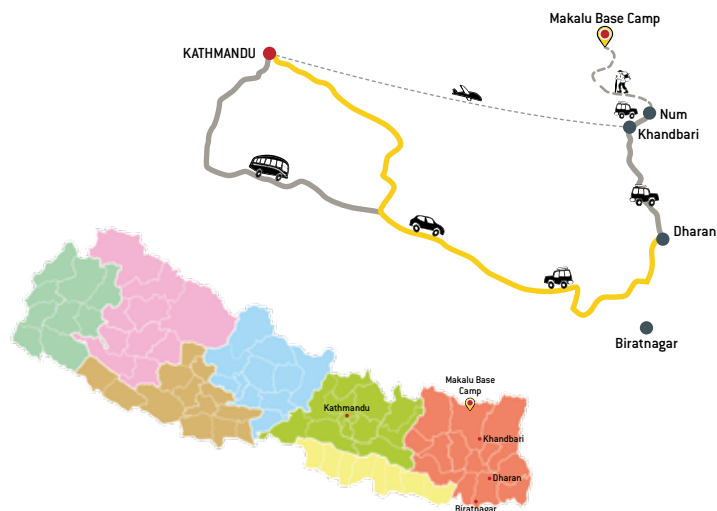
| | | | |
|-----------|--------|---------------|--------|
| Pond | River | Mountain | Temple |
| Stupa | Forest | National Park | |
| Grassland | Cave | | |

FACILITIES

| | |
|-----------------------|-------|
| Local transport : | |
| Health post at Seduwa | |
| Hotels | Solar |

HOW TO REACH

| | |
|----------|---|
| Car/Jeep | 14 hours (585 kms) |
| Bus | 10 hours (400 kms to Dharan) 6 hours (185 kms Dharan to Khandbari by jeep) |
| Airplane | 45 minutes (to Khandbari, Tumlingtar) 4 hours (Tumlingtar to Num by jeep) |
| Walk | 8 days (from Num to Makalu Base Camp) |



Mt Makalu is in the Sankhuwasabha district of eastern Nepal. It is the fifth tallest mountain in the world (8,485 m) and also called 'Markhalogyu' and 'Khempalung' in the Sherpa language. Markhalogyu means to return to the south, while Khempalung means a great deity.

The Makalu Barun National Park was established in the 1992 in an area of 1,500 sq km. The buffer zone is spread over 830 sq km. The height of the park ranges from 435 m to 8,485 m. Sagarmatha National Park and nature conservation areas in Chomolungma lie to its west and Tibet lies in the north. The park is rich in biodiversity and many useful herbs are found in the high mountain ranges.

The national park area is inhabited by Bhote, Rai, Sherpa and other ethnicities.

Tourists travel by bus from Tumlingtar Airport (457 m) to Num, and trek onwards to the Makalu base camp (5000 m). Trekkers can stay in Num, Siduwa, Tashigaon, Khonmaa Hill, Dobote, Yanglekharka, Langmale and Makalu Base Camp. Returning from the Base Camp, it takes four days to reach Tumlingtar. The trek must pass through the Siptan La Pass (4,125 m).

मकालु बेस क्याम्प

मकालु (८,४८५ मि.) हिमाल पूर्वी नेपालको संखुवासभा जिल्लामा पर्दछ। यो संसारकै पाँचौं अग्लो हिमाल हो। यसलाई शेर्पा भाषामा 'मारखालोग्यु' र 'खेम्पालुङ' भनिन्छ। मारखालोग्युको अर्थ दक्षिणतिर फर्केको भन्ने हुन्छ भने खेम्पालुङको अर्थ ठूलो देवता। यही हिमालको फेदसम्म पदयात्रा गरिन्छ।

मकालु क्षेत्र 'मकालु-बरुण राष्ट्रिय निकुञ्ज' मा पर्दछ। सरकारले पहाडी भूगोल मिलाएर वि.सं. २०४९ सालमा निकुञ्ज बनाएको छ। यसको क्षेत्रफल १,५०० वर्गकि.मि. छ। त्यस्तै मध्यवर्ती क्षेत्र ८३० वर्ग किमिमा फैलेको छ। निकुञ्जको उचाई ४३५ मिटरदेखि ८,४८५ मिटरसम्म छ। यसको पश्चिममा सगरमाथा राष्ट्रिय निकुञ्ज र उत्तरमा तिब्बतको चोमोलोङ्मा प्रकृत संरक्षण क्षेत्र छन्। निकुञ्ज जैविक विविधताले धनी छ। यहाँका उच्च पहाडी खर्कमा जडीबुटी पाइन्छ।

निकुञ्ज क्षेत्रमा भोटे, राई, शेर्पा लगायत जातजातिको बसोबास छ। पर्यटकहरू तुम्लिङटार विमानस्थल (४५७ मि.) बाट नुमसम्म गाडीमा यात्रा गर्छन् र नुमबाट मकालु बेस क्याम्प (५,००० मि.) सम्म हिँड्छन्। पदयात्राबाट नुम, सेदुवा, टासीगाउँ, खोङ्मा डाँडा,

There is no village above the Tashigaon except hotels.

Not only naturally and culturally but also religiously, the area is of great importance. During the trek, one can reach Shivadhara passing an extremely dangerous cliff. There are separate caves named after Shiva and Parvati. A fair is organised every year during Janai Purnima in Shivadhara. Another religious center is on the banks of the Arun River near Tumlingtar.

The best time to visit Makalu Base Camp is from mid-September to mid-December.

How to reach

- By road: Kathmandu – Khurkot - Dharan is 400 km, 10 hours by bus. Dharan - Basantapur - Khandbari is 185 km, six hours by jeep.
- By air: Kathmandu - Tumlingtar is a 45 minute flight. From Tumlingtar to Num can be covered in a four hours jeep journey. Further, eight days trek from Num leads to the Makalu Base Camp.

दोबाटो, याङ्लेखर्क, लाङ्माले हुँदै मकालु बेस क्याम्पमा बास बस्छन्। बेस क्याम्पबाट फर्कदा तुम्लिङटार आइपुग्न चार दिन लाग्छ। पदयात्रामा सिप्टन्ला भन्ज्याङ (४,१२५ मि.) पार गर्नुपर्छ। शेर्पा बस्ती टासीगाउँ (२,१०० मि.) भन्दा माथि बस्ती छैन।

प्राकृतिक, जैविक र सांस्कृतिक हिसाबले मात्र होइन, धार्मिक हिसाबले पनि निकुञ्ज क्षेत्रको ठूलो महत्त्व छ। पदमार्गको याङ्लेखर्कपारि शिवधारा छ। पारि भित्तामा शिव र पार्वती नामका छुट्टाछुट्टै गुफा छन्। शिवधारामा जने पूर्णिमामा मेला लाग्छ। त्यस्तै अर्को धार्मिक केन्द्र हो मनकामना जुन तुम्लिङटार नजिकै अरूण नदी किनारमा छ।

असोजदेखि मंसिरसम्म मकालु बेस क्याम्प घुम्ने उत्तम समय हो।

कसरी पुग्ने : काठमाडौं-खुर्कोट-धरान ४०० कि.मि., बसमा १० घण्टा लाग्छ। धरान-वसन्तपुर-खाँदबारी १८५ कि.मि., जीपमा ६ घण्टाको बाटो। अथवा काठमाडौं-तुम्लिङटार ४५ मिनेट हवाई यात्रा। तुम्लिङटारबाट नुमसम्म ४ घण्टा जीपमा। नुमबाट ८ दिन पदयात्रामा मकालु बेस क्याम्प पुगिन्छ।



Ama Pujung



Gola village



Manakamana temple



Mt. Dhaulagiri



Mt. Makalu

Photos: © La Dorchee Sherpa

© Sanjib Gurung





Manang

PLACES NEARBY : Thorang-La • Tilicho Lake • Chame

LANDSCAPES

| | | | |
|---------------|--------|----------|-----------|
| Pond | River | Mountain | Monastery |
| Farming Field | Forest | Stupa | |
| Grassland | Cave | | |

FACILITIES

| | | |
|-------------------|----------|----------|
| Local transport : | | |
| Health clinic | Hotels | |
| Electricity | Internet | Homestay |

HOW TO REACH

| | |
|----------|---|
| Car/Jeep | 10 hours (262 kms) |
| Bus | 10 hours (262 kms) |
| Airplane | 25 minutes (Pokhara) |
| | 8 hours (200 kms Pokhara to Manang by car/jeep/bus) |



Manang is recognised as the jewel of the Annapurna Circuit and sits at an altitude of 3519 m. Manang opened its door to foreign tourists in 1977 and the Nar and Phu villages were accessible to the foreign tourists only since 2059 BS.

Manang stretches from Chame to Thorang-La by road, overland to Phu, and almost up to the Tibetan border. It is situated at the foot of Gangapurna Lake, Tilicho Peak, Gangapurna and Annapurna Himalayas.

The Manang valley (3,540 m) lies along the banks of the Marsyangdi River. It takes three days to reach Tilicho lake from Manang valley. Manang valley is spread from east to west. The houses are made of stone and clay here. There are a number of gompas and monasteries in the smaller villages around Manang. The most notable and one of the oldest in the region is the monastery in Barka Gumpa, about 45 minutes walk from Manang.

There is a Manang Museum in the village.

A trip to Manang during monsoon is even more interesting as it falls in the rain shadow region. Wild

flowers bloom during that season. In winter, mountain peaks are visible. Annapurna circuit trip has hotels up to Thorang Fedi (4,450 m) and High Camp (4,850 m). There is a health centre in Manang village, a clinic of the Himalayan Rescue Association and the Annapurna Conservation Area project.

The best time to visit Manang is from mid June-mid August and in mid November.

How to reach

- By road: 172 km from Kathmandu to Besisahar. Further, Besisahar- Manang village is 90 km.
- By air: Kathmandu-Pokhara 25 minutes flight. Pokhara-Dumre-Besisahar-Manang 200 km, 10 hours drive.

मनाङ

हिमाली जिल्ला मनाङका आकर्षण हिमाली सौन्दर्य, अनौठो भूगोल र भोटे संस्कृति हुन्। विदेशी पर्यटकका लागि मनाङ वि.सं. २०३४ वैशाख १ गतेदेखि खुला गरिएको हो। मनाङकै नार र फू गाउँ भने २०५९ देखि मात्रै खुला गरियो।

लमजुङको सदरमुकाम बेसीशहरबाट सुरु भएर मुस्ताङको मुक्तिनाथ भर्ने अन्नपूर्ण चक्रीय पदमार्गमा पर्दछ मनाङ। गङ्गापूर्ण ताल, तिलिचो पिक, गङ्गापूर्ण र अन्नपूर्ण हिमालको फेदीमा बसेको छ मनाङ। मनाङ गाउँ, तिलिचो ताल, नार र फू गाउँ अनि थोराङ्लाको सौन्दर्य विचित्रको छ।

मस्यौङ्दी नदी किनारमा बसेको छ मनाङ गाउँ (३,५४० मि.)। त्यहाँबाट तीन दिनमा तिलिचो ताल पुगिन्छ। गाउँको प्रवेशद्वारमा लमकङ्की छ।

पूर्वदेखि पश्चिमातिर फैलिएको छ मनाङ भ्याली। ढुंगा र माटोले बनेका घर, घरमाथि बौद्धमन्त्र लेखिएका लुङदार र धज्यू फर्फराइहेका हुन्छन्। गाउँमाथि महायोगी मिलारेपाले तपस्या गरेको गुफा (४,२२० मि.) छ। तल केच्छो ताल पनि छ।

गाउँमा मनाङ संग्रहालय छ। त्यहाँ कस्तूरी, नाउर र याक लगायत

जनावरका डमी, पुराना हतियार, घले राजाको श्रीपेच र गरगहना सजाइएको छ।

मनसुनमा मनाङ यात्रा भन्नु रोचक हुन्छ। जंगली फूल देख्न पाइन्छ। हिउँदमा हिमाल देखिन्छ। जगत, च्याम्चे र तालमा मनै हर्ने भरना छन्।

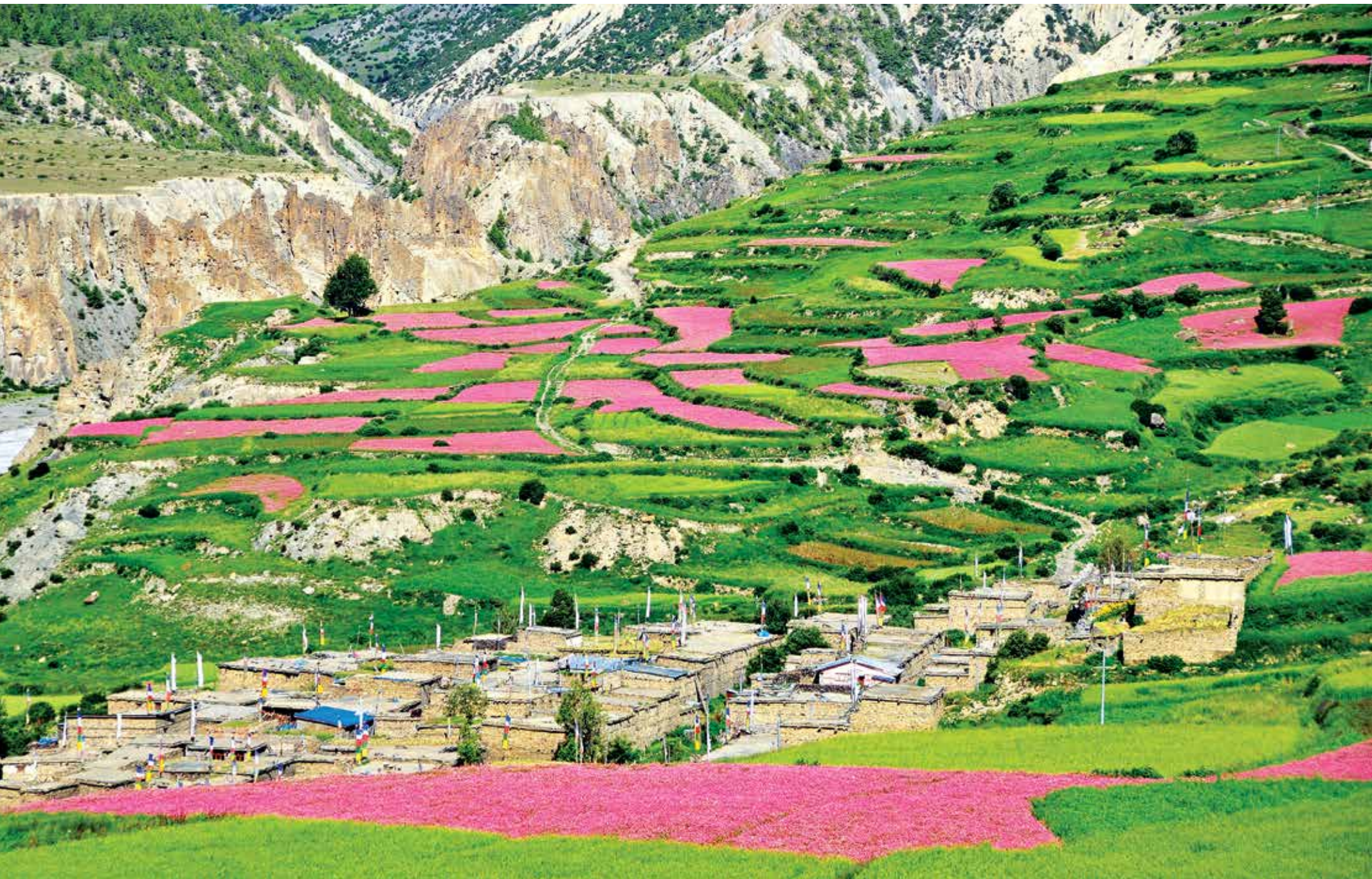
अन्नपूर्ण सर्किट यात्रामा थोराङ फेदी (४,४५० मि.) र हाई क्याम्प (४,८५० मि.) सम्म होटल छन्। त्यहाँ बसेर थोराङ भन्ज्याङ (५,४१६ मि.) छिचोलेर मुस्ताङ निस्कन्छन् पर्यटक।

मनाङ गाउँमा स्वास्थ्य चौकी, हिमालयन रेस्क्यु एसोसिएसनको क्लिनिक, अन्नपूर्ण संरक्षण क्षेत्र आयोजनाको क्लिनिक छ।

असार-साउन र कात्तिक मनाङ घुम्ने उत्तम समय हो।

कसरी पुग्ने : काठमाडौँबाट बेसीशहर १७२ कि.मि. छ। बेसीशहरबाट मनाङ गाउँ ९० कि.मि. छ अथवा काठमाडौँ-पोखरा २५ मिनेट हवाई यात्रा। पोखरा-डुम्रे-बेसीशहर-मनाङ २०० कि.मि., गाडीमा १० घण्टा।





Vibrant Pink Phapar field



Manang museum



Thorang-la



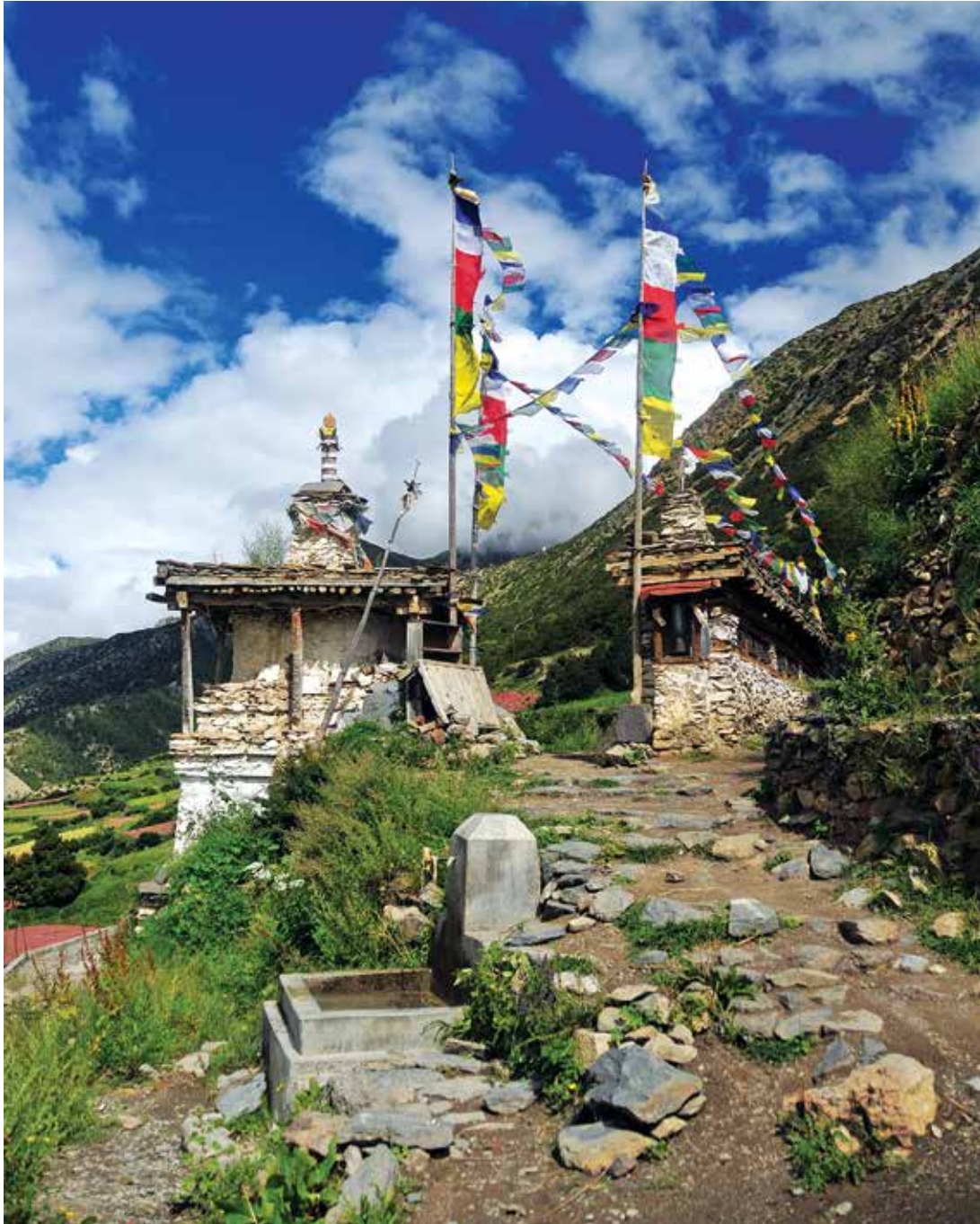
Landslide area, on the way to Manang



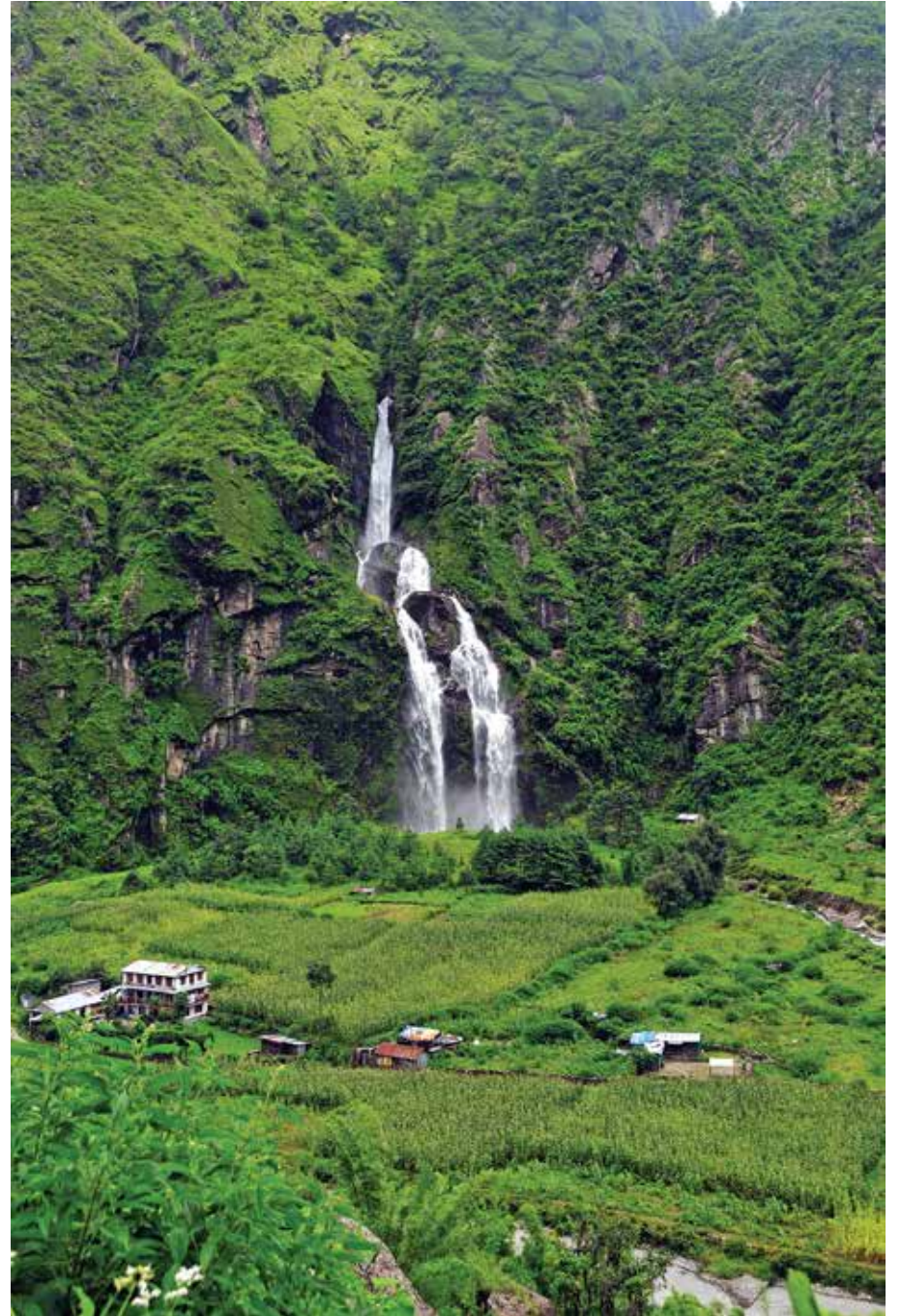
Odaar homestay



Endangered Himalayan Griffon Vulture, Tilicho Lake



Stupa on the way to Thorang-la



Tal waterfall

Manaslu region

PLACES NEARBY : Larkepass • Birendrat • Tsum Valley

LANDSCAPES

| | | | |
|---------------|--------|-------------------|-----------|
| Pond | River | Mountain | Monastery |
| Farming Field | Forest | Conservation Area | |
| Grassland | Cave | | |

FACILITIES

| | |
|-------------------|-----------------|
| Local transport : | |
| Health posts | Hotels Homestay |
| Electricity | Internet |

HOW TO REACH

| | |
|----------|--|
| Car/Jeep | 4 hours [134 kms to Soti] |
| Bus | 5 hours [122 kms to Aarughat] 1 hour [12 kms to Soti from Aarughat] |
| Walk | 7 days [Soti to Manaslu Base Camp via Samagaun] |



The Nubri and Tsum valley are in the Manaslu area of Gorkha. Nubri valley lies in the northern part of historical Gorkha district and the valley consists of Bihi, Prok, Lho and Sama Village Development Committees. Similarly, Tsum valley covers two Village Development Committees of Gorkha district. They are Chumchet (known as Lower Tsum) and Chhekampar (known as Upper Tsum). The gateway to both places is Sirdibas. There are two ethnicities mainly inhabiting this region- Nubri and Tsum.

The government implemented the Manaslu Conservation Area Project (MCAP) in 1998. The Manaslu trekking trail starts from Gorkha and crosses the Larkya La Pass (5125 m) reaching Besisahar through Dharapani of Manang. The Manaslu Circuit can be completed in two weeks.

Manaslu (8163m) is in the foothills of the Himalayas, the Nubri Valley. For the first time, Japanese mountaineer Toshio Imanishi, and Nepalese citizen Gyalzen Norbu ascended Mt Manaslu on May 9, 1956.

The Mt Manaslu looks beautiful from the Sayla and Lho villages of the Nubri Valley. Along this route, Shringi Himal (7187 m), Himalchuli (7893 m) and Nyadichuli (7871 m) are seen.

Beautiful shadow of Himchuli and Manaslu can be

seen in the Kaaltal above the Prok village on the Manaslu Trek.

Tsum Valley is a non-violence area and the villagers are Buddhists. Every house comprises flags with Buddhist mantras and there are several monasteries in the village.

There are 108 Buddhist prayer wheels from Jagat village to Samdo village.

There is Milarepa Cave in Manaslu. There is also a Serang Gumba where Guru Padmasambhava meditated. To reach Manaslu Base Camp (4800 m), you have to walk for seven days from Soti Khola. Hotels and electricity are available throughout the trek. But at the Manaslu Base Camp, there are no hotel and electricity.

Best time to visit Manaslu is from mid February to mid June and from mid September to mid December.

How to reach

- By road: Kathmandu – Dhadingbeshi-Arghat is 122 km. Arghat-Soti is 12 km, via jeep. From Soti, it's a six day trek to Samagaun. Further, Samagaun to Manaslu Base Camp it takes a day trek.

मनास्लु क्षेत्र

गोरखाको मनास्लु क्षेत्रमा नुब्री भ्याली र चुम भ्याली पर्छन् । साबिकका गाविसहरू बिही, प्रोक, ल्हो र सामा गाउँलाई 'नुब्री भ्याली' भनिन्छ । त्यस्तै साबिकका दुई गाविस चुमचेत र छेकम्पारलाई 'चुम भ्याली' भनिन्छ । दुवै ठाउँको गेट वे सिर्दिबास हो । सरकारले सन् १९९८ मा मनास्लु संरक्षण क्षेत्र आयोजना (एमक्याप) लागू गर्‍यो ।

मनास्लु पदमार्ग गोरखाको सोतीबाट सुरु भएर लार्के भन्ज्याङ (५,१२५ मि.) पार गरेर मनाङको धारापानी हुँदै बेसीसहर पुग्छ । दुई सातामा मनास्लु सर्किट पदयात्रा पूरा गर्न सकिन्छ ।

मनास्लु (८,१६३ मि.) हिमालको काखमा छ, नुब्री भ्याली । पहिलो पटक जापानी पर्वतारोही टोसी इमानोसी र नेपाली नागरिक ग्याल्जेन नोर्बु शेर्पाले सन् १९५६ मे ९ मा मनास्लु हिमाल आरोहण गरेका थिए । भोटे जीवनशैली, संस्कृति र हिमाल सौन्दर्य पाइन्छ मनास्लु क्षेत्रमा ।

नुब्री भ्यालीको स्याला र ल्हो गाउँबाट मनास्लु हिमशृङ्खला सुन्दर देखिन्छ । पदयात्रामा शृंगी हिमाल (७,१८७ मि.), हिमालचुली (७,८९३ मि.) न्यादीचुली (७,८७१ मि.) लगायतले स्वागत गर्छन् ।

प्रोक गाउँ मास्तिरको कालताल (३,६०० मि.) मा हिमालचुली र मनास्लुको छाया देखिन्छ । जगतदेखि मास्तिर भोट खोलामा १०८ माने छन् । घरघरमा बौद्धमन्त्र लेखिएका भन्डा धज्यू र लुङदार फर्फराइरहन्छन् । गाउँपिच्छे गुम्बा छन् । गाउँलेहरू बौद्धमार्गी हुन् । चुम भ्याली अहिंसा क्षेत्र हो ।

मनास्लुमा मिलारेपा गुफा छ । गुरु पद्मसम्भवले ध्यान गरेको सेराङ गुम्बा पनि छ ।

मनास्लु बेस क्याम्प (४,४०० मि.) पुन सोतीखोलादेखि सात दिन हिंडनुपर्छ । पदमार्गका सबैतिर होटल र बिजुली सुविधा छ । तर मनास्लु बेस क्याम्पमा होटल, बिजुली केही सुविधा छैन ।

फागुनदेखि जेठसम्म र असोजदेखि मंसिरसम्म मनास्लु घुम्ने उत्तम समय हो ।

कसरी पुग्ने : काठमाडौं-धादिङबेसी-आरुघाट १२२ कि.मि. । जीपमा आरुघाटबाट सोती १२ कि.मि. । सोतीबाट ६ दिनको पदयात्रामा सामागाउँ । सामागाउँबाट एक दिनमा मनास्लु बेस क्याम्प पुग्न सकिन्छ ।







Syabru dance



Kane



Mt. Manaslu



Sama Gaun



Lho Gaun



Mt. Manslu



Handcrafting, Prok village

Mardi Base Camp

PLACES NEARBY : Landruk • Lwanghai • Hemja

LANDSCAPES

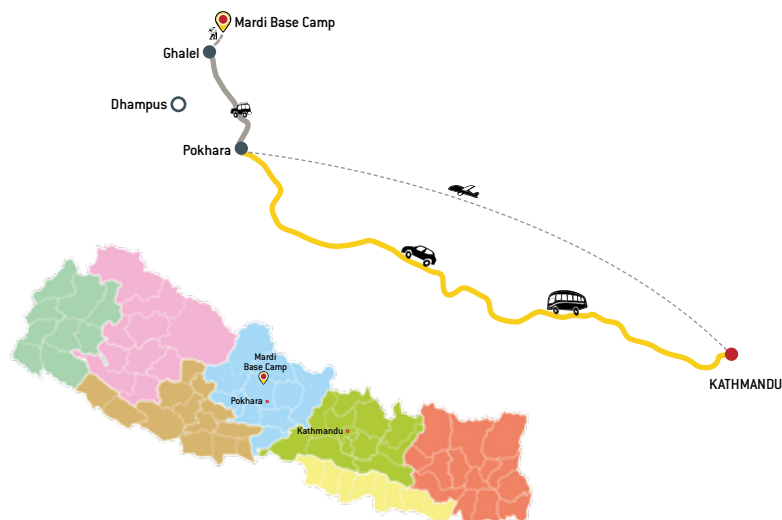
| | | |
|-----------|-------------------|--------|
| River | Mountain | Stupa |
| Forest | Conservation Area | Temple |
| Grassland | | |

FACILITIES

| | | |
|-----------------------|----------|-----------|
| Local transport : | | |
| Health post at Siding | Hotels | |
| Electricity | Internet | Canyoning |

HOW TO REACH

| | |
|----------|--|
| Car/Jeep | 5 h 30 minutes (200 kms to Pokhara) 1 hour (22 kms to Ghalel) |
| Bus | 6 hours (200 kms to Pokhara) 1 hour (22 kms to Ghalel) |
| Airplane | 25 minutes (to Pokhara) |
| Walk | 3 days to Mardi Base Camp |



Mardi Base Camp is located in the Kaski district. Next to Mt Machhapuchhre, Mardi Himal is 5587 m and Mardi Base Camp is at 4280 m. Mardi trail takes on a rugged mountain setting with spectacular views of Mardi Himal, Machhapuchhre, Annapurna South Annapurna Base Camp, Annapurna I, Singu Chuli, Tent Peak, Gangapurna and Gandharva Chuli.

There are two ways to reach Mardi, first through Kande and the other through Hemja to Ghalel village. The first stop of the trek is at Low Camp (2985 m) via Ghalel. The next stop is at the High Camp (3540 m). It takes around four hours to reach Mardi Base Camp from High Camp. There are no hotels above the High Camp (3540 m).

One must not forget the Swiss citizen, Basel in the history of Mardi Trek. The area was publicised after he photographed Mardi in 1956. There were lambs and buffaloes in the Low Camp, High Camp and Forest Camp. The base camp also has an upper viewpoint (4200 m). The area still has shelter homes for shepherds built for monsoon.

While returning from the hike, one can also go for canyoning in the Kudi river of Ghalel village. At first and

last phase of the Mardi Himal trek, you will encounter the Gurung tribal community village while the middle phase of the trekking consists of less crowded tranquil environment.

There is a Lwang village near Ghalel which is renowned for tea gardens and canyoning facilities. Paragliding is also conducted from Lwang village.

The best season for Mardi trail starts from mid September to mid December.

How to reach

- By road: Kathmandu - Pokhara 200 km.
- By air: Kathmandu-Pokhara 25 minute
- Trail: Pokhara-Ghalel 22 km and Pokhara-Hemja eight km. Further, Hemja-Ghalel 14 km. High camp can be reached on the second day from Ghalel and Mardi Base Camp on the third day.

मर्दि बेस क्याम्प

कास्की जिल्लामा पर्छ मर्दि हिमाल । माछापुच्छ्रे हिमालसँगै टाँसिएको मर्दि (५,५८७ मि.) । मर्दि बेस क्याम्प ४,२५० मिटर उचाइमा छ । मर्दि पदमार्गबाट अन्नपूर्ण साउथ, हिमचुली, अन्नपूर्ण प्रथम, सिंगचुली, टेन्ट पिक, गंगापूर्ण, गन्धर्व चुली, माछापुच्छ्रे र मर्दि हिमाल देखिन्छन् ।

मर्दि जाने दुई बाटा छन्, कास्कीको काँडे हुँदै पोथाना भएर र हेम्जा हुँदै घलेल गाउँबाट । घलेलबाट जाँदा पदयात्राको पहिलो बास लो क्याम्प (२,९८५ मि.) मा हुन्छ । अर्को दिन हाई क्याम्प (३,५४० मि.) मा बास बस्नुपर्छ । हाई क्याम्पबाट चार घण्टामा मर्दि बेस क्याम्प पुगिन्छ । हाई क्याम्प मास्तिर होटल छैनन् ।

मर्दि पदयात्राको इतिहासमा स्वीस नागरिक बेसेललाई बिर्सनु हुँदैन । उनले सन् १९५६ मा मर्दि का तस्बिर खिचेपछि यस क्षेत्रको प्रचार भयो । तिनताका लो क्याम्प, हाई क्याम्प र फरेष्ट क्याम्पमा भेडा र भैँसी राख्ने खर्क थिए । बेस क्याम्प वरै अपर भ्यू प्वाइन्ट (४,२०० मि.) छ । त्यहाँ अहिले पनि बर्खामा गोठाला बस्ने गोठ छन् ।

पदयात्राबाट फर्कदा क्यानोनिङ गर्ने अवसर मिल्छ । घलेल गाउँको कुदी खोलामा क्यानोनिङ गराइन्छ । त्यहाँ पोखरा क्यानोनिङले ४५ मिटर लामो भरनामा क्यानोनिङ गराउँछ । घलेल गाउँसहित पदमार्गमा गुरुङ समुदायको बसोबास छ ।

घलेल नजिकै ल्वाङ गाउँ छ । त्यहाँ चिया बगान र क्यानोनिङ सुविधा छ । ल्वाङ गाउँबाट प्यारग्लाइडिङ उडान पनि गरिन्छ ।

असोजदेखि मंसिरसम्म मर्दि पदयात्राको उत्तम समय हो ।

कसरी पुग्ने : काठमाडौं-पोखरा २०० कि.मि. । काठमाडौं-पोखरा टुरिस्ट बसमा अथवा काठमाडौं-पोखरा २५ मिनेट हवाई यात्रा । पोखरा-घलेल २२ कि.मि. । पोखरा-हेम्जा ८ कि.मि. । हेम्जा-घलेल १४ कि.मि. । घलेलबाट दोस्रो दिनमा हाई क्याम्प । तेस्रो दिनमा मर्दि बेस क्याम्प पुग्न सकिन्छ ।



Pokhara canyoning, Ghalel



Ghalel village



High camp



Mardi view point



Mustang

PLACES NEARBY : Beni • Kora La Border

LANDSCAPES

| | | | |
|---------------|--------|-------------------|-----------|
| Pond | River | Mountain | Monastery |
| Farming Field | Forest | Conservation Area | Stupa |
| Grassland | Cave | | |

FACILITIES

| | | |
|-------------------|----------|----------|
| Local transport : | | |
| Hospital/Medicine | Hotels | Homestay |
| Electricity | Internet | |

HOW TO REACH

| | |
|----------|---|
| Car/Jeep | 13 h 30 minutes [362 kms to Jomsom] |
| Bus | 9 hours [288 kms to Beni] 6 hours [96 kms to Jomsom from Beni] |
| Airplane | 25 minutes [to Pokhara] 16 minutes [Pokhara to Jomsom] |



Mustang District, a part of the Dhaulagiri Zone, is located in the Kali Gandaki valley of the Himalayan region of Western Nepal. Mustang is largely dry and arid. The world's deepest gorge that goes down three miles vertical between Dhaulagiri and Annapurna mountains runs through this district. It also houses several of the most inspiring historical sites in the country, some of which date back to 4000 BC.

Mustang district is divided into three main parts. Baragaon is located north of Jomsom, Panchgoan is situated in between Jomsom and Marpha, and the Thak states lies south of Marpha. Thak Khola, Jomsom Bazaar, Thini, Kagabeni, Muktinath Temple and Lo-Manthang are the tourist destinations of Mustang.

Upper Mustang is a semi-restricted area for tourists. The government had partially opened Upper Mustang for tourists in 1971 and it consists of Chhoser, Chonhup, Lo-Manthang, Surkhang, Charang, Ghami and Chuksang VDCs.

The village of Lo Manthang is known for its tall whitewashed mud-brick walls, gompas and the Royal Palace which was built about 600 years ago. Lo Manthang is at 3,850 m and the Jampa Gumpa also known as 'God House' was built in the early 15th century. The Thubchen

मुस्ताङ

चिसो मरुभूमि मानिन्छ मुस्ताङ। विचित्रको भूगोल, भोटे संस्कृति, हिमाली जीवन र बौद्ध दर्शन यहाँका विशेषता हुन्। हिउँले खाएका नांगा पहाड कलात्मक लाग्छन्। त्यसको फेदीबाट बग्ने कालीगण्डकीको सौन्दर्य बेग्लै देखिन्छ। थकाली समुदायको थाकखोला, जोमसोम बजार, ठिनी, कागबेनी, मुक्तिनाथ मन्दिर र लो-मन्थाङ क्षेत्र मुस्ताङका पर्यटकीय गन्तव्य हुन्।

उपल्लो मुस्ताङ पर्यटकका लागि अर्ध निषेधित क्षेत्र हो। सरकारले सन् १९९१ मा पर्यटकका लागि उपल्लो मुस्ताङ आंशिक रूपमा खुला गरेको थियो। उपल्लो मुस्ताङमा साबिकका छोसेर, छोन्हुप, लो-मन्थाङ, सुर्खाङ, चराङ, घमी र छुक्साङ गाविस पर्छन्। त्यहाँको लो-मन्थाङ दरवार विश्व सम्पदा सूचीमा प्रस्तावित छ। लो-मन्थाङ (३,८५० मि.) एउटा उपत्यका हो। पर्खालले घेरिएको बस्ती। पर्खालबाहिर खेती। आठ मिटर अग्लो पर्खालभित्र दुई सय घर र गुम्बा छन्। बस्तीमा छयोदे र नाम्मोल गुम्बा छन्। गुम्बा स्कुलमा बौद्ध शिक्षा पढाइन्छ। त्यहाँ संग्रहालय पनि छ। जहाँ पुराना भाँडावर्तन, पुस्तक, बाजा र हतियार छन्।

Gompa was built in a late 15th century. Chodey Gompa is now the main gompa, and the Choprang Gompa is known as the new Gompa.

Zhong Cave is located at the tip of Lo-Manthang. It is a five-storey unique cave. The 108-room cave is called the 'Cave Village'. The vessel and human skeleton found in the cave can be viewed by visitors. Nifug Monastery is built around the Zhong and houses Buddhist paintings and idols. The Tibetan border is located about 12 km from Lo-Manthang. Hotel facilities are available in Jomsom, Lo-Manthang, Kagabeni, Thini, etc.

The best time to visit Mustang is from mid September to mid November.

How to reach

- By road: Kathmandu-Pokhara-Beni 288 km; Beni-Jomsom 74 km; Jomsom - Muktinath 22 km and Jomsom-Lo-Manthang 90 km.
- By air: Kathmandu-Pokhara 25 minutes flight. Pokhara- Jomsom 16 minutes flight.

लो-मन्थाङको छोसेरमा भोड गुफा छ। पाँचतले अनौठो गुफा। एक सय आठ कोठा भएको गुफलार्ई 'केभ भिलेज' भनिन्छ। गुफामा फेला परेका भाँडावर्तन तथा मानव कंकाल त्यहाँ सजाइएको छ।

भोडको वारिपट्टि निफुग गुम्बा छ। त्यहाँ बौद्ध चित्र र मूर्ति छन्। लो-मन्थाङबाट तिब्बती नाका कोरला १२ कि.मि. दूरीमा छ। जोमसोम, लो-मन्थाङ, कागबेनी, ठिनी सबैतिर होटल सुविधा छ।

मुस्ताङ घुम्ने उत्तम सिजन असोज-कात्तिक हो।
कसरी पुग्ने : काठमाडौं-पोखरा-बेनी २८८ कि.मि.। बेनी-जोमसोम ७४ कि.मि.। जोमसोम-मुक्तिनाथ २२ कि.मि.। जोमसोम-लो-मन्थाङ ९० कि.मि.। अथवा काठमाडौं-पोखरा २५ मिनेट हवाई यात्रा। पोखराबाट १६ मिनेट हवाई यात्रामा जोमसोम पुगिन्छ।



Nifug Monastery



Mountain goat



Upper Mustang



Kali Gandaki valley



On the way to Lo-manthang



Photos: © Om P. Yadav



Kagbeni



Lo-manthang



Rani Pauwa Bazar, Muktinath



Snow leopard cave, Thini village



Mount Nilgiri



Muktinath



Yak dance



Thakali children



Dhumba Lake

Ruby Valley

PLACES NEARBY : Ganesh Himal Base Camp

LANDSCAPES

| | | | |
|---------------|--------|------------|--------|
| Pond | River | Mountain | Temple |
| Farming Field | Forest | Monastery | Palace |
| Grassland | Cave | Water Fall | |

FACILITIES

Local transport :

| | | |
|-------------------|----------|----------|
| Hospital/Medicine | Hotels | Homestay |
| Electricity | Internet | |

HOW TO REACH

| | |
|------|--|
| Jeep | 6 hours [132 kms via Trishuli to Syaphrubesi] 4 hours [50 kms to Somdang] |
| Walk | Somdang to Rubby valley |



The Ruby Valley trekking in Dhading district is a popular tourist destination. The valley glows in the light of the Ganesh Himal. Combining Tipling, Sertung and Lapa villages, Ruby Valley Rural Municipality was formed. The valley extends from 1530 m to 4340 m in height.

The Ruby valley circuit passes through Pangsang Bhanjyang (3850 m), Tipling village, Chalise village, Borang, Jharllang, etc. A beautiful view of Ganesh, Langtang, Manaslu and Annapurna mountains are visible from Pangsang.

The base camp of Paldor Peak (5,903 m) can be trekked in 1.5 days from Somdang. Similarly, a two days trek from Hindung village leads to Ganesh Himal Base Camp (4,550m).

Ruby Valley is home to Tamang, Gurung, Ghale and Dalit communities. Fishing is prominent here. There are also three pools of hot spring water, Ganesh Kund, waterfalls, and the black and white ponds. There is also the possibility of rock climbing. The village houses the ruins of an eighteenth-century palace. The Ruby Valley is rich in biodiversity, flora and fauna. The rare red panda is also found here.

रुबी भ्याली

धादिङ जिल्लाको रुबी भ्याली पदयात्रा पर्यटनका लागि ख्याति कमाएको गन्तव्य हो । गणेश हिमालको उज्यालोमा फलमल्ल छ भ्याली । साबिकका तिप्लिङ, सेर्तुङ र लापा गाविस मिलाएर रुबी भ्याली गाउँपालिका बनाइएको छ । भ्याली १,५३० मिटरदेखि ४,३४० मिटर उचाइमा फैलेको छ ।

पाङशाङ भन्ज्याङ (३,८५० मि.) भएर तिप्लिङ गाउँ हुँदै चालीस गाउँ, बोराङ, भाँलाङ र डुनडुरेसम्म रुबी भ्याली सर्किट पदयात्रा गरिन्छ । पाङशाङबाट गणेश, लाङटाङ, मनास्लु र अन्नपूर्ण हिमशृङ्खलाको मीठो दृश्य देखिन्छ ।

सोमदाङबाट जस्ता खानी हुँदै डेढ दिनमा पाल्दोर पिक (५,९०३ मि.) को बेस क्याम्पमा पुगिन्छ । त्यस्तै हिन्दुङ गाउँबाट ठाडो ओडार, दोब्रेडाँडा हुँदै दुई दिनमा गणेश हिमाल (७,४२२ मि.) को बेस क्याम्प (४,५५० मि.) मा पुगिन्छ ।

रुबी भ्यालीमा तामाङ, गुरुङ, घले र दलित समुदायको बसोबास छ । असला माछाका लागि प्रख्यात आँखु खोला छ जहाँ फिसड गर्न सकिन्छ । त्यस्तै प्राकृतिक तातोपानीका तीनवटा कुण्ड छन् । गणेश कुण्ड, कालो दह, सेतो दह पनि छन् । केही भरना पनि छन् । चट्टान आरोहणको सम्भावना पनि छ । गाउँमा घले राजाको अठारौँ

Starting from Somdang, the Ruby Valley Circuit trek passes through Pangsang Bhanjyang, Tipling, Chalise Village, Hindung and reaches Ganesh Himal Base Camp. Returning from the Base Camp is the same way from Tatopani, Borang to Jharllang. Jharllang to Dhadingbesi can be travelled by a vehicle. This way the journey takes 11 days.

Teahouse trekking is possible till Hindung. However, Ganesh Himal Base Camp and Paldor Peak Base Camp do not have any hotel facilities.

The best time to visit Ruby Valley is from mid-September to mid-December.

How to reach

- By road: Kathmandu – Trishuli – Syaphrubesi 132 km, six hours in a jeep. Syaphrubesi – Gutlang – Somdang 50 km, four hours in jeep. Trekking from Somdang.

शताब्दीका दरबारका भग्नावशेष छन् ।

जैविक विविधताका हिसाबले पनि रुबी भ्याली सुन्दर छ । विभिन्न जडीबुटी, लालीगुराँस आदि पाइन्छ । जङ्गल क्षेत्रमा जीवजन्तु र चराचुरुङ्गीको बसोबास छ । दुर्लभ वन्यजन्तु रेडपाण्डासमेत पाइन्छ ।

रुबी भ्याली सर्किट पदयात्रा सोमदाङबाट सुरु भएर पाङशाङ भन्ज्याङ, तिप्लिङ, चालीस गाउँ, हिन्दुङसम्म पुगेर गणेश हिमाल बेस क्याम्पसम्म पुग्छ । बेस क्याम्पबाट त्यही बाटो फर्केर तातोपानी, बोराङ हुँदै भारलाङसम्म पदयात्रा गरिन्छ । भारलाङबाट धादिङबेसीसम्म गाडीमा यात्रा । यसरी काठमाडौँबाट यात्रा गर्न ११ दिन लाग्छ ।

हिन्दुङसम्म टि हाउस ट्रेकिङ सम्भव छ । तर, गणेश हिमाल बेस क्याम्प र पाल्दोर पिक बेस क्याम्पमा होटल सुविधा छैन ।

असोजदेखि मंसिरसम्म रुबी भ्याली घुम्ने उत्तम समय हो ।

कसरी पुग्ने : काठमाडौँ-त्रिशूली-स्याफ्रुबेसी १३२ कि.मि., जीपमा ६ घण्टा लाग्छ । स्याफ्रुबेसी-गटलाङ-सोमदाङ ५० कि.मि., जीपमा ४ घण्टा । सोमदाङबाट पदयात्रा ।



Ghale Darbar, Sertung



Sertung village



Mt. Ganesh



Hot water spring



Photos: © Kull Gurung

Beni

PLACES NEARBY : Baglung Kalika • Panchakot • Todke

LANDSCAPES

| | | | |
|---------------|--------|------------|--------|
| Pond | River | Mountain | Temple |
| Farming Field | Forest | Monastery | |
| Grassland | Cave | Water Fall | |

FACILITIES

| | | | | | | |
|-------------------|---|---|---|---|---|---|
| Local transport : |  |  |  |  |  |  |
| Hospital/Medicine | Hotels | Homestay | | | | |
| Electricity | Internet | | | | | |

HOW TO REACH

| | |
|----------|--|
| Car/Jeep | 9 hours (288 kms) 13 hours (383 kms via Hetauda) |
| Bus | 9 hours (288 kms) |
| Airplane | 25 minutes (to Pokhara) 3 hours (88 kms Pokhara to Beni by Car/Bus) |



An amalgamation of history, nature and culture, Beni is the headquarters of Myagdi district and extends north and west on the banks of the Kali Gandaki and Myagdi Rivers. Beni Municipality has natural and historical heritages including Dholthan, Kot Bhandar, Singa Tatopani Kunda, Jhankripani, Jyamrungkot, Himalayan ranges, Cave hill, Lovely hill, Todke and more. Religious sites include Galeshwar Temple, Jagannath Temple, Maharani Than, Beni Chaitya, Nava Durga Temple, Bhadrabam Shivalaya, Pulastya Pulhashram and Lakshmi Narayan Temple.

Singa Tatopani Kunda lies nine km west of Beni Bazaar. This Kunda is renowned for natural healing. The water temperature of the pond is from 45 to 48 degrees. Likewise, Dhaulagiri, Gurja, Nilgiri, Manapathi, Annapurna and Machhapuchchhre mountains are visible from Todke (2350 meters) which is around 19 km away from Beni Bazaar. Himalayan ranges are also visible from Cave hill (2120 meters) which is 9.5 km from Beni. There is Jagannath Temple along the Cave hill.

Galeshwar Dham is three km from Beni Bazaar. On the banks of the river Kali Gandaki, there lies Galeshwar Temple on the same stone spread on nine ropanis. There

is Jyamrungkot about 12 km from Beni Bazaar. From here, Nagbeli mountain and other mountain ranges can be seen. Jhankripani village, 21 km from Beni Bazaar, is famous for its lifestyle, Magar culture, farmland and mountains.

Magar, Newar, Chhantyal, Bahun, Bika, Thakali people bring a mix of cultures and ethnicities in the Beni area. It is also the gateway for Muktinath, Lo Mangthang, Dhaulagiri Century trekking trail, Gurja trail, Khopra Danda trek and Guerrilla trek. Moreover, Beni can be visited all year round.

How to reach

- By road: Kathmandu-Beni is 288 km. It takes nine hours by bus.
- By air: Kathmandu-Pokhara is 25 minutes flight and the rest 88km can be covered by bus which takes another three hours.

बेनी

इतिहास, प्रकृति र संस्कृतिको त्रिवेणीधाम हो बेनी । म्याग्दी जिल्लाको सदरमुकाम बेनी बजार कालीगण्डकी र म्याग्दी खोलाको तीरमा उत्तर-पश्चिम फैलिएको छ । बेनी नगरपालिका क्षेत्रमा ढोलथान, कोट भण्डार, सिंगा तातोपानी कुण्ड, भौँत्रीपानी, ज्यामरुककोट, हिमाली सौन्दर्य, केभहिल, लभ्लीहिल, टोड्के लगायत प्राकृतिक र ऐतिहासिक सम्पदा छन् । धार्मिक सम्पदाहरूमा गलेश्वरधाम, जगन्नाथ मन्दिर, महारानी थान, बेनी चैत्य, नवदुर्गा मन्दिर, भद्रिबम शिवालय, पुलस्त्य पुलाश्रम र लक्ष्मीनारायण मन्दिर आदि छन् ।

बेनी बजारबाट ९ कि.मि. पश्चिममा सिंगा तातोपानी कुण्ड छ । म्याग्दी खोलाको किनारमा रहेको कुण्डमा डुबेर प्राकृतिक उपचार गरिन्छ । कुण्डको पानीको तापक्रम ४५ देखि ४८ डिग्रीसम्म हुन्छ । त्यस्तै बेनी बजारबाट १९ कि.मि. दूरीको टोड्के (२,३५० मिटर) बाट धौलागिरि गुर्जा, नीलगिरि, मानापाथी, अन्नपूर्ण र माछापुच्छ्रे हिमाल देखिन्छन् । बेनीबाट ९.५ कि.मि. दूरीको केभहिल (२,१२० मिटर) बाट पनि हिमाली सौन्दर्य देखिन्छ । केभहिलसँगै जगन्नाथ मन्दिर छ । बेनीबजारबाट ३ कि.मि.मा गलेश्वरधाम छ । कालीगण्डकी नदी

किनारमा ९ रोपनीमा फैलिएको एउटै पत्थरमाथि गलेश्वर मन्दिर छ । बेनी बजारबाट १२ कि.मि.मा ज्यामरुककोट छ । त्यहाँबाट नागबेली डाँडा र हिमाल दर्शन गर्न सकिन्छ । बेनी बजारबाट २१ कि.मि. दूरीको भौँत्रीपानी मगर जनजीवन, खेतबारी र हिमाली लर्कनका लागि प्रख्यात छ ।

बेनी क्षेत्रमा क्षेत्री, मगर, नेवार, छन्त्याल, बाहुन, विक, थकाली आदि जातजातिको मिश्रित बसोबास रहेको छ ।

बेनी मुक्तिनाथ, लो-मन्थाङ, धौलागिरि सेञ्चुरी पदमार्ग, गुर्जा पदमार्ग, खोप्रा पदमार्ग र गुरिल्ला पदमार्गको गेट वे पनि हो ।

बेनी क्षेत्र वर्षैभरि घुम्न सकिन्छ ।

कसरी पुग्ने : काठमाडौँबाट बेनी २८८ कि.मि. बसमा ९ घण्टा लाग्छ । अथवा काठमाडौँ-पोखरा २५ मिनेटको हवाई यात्रामा पुग्न सकिन्छ । पोखराबाट बेनी ८८ कि.मि. बसबाट ३ घण्टामा पुगिन्छ ।



Beni bazar

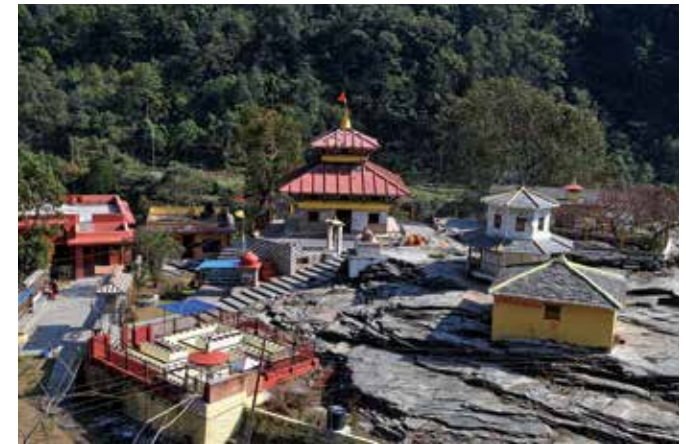




Rupse waterfall



Baglung Kalika



Galeshwor temple



Bajapahad (musical hill)



Jagannath temple



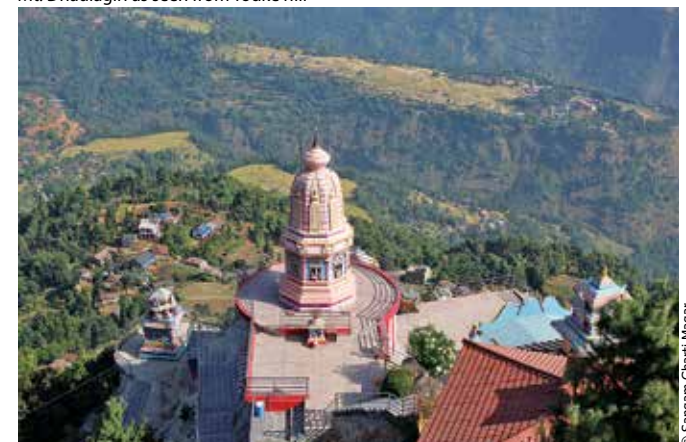
Mt. Dhaulagiri as seen from Todke hill



Kaligandaki bridge



Hot water spring, Singha



Panchakot, Baglung

Bhada village

PLACES NEARBY : Dhangadhi • Mohana River • Koilaha Lake

LANDSCAPES

| | | |
|---------------|--------|--------|
| Pond | River | Temple |
| Farming Field | Forest | Lake |
| Grassland | Cave | |

FACILITIES

| | | |
|-------------------|----------|---------|
| Local transport : | | |
| Health post | Homestay | Boating |
| Electricity | Internet | Fishing |

HOW TO REACH

| | |
|----------|--|
| Car/Jeep | 14 h 30 minutes (680 kms to Dhangadhi) 30 minutes (17 kms to Bhada) |
| Bus | 16 hours (680 kms to Dhangadhi) 1 hour (17 kms to Bhada) |
| Airplane | 1 hour 10 minutes (to Dhangadhi) |



Kailali's Bhada is a typical Tharu settlement. The village lies in Dhangadhi Sub-metropolitan city. Dangali Guruba Bagauti Das had settled Tharus in Bhada and wanted to prevent any other caste from living here. The name of the village is derived from his name initials. He established Guru Jagannath through Tantric science. Starting with 13 huts, today there are 200 houses in the Bhada village.

Today, Bhada village welcomes people from across the world to experience their lifestyle. Homestay was started from 2010 and around 19 homes are available for this purpose. Things to do include visiting the Ganesh Community Forest, Joginya Lake, Behda Baba Temple, Rameshwara Temple, Sahadeva Lake, Koilaha Lake by cattle carts or bicycles.

The food, lifestyle and culture of Tharu community attracts many people here. The villagers perform various dances such as Lathwa, Jhumra, Maghauta, and Sakhiya. Tharu cuisine includes eggs, rice, Dhikri, Kheriya, Bariya, Panjra, crab, snails, pork, prawn fish, cinnamon, mahogany liquor, etc.

The best time to travel Bhada village is from mid September to mid December.

भादा गाउँ

कैलालीको भादा टिपिकल थारु बस्ती हो। दंगाली गुरुबा भगौती दासले अरू जाति नबसुनु भनेर भादामा थारुको मात्रै बस्ती बसालेका थिए। उनकै नाउँ भगौतीको 'भा' र दासको 'दा' बाट गाउँको नाम भादा राखिएको हो। तिनले तान्त्रिक विद्याद्वारा गुरु जगन्नाथ स्थापित गरेका थिए। १३ धुरीबाट बस्ती बसालिएको भादा गाउँमा अहिले दुई सय घर पुगिसकेका छन्।

धनगढी उपमहानगरपालिका-१६ भादामा स्थायी रूपमा अरू जातिका मान्छे बसे कि त बिरामी पर्ने कि मर्ने विश्वास छ। समयको चक्र घुमिरहेछ। आज भादा गाउँ अरू जातिका मान्छेलाई मात्र होइन, संसारभरका विदेशीलाई निम्त्याउँदै छ। सधैं बस्न होइन, केही दिन पाहुना बन्न मात्र।

वि.सं. २०६७ पुसदेखि भादामा होमस्ते सुरु गरिएको थियो। अचेल १९ घरमा होमस्ते गराइन्छ। लहरू (गोरु गाडा) वा साइकलमा बसेर गणेश सामुदायिक वन, जोगिन्या ताल, बेहडाबाबा मन्दिर, रामेश्वर मन्दिर, सहदेवा ताल, कोइलाहा ताल घुम्न रमाइलो हुन्छ।

थारु जातिको खानपान, जीवनशैली, संस्कृतिले लोभ्याउँछ।

How to reach

- By road: Kathmandu - Dhangadhi 680 km.
- By air: Kathmandu - Dhangadhi an hour 10 minutes
- From Dhangadhi, it takes 17 km to reach Bhada village via Beli. The committee sends trucks to Dhangadhi, Jhil and Rajipur to transport them to the village.

गाउँलेहरू सखिया, भुमरा, मघौटा, लठौहवा, बैठक्की, मुंग्रहुवा र गुरुवा नाच देखाउँछन्। थारु परिकारमा अण्डक भात, ढित्री, खेरिया, बरिया, पन्भूरा, अण्डक रोटी, गंगटा, घोधी, सुँगुरको मासु, भिँगे माछा, सिन्की, महुवाको रक्सी, निगार लगायत परिकार हुन्छन्।

असोजदेखि माघसम्म भादा घुम्ने उत्तम समय हो।
कसरी पुग्ने : काठमाडौँबाट धनगढी ६८० कि.मि. छ। अथवा काठमाडौँबाट १ घण्टा १० मिनेटको हवाई यात्रामा धनगढी पुगिन्छ। धनगढीबाट बेली हुँदै भादागाउँ पुग्न १७ किलोमिटर छ। पूर्वपश्चिम राजमार्गको चौमाला खण्डको राजीपुरबाट ७ कि.मि. र भिल चौराहाबाट १२ कि.मि. पर्छ। समितिले गाउँबाट लिन र पुऱ्याउन धनगढी, भिल र राजीपुरसम्म लहरू पठाउँछ।







Sakhiya dance



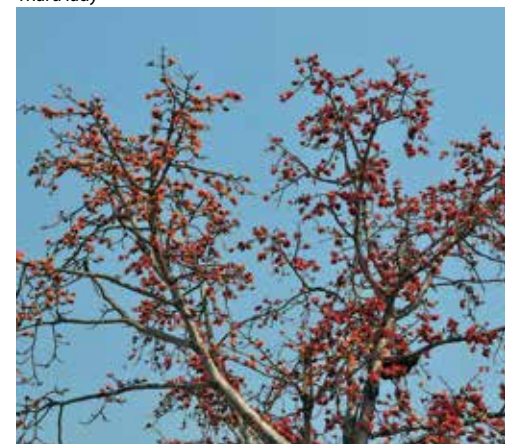
Tharu lady



Mohana river



Mustard field



Semal tree

Chisapani

PLACES NEARBY : Nepalgunj • Ghodaghodi • Tikapur

LANDSCAPES

| | | |
|--------|-----------|---------------|
| River | Temple | Farming Field |
| Forest | Grassland | Hills |

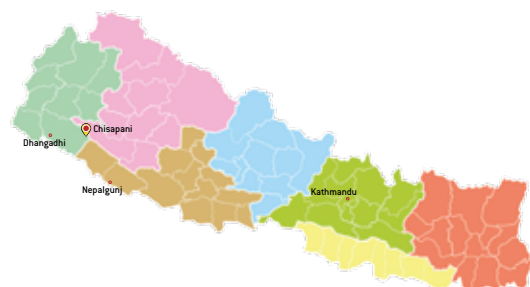
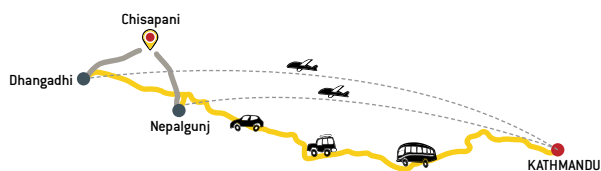
FACILITIES

Local transport : 

| | | |
|---------------------|----------|---------|
| Hospital at Tikapur | Hotels | Camping |
| Electricity | Internet | |
| Rafting | Fishing | Boating |

HOW TO REACH

| | |
|----------|---|
| Car/Jeep | 11 hours (500 kms to Nepalgunj) 2 hours (95 kms to Chisapani) |
| Bus | 13 hours (500 kms to Nepalgunj) |
| Airplane | 1 hour (Nepalgunj) 1 h 10 minutes (Dhangadhi) 2 hours (93 kms from Dhangadhi to Chisapani by bus/car) |



The Karnali Bridge in Chisapani connects the midwest and the far west. The bridge built by India is located in the Bardiya district of the midwest and Kailali district in the far west. The bridge was inaugurated in 1994. The bridge over the Karnali River has been a tourist attraction ever since.

The east-west highway is for passersby and fish lovers who come here to watch the flowing Karnali, take pictures and later visit the bazar to eat fish.

Chisapani is a junction for lunch with the local river fish on the menu as its main attraction.

People from Dhangadhi, Mahendranagar and Nepalgunj reach Chisapani to escape the heat especially on weekends. From Chisapani, rafting can be done to Hattisar of Bardiya National Park and Tikapur. Family-friendly rafting can be done as the waters are still in Karnali. Tourists arrive in Chisapani by boat from Dailekh and Bheri. Hotels in Tikapur and Thakurdwara sell rafting packages. Rafting can also be done by contacting a restaurant selling fish in Chisapani.

चिसापानी

चिसापानीको कर्णाली पुलले मध्यपश्चिम र सुदूरपश्चिम जोडेको छ। भारतले बनाइदिएको पुलवारि मध्यपश्चिमको बर्दिया पछि भने पारि सुदूरपश्चिमको कैलाली जिल्ला। पुल वि.सं. २०५० मंसिर १९ गते उद्घाटन भएको थियो। कर्णाली नदीमाथि पुल बनेदेखि नै त्यो पर्यटकीय आकर्षण बनेको छ।

पूर्व-पश्चिम राजमार्ग ओरीदोरी गर्नेहरू हुन् या माछा चाख्न चिसापानी हानिनेहरू, पुलमा पुग्छन्। छेउमा उभिएर कर्णालीको कञ्चन पानी हेर्छन्। फोटो खिच्छन्। अनि बजार छिर्छन् माछा खान। चिसापानी खाजा खाने जक्सन हो। बिहान र साँझ दालभात पनि पाक्छ। त्यहाँको मेनुमा फ्राई र ग्रेभी माछा पाइन्छ।

उखरमाउलो गर्मी छल्ल कर्णाली किनारमा भीड लाग्छ। गर्मी छल्ल धनगढी, महेन्द्रनगर र नेपालगन्जदेखिका मानिस चिसापानी पुग्छन्। त्यहाँका होटलमा एक रात बसेर फर्किन्छन्। चिसापानीबाट बर्दिया राष्ट्रिय निकुञ्जको हात्तीसार र टीकापुरसम्म यापिटड गर्न सकिन्छ। पुल मुन्तिर छाल छैन। शान्त नदी। पारिवारिक यापिटड

Chisapani can be visited throughout the year. The best time to visit is from mid-March to mid-June.

How to reach

- By road: Kathmandu - Nepalgunj 500 km.
- By air: Kathmandu - Nepalgunj an hour flight. Nepalgunj - Chisapani 95 km. Kathmandu - Dhangadhi one hour 10 minutes flight. Dhangadhi -Chisapani is 97 km.

गर्न मिल्ने। दैलेख र भेरीपुलदेखि डुंगामा चिप्लिएर पर्यटक चिसापानी आइपुग्छन्। टीकापुर र ठाकुरद्वाराका होटलले यापिटड प्याकेज बेच्छन्। चिसापानीमा माछा बेच्ने रेस्टुरेन्टमा सम्पर्क गरेर पनि यापिटड गर्न सकिन्छ।

वर्षेभरि चिसापानी घुम्न सकिन्छ। चैतदेखि जेठसम्म चिसापानी घुम्ने उत्तम समय हो।

कसरी पुग्ने : काठमाडौं-नेपालगन्ज ५०० कि.मि. अथवा काठमाडौं-नेपालगन्ज १ घण्टा हवाई यात्रा। नेपालगन्ज-चिसापानी ९५ कि.मि.। काठमाडौं-धनगढी १ घण्टा १० मिनेट हवाई यात्रा। धनगढी-चिसापानी ९७ कि.मि.।



Jiri

PLACES NEARBY : Yalung • Chyordong • Sikri Village

LANDSCAPES

| | | | |
|---------------|--------|------------|-----------|
| Pond | River | Mountain | Temple |
| Farming Field | Forest | Water Fall | Monastery |
| Grassland | Cave | Tea Garden | |

FACILITIES

| | | |
|-------------------|----------|----------|
| Local transport : | | |
| Hospital | Hotels | Homestay |
| Electricity | Internet | Boating |

HOW TO REACH

| | |
|----------|----------------------------------|
| Car/Jeep | 8 hours (213 kms via Manthali) |
| Bus | 7 hours (188 kms via Lamosanghu) |



The Jiri valley of Dolakha is known as the 'Switzerland of Nepal' and the 'Gateway to Everest'. The city of Zurich in Switzerland and the geography and climate of Jiri are similar.

There are several religious shrines in Jiri Bazar such as Jireswar, Dhungeshwari, Rangrangeswari and Devi temples. Another sacred destination - Halseidham is about 12 km east of the Bazar.

Jiri comprises of a statue of Guru Padmambhava. An hour's journey from the Bazaar to Kunalsal Thordoling Gumba is where Ani and Lama lessons are taught. Three hours uphill from Jiri Bazar, the Chyordong cheese factory is located and where chese is made from mid-april to mid-November.

Another heritage site in the Jiri area is the Chyordong hill (3,690 m). There, along with Mahadev blessings, Mt Rolwaling, Mt Numbur and Mt Langtang are seen. It takes six hours walk to reach the hill from the Bazar.

To the west of Jiri Bazar is a hill from where the view of the Bazar is beautiful. Jiri has beautiful villages like Sikri and Yalung. There is also a tea garden. There are cattle

farms, technical schools, hospitals and heritage sites in Jiri Bazar.

Likewise there is a Lauti waterfall in the Kundar. Above the Jiri Bazar, there is a Thulo Nagi hill (3,030 m), which gives a good view of the mountain peaks.

Jirel, Sherpa, Sunuwar, Biswakarma, Tamang, Newar, Chhetri, Bahun are settled in Jiri Municipality.

How to reach

- By road: Kathmandu – Lamosangu - Jiri is 188 km, seven hours by bus. Another option is Kathmandu – Khurkot – Manthali-Jiri 213 km, eight hours by jeep. The jeep leaves from Koteswar in Kathmandu and bus from the old buspark.

जिरी

'नेपालको स्वीट्जरल्यान्ड' र 'सगरमाथाको प्रवेशद्वार' का रूपमा चर्चित छ दोलखाको जिरी उपत्यका। स्वीट्जरल्यान्डको जुरिच शहर र जिरीको भूगोल एवं हावापानी मिल्दोजुल्दो भएकाले यसलाई नेपालको स्वीट्जरल्यान्ड भनिएको हो। त्यस्तै सगरमाथामा पहिलो मानव पाइला टेकन सर एडमन्ड हिलारी र तेन्जिङ नोर्गे शेर्पा जिरीबाटै पर्वतारोहणमा गएका थिए।

उत्तर-दक्षिण फैलेको र पूर्व-पश्चिम साँघुरो हरित उपत्यका हो जिरी। जिरीमा प्रकृतिका इन्द्रेणी रङहरू मात्र होइन, धार्मिक आस्थाका देवल पनि प्रशस्तै छन्। जिरी बजार सेरोफेरोमा जिरेश्वर, दुर्गेश्वरी, राङराङेश्वरी र देवी मन्दिर छन्। अर्को पवित्र गन्तव्य हलेसीधाम बजारबाट पूर्व १२ कि.मि. दूरीमा छ। त्यहाँ गुफाभित्र महादेव बसेका छन्।

जिरी बजारमै छ ५१ फिट अग्लो छोर्तेन। त्यसभन्दा मास्तिर गुरु पद्मसम्भवको मूर्ति छ। बजारबाट एक घण्टा पदयात्रामा कुन्साल थोर्दोलिङ गुम्बा पुगिन्छ जहाँ आनी र लामा पढाइ हुन्छ। जिरी बजारबाट तीन घण्टा उकालो चढेमा च्योर्दोङ चीज कारखाना पुगिन्छ। त्यहाँ वैशाखदेखि कात्तिकसम्म चीज बनाइन्छ।

जिरी क्षेत्रको अर्को सम्पदा च्योर्दोङ डाँडा (३,६९० मि.) हो। त्यहाँ महादेव दर्शनसँगै रोल्वालिङ, नुम्बुर र लाङटाङ हिमालको लर्को देखिन्छ। बजारबाट ६ घण्टा पदयात्रामा डाँडामा पुगिन्छ।

जिरी बजारको पश्चिममा चिहान डाँडा छ। त्यहाँबाट बजारको दृश्य सुन्दर देखिन्छ। चिहान डाँडा नजिकै बुद्ध पार्क छ। जिरीमा सिक्की र यलुङ जस्ता सुन्दर गाउँ छन्। चिया बगान पनि छ।

जिरी बजार मुन्तिर गाई फारम, प्राविधिक शिक्षालय, अस्पताल लगायत सम्पदा छन्। त्यस्तै कुँडारमा लौती भरना छ। जिरी मास्तिरको दूलो नागी (३,०३० मि.) बाट हिमालको राम्रो दर्शन मिल्छ।

जिरी नगरपालिकामा जिरेल, शेर्पा, सुनुवार, विश्वकर्मा, तामाङ, नेवार, क्षेत्री, बाहुन आदिको बसोबास छ।

कसरी पुग्ने : काठमाडौँ-लामोसाँघु-जिरी १८८ कि.मि., बसमा ७ घण्टा। अर्को विकल्प, काठमाडौँ-खुर्कोट-मन्थली-जिरी २१३ कि.मि., जीपमा ८ घण्टा लाग्छ। काठमाडौँको कोटेश्वरबाट जीप र पुरानो बसपार्कबाट बस छुट्टिन्छ।







Buddha park



Padmasambhava



Kumari dancer



Jirel face



Ricefield near Manthali



Lauti waterfall

Kirtipur

PLACES NEARBY : Champadevi • Machchhegaon • Chovar

LANDSCAPES

| | | | |
|---------------|---------------|-----------|-------|
| Pond | Mountain | Temple | Stupa |
| Farming Field | Forest | Monsatery | |
| Grassland | Heritage Site | | |

FACILITIES

| | | | |
|---|----------|-------------|--|
| Local transport :      | | | |
| Hospital | Hotels | | |
| Electricity | Internet | Newari Food | |

HOW TO REACH

| | |
|----------|--------------------|
| Car/Jeep | 30 minutes (7 kms) |
| Bus | 1 hours (7 kms) |



Kirtipur is an ancient Newar civilisation. The entire city is a museum of Newar lifestyle, art and culture. From Kirtipur (1,405 m) to the north, a complete view of the Himalayan ranges, Swayambhunath and Kathmandu can be viewed while Lalitpur lies in the east.

Kirtipur town is built on a single large stone. Old-fashioned homes, temples, shrines and artistic houses are found in abundance. The main tourist heritage sites of Kirtipur are Bagh Bhairab Temple, Uma Maheshwor Temple, Chilanchi Stupa, Chobhar, Adinath, Araniko Museum and Taudaha. Besides, there are numerous other temples and monasteries. The three-storey Bagh Bhairab Temple is built in pagoda style. The town is also known as the place of Jatrajatra. The main Jatras (festive processions) are Baghbhairab Jatra, Krishna Ashtami Jatra, Gujjatra, and Indrayani Jatra.

The Kirtipur area includes places like Matatirtha, Chobhar, Taudaha, Machchhegaon and Champadevi. While Champadevi is a hill station, Machhegaon comprises of the Machhe Narayan Temple. Similarly, Taudaha is spread on 80 ropanis of land and is the place where birds from Siberia hiberbnae in winter.

कीर्तिपुर

कीर्तिपुर प्राचीन नेवार बस्ती हो । नेवार जीवनशैली, कला र संस्कृतिको खुला संग्रहालय । कीर्तिपुर (१,४०५ मि.) बाट उत्तरतिर हिमालका लस्कर, तलतल स्वयम्भूनाथ र काठमाडौंको काठमाडौंको सुन्दर दृश्य देखिन्छ । दक्षिणमा पहेरदार महाभारत शृङ्खला र पूर्वमा ललितपुरको दृश्य देखिन्छ ।

एउटै ठूलो ढुंगामाथि बसेको छ कीर्तिपुर शहर । पुराना शैलीमा बनेका घरहरू । पाइलैपिच्छे मन्दिर, चैत्य, ढुंगेधारा अनि कलात्मक घर । कीर्तिपुर क्षेत्रका प्रमुख पर्यटकीय सम्पदामा बाघभैरव, उमामहेश्वर, चिलञ्चो विहार, चोभार, आदिनाथ, अरनिको संग्रहालय र टौदह आदि हुन् । त्यति मात्रै होइन, अरू थुप्रै मन्दिर, विहार र चैत्य छन् । कीर्तिपुरलाई 'बाघको शहर' पनि भनिन्छ । प्यागोडा शैलीमा बनेको छ तीनतले बाघभैरव मन्दिर ।

जात्रैजात्राको शहर पनि हो कीर्तिपुर । बाघभैरव जात्रा, कृष्ण अष्टमी जात्रा, गाईजात्रा, इन्द्रायणी जात्रा मुख्य जात्रा हुन् ।

कीर्तिपुर सेरोफेरोमा मातातीर्थ, चोभार, टौदह, मच्छेगाउँ, चम्पादेवी लगायत सम्पदा छन् । चम्पादेवी हिल स्टेशन हो ।

Chobhar gorge is a popular destination, and very much a part of folklore. There is geographical evidence that supports the notion that Kathmandu valley was once a huge lake. Manjushri, who came from China, cut the gorge open to drain the lake. The Jal Binayak Temple and Cave and the Manjushri Park which has a 33 ft tall statue of Manjushri are popular among locals and visitors alike. After Manjushri cut the Chobhar hill and drained the water, the snake of the lake did not have a place to live. Therefore, he created Taudaha for the snakes to dwell. Kirtipur can be visited all year round.

How to reach

- By road: Kathmandu - Kirtipur seven km. Bus can be boarded from the Old Bus Park in Kathmandu.

मच्छेगाउँमा मत्स्यनारायणको मन्दिर छ । त्यसैगरी टौदह ८० रोपनीमा फैलेको छ जहाँ जाडो याममा साइबेरियादेखिका चरा आउँछन् ।

चोभारमा गल्ली छ । उहिल्यै काठमाडौं खाल्डो ठूलो पोखरी थियो । त्यति बेला चीनबाट आएका महामञ्जुश्रीले आफ्नो खड्गले गल्ली काटेर पानी बाहिर पठाएपछि काठमाडौंमा बस्ती बसेको बनाइ छ । चोभार क्षेत्रमा जल विनायक मन्दिर, गुफा, मञ्जुश्री पार्क छन् । पार्कमा मञ्जुश्रीको ३३ फिट अग्लो मूर्ति छ ।

महामञ्जुश्रीले चोभार डाँडो काटेर पानी बाहिर पठाएपछि पोखरीका नागलाई बस्ने ठाउँ भएन । त्यसैले उनले नाग बस्न भनेर टौदह बनाइदिएको जनविश्वास छ ।

वर्षेभरि घुम्न सकिन्छ कीर्तिपुरमा ।

कसरी पुग्ने : काठमाडौंबाट कीर्तिपुरको दूरी ७ कि.मि. छ । काठमाडौंको पुरानो बसपार्कबाट छुट्ने गाडी बल्छु हुँदै कीर्तिपुर पुग्छन् ।





Baghbhairav temple



Whoopee Land Amusement and Water Park, Chobhar



Taudaha



Chilancho stupa

Kushma

PLACES NEARBY : **Balewa • Durlungkot • Limikot**

LANDSCAPES

| | | | |
|---------------|--------|------------|-------------------|
| Pond | River | Mountain | Temple |
| Farming Field | Forest | Monastery | Suspension Bridge |
| Grassland | Cave | Water Fall | Cable Car |

FACILITIES

| | | |
|---|----------|-------|
| Local transport :  | Hotels | Bungy |
| Hospital | Internet | |
| Electricity | | |

HOW TO REACH

| | |
|----------|--|
| Car/Jeep | 5 h 30 minutes (200 kms to Pokhara) 2 hours (58 kms to Kushma) |
| Bus | 8 hours (258 kms to Pokhara) |
| Airplane | 25 minutes (to Pokhara) 2 hours (58 kms to Kushma via car/jeep/bus) |



Kushma is the headquarters of the Parbat District. The Kushma Bazar, which is connected to the Pokhara-Baglung Highway, is bound in the west by Kali Gandaki and the Modikhola in the east. Machhapuchhare, Dhaulagiri and Nilgiri mountain peaks can be seen from the Bazar. There are two caves in Kushma area. Gupteshwar cave is located on the banks of the river Kali Gandaki. Its length is 1200 m. Inside the cave, facilities like electricity and ladders have been arranged.

Half an hour walk from Kushma Bazar leads to Alpeshwar Cave. The cave is about 500 m long. Water flows into it. There is a lot of space inside the cave. In both the caves, Shivaratri, Balachturdashi and Ram Navami are celebrated.

Kushma is also famous for its suspension bridge built at a height of 144 mts and length of 335 mts over Modikhola to connect Kushma and Gyanadi. There is also a bridge about 156 meters high at Kali Gandaki connecting Kushma and Balewa which is 351 meters long. Another bridge over 156 meters high has been constructed which is 359 meters long above Modikhola. Likewise, a 525 meter long steel bridge has also been constructed at a height of 228 meters above Kali Gandaki. This bridge is designed for bungy jump.

कुश्मा

कुश्मा पर्वत जिल्लाको सदरमुकाम हो। पोखरा-बागलुङ राजमार्गसँग जोडिएको कुश्मा बजारलाई पश्चिमातिर कालीगण्डकी र पूर्वतर्फ मोदी नदीले घेरेको छ। बजारबाट माछापुच्छ्रे, धौलागिरि र नीलगिरि हिमाल हेर्न सकिन्छ।

कुश्मा क्षेत्रमा दुईटा विचित्रका गुफा छन्। बजार नजिकै कालीगण्डकी नदी किनारामा गुप्तेश्वर गुफा छ। यसको लम्बाइ १२ सय मिटर छ। गुफाभित्र बिजुली, सिंठी र भन्याडको व्यवस्था गरिएको छ।

कुश्मा बजारबाट आधा घण्टा हिंडेपछि पुगिन्छ अर्को अलपेश्वर गुफामा। गुफा करिब पाँच सय मिटर लामो छ। यसमा पानीको प्रवाह भइरहन्छ। गुफाभित्र फराकिलो ठाउँ छ। बसतिमा भित्र प्रवेश गर्न सकिदैन। दुवै गुफामा शिवरात्रि, बालाचतुर्दशी, रामनवमी लगायत पर्वमा मेला लाग्छ।

कुश्माका आकर्षण भोलुङ्गे पुल पनि हुन्। कुश्मा र ज्ञादी जोड्न मोदीखोलामाथि १४४ मिटरमा बनाइएको पुल ३३५ मिटर लामो छ। कुश्मा र बलेवा जोड्ने कालिगण्डकीमाथि १५६ मिटर उचाइमा ३५१ मिटर लामो पुल पनि छ। मोदीखोलामाथि १५६ मिटर उचाइमा ३५९

Kushma is a religiously a sacred place. There is a Modibeni Dham at the confluence of Kali Gandaki and Modikhola where Narasimha Temple is located.

Recently a cable car bridge has come into operation connecting Kushma Bazar and Balewa reducing two hours of walking to a five-minute ride.

The water that flows continuously from the rocky hills along the road near Kushma is the Sahasdhara. There is rafting facility in Kali Gandaki adjacent to the Bazar. The Kushma Bazar can be visited all year round.

How to reach

- By road: Kathmandu-Pokhara-Kushma 258 km, eight hours by bus.
- By air: Kathmandu-Pokhara 25 minute flight. Pokhara-Kushma is 58 km which takes two hours by bus.

मिटर लामो अर्को पुल बनाइएको छ। त्यस्तै कालीगण्डकीमाथि २२८ मिटर उचाइमा ५२५ मिटर लामो स्टिलको पुल पनि बनाइएको छ। बन्जी-जम्प गराउन यो पुल बनाइएको हो।

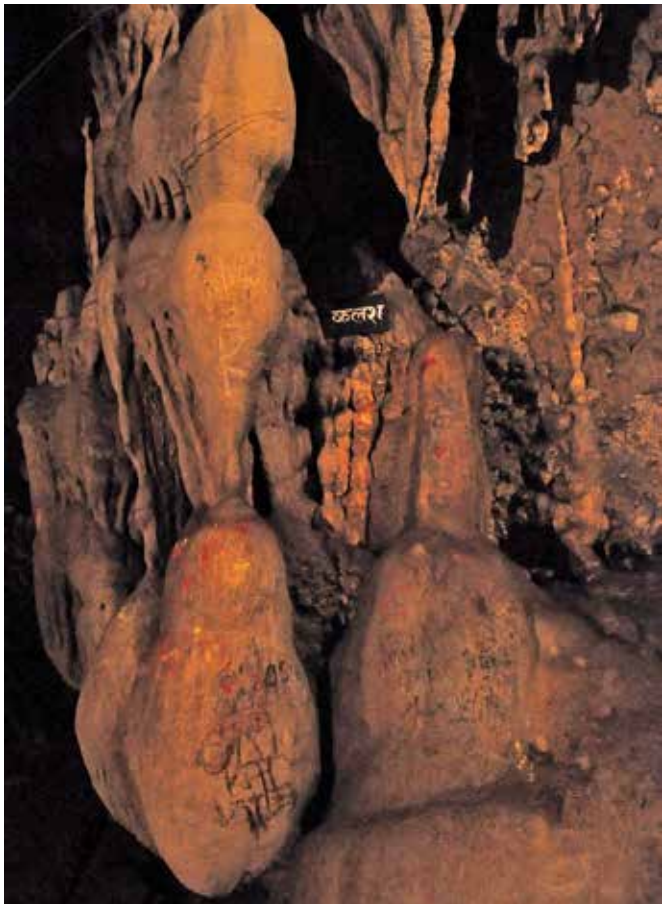
कुश्मा धार्मिक हिसाबले पनि पवित्र थलो हो। यहाँ कालीगण्डकी र मोदीखोलाको संगममा मोदीवेणी धाम छ जहाँ नरसिंहको मन्दिर छ।

कुश्मा बजार र बलेवा क्षेत्रलाई आधार बनाई कालिगण्डकीमाथि टाँगिएको यान्त्रिक पुल पनि आकर्षक छ। पुलमा दुईटा डब्बा छन् जसमा बसेर मान्छे र सामान वारिपारि गराइन्छ।

कुश्मा नजिकै सडक मार्गसँगै दुइगो पहाडबाट अविरल रूपमा बग्ने पानी नै सहस्रधारा हो। बजारसँगैको कालीगण्डकीमा स्क्रिप्ट सुविधा छ।

कुश्मा बजार वर्षैभरि घुम्न सकिन्छ।

कसरी पुग्ने : काठमाडौं-पोखरा-कुश्मा २५८ कि.मि., बसमा ८ घण्टा लाग्छ। अथवा काठमाडौं-पोखरा २५ मिनेट हवाई यात्रा। पोखरा-कुश्मा ५८ कि.मि., बसमा २ घण्टा लाग्छ।



Gupteshwor cave



Suspension bridge, Kushma



Alapeshwor cave



Kushma bazar



Photos : © Rk Aditya Giri

Bandipur

PLACES NEARBY : Damauli • Chhimkeswari • Ramkot

LANDSCAPES

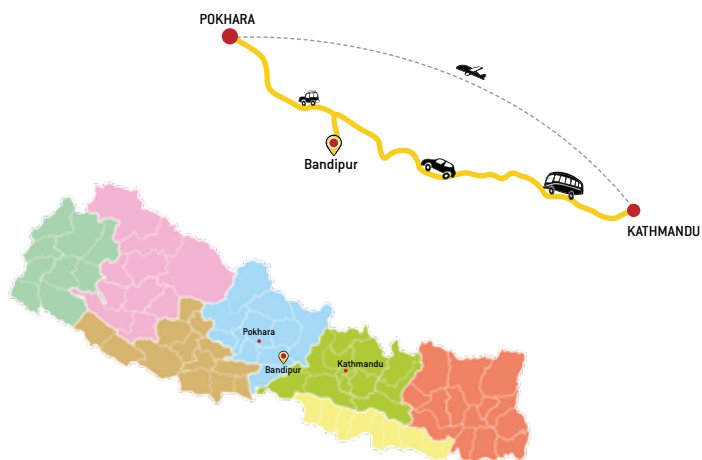
| | | |
|-----------|---------------|--------|
| Pond | Mountain | Temple |
| Monastery | Farming Field | Forest |
| Grassland | Cave | |

FACILITIES

| | | |
|-------------------|------------|---------------|
| Local transport : | | |
| Hospital/Medicine | Hotels | Homestay |
| Electricity | Internet | Rafting |
| Paragliding | Rappelling | Rock Climbing |

HOW TO REACH

| | |
|----------|---|
| Car/Jeep | 4 h 30 minutes (146 kms) |
| Airplane | 25 minutes (to Pokhara) |
| | 2 hours (76 kms from Pokhara by Car/Jeep) |



The Newari town of Bandipur is an ideal place to experience traditional village architecture, epic Himalayan views, lovely countryside walks, local adventure sports, and excellent accommodation.

A 7-minute walk up to the hilltop viewpoint at the Thani Mai temple leads to a mesmerising panorama of both Himalayan peaks and the Marsyangdi Valley below. Martyrs Memorial Park and Tundikhel are other attractions of Bandipur.

Formerly a Magar village, Bandipur today is settled by a variety of Nepali ethnicities with different beliefs: Bahuns, Chhetris, Newars, Damais, Kamis, Sarkis, Kasais, the Magars and Gurungs.

Perched on a saddle high above the Kathmandu-Pokhara highway, Bandipur consists of a single flag-stoned street lined on both sides with traditional wooden Newari architecture. The 18th century architecture, ancient temples and scenic beauty attracts many tourists.

An one and a half hour trek leads downhill to the Siddha Gufa, the largest cave in Nepal. The cave has a length of about 425 meters and width of 25 meters. In the lower part, there is a 57 meters deep tunnel. One can explore the cave with the help of torchlight and descend into successive chambers via a series of ladders and ropes.

बन्दीपुर

तनहुँ जिल्लाको पुरानो सदरमुकाम बन्दीपुर पहाडी थुम्को हो । वि.सं. २०२५ सालसम्म बन्दीपुरमा सदरमुकाम थियो । पछि सदरमुकाम दमौली सारियो । बन्दीपुर (१,०३० मिटर) बाट धौलागिरि, माछापुच्छ्रे, अन्नपूर्ण, लमजुङ, मनास्लु, हिमचुली, बौद्ध, दोर्जे लाक्पा, गणेश र लाङटाङ हिमशृङ्खला देखिन्छन् । यहाँको टुँडिखेलबाट बिहान हेर्दा बादलले ढाकिएको मर्स्याङ्दी भ्याली 'हवाइट लेक' जस्तै देखिन्छ ।

बन्दीपुरमा ईटा र कलात्मक भ्याल-ढोकाेले बनेका भक्तपुरे नेवार शैलीका पुराना घर छन् । मुख्य बजारको दायँबायाँ दोहोरीलत्त घर छन् । बीचमा हुँगा छापिएको सडक छ जहाँ सवारी साधन निषेध छ ।

बन्दीपुरमा गुरुङ, मगर, नेवार, क्षेत्री, बाहुन आदि जातिको बसोबास छ । बन्दीपुर मुन्तिर विशाल शिद्ध गुफा छ । बजारबाट डेढ घण्टा ओरालो भरेमा गुफामा पुगिन्छ । गुफाको लम्बाइ करिब ४२५ मिटर र चौडाइ २५ मिटरसम्म छ । होचो भागमा ५७ मिटर गहिरो सुरुङ छ । गुफाभित्र कतै साँघुरो छ त कतै फुटबल मैदानजस्तो ठाउँ ।

बन्दीपुरमा विन्ध्यवासिनी, थानीमाई, खड्गदेवी, महालक्ष्मी र महादेव लगायतका मन्दिर र गुम्बा छन् । डाँडामा शहीद स्मारक पनि

There are temples and monasteries in Bandipur including Bindhavasini, Thanimai, Khadgadevi, Mahalaxmi and Mahadev. Rural life can be experienced in Ramkot, Hilekharka, Korikha, Chhimkeswari, Bahun Bhanjyang, Jharagaon, Takamare hill and Baghthala villages of Bandipur area.

From Pandi to Bimlanagar, rafting takes place in the Marsyandi River. You can also enjoy paragliding from Bandipur.

While Bandipur can be visited all year round, the best time to visit is from mid September to mid December.

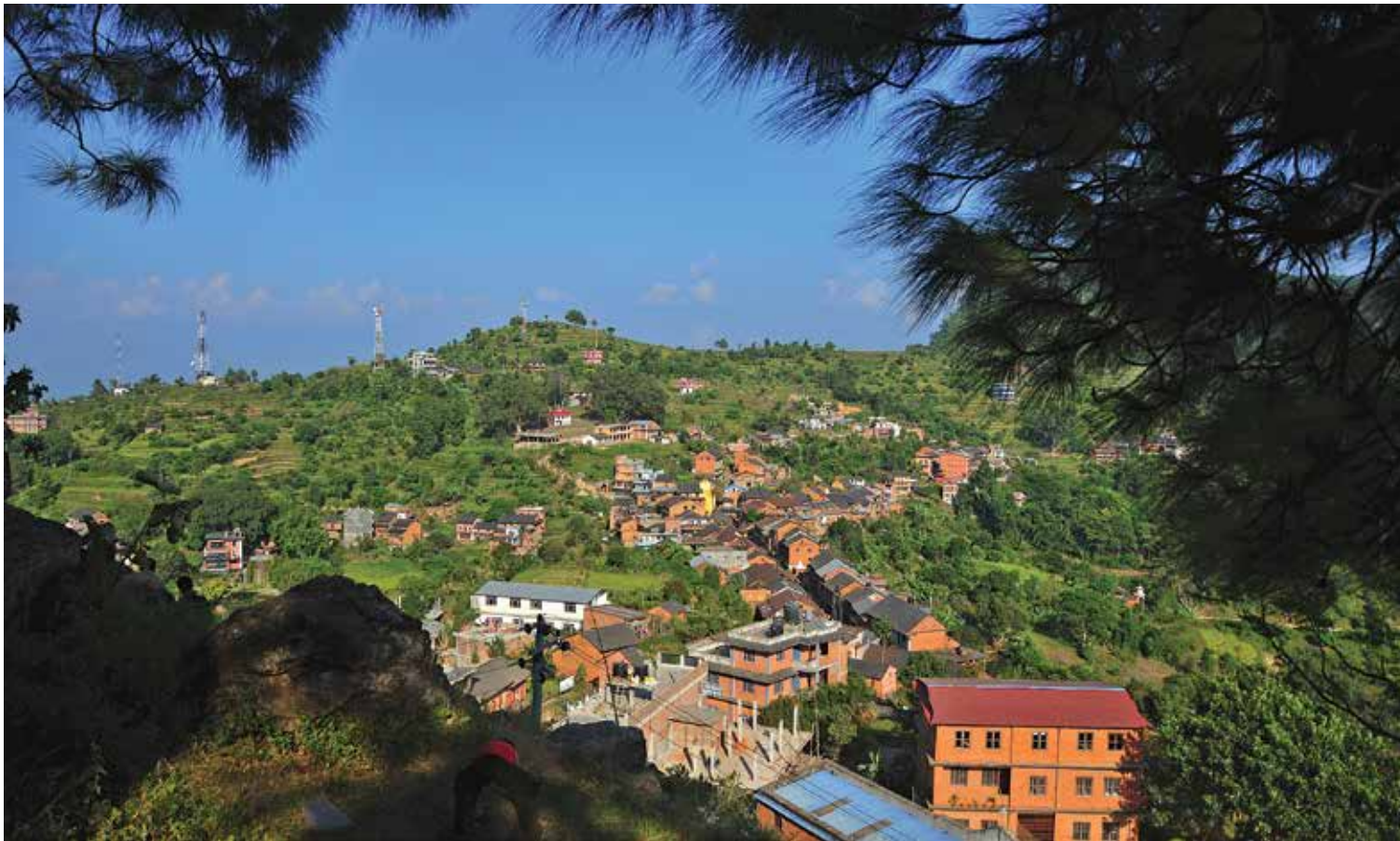
How to reach

- By road: Muglin – Dumre-Bandipur is 146 km from Kathmandu.
- By air: Kathmandu-Pokhara is 25 minutes flight. Pokhara-Bandipur is 76 km road trip. Bandipur Bazar is at a distance of eight km from Dumre of Prithviraj Highway connecting Kathmandu-Pokhara. There is no direct bus service from Kathmandu to Bandipur. Further, bus and jeep services are available from Dumre to Bandipur.

छ । बन्दीपुर सेरोफेराका रामकोट, हिलेखर्क, कोरिखा, छिम्केश्वरी, बाहुन भन्ज्याङ, भारागाउँ, ताकमारे डाँडा र बाघथला गाउँमा ग्रामीण परिवेश पाइन्छ ।

पाउँदेखि विमलनगरसम्म मर्स्याङ्दी नदीमा राफ्टिङ गरिन्छ । पृथ्वी राजमार्गसँग जोडिएको विमलनगरको प्राकृतिक चट्टानमा चट्टान आरोहण गराइन्छ । बन्दीपुरबाट प्यारग्लाइडिङ उडान पनि गरिन्छ । बन्दीपुर वर्षैभरि घुम्न सकिन्छ । असोजदेखि माघसम्म बन्दीपुर घुम्ने उत्तम समय हो ।

कसरी पुग्ने : काठमाडौँबाट मुग्लिन-डुम्रे-बन्दीपुर (१४६ कि.मि.) छ । काठमाडौँबाट पोखरा हवाई उडानबाट २५ मिनेटमा पुगिन्छ । पोखराबाट बन्दीपुर ७६ कि.मि. छ । काठमाडौँ-पोखरा जोड्ने पृथ्वी राजमार्गको डुम्रेबाट ८ कि.मि. उकालोमा बन्दीपुर बजार अवस्थित छ । काठमाडौँबाट बन्दीपुरसम्म सोभै बस सेवा छैन । डुम्रेमा बन्दीपुर जाने बस र जीप पाइन्छ ।



Bandipur village



Rock climbing, Bimalnagar



Siddha cave



Rock garden, Dulegaunda





Mountain range view from Chhimkeshwori



Bandipur bazar



Magar woman



Korikha village



Ramkot women group

Bhedetar

PLACES NEARBY : Rajarani • Pathibhara • Jephale

LANDSCAPES

| | | | |
|---------------|----------|-----------|-----------|
| Water Fall | Mountain | Temple | Monastery |
| Farming Field | Forest | Grassland | Fort |

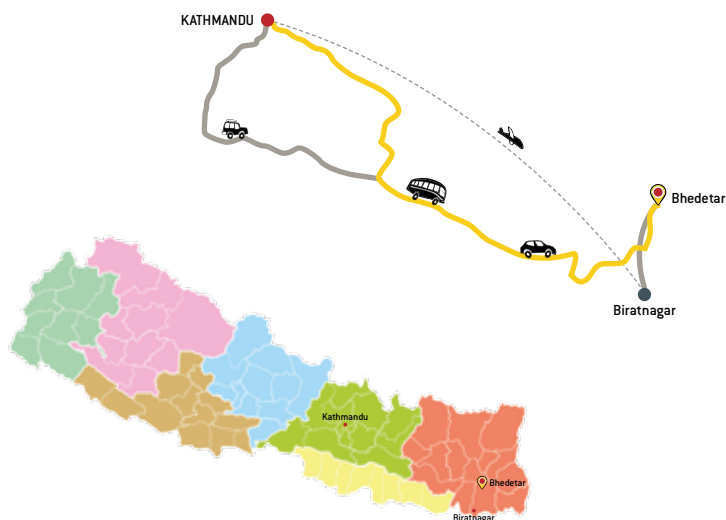
FACILITIES

Local transport :     

| | | |
|-------------|----------|-----------|
| Health Post | Hotels | Homestay |
| Electricity | Internet | Canyoning |

HOW TO REACH

| | |
|----------|---|
| Car/Jeep | 9 h 30 minutes (400 kms via Bardibas) |
| Bus | 13 hours (550 kms via Mugling) |
| Airplane | 35 minutes (to Biratnagar) 1 h 30 minutes (57 kms Biratnagar to Bhedetar by bus/car) |



Located on the border of Sunsari and Dhankuta districts, Bhedetar (1,420 m) is pleasant throughout the year. Bhedetar, which has earned fame as a hill station has various places to explore. This includes linguist Iman Singh Chemjong's Salik, Charles Tower, Simsuwa waterfall, Pathibhara temple, Namje village, etc.

In the 1930's, when Dharan-Dhankuta road was being constructed; people used to walk all the way from Sankhuwasabha, Taplejung, Bhojpur and other districts with herds of sheep to Dharan. At that time, they used to keep the sheep in Bhedetar. Hence, the name.

On a sunny day, Kumbhakarna, Everest and Makalu mountains are visible from Bhedetar. Pathibhara Temple and Sangurigadhi is located about three km from the bazar. Similarly, there is a homestay facility in Magar community based Namje, four km from Bhedetar. The attraction here is the House of the Soul (Spirit). The collective tomb, built by an American architect by collecting stones from 213 tombs of the ancestors of the Magar community, is called 'The House of the Soul'.

British Prince Charles visited Bhedetar in 1984. The hill he climbed is known as Charles Danda. Further, Simsuwa

भेडेटार

भुइँकुहिरोसँग लुकामारी खेलिरहने गन्तव्य हो भेडेटार । सुनसरी र धनकुटा जिल्लाको सीमामा अवस्थित भेडेटार (१,४२० मि.) वर्षभरि शीतल हुन्छ । हिलस्टेशनका रूपमा ख्याति कमाएको भेडेटारमा भाषाविद् इमानसिंह चेम्जोङको शालिक, शंखेश्वर महादेव, चार्ल्स टावर, सिम्सुवा (नमस्ते) भरना, पाथीभरा मन्दिर, नाम्जे गाउँ लगायत सम्पदा छन् ।

एक समय पूर्वका भेडा राख्ने जक्सन भएकाले यसलाई भेडेटार भनिएको । तीसको दशकमा धरान-धनकुटा सडक खन्ने बेला संखुवासभा, ताप्लेजुङ, भोजपुर लगायत जिल्लाबाट हिँडाएर हुलका हुल भेडा धरानसम्म ल्याइन्थ्यो । तिनलाई भेडेटारमा राखिन्थ्यो । भेडा राख्ने टार भएकाले भेडेटार भन्न थालियो ।

आकाश उग्रेका बेला भेडेटारबाट कुम्भकर्ण, सगरमाथा र मकालु हिमाल देखिन्छन् । बजारबाट तीन कि.मि.मा पाथीभरा मन्दिर र साँगुरीगढी छ । त्यस्तै भेडेटारबाट ४ कि.मि. दूरीको मगर गाउँ नाम्जेमा होमस्टे सुविधा छ । त्यहाँको आकर्षण 'आत्मा बस्ने घर' हो । मगर समुदायका पुर्खाको लास गाडिएका २१३ चिहानमा भएका दुइगा

Waterfall lies on the Dhankuta Road. Canyoning can be done there. Bhedetar is a mixed-race settlement. There are about five dozen hotels and resorts.

Bhedetar can be visited all year round. The best time to visit is during summer (mid-March to mid-August).

How to reach

- By road: Kathmandu - Dharan 550 km via Mugling. Deluxe buses depart from Kathmandu which take 13 hours.
- By air: Kathmandu - Biratnagar 35 minutes flight. Biratnagar - Dharan is 40 km. Dharan - Bhedetar is 17 km.
- From Bhedetar to Dharan, board a bus to Dhankuta or Rajarani.

बटुलेर अमेरिकी आर्किटेक्टले बनाएको सामूहिक चिहानलाई 'आत्मा बस्ने घर' भनिन्छ ।

बेलायती युवराज चार्ल्सले सन् १९८४ मा भेडेटार भ्रमण गरेका थिए । उनी चढेको शैलुड डाँडालाई चार्ल्सडाँडा भन्न थालियो । भेडेटार मुन्तिर धनकुटा रोडमा सिम्सुवा (नमस्ते) भरना छ । त्यहाँ क्यानोनिङ गराइन्छ ।

भेडेटारमा मिश्रित जातिको बसोबास छ । त्यहाँ पाँच दर्जन हाराहारीमा होटल तथा रिर्सोर्ट छन् । विशेषतः बङ्गुरको कान, जिब्रो र तोड्बाका लागि भेडेटार प्रख्यात छ ।

वर्षभरि भेडेटार घुम्न सकिन्छ । चैतदेखि साउनसम्म गर्मी छल्लन उत्तम समय हो ।

कसरी पुग्ने : बस यात्राबाट काठमाडौँ-धरान ५५० कि.मि. छ । काठमाडौँबाट डिलक्स गाडी छुट्टिन्छ । बसमा १३ घण्टा लाग्छ । अथवा काठमाडौँबाट ३५ मिनेट हवाई यात्रामा विराटनगर पुगिन्छ । विराटनगरबाट धरान ४० कि.मि. छ । धरान-भेडेटार १७ कि.मि. । धरानबाट भेडेटार जान धनकुटा वा राजारानी जाने बस चढनुपर्छ ।



© Naren Kuliung

Bhedetar



Simsuwa (Namaste) waterfall



© Bijay Gajmer



Kirati woman



Sankheshwor Mahadev






Chandragiri

PLACES NEARBY : Chitlang • Indrasarovar (Kulekhani) • Daman

LANDSCAPES

Mountain Temple Forest

FACILITIES

Local transport :     
Hotels Electricity Internet
Horse Riding Cable car

HOW TO REACH

Car/Jeep 55 minutes (15 kms to Thankot Godam)
10 minutes (2.5 kms via Cable Car)
Bus 1 hour (15 kms to Thankot Godam)
Walk 3 kms (Chandragiri to Bhaleshwar)

Chandragiri Bhanjyang (2,250 m) stands on the southern bank of the Kathmandu Valley, while Bhaleshwar (2,500) stands on the Chandragiri hill.

The hill has Bhaleshwar temple, a view tower and a park. Mountains like Ganesh Himal, Langtang, Dorje Lakpa, Gaurishankar and Everest can be viewed in a 160 degree spread. The views are breathtaking from the hilltop.

On a sunny day even Kathmandu valley and Chitlang are visible.

Bhaleshwar lies in the junction of Kathmandu and Makwanpur district. People believe that a visit to Bhaleshwar fulfils the pilgrims desire. People also visit Bhaleshwar for the sunrise and sunset views. The hill has restaurant and resort facilities.

Bhaleshwar is surrounded by Chitlang, Indra Sarovar and Daman. Chitlang is nine km away from Bhaleshwar. The Chitlang Valley is a long stretch spread from north to south. It has chaityas, traditional houses, farmlands, trout fish farms, Taleju Bhawani, Sat Dhara and Shivalaya as major attractions. The village of Chitlang is home to Newar, Tamang, Chhetri, Bahun and Balami communities.

Located eight km from Chitlang lies Markhu's Indra Sarovar. Hydro power energy is produced from the waters of the Indra Sarovar.

Likewise, the tourist hub of Daman (2,322 m) is at a distance of 30 km from Bhaleshwar. Himalayas can be seen from the view tower located there. Daman area observes snow during December-February. Religiously, Daman is considered as the place of Mahadev in Hinduism and Padmasambhava, the master of Buddhism. Hindus worship the same stone as Mahadev and Buddhists as Guru Padmasambhava.

There is an 11 km long Orchid hiking trail from Indra Sarovar to Daman. A variety of orchid flower bloom in the jungle trail.

Bhaleshwar can be visited all year long. The best time to visit is from mid-September to mid-February.

How to reach

- By road: From Kathmandu - Thankot Godam is 15 km. Further, to Bhaleshwar is 2.5 km or 10 minutes in cable car. Else, Godam - Chandragiri Bhanjyang six km and Chandragiri - Bhaleshwar three km.

चन्द्रागिरि

काठमाडौं उपत्यकाको दक्षिणी भेकमा उभिएको छ चन्द्रागिरि भन्ज्याङ (२,२५० मि.) । भन्ज्याङ मास्तिर बसेका छन् भालेश्वर (२,५०० मि.) । डाँडामा भालेश्वर मन्दिर, भ्यु टावर र पार्क छन् । त्यहाँबाट १८० डिग्रीमा फैलिएका गणेश, लाडटाङ, दोर्जे लाक्पा, गौरीशङ्करदेखि सगरमाथासम्म देखिन्छ । मौसम उम्रिएका बेला डाँडाबाट काठमाडौं र चित्लाङ उपत्यका छर्लङ्ग देखिन्छ ।

काठमाडौं र मकवानपुर जिल्लाको साँधमा पर्दछ भालेश्वर । भालेश्वर दर्शनले मनोकामना पूरा हुने जनविश्वास छ । भालेश्वरको अर्को आकर्षण सूर्योदय र सूर्यास्तको रङ्गीन दृश्य पनि हो । डाँडामा रेस्टुराँ र रिसोर्ट सुविधा छ ।

भालेश्वरको सेरोफेरोमा चित्लाङ, इन्द्रसरोवर र दामन छन् । भालेश्वरबाट ९ कि.मि. दूरीमा चित्लाङ उपत्यका छ । त्यहाँ सम्राट अशोकले ईसापूर्व २७३ मा बनाएको चैत्य, परम्परागत घर, खेतबारी, ट्राउट माछा फार्म, तलेजु भवानी कोत, सात धारा, त्रिगजुरेश्वर शिवालय, बाखा फार्म, आदि सम्पदा छन् । चित्लाङ गाउँमा नेवार, तामाङ, क्षेत्री, बाहुन र बलामी समुदायको बसोबास रहेको छ ।

चित्लाङबाट मार्खुको इन्द्रसरोवर ८ कि.मि. दूरीमा छ । इन्द्रसरोवरको पानीबाट बिजुली उत्पादन गरिन्छ ।

त्यस्तै भालेश्वरबाट ३० कि.मि. दूरीमा पर्छ पर्यटकीय केन्द्र दामन (२,३२२ मिटर) । त्यहाँको भ्यु टावरबाट हिमालय दर्शन गर्न सकिन्छ । दामन क्षेत्रमा पुस-माघमा हिउँ पर्छ । धार्मिक हिसाबले दामन हिन्दू धर्मावलम्बीका महादेव र बौद्धमार्गीका गुरु पद्मसम्भवको तपस्थल मानिन्छ । त्यहाँको एउटै ढुङ्गे शिलालाई हिन्दूले महादेवका रूपमा पुज्छन् भने बौद्धमार्गीले गुरु पद्मसम्भवका रूपमा ।

इन्द्रसरोवरदेखि दामनसम्म ११ कि.मि. लामो सुनगाभा हाइकिङ ट्रेल पनि छ । पदमार्गका जङ्गलमा थरीथरीका सुनाखरी फुल्छन् । वर्षैभरि भालेश्वर दर्शन गर्न सकिन्छ । हिमालय दर्शनका लागि असोजदेखि माघसम्म उत्तम समय मानिन्छ ।

कसरी पुग्ने : काठमाडौंको पुरानो बसपार्कबाट कलङ्की हुँदै थानकोट गोदामसम्म १५ कि.मि. छ । गोदामबाट भालेश्वर (२.५ कि.मि.) केवलकारमा १० मिनेटमा पुग्न सकिन्छ । अथवा गोदाम-चन्द्रागिरि भन्ज्याङ (६ कि.मि.) र चन्द्रागिरि-भालेश्वर (३ कि.मि.) सडक यात्राबाट पनि जान सकिन्छ ।

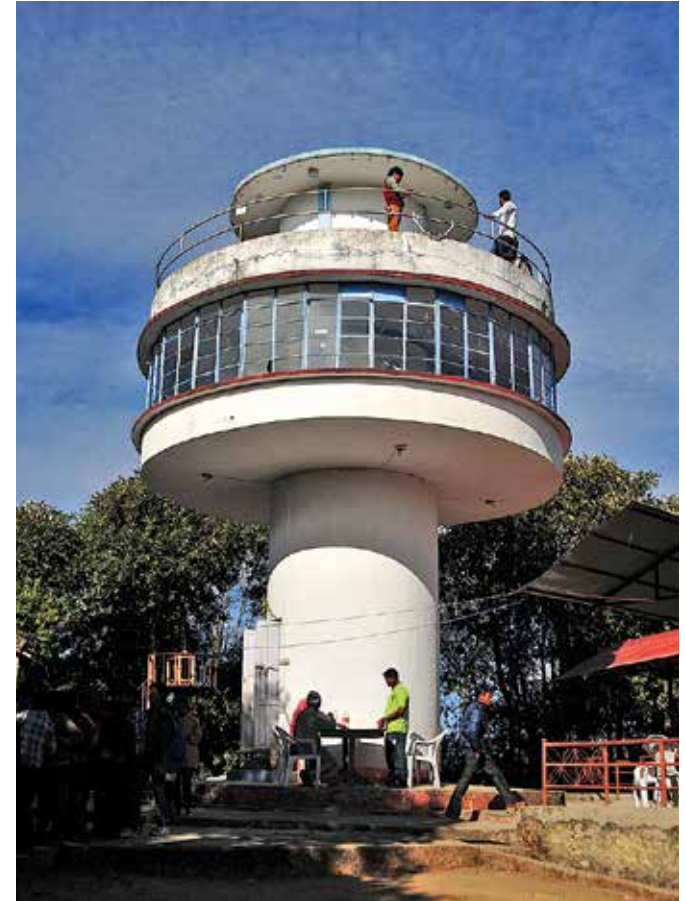








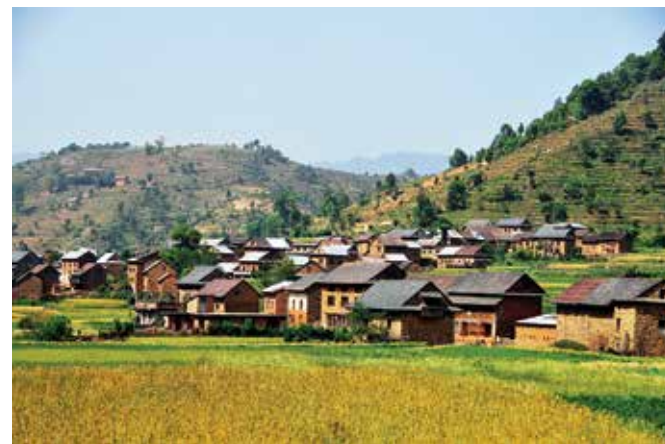
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Daman view tower



Goat farm, Chitlang



Chitlang



Dhulikhel

PLACES NEARBY : Chandeshwari • Panauti • Nala Bhagwati

LANDSCAPES

| | | | |
|---------------|--------|------------|--------|
| Pond | River | Mountain | Temple |
| Farming Field | Forest | Monastery | Stupa |
| Grassland | Cave | Water Fall | |

FACILITIES

| | | |
|-------------------|---|----------|
| Local transport : |        | |
| Hospital/Medicine | Hotels | Homestay |
| Electricity | Internet | Zipline |

HOW TO REACH

| | |
|----------|-------------------------|
| Car/Jeep | 1 h 30 minutes (30 kms) |
| Bus | 1 h 30 minutes (30 kms) |

Dhulikhel Hill Station is located in Kavre district, near Kathmandu. Dhulikhel, which is connected to the Banepa - Bardibas road, is famous for its greenery, Milky white mountains, Newar lifestyle and religious heritage. Mountains like Annapurna, Manaslu, Ganesh, Langtang, Dorje Lakpa, Gauri Shankar, Numbur to Sagarmatha can be viewed from Dhulikhel.

Dhulikhel is home to the temples of Shesh Narayan, Bhagawati and Gaukhudeshwar Mahadev. There is also a huge statue of Shakyamuni Buddha which can be reached walking up a thousand stairs.

Dhulikhel is a beautiful, quiet and picturesque inhabited by various castes including Newar, Tamang, Brahmin, Dalit. Most people visit for a quiet romantic getaway, on a seminar or conference, or just a weekend stay.

The boundary of China from Dhulikhel is 85 km away. Dhulikhel area has tourist points of interest such as Gosaithan, Chandeshwari Devi, Nala Bhagwati, Panauti, Nagarkot, Dapcha, Namu Buddha, Timal, Bethanchowk and Palanchowk Bhagwati Temple.

Timal hill, 30 km from Dhulikhel, is a holy place. People organise fair during Janai Purnima on the hilltop (2,000 m). The shamans gathered here for the festival from the different surrounding villages.

There is a cave where Guru Rinpoche (Guru Padmasambhava) meditated.

Near Dhulikhel Bazar, Gosaithan is associated with Lord Shiva. He is believed to have set foot here when he went to Gosaikund in Rasuwa. Moreover, a lake and a temple lie in the Dhulikhel Gosaithan jungle area.

Panauti is an ancient Newar civilisation which can be hiked to from Namu Buddha. There are temples and monuments of archeological importance in the area of Panauti. Similarly, through Dapcha Bazar Bhakundebeasi can be reached.

The best time to visit Dhulikhel is from mid-September to mid-December.

How to reach

- By road: Kathmandu-Dhulikhel is 30 km, 1.5 hours by bus.

धुलिखेल

काठमाडौं नजिकै, काभ्रे जिल्लामा पर्ने धुलिखेल हिल स्टेशन हो। बनेपा-बर्दवास सडक खण्डसँग जोडिएको धुलिखेल हरिया डाँडापाखा, सेता हिमाल, नेवार जीवनशैली र धार्मिक सम्पदाका लागि प्रख्यात छ।

यहाँबाट अन्नपूर्ण, मनास्लु, गणेश, लाङटाङ, दोर्जे लाक्पा, गौरीशंकर, नुम्बुरदेखि सगरमाथा हिमालसम्मको लामो लर्कन देखिन्छ। नेवार बस्ती आकर्षक छ। गल्लीका दायँबायाँ कलात्मक आँखीभ्याल भएका घर छन्। बस्तीमा शेषनारायण, भगवती र गौखुडेश्वर महादेवका मन्दिर छन्। त्यस्तै हजार सिंढीमा शाक्यमुनि बुद्धको विशाल मूर्ति छ।

नेवार, तामाङ, बाहुन, दलित लगायत विभिन्न जातजाति मिलेर बसेको सुन्दर फूलबारी हो धुलिखेल। शितल, शान्त एवं रमणीय ठाउँ भएकाले वनभोज खानेहरू, हनिमुन मनाउनेहरू र गोष्ठी चलाउनेहरू धुलिखेल पुग्छन्।

धुलिखेलबाट चीनको सीमा कोदारी ८५ कि.मि. दूरीमा छ। धुलिखेल सेरोफेरोमा गोसाईथान, चण्डेश्वरी देवी, नाला भगवती, पनौती, नगरकोट, दाप्चा, नमो:बुद्ध, तिमाल, बेथानचोक, पलाञ्चोक

भगवती मन्दिर लगायत गन्तव्य छन्।

धुलिखेलबाट ३० कि.मि. दूरीको तिमाल डाँडा पावन भूमि हो। जनै पूर्णिमाका दिन डाँडा (२,००० मिटर) मा मेला लाग्छ। मेलामा भाँक्रीको भीड लाग्छ। तिमाल डाँडामा गुरु रिन्पोछे (पद्मसम्भव) ले तपस्या गरेको गुफा छ।

धुलिखेल बजार नजिकैको गोसाईथान हिन्दूका भगवान् शिवसँग सम्बन्धित छ। उनले रसुवाको गोसाईकुण्ड जाने बेलामा यहाँ पाइला राखेको विश्वास गरिन्छ। जङ्गल क्षेत्रमा रहेको धुलिखेल गोसाईथानमा कुण्ड र मन्दिर छ।

पनौती प्राचीन नेवार बस्ती हो जहाँ त्रिवेणीमा छन् इन्द्रेश्वर महादेव। पनौती क्षेत्रमा पुरातात्विक महत्त्वका मन्दिर तथा गुम्बा छन्। धुलिखेलबाट नमो:बुद्ध हुँदै पनौतीसम्म पदयात्रा गर्न सकिन्छ। त्यसैगरी दाप्चाबजार हुँदै भकुण्डेबेसी भर्न पनि मिल्छ।

धुलिखेल घुम्ने उत्तम समय असोजदेखि माघसम्म हो।

कसरी पुग्ने : काठमाडौंबाट धुलिखेलको दूरी ३० कि.मि. छ। बसमा डेढ घण्टामा पुग्न सकिन्छ।





Buddha, Shantiban



© Prashant Shrestha



Gosainthan



Indreshwor complex, Panauti



Samanism, Timaldanda

Ghale Gaun

PLACES NEARBY : Bhujung • Ghanapokhara • Besisahar

LANDSCAPES

| | | | |
|---------------|--------|------------|-----------|
| Pond | River | Mountain | Temple |
| Farming Field | Forest | Museum | Monastery |
| Grassland | Cave | Tea Garden | |

FACILITIES

| | | |
|-------------------|----------|----------|
| Local transport : | | |
| Health Post | Hotels | Homestay |
| Electricity | Internet | |

HOW TO REACH

| | |
|----------|--|
| Car/Jeep | 5 hours (196 kms) |
| Bus | 5 hours (172 kms to Besisahar) 1 h 30 minutes (24 kms to Ghale Gaun by jeep/bike) |
| Walk | 6 hours (Besisahar to Ghale Gaun) |



Ghale Gaun at 2100m is situated in the northwest of Khudi (main entry point to the Annapurna trek) and located at the foot of the Lamjung Himal in north central Nepal. It is an exotic pristine village endowed with unparalleled scenic grandeur and home to world famous Gurkha soldiers, the Gurungs. A repository of unique ethnic culture Ghale Gaun is a microcosm of stunning natural beauty mixed with an unspoiled ethnic lifestyle. A mainly Gurung settlement, it has about 125 households offering tremendous views of the Annapurna and Manaslu mountain peaks.

Places like the tea garden, Tamu Museum, View Tower, Uttarkanya Temple, Kohibo are worth visiting in the village. Hiking can be done from Ghalegaon to Ghanpokhara and Bhujung.

The village has snowfall between mid-December to mid-February. Home-stay tourism was started in 2057 BS and there are 32 home-stays in the village. Gurung attire is available on rent for photography. Age old cultural dances like Jyau, Serka, Dohori, Ghatu, Sorathi, Jankri are performed on various occasions accompanied by different musical instruments and dancers in traditional dress.

घलेगाउँ

लमजुङ जिल्लाको क्वोलासोथर गाउँपालिका-३ को भुरुप बस्तीलाई घलेगाउँ भनिन्छ। डाँडाको थाप्लोमा थपक्क बसेको गाउँ। दुङ्गा, माटो र काठबाट बनेका घरहरूमा टिनको छाना छ। गाउँमा गुरुङका ८० र दलित समुदायका ४५ घर छन्।

गुरुङ संस्कृति, हिमाली दृश्य, मीठो खाना र मायालु व्यवहारका लागि घलेगाउँ प्रख्यात छ। गाउँबाट कुमारी माछापुच्छ्रे, अन्नपूर्णदिशि लमजुङ हिमालसम्म देखिन्छ। सूर्योदय र सूर्यास्तको दृश्य पनि चित्तकर्षक हुन्छ।

गाउँमा घुम्न लायक चियाबारी, तमु सङ्ग्रहालय, भ्यु टावर, उत्तरकन्या मन्दिर, क्वोइबो लगायत सम्पदा छन्। घलेगाउँबाट घनपोखरा र भुजुङ हाइकिङ गर्न सकिन्छ। घलेगाउँमा ग्रामीण जीवनशैली पाइन्छ। भेडीगोठ, राडीपाखी बुनेको, खेतीपाती, गाईभैसी दुहेको लगायत दृश्य देखिन्छ।

गाउँमा पुस-माघमा हिउँ पर्छ। गाउँमा पुराना घले राजाको सम्मानमा प्रतिमासहितको पार्क बनाइएको छ। गाउँका अगुवा प्रेम घलेको अगुवाइमा वि.सं. २०५७ देखि घलेगाउँका १२ घरबाट

People welcome guests here with great hospitality. The best time to visit Ghale Gaun is from mid-September to mid-December.

How to reach

- Kathmandu-Besisahar 172 km. Buses and minibuses depart from Kathmandu for Besisahar. It's a five hour journey.
- Besisahar-Ghale Gaun is 24 km which can be covered in a public jeep. It takes about six hours to reach Ghale Gaun if one opts to walk.

होमस्टे पर्यटन शुभारम्भ गरिएको थियो। हाल त्यहाँका ३२ घरमा होमस्टे गराइन्छ। तिनमा दुई घर दलितका हुन् भने बाँकी गुरुङका।

त्यहाँ भाडामा गुरुङ पहिरन लगाएर फोटो खिच्न पाइन्छ। सांस्कृतिक हिसाबले समेत घलेगाउँ समृद्ध छ। गाउँमा पाहुनाको चाहना अनुसार साँभ बाह्र वर्षे घाटुसहितका नाचगान हेर्न पाइन्छ। पर्यटक पनि नाचन पाउँछन्। पहिल्यै खबर गरेर जाँदा गाउँलेले प्रवेशद्वारमै फूलमालाले स्वागत गर्छन्।

असोजदेखि मंसिरसम्म घलेगाउँ घुम्ने उत्तम समय हो।

कसरी पुग्ने : वर्षेभरि घलेगाउँ जान सकिन्छ। काठमाडौँ-बेसीसहर १७२ कि.मि.। काठमाडौँबाट बेसीसहरका लागि बस तथा माइक्रोबस छुट्टछन्। तिनले पाँच घण्टामा गन्तव्य पुऱ्याउँछन्। बेसीसहर-घलेगाउँ २४ कि.मि.। बेसीसहरबाट जीपमा गाउँ जान सकिन्छ। मोटरसाइकल गाउँसम्मै पुग्छ। लमजुङ सदरमुकाम बेसीसहरबाट हिँडेर घलेगाउँ पुग्न ६ घण्टा लाग्छ।



Uttarkanya temple



Tea garden



Handicraft, Bhujung



Helambu

PLACES NEARBY : Melamchi • Shermathang • Thadepati

LANDSCAPES

| | | | |
|---------------|--------|------------|--------|
| Pond | River | Mountain | Temple |
| Farming Field | Forest | Water Fall | Stupa |
| Grassland | Cave | Monastery | |

FACILITIES

| | | | |
|-------------------|----------|----------|--|
| Local transport : | | | |
| Health Post | Hotels | Homestay | |
| Electricity | Internet | Fishing | |

HOW TO REACH

| | |
|----------|---|
| Car/Jeep | 3 h 30 minutes (60 kms to Shermathang via Jorpati Melamchi) |
| Bus | 5 hours (100 kms to Shermathang via Dhulikhel) |



Located in the northwestern part of Sindhupalchok district, Helambu is a rural municipality. Five villages namely Mahankal, Ichok, Palchok, Kiul and Helambu were combined to make Helambu rural municipality. The area of the VDC is 287.26 sq km and the altitude ranges from 900 m to 5000 m.

To the east of the village is Panch Pokhari Thangpal Rural Municipality, Dupcheshwor Municipality of Nuwakot lies to the west, Panch Pokhari Thangpal and Gosaikund Municipality to the north and Melamchi Municipality to the south.

Some parts of Helambu lies in the Langtang National Park. Here Tarke Ghyang, Melamchi-ghyang, Sermanthang, Ama Yangri, Milarepa Cave, Ghoptegyang, Chitre Danda and Guru Rinpoche hill are most popular among visitors.

Helambu is considered the holy land 'Beyul', which is set aside for yoga and meditation by Guru Rinpoche or Padmasambhava. There are also caves where Padmasambhava and Buddhist Yogi Milarepa meditated. Palanchok Bhagawati, the center of faith of Hindus, is also located here.

Situated on the lap of Jugal Himal, Helambu is the balcony which provides breathtaking views of mountain

peaks from Langtang to Everest. Helambu is home to Hyolmo people in the upper region, Tamang in the middle region and Khas Arya community in the lower region.

There is a dense jungle in Helambu. Rare red pandas are also found here. There is paddy cultivation in the lower belt of the Helambu area. There are also rainbow trout fish farms. To the top of the lakeside, there are cattle and sheep herds. Helambu is also the source of Melamchi drinking water. The Helambu area is connected to the Gosaikund trek, the Helambu trek, the Langtang trek and the Panch Pokhari trek.

The best time to visit Helambu is from mid-September to mid-December.

How to reach

- By road: Kathmandu's Jorpati to Sankhu, and further Melamchi to Sermanthang is 60 km. It takes 3.5 hours by Jeep. Another option is from Kathmandu – Dhulikhel – Jirokilo - Melamchi to Sermanthang is 100 km. Just five hours by bus. Similarly, Sundarjal – Chisapani - Kutumsang is 38 km.

हेलम्बु

सिन्धुपाल्चोक जिल्लाको उत्तरपश्चिम भेगमा अवस्थित गाउँपालिका हो हेलम्बु गाउँपालिका। साविकका महाकाल, इचोक, पाल्चोक, किउल र हेलम्बु गरी पाँच गाविस मिलाएर गाउँपालिका बनाइएको हो। गाउँपालिकाको क्षेत्रफल २८७.२६ वर्गकि.मि. छ भने उचाइ ९०० मिटरदेखि ५,००० मिटरसम्म।

गाउँपालिकाको पूर्वमा पाँचपोखरी थाङपाल गाउँपालिका, पश्चिममा नुवाकोटको दुप्चेस्वर गाउँपालिका, उत्तरमा पाँचपोखरी थाङपाल र गोसाइँकुण्ड गाउँपालिका र दक्षिणमा मेलम्ची नगरपालिका छन्।

हेलम्बुको केही भाग लाङटाङ राष्ट्रिय निकुञ्जमा पर्छ। यहाँका तार्केघ्याङ, मेलम्चीघ्याङ, शेर्माथाङ, काजेघ्याङ, आमा याङ्ग्री, कुटुमसाङ, मिलारेपा केभ, घोप्टेघ्याङ, चित्रे डाँडा, गुरु रिम्पोचे डाँडा आदि चर्चित ठाउँ हुन्।

गुरु रिम्पोछे अर्थात् पद्मसम्भवले योग र ध्यानका लागि छुट्टयाएको पवित्र भूमि 'बेयुल' मानिन्छ हेलम्बु। त्यहाँ पद्मसम्भव ध्यानमा बसेको र बौद्ध योगी मिलारेपाले ध्यान गरेका गुफा पनि छन्। साथै हिन्दू धर्मावलम्बीको आस्थाको केन्द्र पाल्चोक भगवती पनि छन्।

जुगल हिमालको काखमा बसेको हेलम्बुबाट लाङटाङ

हिमशृङ्खलादेखि सगरमाथासम्म देखिन्छ। हेलम्बुको माथिल्लो भेकमा ह्योल्मो, बीचमा तामाङ र तल्लो क्षेत्रमा खस आर्य समुदायको बसोबास छ।

हेलम्बुमा घना जङ्गल छ। त्यहाँ विभिन्न जीवजन्तुका साथमा दुर्लभ रेडपाण्डासमेत पाइन्छ। हेलम्बु क्षेत्रको तल्लो भागमा धान खेती हुन्छ। त्यहाँ रेन्बो ट्राउट माछाका फार्महरू पनि छन्। माथि लेकतिर चौरी र भेडा गोठ छन्।

काठमाडौँवासीको खानेपानी 'मेलम्ची खानेपानीको' मुहान पनि हेलम्बु हो। हेलम्बु क्षेत्र गोसाइँकुण्ड पदमार्ग, हेलम्बु पदमार्ग, लाङटाङ पदमार्ग र पाँचपोखरी पदमार्गसँग जोडिएको छ।

असोजदेखि मांससम्म हेलम्बु घुम्ने उत्तम समय हो।

कसरी पुग्ने : काठमाडौँको जोरपाटी (नारायणटार) बाट साँखु, जहरसिंहपौवा मेलम्ची हुँदै ६० कि.मि. बाटो पार गरेपछि शेर्माथाङ पुगिन्छ। जीपमा ३.५ घण्टा लाग्छ। अर्को विकल्प काठमाडौँबाट धुलिखेल, जिरोकिलो, मेलम्ची हुँदै शेर्माथाङ १०० कि.मि., बसमा ५ घण्टा लाग्छ। त्यस्तै सुन्दरीजल-चिसोपानी-कुटुमसाङ ३८ कि.मि. छ।



Photos : © Dorje Wangchuck Lama

Ilam

PLACES NEARBY : Sandakpur • Shriantu • Kanyam

LANDSCAPES

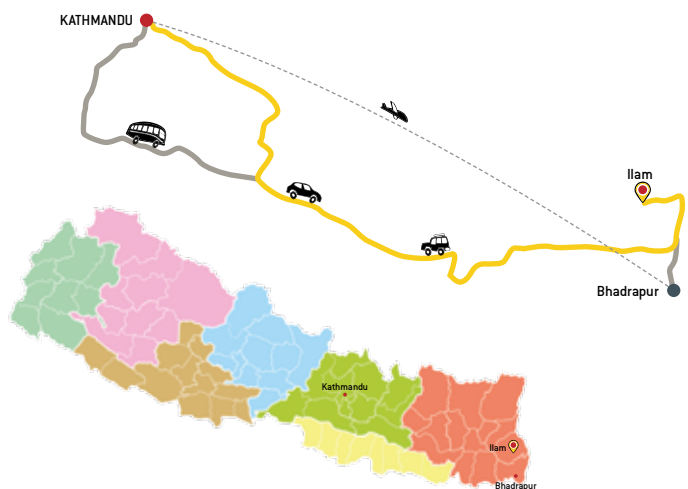
| | | | |
|---------------|--------|------------|------------|
| Pond | River | Mountain | Temple |
| Farming Field | Forest | Tea Garden | Monastery |
| Grassland | Cave | Stupa | Water Fall |

FACILITIES

| | | |
|-------------------|---------------|----------------|
| Local transport : | | |
| Hospital | Hotels | Homestay |
| Electricity | Internet | Red Panda Zone |
| Horse Riding | Rock Climbing | Boating |

HOW TO REACH

| | |
|----------|---|
| Car/Jeep | 10 h 30 minutes (461 kms via Bardibas) |
| Bus | 14 hours (690 kms to Ilam Bazar via Mugling) |
| Airplane | 45 minutes (to Bhadrapur) 2 hours (95 kms Bhadrapur to Ilam) |



Ilam is a beautiful hill station in eastern Nepal known for agro tourism. It is known for its orthodox tea, potatoes, milk, ginger, sour cream, amber peppermint and cardamom. Located on the foothills of Mount Kanchenjunga the rolling hills are covered with tea bushes covering more than 55,000 hectares of land.

There are many places to visit in Ilam Bazar area: the tea gardens and factory, view tower, Bhalu Dhunga cave, Chureghanti Gumba, Narayansthan, Maiastan, Bhimsensthan, Seti Devi temple, etc.

Nearby destinations include Kanyam, Antu Danda, Sandakpur, Mai Pokhari, Chintapu, Mikaljong, Todke waterfall, Mangmalung, Siddhi Thumka, Gajurmukhi, Maikhola, Pathibhara and Mangalbare.

Lepchas were once the predominant ethnic group in this region. They live in Fikal, about 40 km from Ilam Bazaar. A Lepcha Museum has been made in initial stages in Antu and is being extended. Antu Danda is also one of the best places in Ilam to view spectacular sunrise, sunset and the Himalayas. This 1,823 m high hill overlooks the Terai flatlands, terraced hills of cash crops, tea gardens and thick pine forests. One can also enjoy the views of Mirik, Kurseong and Darjeeling on a bright and clear day.

इलाम

नागबेली डाँडेडाँडा भएको हरित जिल्ला हो इलाम। इलाम एग्री टुरिज्म गन्तव्य हो। यसले सात 'अ' को चिनारी बनाएको छ – आलु, ओलन (दूध), अदुवा, अम्लिसो, अकबरे खुर्सानी, अलैंची र अर्थोडक्स चिया।

जिल्लाको सदरमुकाम इलाम बजार (१,२०८ मि.) आकर्षक छ। बजारमाथि नेपालकै पहिलो चिया बगान छ। इलामको ५५ हजार हेक्टरभन्दा बढी जमिनमा चिया खेती छ।

इलाम बजार क्षेत्रमा घुम्न धेरै ठाउँ छन्। ती हुन् चिया बगान, भ्यु टावर, भालु दुङ्गा गुफा, चुरेघाँटी गुम्बा, नारायणस्थान, माईस्थान, भीमसेनस्थान, चिया कारखाना, क्याम्पस, सिंहवाहिनी र सेतीदेवी मन्दिर आदि।

चियाबगानमा भुइँकुहिरो लुकामारी खेलिरहन्छ। चैतदेखि मंसिरसम्म चियाको मुना टिपिन्छ र त्यहाँका कारखानामा प्रशोधन गरिन्छ।

कन्याम, अन्तु डाँडा, सन्दकपुर, माईपोखरी, छिन्टापु, मिकलाजोड, टोडके भरना, माडमालुङ, सिद्धी थुम्का, गजुरमुखी, माईखोला, पाथीभरा, मंगलबारे लगायत इलामका गन्तव्य घुम्न लायक छन्।

लाप्चा जातिको भूमि पनि हो इलाम। इलाम बजारबाट ४० कि.मि.

Sandakpur is located at a height of 3,636m on the international Nepal-India borderline and provides panoramic views of the Himalayas like Mt. Kanchenjunga, Mt. Kumbhakarna, Mt. Makalu and Mt. Everest. The forest in this area provides shelter to rare wildlife like red panda, musk deer and Danphe. To reach Sadakpur one has to go to Maimajhua Khorsanitar through Mai Pokhari first and then trek for about five hours.

In Ilam Bazar, Rai, Limbu, Bahun, Chhetri, Magar, Newar, Sherpa, Lepcha and Madhesi people are settled.

The best time to visit Ilam is from mid March to mid December.

How to reach

- By road: Ilam Bazar, 690 km away from Kathmandu. Night buses are available from Koteswor which takes around 14 hours.
- By air: Kathmandu - Bhadrapur 45 minute flight. Bhadrapur-Ilam 95 km. Ilam bazar-Sandakpur is 42 km.

तल फिक्कलमा उनीहरूको बसोबास छ। त्यहाँ लाप्चा सङ्ग्रहालय र लाप्चा गुम्बा छन्। फिक्कलबाट पाँच कि.मि. दूरीमा कन्याम चिया बगान छ। फिक्कलबाट पूर्व १४ कि.मि.मा अन्तु क्षेत्र छ। अन्तु डाँडा (१,८२३ मि.) बाट सूर्योदय र सूर्यास्त चित्ताकर्षक देखिन्छ।

इलाम बजारबाट ४२ कि.मि. दूरीमा सन्दकपुर (३,६३६ मि.) छ। नेपाल र दार्जीलिङ सीमाको सन्दकपुरबाट हिमालको लामो फेरो देखिन्छ। मकालु, कुम्भकर्ण, कञ्चनजङ्घादेखि सगरमाथासम्म देखिने सन्दकपुर हिल स्टेशनका रूपमा विकसित छ।

इलाम बजारमा राई, लिम्बु, बाहुन, क्षत्री, मगर, नेवार, शेर्पा, लाप्चा र मधेसी अनुहारको बसोबास छ।

चैतदेखि मंसिरसम्म इलाम घुम्ने उत्तम समय हो।

कसरी पुग्ने : कोटेश्वर, काठमाडौँबाट ६९० किलोमिटरमा इलाम बजार पुगिन्छ। कोटेश्वरबाट दिउँसो छुट्टै इलाम जाने रात्रिबस। बसमा १५ घण्टा लाग्छ। अथवा काठमाडौँ-भद्रपुर ४५ मिनेट हवाई यात्रामा पुगिन्छ। भद्रपुरबाट इलामको दूरी ९५ कि.मि. छ। इलामबजार-सन्दकपुर ४२ कि.मि. छ।







Kanyam tea garden



Sandakpur



Magar girls



Lepcha man



Preparing for local alcohol



Mai Pokhari

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© Bhim Chapagain

Jaljala

PLACES NEARBY : Thawang • Jelbang • Okhreni

LANDSCAPES

| | | | |
|---------------|--------|-----------------|--------|
| Pond | River | Mountain | Temple |
| Farming Field | Forest | Martyrs Stambha | |
| Grassland | Cave | | |

FACILITIES

Local transport :

| | |
|---------------------|-----------------|
| Hospital at Thawang | Community Lodge |
| Solar | Internet |

HOW TO REACH

| | |
|----------|---|
| Car/Jeep | 17 hours (529 kms to Thabang) |
| Bus | 12 hours (465 kms to Libang) 6 hours (64 kms from Libang to Thabang) |
| Airplane | 25 minutes (to Bhairahawa) 5 hours (230 kms to Libang from Bhairahawa via bus/car) |
| Walk | 4 hours (Thabang village to Jaljala) |



The highest area of the Rolpa district is Jaljala (3650 m). It is the center of natural heritage and religious faith. It has religious, natural and historical significance.

Sisne Himal, Putha, and Dhaulagiri mountains are visible from Jaljala. Religiously, there are temples of Kailu Baraha, Baju Baraha and Sahadev Barah. During monsoon, Jaljala is covered with colourful flowers. During March-April, Jaljala is painted with the vines of rhododendron. According to a research, 14 species of rhododendron bloom here.

Thrice a year, fair is organised on the full moon day in the month of May, June and August. The pilgrims bestow sheep and hen. There is a belief that offering sacrifices with such worship will fulfill the aspiration.

In the Jaljala area there is a huge Bhama Cave. To the south of it the river flows. In the water area, many species of fingerlings, flora, fauna, herbs and birds are found.

The National Trust for Nature Conservation (NTNC) has declared Jaljala area a protected area. In winter, the area is covered with snow. Jaljala which falls on Guerrilla Trek is connected with the Maoist people's war which lasted for ten years.

जलजला

रोल्पा जिल्लाको सबैभन्दा अग्लो भूभाग हो जलजला (३,६५० मि.)। प्राकृतिक सम्पदा र धार्मिक आस्थाको केन्द्र जलजला क्षेत्र तीन हजार मिटर उचाइदेखि सुरु हुन्छ। यसको धार्मिक, प्राकृतिक र ऐतिहासिक महत्व छ।

जलजलाबाट सिस्ने, पुथा, गुर्जा र धौलागिरि हिमाल देखिन्छ। त्यहाँ बीचमा सानो उपत्यका छ। त्यहाँ हरिया पाटन छन्। धार्मिक हिसाबले त्यहाँ बज्यु बराह, कैलु बराह र सतदेवका मन्दिर छन्। बर्खा बेलामा जलजला रङविरङ्गाका भुइँफूलले भि्लीणमिली हुन्छ। चैत-वैशाखमा गुराँसको बैसले रङ्गिन्छ। एक अध्ययन अनुसार १४ प्रजातिका गुराँस फुल्छन्।

वर्षमा तीन पटक वैशाख, जेठ र साउने पूर्णिमाका दिन जलजलामा मेला लाग्छ। तीर्थालुहरू भेडा र कुखुराको बलि चढाउँछन्। यसरी पूजासहित बलि चढाएमा मनोकाङ्क्षा पूरा हुने जनविश्वास छ।

जलजला क्षेत्रमा विशाल भामा गुफा छ। यसको दक्षिणतिर खोला बग्छ। जलजला क्षेत्रमा थरीथरीका गली, जनावर, वनस्पति, फूल, जडीबुटी र चरा पाइन्छन्।

राष्ट्रिय प्रकृति कोषले जलजला क्षेत्रलाई संरक्षित क्षेत्र घोषणा

The Magar community lives in the Jaljala area. Thabang village (2,000 m) is located around Jaljala. Thabang village comprises two hundred and fifty houses made of stone, clay and wood. Moreover, few villages have a homestay facility.

How to reach

- By road: Kathmandu - Libang 465 km, 12 hours by bus.
- By air: Kathmandu - Bhairahawa 25 minutes flight. Bhairahawa- Libang 230 km. Libang -Thabang is 64 km, six hours in jeep. Four hours trek from Thabang leads to Jaljala.

गरेको छ। हिउँदमा जलजला क्षेत्र हिउँले सेतामो बन्छ। नेपालमा दश वर्षसम्म चलेको माओवादी जनयुद्धसँग जोडिएको जलजला क्षेत्र गुरिल्ला पदमार्गमा पर्दछ।

जलजला क्षेत्रमा मगर समुदायको बसोबास छ। जलजला मुन्तिर थवाङ गाउँ २,००० मिटर उचाइमा छ। त्यहाँको आकर्षण परम्परागत घर हुन्। ढुङ्गा, माटो र काठबाट बनेका दुई सय पचास घर छन्। मगर बाहुल्य गाउँमा होमस्टे सुविधा छ।

असोजदेखि माघसम्म जलजला घुम्ने उत्तम समय हो।

कसरी पुग्ने : काठमाडौँ-लिवाङ (४६५ कि.मि.) बसमा १२ घण्टा लाग्छ। अथवा हवाई यात्राबाट काठमाडौँ-भैरहवा २५ मिनेटमा पुगिन्छ। भैरहवा-लिवाङको दूरी २३० कि.मि. छ। लिवाङ-थवाङ ६४ कि.मि. को बाटो जीपमा ६ घण्टा लाग्छ। थवाङबाट चार घण्टाको पदयात्रामा जलजला पुगिन्छ।





Thabang village





Palpa

PLACES NEARBY : Ridi • Bhairavasthan • Butwal

LANDSCAPES

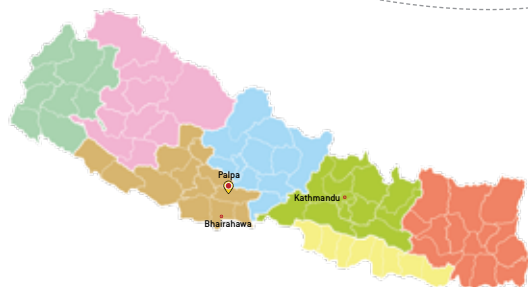
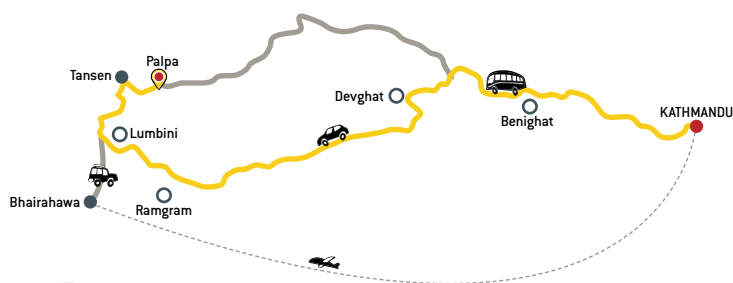
| | | | |
|---------------|--------|----------|-----------|
| Pond | River | Mountain | Temple |
| Farming Field | Forest | Palace | Monastery |
| Grassland | Stupa | | |

FACILITIES

| | |
|-------------------|----------|
| Local transport : | |
| Hospital | Hotels |
| Electricity | Internet |

HOW TO REACH

| | |
|----------|---|
| Car/Jeep | 8 hours (306 kms to Tansen) |
| Bus | 10 hours (306 kms to Tansen) |
| Airplane | 25 minutes (to Bhairahawa) 2 hours (90 kms from Bhairahawa to Tansen by car/bus) |



Palpa's tourism is concentrated in Tansen Bazar (1372 m), Srinagar (1492 m), Riddi and Rani Mahal. The queen of the hill, Tansen is beautiful and renowned for its Magar and Newar culture. Tansen Durbar, Tundikhel, Sheetalpati, Amar Narayan Temple, Bhagwati Temple, Chaitya and Vihar are the major attractions here.

Those who reach Tansen also visit Srinagar Hill in the morning. From Srinagar, the sunrise offers a mesmerizing sight of more than 14 mountain peaks. The Himalayan range includes Dhaulagiri, Tukuhe, Nilgiri, Tilicho, Annapurna, Himchuli, Fish Tail, Lamjung, Manaslu and Ganesh Himal. There is a view tower in the hill.

In between September and November, numerous festivals based on Hindu and Buddhist mythology are celebrated. Among the festivals, the three-day Ridi Mela during Maghe Sankranti is the most famous. The festivals celebrated in Tansen include Satyawati Mela in Satyawati lake; a one-night festival, the Parvas Mela on Shiva Ratri, Lalpati Mela during Holi, and Rambha Pani Mela.

There is an ancient palace in Ranighat in Palpa which is called Rani Mahal. The palace rests calmly on a large

rock on the banks of the Kali Gandaki river. The Governor Khadka Shamsheer built the palace in memory of his wife Tej Kumari. The monument is said to be built as a symbol of love of the King and is a masterpiece of architecture. The Ranighat is also called the Taj Mahal of Nepal.

While the best time to visit Tansen is from mid March to mid June, the hill town can be visited all year round.

How to reach

- By road: Kathmandu-Tansen 306 km. One can opt for a 10 hour bus journey from Kalanki.
- Tansen-Ranimahal 13 km and Tansen-Riddi 31 km
- By air: Kathmandu - Lumbini is 25 minutes flight. Lumbini-Tansen is 90 km.

पाल्पा

पाल्पाको पर्यटन तानसेन बजार (१,३७२ मि.), श्रीनगर (१,४९२ मि.), रिडी र रानीमहलमा केन्द्रित छ। पहाडकी रानी तानसेन शीतल छ। विशेषतः मगर र नेवार संस्कृतिको केन्द्र हो। तानसेन दरबार, टुँडिखेल, शीतलपाटी, अमरनारायण मन्दिर, भगवती मन्दिर, चैत्य र विहार यहाँका आकर्षण हुन्।

नागबेली उकालो हिँडेर बजार डुल्दा रमाइलो हुन्छ। तानसेन पुग्नेहरू बिहान श्रीनगर डाँडा नपुगी फर्कदैनन्। डाँडाबाट सूर्योदयका साथै १४ भन्दा बढी हिमालको दन्तैलहर देखिन्छ। धौलागिरि, टुकुचे, नीलगिरि, तिलिचो, अन्नपूर्ण, हिमचुली, माछापुच्छ्रे, लमजुङ, मनास्लु, गणेश लगायतका हिमालका सौन्दर्यले मनै भरिन्छ। असोज-कात्तिकमा बिहान श्रीनगरमा मेलै लाग्छ।

सल्लाको रूखले ढाकिएको डाँडामा बुद्ध र हुनमानका मूर्ति छन्। त्यहाँ भ्यु टावर छ। टावरबाट हिमाल, माडी फाँट र तानसेन बजार देखिन्छ। तानसेन सधैं भुइँकुहिरोमा रमाउँछ। माथि डाँडाबाट हेर्दा माडीफाँट ह्वाइट लेक जस्तै देखिन्छ।

पाल्पाको अर्को आकर्षक गन्तव्य रानीमहल हो जसलाई जुन प्रेम

फूल पनि भनिन्छ। कालीगण्डकी र बराडदी खोला किनार (५३० मि.) मा तत्कालीन पश्चिम नेपालका सेनापति खड्गशमशेरले रानी तेजकुमारीको सम्भनामा बनाएको भवन रानीमहलका नाउँले चिनिएको छ। पाश्चात्य शैलीको तीनतले दरबार, हावा घर, घोडा तबेला, पाले घर र मन्दिर छन्।

उत्तरबाट बगेर आएको कालीगण्डकी रानीमहल क्षेत्रमा उत्तरतिरै बगेको छ। उत्तरबाहिनी नदीमा नुहाउँदा, दान वा पूजा गर्दा अन्यत्र गरेभन्दा बढी फल मिल्ने विश्वास छ।

खानामा हाँसको छोइला र चुकाउनी तानसेनका विशेषता हुन्। हिल स्टेशन तानसेन वर्षभरि घुम्न सकिन्छ। चैतदेखि जेठसम्म तानसेन घुम्ने उत्तम समय हो।

कसरी पुग्ने : काठमाडौँ-तानसेन ३०६ कि.मि.। काठमाडौँको कलकीबाट छुट्टै तानसेन जाने बसहरू। बसले १० घण्टामा पुग्नुपर्छ। तानसेनदेखि रानीमहल १३ कि.मि. छ। तानसेन-रिडी ३१ कि.मि.। अथवा काठमाडौँ-लुम्बिनी २५ मिनेट हवाई यात्रा। लुम्बिनी-तानसेन ९० कि.मि.।



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Palpa

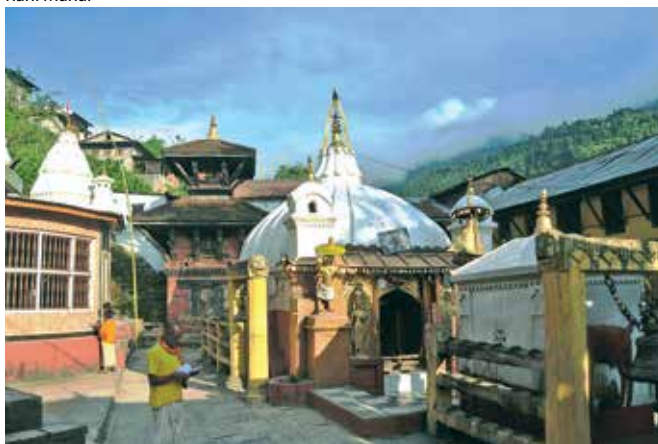


Tansen Bazar



Rani Mahal

© Ram Chandra Sedai



Rishikesh temple, Ridi



Buddha, Shrinagar hill

Panchase

PLACES NEARBY : Kalabang • Chitre • Sidhane

LANDSCAPES

| | | | |
|---------------|--------|-------------------|--------|
| Pond | River | Mountain | Temple |
| Farming Field | Forest | Conservation Area | Stupa |
| Grassland | Cave | Water Fall | Museum |
| Orchid Zone | | | |

FACILITIES

| | | |
|-----------------------|----------|----------|
| Local transport : | | |
| Health post at Chitre | Hotels | Homestay |
| Electricity | Internet | |

HOW TO REACH

| | |
|----------|--|
| Car/Jeep | 13 h 30 minutes (229 kms to Panchase) |
| Bus | 6 hours (200 kms to Pokhara) 2 hours (29 kms to Bhanjyang from Pokhara) |
| Airplane | 25 minutes (to Pokhara) |
| Walk | 1 h 30 minutes (Bhanjyang to Panchase peak) |



Panchase is a hill station and a religious site for Hindus. The summit of Panchase Hill (2,500m) is often considered to be the best viewpoint to see the Annapurna Massif. However, other giant Himalayan peaks including Dhaulagiri, Lamjung, Fish Tail and Manaslu are visible. Attractions of Panchase includes Siddha Barah, Panchasheel Buddha, Kuti, and Pancha Koshi lake. Shrawan Kumar's Samadhi, another religious spot is about 2.5 hours south downward from Panchase peak near a pond. Panchase is spread over 55 hectares of land. The area is 784 to 2,517 meters high. The flora and fauna is in abundant in this area and the scenery beautiful.

There are many rivers flowing from Panchase: Harpankhola and the sources of Andhikhola, Rattikhola, Jarekhela and Setikhola.

Panchase is an ancient pilgrimage climb. The climb itself holds great significance in Yoga. The temple of Siddha Baba (Lord Shiva), Hom Kunda, Panchasse Lake, Balaji Phachyan Temple, Bouddha Stupas and more. Balachuturdashi is the biggest festival in Panchase.

Shivaratri, Buddha Purnima and the entire month of Shrawan are special occasions when devotees come for

pilgrimage climb to Panchase.

The population of Panchase is almost 1,00,000 including Gurungs, Brahmins and other ethnic groups living in the surrounding villages.

Panchase, which is one of the most rain-receiving places in the entire country has a pleasant weather and can be visited all year round. During winters the Panchase peaks receive snowfall.

The best time to visit Panchase is from mid September to mid December.

How to reach

- By road: Kathmandu to Pokhara 200 km, six hours by bus.
- By air: Kathmandu-Pokhara 25 minutes flight.
- 29 kms from Pokhara's Hallanchok to Bhanjyang. About 1.5 hour walk leads to Bhanjyang. Panchase can be reached from all three districts of Syangja, Parbat and Kaski.

पञ्चासे

माछापुच्छ्रे हिमाल र अन्नपूर्ण हिमशृङ्खला छयाङ्ग देखिने टाकुरा हो पञ्चासे। पञ्चासे (२,५१७ मि.) बाट सूर्योदय र सूर्यास्त पनि देखिन्छ। कास्की, पर्वत र स्याङ्जाको संगम हो पञ्चासे। यहाँ पाँच पवित्र टाकुरा छन्। सिद्धवराह, पञ्चशील बुद्ध, कुटी, पञ्चकोसी ताल लगायत सम्पदा पञ्चासेका आकर्षण हुन्।

जैविक विविधताको बगैँचा पञ्चासे ५,५०० हेक्टरमा फैलेको छ। पञ्चासे क्षेत्र ७८४ देखि २,५१७ मिटर उचाइमा छ जहाँ ६ सयभन्दा बढी प्रजातिका वनस्पति र जडीबुटी पाइन्छन्। जंगलमा ११३ थरीका सुनाखरी फुल्छन्।

पञ्चासेबाट थुप्रै खोला बगेका छन्। हर्पनखोला, आँधीखोला, रतिखोला, जरेखेला र सेतीखोलाको मुहान पञ्चासे नै हो। पञ्चासे जंगल मुन्तरका गाउँमा करिब एक लाख जनता बस्छन्। त्यहाँ गुरुङ, बाहुन, क्षेत्री, विश्वकर्मा, परियार, मगर र नेवार लगायत जातिको बसोबास छ।

टाकुराबाट अढाई घण्टामा श्रवणकुमारको समाधिस्थल पुगिन्छ। टाकुरामुनि पञ्चकोसी तालको बीचमा बाराही मन्दिर छ। त्यहाँ

बालाचर्तुदशीका दिन मेला लाग्छ। मेला भर्नेहरू पञ्चकोसी तालबाट बीउ छर्दै उकालो चढ्छन्। त्यहाँ शिवरात्रि, फागु पूर्णिमा र बुद्ध पूर्णिमामा पनि मेला लाग्छ।

पञ्चासेमा वर्षेभरि चिसो हुन्छ। यहाँ पुस-माघमा हिउँ पर्छ। विदेशीमात्र 'पञ्चासे पदमार्ग' प्रख्यात छ। फेवाताल किनारबाट उकालो चढेर पहिलो दिन भुम्दी, दोस्रो दिन पञ्चासे र तेस्रो दिन पर्वतको चित्रेमा, चौथो दिन नाउडाँडासम्म पदयात्रा गरेर पोखरा बास बस्छन् पर्यटकहरू।

असोजदेखि मंसिरसम्म पञ्चासे घुम्ने उत्तम समय।

कसरी पुग्ने : काठमाडौँदेखि पोखरा २०० कि.मि.को बाटो बसमा ६ घण्टा लाग्छ। अथवा काठमाडौँ-पोखरा २५ मिनेट हवाई यात्रामा पुगिन्छ। पोखराको हल्लनचोकदेखि भन्ज्याङसम्म २९ कि.मि. छ। भन्ज्याङबाट डेढ घण्टा हिँडेपछि पञ्चासेको टाकुरामा पुगिन्छ। स्याङ्जा, पर्वत र कास्की तीनवटै जिल्लाबाट पञ्चासे पुग्न सकिन्छ।



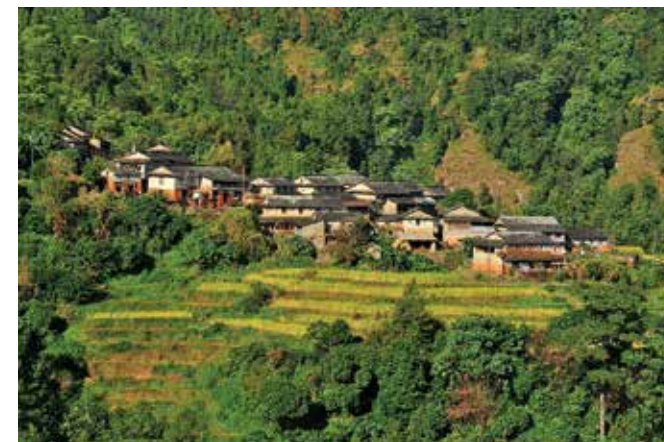
Panchkoshi Lake



Panchase Bhanjyang



Chitre waterfall



Sidhane village



Poonhill

PLACES NEARBY : Ghandruk • Ulleri • Tadapani

LANDSCAPES

| | | | |
|---------------|--------|--------------------|-----------|
| Mountain | Temple | Rhododendron Zone | Monastery |
| Farming Field | Forest | Conservation Area | Pond |
| Grassland | Cave | Monsoon Water Fall | |

FACILITIES

Local transport :

| | |
|-------------|----------|
| Health Post | Hotels |
| Electricity | Internet |

HOW TO REACH

| | |
|----------|--|
| Jeep | 8 hours (260 kms to Ghandruk) |
| Bus | 6 hours (200 kms to Pokhara) 2 hours (60 kms to Ghandruk) |
| Airplane | 25 minutes (to Pokhara) |
| Walk | 10 hours (Ghandruk to Ghodepani) 1 hour (Godepani to Poonhil) |



The hill station of Myagdi district is located in the Annapurna Conservation Area Project. From Poonhil (3210 m), mountains like Dhaulagiri, Annapurna, Fish Tail, Lamjung are visible. Mt Dhaulagiri can be viewed from the base to the top. There is an iron tower on the hill surrounded by dense rhododendron forest. On top of the hill there is a wide area from which the Himalayas can be seen. There are no settlements on the hill but there are five dozen hotels in the Poonhill Base Camp in Ghodepani inhabited largely by the Magar community. The name Poonhill is derived from the Pun community who live here.

An hour's uphill trek leads to Poonhill from Ghodepani. It is best to travel to Poonhill from Pokhara passing Ghandruk. During Ghorepani trek, one will encounter Gurung settlements while passing Ghandruk. It is renowned worldwide for its Himalayan beauty, hospitality and culture. From the village, the Annapurna South, Himchuli and Fishtail mountains are visible.

Throughout the year, the weather is pleasant in Ghandruk (2020 m) where the houses are made of stone. Ghandruk comprises of a trekking trail for Ghodepani, Hidden Lake, Khopra and Annapurna Sanctuary. The village offers homestay, hotels a museum.

पुनहिल

अन्नपूर्ण संरक्षण क्षेत्र आयोजना (एक्याप) मा पर्ने म्याग्दी जिल्लाको पहाडी थुम्को हो पुनहिल। पुनहिल (३,२१० मिटर) बाट धौलागिरि, अन्नपूर्ण, माछापुच्छ्रेदेखि लमजुङ हिमालसम्मको लामो शृङ्खला देखिन्छ। त्यति मात्र होइन, सूर्योदय र सूर्यास्त पनि आकर्षक हुन्छ। धौलागिरि हिमालको जरादेखि शिरसम्म नजिकै देखिन्छ।

डाँडामा एउटा फलामे टावर छ। वरपर बाक्लो गुराँसे जंगल। डाँडाको थाप्लोमा सम्म फराकिलो ठाउँ छ जहाँबाट हिमालय दर्शन गर्न सकिन्छ। डाँडामा बस्ती छैन तर पुनहिल बेस क्याम्प घोडेपानीमा पाँच दर्जन हाराहारीमा होटल छन्।

घोडेपानीमा पुनमगरको बसोबास छ। पुन समुदायको डाँडो भएकाले यसको नाम पुनहिल राखिएको हो। घोडेपानीबाट एक घण्टा उकालो चढे पुनहिल पुगिन्छ। पोखराबाट घान्द्रुक हुँदै पुनहिल यात्रा गर्नु बेस हुन्छ। घोडेपानी पदमार्गमा पर्ने घान्द्रुक गुरुङ बस्ती हो। हिमाली सौन्दर्य, आत्मीय व्यवहार र गुरुङ संस्कृतिका लागि घान्द्रुक संसारभर प्रख्यात छ। गाउँबाट अन्नपूर्ण साउथ, हिउँचुली र माछापुच्छ्रे हिमाल नजिकै देखिन्छन्।

If one wants to reach Poonhill without passing Ghandruk, you should drive through the new bridge in Pokhara and pass Tikhedhunga. Jeep drives uphill to Ulleri and from there Ghodepani can be reached on the same day. There is also the Karbakeli trail to Beni Bazar passing Poonhill's Karbakeli temple.

The best time to visit Poonhill is from mid-September to mid-December and mid-February to mid-May.

How to reach

- By road: Kathmandu - Pokhara 200 km, six hours by bus.
- By air: Kathmandu - Pokhara 25 minutes flight. Pokhara - Baglung Naya Pul is 31 km. Naya Pul - Ghandruk 21 km. A 10-hour trek leads to Ghorepani from Ghandruk.

वर्षेभरि शीतल हुन्छ घान्द्रुक (२,०२० मि.) मा। दुगैढुंगाले बनेका घर छन्। घान्द्रुक घोडेपानी, हिडन लेक, खोप्रा र अन्नपूर्ण सेन्चुरी पदमार्गमा पर्दछ। घान्द्रुक गाउँमा होमस्टे, होटल र संग्रहालयको सुविधा छ।

घान्द्रुक नघुमी सोभै पुनहिल जाने हो भने पोखराबाट नयाँपुल हुँदै तीखेढुंगा भएर उल्लेरीको उकालोसम्म जीपमा गएर त्यही दिन घोडेपानी पुन सकिन्छ। पुनहिलबाट करबाकेली मन्दिर भएर बेनी बजार भर्ने करबाकेली पदमार्ग पनि छ।

असोजदेखि मंसिरसम्म र फागुनदेखि वैशाखसम्म पुनहिल घुम्ने उत्तम समय हो।

कसरी पुग्ने : काठमाडौं-पोखरा २०० कि.मि., बसमा ६ घण्टा लाग्छ। अथवा २५ मिनेट हवाई यात्रामा काठमाडौंबाट पोखरा पुगिन्छ। पोखरादेखि बागलुङ राजमार्गको नयाँपुलसम्म ३९ कि.मि. छ। नयाँपुल-घान्द्रुक २१ कि.मि.। पोखराको पुरानो ढुङ्गिखेलमा घान्द्रुक जाने बस तथा जीप पाइन्छन्। घान्द्रुकबाट १० घण्टा पदयात्रामा घोडेपानी पुगिन्छ।



Ghandruk



Ghodepani



Pony trek



Souvenir, Ghandruk








Sindhuligadhi

PLACES NEARBY : Sindhuli Bazar • Mulkot • Manthali

LANDSCAPES

| | | |
|---------------|-----------------|---------------|
| Mountain | Temple | Fort |
| Farming Field | Forest | Grassland |
| Water Fall | Ruins of Palace | Heritage Site |

FACILITIES

| | |
|-------------------|---|
| Local transport : |      |
| Hospital at Madi | Tea House |
| Electricity | Internet |

HOW TO REACH

| | |
|----------|-------------------------------------|
| Car/Jeep | 4 hours (130 kms to Sindhuligadhi) |
| Bus | 4 hours (130 kms to Sola Bhanjyang) |



Located in Sindhuli district, Sindhuligadhi is a heritage of natural beauty and heroism. One can travel to the fortress through Banepa – Sindhuli-Bardibas highway. There is a gateway to the fort at Sola Bhanjyang. Prithvi Narayan Shah had deployed 1100 Gorkhali troops to the fort when the English army, led by Captain Kinloch, was discovered in Kathmandu during the expansion of the English Empire in 1824. Nepalese fought against the British who were equipped with modern weapons, carrying simple spears and stones.

There are two forts here. During the reign of King Shubha Sen of Makwanpur, his son Manikya Sen built a fort in 1762. Later in 1819, the fort was captured by the Gorkhali army. In two strongholds, Prithvi Narayan built a house for the army after the war. In 1975 under the leadership of Colonel Kritiman Khatri of Sindhuligadi, a large two-storey palace with 14 doors, 56 windows, tin roof, cement and brick masonry was built. Earlier, the fortress was the headquarters of Sindhuli.

सिन्धुलीगढी

सिन्धुली जिल्लामा अवस्थित सिन्धुलीगढी प्राकृतिक सौन्दर्य र वीरताको गाथा बोकेको सम्पदा हो। बनेपा-बर्दिबास सडकको नागबेली हेर्दै गढी यात्रा गर्न सकिन्छ। सोला भन्ज्याङमा गढीको प्रवेशद्वार छ। हरियालीबीचमा गढी। गढीलाई हरपल भुईँँ कुहिरोले छोपिरहन्छ। त्यहाँ बसेर वीर नेपालीले बेलायतीलाई हराएका थिए। वि.सं. १८२४ मा अंग्रेजी साम्राज्य विस्तार क्रममा क्याप्टेन किनलकको नेतृत्वमा अंग्रेजी फौज काठमाडौँ पस्न लागेको पत्तो पाएपछि पृथ्वीनारायण शाहले ११ सय गोर्खाली जवान गढीमा तैनाथ राखेका थिए।

आधुनिक हतियारले सुसज्जित अंग्रेजसँग भरुवा बन्दुक, भाला, ढुङ्गा मुढाका भरमा नेपालीले लडे। कात्तिकमा लडाइँ भयो। अंग्रेजतर्फ १६ सय जना मारिए। नेपाली कमान्डर वंशु गुरुङको फौजले बाँकीलाई भगायो। त्यो विजयको दिन थियो असोज १५ गते।

त्यहाँ दुइटा गढी छन्, सानो र ठूलो। मकवानपुरे राजा शुभसेनका पालामा उनका छोरा माणिक्य सेनले सन् १७६२ तिर गढी निर्माण गराएका थिए। जुन सन् १८१९ मा गोर्खाली सेनाले कब्जा गर्‍यो। दुई

The ruins of old palace still can be seen.

The weather is pleasant but there is no accommodation available. There are basic eateries in Sola Bhanjyang. For stay options, you have to come to Sindhuli Madhi, 20 km or Khurkot, 18 km away from Sindhuligadi.

The journey to Sindhuligadi is filled with scenic views.

How to reach

- By road: Sola Bhanjyang is 130 km via Banepa-Bardibas road. Sindhuligadhi is about 1500 meters from Bhanjyang. It takes four hours by bus or jeep to reach by Sindhuli.

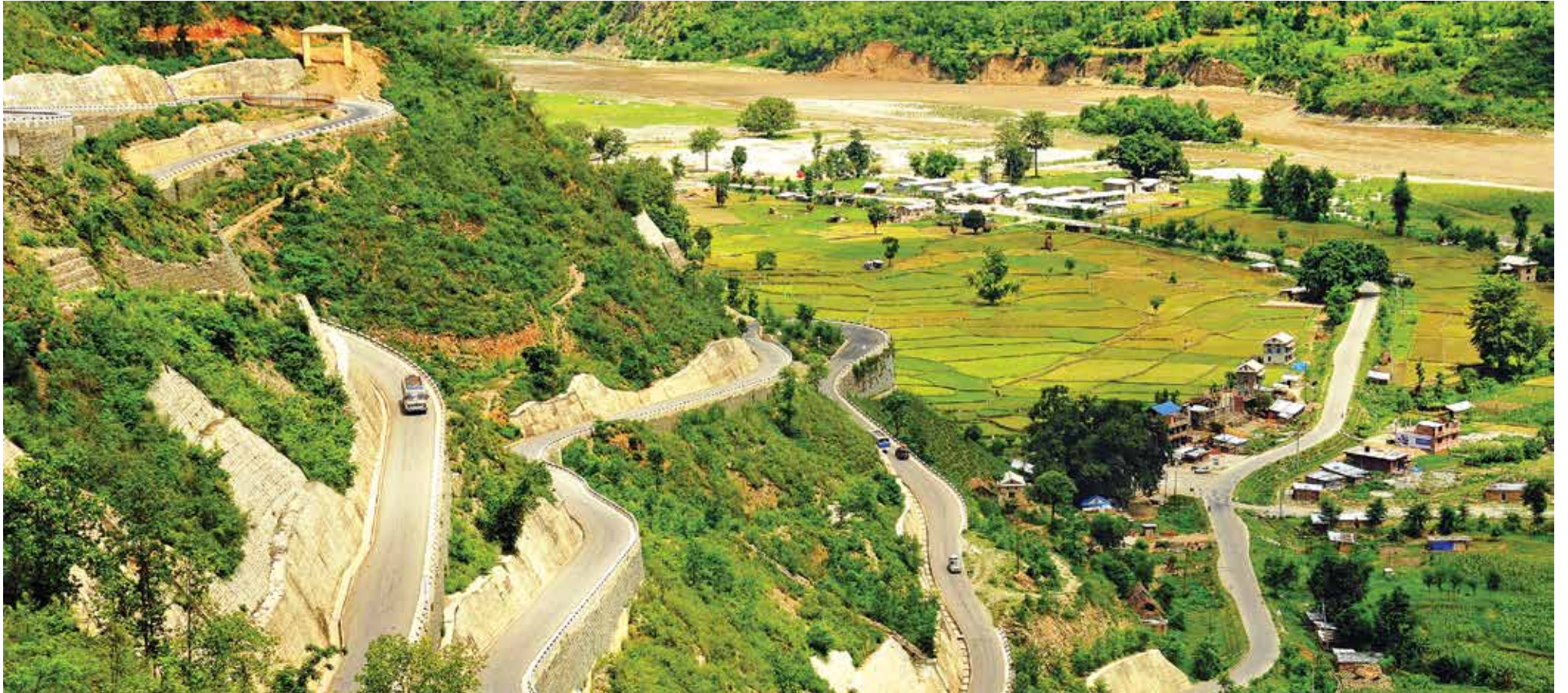
गढीको बीचमा पृथ्वीनारायणले युद्धपछि सेना बस्न घर बनाएका थिए। वि.सं. १९७५ मा सिन्धुलीगढीका कर्णेल कृतिमान खत्रीको नेतृत्वमा बडाहाकिम र सेना बस्न १४ ढोका, ५६ भ्याल, टिनको छाना, सिमेन्ट र ईटाको गारो भएको दुईतले दरबार बनाइएको थियो।

पहिला गढीमा सिन्धुलीको सदरमुकाम थियो। वि.सं. २०१९ सालमा सदरमुकाम सिन्धुलीमाढी सरेको हो। त्यहाँका दरबार जीर्ण भइसकेका छन्।

शीतल हुन्छ गढीमा। तर त्यहाँ होटल तथा लज छैनन्। सोला भन्ज्याङमा सामान्य खाजा घर छन्। बास बस्न २० कि.मि. पर सिन्धुलीमाढी वा १८ कि.मि. वर्तिर खुर्कोट आइपुग्नुपर्छ।

यात्रा रमाइलो हुन्छ। मूलकोट मास्तिर र ढुङ्गी भन्ज्याङ मुन्तिरका घुम्ती सडक आँखा तान्ने खालका छन्।

कसरी पुग्ने : काठमाडौँ, बनेपा-बर्दिबास सडक हुँदै सोला भन्ज्याङ १३० कि.मि.। भन्ज्याङबाट १५ सय मिटरमा सिन्धुलीगढी। सिन्धुली चल्ने बस वा जीपमा जाँदा ४ घण्टा लाग्छ।



Mulkot area



Sindhuligadhi



On the way to Sindhuligadhi



Sindhuligadhi

Temke

PLACES NEARBY : Bhojpur Bazar • Haspokhari • Diktel

LANDSCAPES

| | | | |
|---------------|----------------|------------|-----------|
| Pond | River | Mountain | Temple |
| Farming Field | Forest | Water Fall | Grassland |
| Cave | Red Panda Zone | | |

FACILITIES

| | | |
|----------------------------------|-----------|---------------|
| Local transport : | | |
| Health post at Annapurna village | Tea House | Homestay |
| Solar | Internet | Honey Hunting |

HOW TO REACH

| | |
|----------|--|
| Car/Jeep | 9 hours [313 kms to Chakhewa Bhanjyang] |
| Bus | 11 hours [313 kms to Chakhewa Bhanjyang] |
| Airplane | 30 minutes [to Bhojpur] |
| | 2 hours [42 kms to Chakhewa Bhanjyang via Bus/Car] |
| Walk | 8 kms [Chakhewa Bhanjyang to Temke Danda] |



Temke is a hill station in eastern Nepal. Sunrise, sunset and the Himalayan ranges are visible from top of Temke (3000 meters) in the confluence of Bhojpur and Khotang districts. The mountain ranges from Manaslu, Dorje Lakpa, Numbur, Karylung, Gaurishankar, Kwangde, Choyu, Kusum Kangaroo, Thamserku, Khangatega, Kaiser, Mera Pike, Nupse, Sagarmatha, Lhotse, Chamalang, Makalu, Kumbhakarna to Kanchenjunga are visible.

Fairs take place in Temke during Shiva Ratri, Bala Chaturdashi and Ram Navami. Temke is located about eight km from Chekhwa Bhanjyang. There is a temple on the hill. On the hilltop there is a narrow cave where a yogi had meditated several years back. The hill does not have electricity. There is no hotel for food or accommodation. Temke Mundum is connected to the trekking trail. Chakhewa Bhanjyang is the Base Camp of Temke and is the gateway to the Mundum trail. The new trail 'Mundum Tule' has been explored to reach the middle hill slopes where the beauty of nature can be enjoyed.

On the Mundum Trail, six mountains above 8,000 meters can be seen- Sisapang (8027 m), Cho Oyu (8201 m) - Sagarmatha (8848 m), Lhotse (8516 m), Kanchenjunga (8586 m), and Makalu (8463 m).

टेम्के

टेम्के पूर्वी नेपालको हिलस्टेशन हो। भोजपुर र खोटाङ जिल्लाको सङ्गमस्थल टेम्के (३,००० मि.) को थाप्लोबाट सूर्योदय, सूर्यास्त र हिमाली सौन्दर्य देखिन्छ। डाँडाबाट मनास्लु, दोर्जे लाक्पा, नुम्बुर, कार्यालुङ, गौरीशङ्कर, क्वाङ्दे, चोयु, कुसुम कङ्गारू, थामसेर्कु, खाङ्तेगा, क्यासर, मेरा पिक, नुप्से, सगरमाथा, ल्होत्से, चामलाङ, मकालु, कुम्भकर्णदेखि कञ्चनजङ्घा हिमालसम्म देखिन्छ।

टेम्केमा शिवरात्रि, बालाचर्तुदशी र रामनवमीमा मेला लाग्छ। मध्यपहाडी लोकमार्गको चखेवा भन्ज्याङबाट करिब ८ कि.मि.मा अवस्थित छ। जङ्गल छिचोलेर डाँडामा पुग्दा त्यहाँ चौर भेटिन्छ। डाँडामा एउटा शिवालय छ। डाँडाको काखमा जोगीले उहिल्यै तपस्या गरेको साँघुरो गुफा पनि छ।

डाँडामा बिजुली सुविधा छैन। खान-बस्न होटल छैन। कच्ची सडक भने डाँडैसम्म छ। टेम्के मुन्दुम पदमार्गसँग जोडिएको छ। टेम्केको बेस क्याम्प चखेवा भन्ज्याङ मुन्दुम पदमार्गको प्रवेशद्वार हो। मध्यपहाडी थुम्का छिचोल्न नयाँ पदमार्ग 'मुन्दुम ट्रेल' एक्सप्लोर गरिएको छ जहाँ प्रकृति र किराँती संस्कृतिको सुवास पाइन्छ।

मुन्दुम पदमार्गमा ८ हजार मिटरभन्दा अग्ला ६ वटा हिमालहरू

Starting from Chekhwa Bhanjyang (2,300 m) of Bhojpur, the trek will reach Dhhotre, Mayung Haaspokhari, Rawadhap, Salpa Bhanjyang (3,348 m) and Silichung (4,153 m). On the return journey, the same route comes to Haaspokhari (2,962 m) and travels through Suntale to Bhojpur Bazar.

Temke can be visited throughout the year. From mid September to mid December and from mid February to mid June is considered best for Mundum Trail.

How to reach

- By road: Kathmandu – Khurkot – Dittel-Chekhwa Bhanjyang is 313 km.
- By air: Bhojpur-Kathmandu is 30 minutes flight.
- Trail: Chakhewa Bhanjyang is 42 km from Bhojpur Bazar. Temka Danda is eight km from Bhanjyang. On the eight-day trek from Chakhewa Bhanjyang, the Mundum circuit is completed and reaches Bhojpur Bazar.

सिसापाङ्मा (८,०२७ मि.), चोयु (८,२०१ मि.), सगरमाथा (८,८४८ मि.), ल्होत्से (८,५१६ मि.), कञ्चनजङ्घा (८,५८६ मि.), कञ्चनजङ्घा र मकालु (८,४६३ मि.) हिमाल आँखै सामुने देखिन्छन्।

भोजपुरको चखेवा भन्ज्याङ (२,३०० मि.) बाट सुरु हुने पदयात्रा धोत्रे, मैयुङ हाँसपोखरी, रावाधाप, साल्पा भन्ज्याङ (३,३४८ मि.) हुँदै सिलिचुङ (४,१५३ मि.) सम्म पुग्छ। फर्कदा त्यही बाटो हाँसपोखरी (२,९६२ मि.) सम्म आएर सुन्तले हुँदै भोजपुर बजारसम्म पदयात्रा गर्न सकिन्छ।

टेम्के वर्षभरि घुम्न सकिन्छ। असोजदेखि मंसिरसम्म र फागुनदेखि जेठसम्म मुन्दुम पदमार्ग घुम्ने उत्तम समय हो।

कसरी पुग्ने : काठमाडौं-खुर्कोट-दिक्तेल-चखेवा भन्ज्याङ ३१३ कि.मि. बसमा यात्रा गर्ने। अथवा भोजपुर-काठमाडौं हवाई यात्रा ३० मिनेट। भोजपुर बजारबाट ४२ कि.मि.मा चखेवा भन्ज्याङ। भन्ज्याङबाट आठ कि.मि. दूरीमा टेम्केडाँडा। चखेवा भन्ज्याङबाट आठ दिन पदयात्रामा मुन्दुम सर्किट पूरा गरेर भोजपुर बजार पुगिन्छ।



Mt. Makalu



Silichung



Mundum trek



Temkedanda



Sakela Sili dance

PLACES NEARBY : Basantapur • Dovan • Hile

LANDSCAPES

| | | | |
|---------------|--------|-------------------|------------|
| Pond | River | Mountain | Temple |
| Farming Field | Forest | Conservation Area | Water Fall |
| Grassland | Cave | Rhododendron Zone | |

FACILITIES

| | | |
|---------------------------|----------|----------|
| Local transport : | | |
| Health post at Basantapur | Hotels | Homestay |
| Electricity | Internet | |

HOW TO REACH

| | |
|----------|---|
| Car/Jeep | 15 hours [511 kms to Tinjure Danda] |
| Bus | 13 hours [550 kms via Mugling to Dharan] 5 hours [111 kms Dharan to Gufapokhari by Jeep] |
| Airplane | 35 minutes [to Biratnagar] 6 hours [151 kms Biratnagar to Gufapokhari by Jeep] |



Nepal's national flower rhododendron is found in 32 species in the country. Among these, around 28 species of rhododendron are found in the Tinjure-Milke-Jaljale (TMJ) area of Middle Eastern Nepal. TMJ has been declared as the Rhododendron Conservation Area. Tinjure, Milke and Jalje are the hills of the same mountain range. The TMJ is spread over 558 sq km in the confluence of Tehrathum, Taplejung and Sankhuwasabha districts.

The TMJ area extends from 1500m to 5500m. The highest mountain is Jaljale. To the east of the TMJ is the Kanchenjunga Conservation Area and Makalu Barun National Park to the west. TMJ serves as the bridge between the two conservation zones.

The TMJ area is famous for mountain scenery. Mt. Kanchenjunga, Mt. Makalu and Mt. Everest are visible from here. Similarly, the mountain range is connected from Dharan's Chatara to Hile, Basantapur, Gufa Pokhari, Jaljale, Olangchung Gola to China. So TMJ is also a corridor for the wild animals of the two countries. TMJ is the source of some rivers.

TMJ is known as the capital of rhododendron. In the TMJ region, the flowers begin to bloom from mid-January. Limbu, Chhetri, Bahun, Rai, Gurung, Sherpa, Dalit

communities live in the TMJ area. Its population is one lakh.

From Dhankuta, there is a road to Taplejung via Gufa Pokhari via Basantapur. To reach Jaljale (5,500 m), one needs to trek from Gufa Pokhari. It snows from mid-December to mid-February in the region.

The visit time to visit TMJ is from mid-February to mid-June.

How to reach

- By road: Kathmandu-Sindhuli-Bardibas-Dharan 400 km. Buses depart from Koteswor and Gongabu in Kathmandu. It's a 10 hours journey.
- By air: Kathmandu-Biratnagar 35 minutes flight. Biratnagar-Dharan-Hile-Gufa Pokhari is 151 km, six hours in jeep. Public bus runs from Dharan to Basantapur. Basantapur-Gufa Pokhari is 26 km, 2.5 hours in jeep.

टिएमजे

नेपालको राष्ट्रिय फूल लालीगुराँस हो । नेपालमा ३२ प्रजातिका गुराँस पाइन्छन् । तीमध्ये पूर्वी नेपालको तीनजुरे-मिल्के-जलजले (टिएमजे) क्षेत्रमा २८ प्रजातिका गुराँस पाइन्छन् । टिएमजेलाई लालीगुराँस संरक्षण क्षेत्र घोषणा गरिएको छ । तीनजुरे, मिल्के र जलजले एउटै पहाडी शृङ्खलाका डाँडा हुन् । तेह्रथुम, ताप्लेजुङ र संखुवासभा जिल्लाको संगममा ५५८ वर्गकि.मि.मा फैलेको छ टिएमजे ।

टिएमजे क्षेत्र १,५०० मिटरदेखि ५,५०० मिटरसम्म फैलेको छ । सबैभन्दा अग्लो डाँडा जलजले हो । टिएमजेको पूर्वमा कञ्चनजङ्घा संरक्षण क्षेत्र आयोजना र पश्चिममा मकालु बरुण राष्ट्रिय निकुञ्ज पर्छन् । दुवै संरक्षण क्षेत्रको बीच पुल बनेको छ टिएमजे ।

टिएमजे क्षेत्र हिमाली दृश्यावलोकनका लागि प्रख्यात छ । यहाँबाट कञ्चनजङ्घा, मकालु र सगरमाथा हिमशृङ्खला देखिन्छन् । त्यस्तै धरानको चतरादेखि हिले, वसन्तपुर, गुफापोकरी, जलजले, ओलाङ्चुङगोला हुँदै चीनसम्म पहाडी शृङ्खला जोडिएको छ । त्यसैले दुई देशका जंगली जनावर ओहोरदोहोर गर्ने करिडोर पनि हो टिएमजे । टिएमजे केही खोलाको मुहान हो ।

टिएमजेलाई गुराँसको राजधानी भनिन्छ । टिएमजे क्षेत्रमा माघदेखि गुराँस फुल्न थाल्छ, माथिल्लो भेकमा जेठ-असारमा गुराँस फुल्छ । टिएमजे क्षेत्रमा लिम्बु, क्षेत्री, बाहुन, राई, गुरुङ, शेर्पा, दलित समुदायको बसोबास छ । तिनको जनसंख्या १ लाख जति छ ।

धनकुटाको हिलेबाट वसन्तपुर हुँदै गुफापोकरी भएर ताप्लेजुङ जाने सडक छ । जलजले (५,५०० मि.) पुग्न गुफापोकरीबाट हिँड्नुपर्छ । यस क्षेत्रमा पुस-माघमा हिउँ पर्छ ।

फागुनदेखि जेठसम्म टिएमजे घुम्ने उत्तम समय हो ।

कसरी पुग्ने : काठमाडौँ-सिन्धुली-बर्दिया-धरान ४०० कि.मि. । काठमाडौँका कोटेश्वर र गोगुवाबाट छुट्टि धरान जाने बसहरू । तिनले १० घण्टामा धरान पुग्छन् । अथवा काठमाडौँबाट ३५ मिनेट हवाई यात्रामा विराटनगर पुगिन्छ । विराटनगर-धरान-हिले-गुफापोकरी १५१ कि.मि. बाटो पार गर्न जीपमा ६ घण्टा लाग्छ । धरानबाट वसन्तपुरसम्म सार्वजनिक बस चल्छन् । वसन्तपुर-गुफापोकरी २६ कि.मि. बाटो जीपमा २.५ घण्टामा पुग्न सकिन्छ ।



Rhododendron



Baraha Pokhari



Jaljale



Padamchal herb

Ghodaghodi

PLACES NEARBY : Maghi • Lamki • Attaria

LANDSCAPES

| | | | |
|---------------|--------|-------------------|--------|
| Pond | River | Hills | Temple |
| Farming Field | Forest | Conservation Area | |
| Grassland | | | |

FACILITIES

| | | | | | | |
|---------------------|---|---|---|---|---|---|
| Local transport : |  |  |  |  |  |  |
| Hospital at Sukkhad | Restaurant | Homestay | | | | |
| Electricity | Internet | Boating | | | | |

HOW TO REACH

| | |
|----------|--|
| Car/Jeep | 12 hours (623 kms via Nepalgunj) |
| Bus | 11 hours (500 kms to Nepalgunj) 3 hours (123 kms to Ghodaghodi) |
| Airplane | 1 hour 10 minutes (Dhangadhi) 2 hours (55 kms to Ghodaghodi by jeep/car) 1 hour (Nepalgunj) 3 hours (123 kms to Ghodaghodi by jeep/car) |



One of the most eco-diverse lakes in Nepal, the Ghodaghodi lake is located on the slopes of the Siwalik Hills in Kailali region. The lake's name is derived from the Nepali word for "horse". According to legend, God Shiva and Goddess Parvati used to turn into horses and circle around the lake. Hence, the name 'Ghodaghodi' took shape. It is spread over 76.9 hectares.

Ghodaghodi lake is an important place of worship for the local Tharu people. A small temple is located on the banks of the lake named Ghorighora temple. Many Tharus gather during the Agahan Panchami and Maghi festivals and offer horses, elephants and tigers made out of clay. This might be one of the strangest offerings to God in the entire world.

Besides the lake also holds ecological significance. The lake is a rich wetland area. It is in this idyllic setting that some of Nepal's vulnerable and critically endangered species are found. These include the majestic Bengal Tiger, Marsh Crocodile, Red-crowned Roofed Turtle, Three-striped Roofed Turtle, Eurasian Otter, Smooth-coated Otter, Swamp Deer and Lesser Adjutant Stork. The Ghodaghodi lake area has been protected under the Ramsar Convention since 2003.

घोडाघोडी

भट्ट हेर्दा घोडाको टापजस्तो भएकाले कैलाली जिल्लाको एउटा तालले घोडाघोडी नाउँ पाएको छ। जैविक विविधताको भण्डार मानिने घोडाघोडी सन् २००३ मा रामसारमा सूचीकृत भएको छ। घोडाघोडी ७६.९ हेक्टरमा फैलिएको छ। ताल क्षेत्रमा चरा, गोही, अजिङ्गर, माछा, पुतली, कछुवा आदिको बसोबास छ। किनारमा घोरीघोरा मन्दिर छ।

तालमा डुङ्गा चढ्ने सुविधा छ। किनारमा भ्यु टावर छ। घोरीघोरा मन्दिर छ। घोरीघोरा मन्दिर थारु समुदायको आस्थाको धरोहर मानिन्छ। घोरीघोराको दर्शनले मनोकामना पूरा हुने जनविश्वास छ। राजमार्गसँगै जोडिएको तालमा थरीथरीका रैथाने हाँस भेटिन्छन्। तालमा डुङ्गा चढ्ने सुविधा छैन। बर्खामा ढकमक्क कमलले तालको बेग्लै सौन्दर्य देखिन्छ।

घोडाघोडी ताल किनारमा होटल तथा लज सुविधा छैन। तालबाट चार कि.मि. दूरीको थारु गाउँ माघीमा होमस्ते सुविधा छ। घोडाघोडी नगरपालिका-१० मा पर्ने माघीमा सन् २०१४ जुलाईदेखि १४ घरमा होमस्ते गराउन थालिएको हो। थारु जीवनशैली भेटिन्छ

The lakeside doesn't have any hotel or lodge for a night stay. There is a homestay facility in Maghi, a Tharu village four km away from the lake. Maghi is renowned for Boylgada, Chapakal and village style houses. From the village of Maghi at around 1.5 km away lies Nakrod Lake and a well where Sita took a bath. The tenacious dam of the Chure hill base is also attractive. In the village's cultural program, Sakhiya, Alathi, Jhumra dances are performed.

How to reach

- By road: Kathmandu - Nepalgunj 700 km. Nepalgunj – Ghodaghodi lake 123 km.
- By air: Kathmandu - Dhangadhi an hour ten minutes. Dhangadhi – Ghodaghodi is 77 km. Maghi homestay is four km from Ghodaghodi.

माघी गाउँमा। बयलगाडा, चापाकल, गाउँले शैलीका घर त्यहाँका आकर्षण हुन्।

माघी गाउँबाट डेढ कि.मि.मा नकरोड ताल र सीताले स्नान गरेको कुवा छ। चुरे पहाड फेदको टेडना बाँध पनि आकर्षक छ। त्यहाँको सामुदायिक वनमा चरा र जनावर अवलोकन गर्न सकिन्छ। होमस्तेमा थारु परिकार पाक्छ। गाउँको सांस्कृतिक कार्यक्रममा सखिया, लट्ठी नृत्य भुमरा देखाइन्छ।

कसरी पुग्ने : काठमाडौँबाट नेपालगञ्ज ५०० कि.मि. छ। नेपालगञ्ज-घोडाघोडी ताल १२३ कि.मि.। काठमाडौँ-धनगढी १ घण्टा १० मिनेट हवाई यात्रा। धनगढी-घोडाघोडी ५५ कि.मि.। घोडाघोडीबाट चार कि.मि.को दूरीमा माघी होमस्ते छ।





Maghi village



Tharu dance



Lotus



Bhakari (traditional food storage)

Gosaikunda

PLACES NEARBY : Lauribina • Chandanbari • Bhairavkund

LANDSCAPES

| | | | |
|-----------|--------|----------------|--------|
| Pond | River | Mountain | Temple |
| Temple | Forest | National Park | |
| Grassland | Cave | Rocky Mountain | |

FACILITIES

| | | |
|---------------------|----------|----------------|
| Local transport : | Hotels | Cheese Factory |
| Hospital at Dhunche | Internet | |
| Solar | | |
| Red Panda Zone | | |

HOW TO REACH

| | |
|----------|--|
| Car/Jeep | 5 hours [127 kms to Dhunche via Chandragiri] |
| Bus | 4 hours [98 kms to Dhunche via Tokha] |
| Walk | 2 days from Dhunche |



Gosai Kunda lake at 4380m is one of the most famous religious and pilgrimage sites in Nepal. It is surrounded by peaks in Langtang National Park in Rasuwa District. In 2007, it was declared a Ramsar site.

There are altogether 108 kundas (lakes) around this area of which Saraswati Kunda, Bhairab Kunda, Surya Kunda, Naga Kunda and Gosi Kunda are most popular among pilgrims.

These Kundas are scattered in the region surrounded by Himalayas, delightful forests, beautiful and lush nature. Hindu and Buddhist pilgrims visit once every year to take a holy dip in the lake. During Janai Purnima in the month of Bhadra, thousands of Hindu pilgrims come here to worship Lord Shiva. Shamans called dhamis and jhankris, also called Bon-Po, visit on the full moon day. It is believed that once you bathe in the holy lake, all your pain, sorrows and sins are washed off. The lake remains frozen for almost half the year.

According to the Hindu scriptures Vishnu Purana, Bhagvata Purana and the epics of Mahabharat, Ramayan refer to Samundra Manthan which is related to the Gosai Kunda.

गोसाईकुण्ड

लाङटाङ राष्ट्रिय निकुञ्जमा पर्छ गोसाईकुण्ड (४,३८० मि.) । हिमालयको काखमा थपुक्क बसेको कुण्डलाई हिन्दू, बौद्ध र बोन धर्मावलम्बीहरूले पवित्र तीर्थस्थल मान्छन् । गोसाईकुण्ड सन् २००७ मा विश्व रामसार सूचीमा सूचीकृत भएको हो । यस क्षेत्रमा सूर्यकुण्ड, सरस्वती कुण्ड, भैरव कुण्ड लगायत केही कुण्ड र गुफा छन् ।

गोसाईकुण्डको उत्पत्तिका विषयमा हिन्दू, बौद्धमार्गी र भौँत्रीका आ-आफ्नै व्याख्या छन् । उनीहरूका बीचमा गोसाईकुण्डप्रतिको श्रद्धा र सहिष्णुता कायमै छ ।

हिन्दू किंवदन्ती अनुसार उहिल्यै देवता र दानवबीच युद्ध भई समुद्र मन्थन गर्दा कालकुट विष निस्क्यो । त्यसबाट सृष्टिलाई बचाउन भगवान् शिवले विष पिए । त्यही विषको डाहाबाट छटपटी भएकाले अमृत खोज्दै उनी गोसाईकुण्ड पुगे । त्यहाँको पहाडको शिलामा उनले त्रिशूलले हान्दा तीन धारा भई जल निस्क्यो । त्यो जलबाट गोसाईकुण्ड बन्यो ।

त्यस्तै वैदिक तामाङ भाषामा 'गो' भनेको शिर र 'सा' भनेको भूमि वा माटो । अर्थात् भाखुँगाउँको शिरको भूमिमा अवस्थित कुण्ड भएकाले गोसाईकुण्ड भनियो ।

The beauty of the landscape along with the traditional cultures and values of the Tamang people, the renowned cheese from this area, and abundant wildlife make Gosai Kunda a famous tourist destination.

The cheese factory is in Chandanbari where cheese and butter are produced. During monsoon, colourful flowers blossom around the lake. It takes three days to reach Gosai Kunda from Kathmandu. The best time to visit is from mid August to mid November.

How to reach

- By road: Kathmandu-Tokha-Dhunche 98 km, four hours by bus. Gosai Kunda can be reached on a two day trek from Dhunche. Walking through Dhunche and stay the night in Singumba (Chandanbari). The next day, pass through Choyangpati and Lauribaunda will reach you to Gosai Kunda.

वर्षका दुई पटक गङ्गा दशहरा र जनै पूर्णिमाका बेला कुण्डमा मेला लाग्छ । त्यति बेला तामाङ समुदायका भौँत्रीहरूको निकै चहलपहल हुन्छ । गोसाईकुण्ड भौँत्रीका टूला देवता हुन् ।

तामाङ संस्कृति, हिमाली सौन्दर्य र जङ्गली जीवजन्तु गोसाईकुण्डका थप आकर्षण हुन् । कुण्ड मुन्तिरको चन्दनबारीमा चीज कारखाना छ जहाँ चीज र मक्खन उत्पादन गरिन्छ । ऐतिहासिक हिसाबले समेत कुण्डको महत्त्व छ । वीर अमरसिंह थापाको मृत्यु भएको ठाउँ यही हो ।

मनसुनका बेला कुण्ड वरपर रङ्गीविरङ्गीका फूल फुल्छन् । जाडो याममा कुण्ड बरफमा परिणत बन्छ । काठमाडौँबाट निस्केको तेस्रो दिनमा गोसाईकुण्ड पुग्न सकिन्छ ।

भदौदेखि कात्तिकसम्म गोसाईकुण्ड घुम्ने उत्तम समय हो ।

कसरी पुग्ने : काठमाडौँ-टोखा-धुन्चे ९८ कि.मि., बसमा चार घण्टा लाग्छ । धुन्चेबाट दुई दिन पदयात्रामा गोसाईकुण्ड । धुन्चेबाट हिँडेर सिङ्गुम्बा (चन्दनबारी) मा बास । अर्को दिन च्योलाङ्पाटी, लौरीबिना हुँदै गोसाईकुण्ड पुग्न सकिन्छ ।



Photos © Dipesh Shrestha

Panchpokhari

PLACES NEARBY : Bhotang • Manekhark • Melamchi

LANDSCAPES

| | | | |
|------------|-----------|-----------|--------|
| Pond | River | Mountain | Temple |
| Forest | Grassland | Monastery | |
| Water Fall | Cave | | |

FACILITIES

| | | |
|------------------------|-----------|---------------|
| Local transport : | | |
| Health post at Bhotang | Tea House | Camping trek |
| Solar | Internet | Bird Watching |

HOW TO REACH

| | |
|----------|---|
| Car/Jeep | 5 hours (67 kms to Yarsa) |
| Bus | 2 hours (45 kms to Melamchi) 3 hours (22 kms to Yarsa) |
| Walk | 8 hours (Yarsa to Nosyam Pati) 3 hours (Nosyam to Paanchpokhari) |



Panch Pokhari (4,150 m) is located nearby Kathmandu valley. It lies in the Thangpal Rural Municipality-3 of Sindhupalchowk district. The place comprises five water bodies and is surrounded by mountains on all sides. Jugal is to the east of the lake, Helambu village to the west and Langtang National Park to the north.

The main lake of Panch Pokhari is larger than the others. Through the main lake, the captivating view of the Gauri Shankar, Jugal and Dorje Lakpa snow-capped mountains can be seen while ascending a steep hill (4,200 m) to the north. From the hill, the view of Panch Pokhari is enchanting.

The origin of the Indravati River, Panch Pokhari is located in Simsar. While travelling during monsoon, one will be welcomed by colourful flowers on the green hills. The Tamang community lives in the Panch Pokhari area. Hindu and Buddhist faith are practiced. Every year in August, a fair is organised in Panch Pokhari from Ekadashi to Janai Purnima. It is the festival when Hindus take a sacred bath in the holy lake. There are many temples and waterfalls in Panch Pokhari. Pilgrims dance during Janai Purnima festival. The Tamang community also performs traditional dances like bombo, dumfu, jhakri, etc.

पाँचपोखरी

काठमाडौं नजिकैको गन्तव्य हो पाँचपोखरी (४,१५० मि.) । सिन्धुपाल्चोक जिल्लाको थाङ्पाल गाउँपालिका-३ मा पर्दछ पाँचपोखरी । त्यहाँ एकै ठाउँमा पाँचवटा पोखरी छन् । वरिपरि डाँडाले घेरिएको, बीचमा पोखरी । पोखरीको पूर्वमा जुगल, पश्चिममा हेलम्बु गाउँपालिका र उत्तरमा लाङटाङ राष्ट्रिय निकुञ्ज पर्छन् ।

पाँचपोखरीको मूल कुण्ड अरूभन्दा ठूलो छ । मूल कुण्डको बाटो हुँदै उत्तरतर्फका अग्लो डाँडा (४,२०० मि.) चढेमा उत्तरपूर्वमा गौरीशंकर, जुगल र दोर्जेलाक्पा हिमशृङ्खला नजिकै देखिन्छ । डाँडाबाट पाँचपोखरीको बेग्लै मुहार देखिन्छ ।

इन्द्रावती नदीको उद्गमस्थल पाँचपोखरी विश्वकै अग्लो स्थानमा रहेको सीमसार क्षेत्रमा पर्दछ । कुण्डमा हाँसका बथान डुबुल्की मार्छन् । मनसुनी याममा यात्रा गर्दा हरिया डाँडामा रंगविरंगका फूलले स्वागत गर्छन् ।

पाँचपोखरी क्षेत्रमा तामाङ समुदायको बसोबास छ । प्राकृतिक सौन्दर्यले भरिपूर्ण पाँचपोखरी हिन्दू र बौद्ध धर्मावलम्बीको साभा आस्था केन्द्र हो । हरेक वर्ष भाद्र शुक्लपक्ष पुत्रदा एकादशीदेखि जनै पूर्णिमासम्म पाँचपोखरीमा मेला लाग्छ । मेला भर्न पुगेका हिन्दूहरू

On the Panch Pokhari trekking trail, Nosyam Pati at 3,650 m has hotel facilities. Other than that there are no other hotel options in Panch Pokhari. During the fair, villagers open their homes and yards as temporary stop with food and shelter facilities.

While travelling from Kathmandu, on the first day Bhotang can be reached by jeep. Second day, a trek to Nosyam Pati is possible. On the third day, a three hour trek from Nosyam Pati leads to Panch Pokhari.

Best time to visit Panch Pokhari is from mid-August to mid-November.

How to reach

- By road: Kathmandu - Melamchi is 45 km. Melamchi to Yarsa (Bhotang) is 22 km. Nosyam Pati is an eight hour trek from Yarsa. It takes a three hour trek from Nasim Pati to Panch Pokhari.

कुण्डमा स्नान गरेर मेला भर्छन् भने तामाङ समुदाय 'गोन्ट्य' पर्व मनाउँछ ।

पाँचपोखरीमा मन्दिर र भरना पनि छ । जनै पूर्णिमा मेलामा तीर्थालुहरू नाचगान गर्छन् । तामाङ समुदायले बोम्बो, डम्फु, भौँक्री नाच लगायत प्रदर्शन गर्छन् ।

पाँचपोखरी पदमार्गको नोस्याम पाटी (३,६५० मि.) मा होटल सुविधा छ । पाँचपोखरीमा होटल छैन, गोठ मात्र छ । मेलामा बेला गाउँलेले अस्थायी टहरा बनाएर खाना र बासको व्यवस्था मिलाउँछन् ।

काठमाडौंबाट यात्रा गर्दा पहिलो दिन गाडीमा यासा, दोस्रो दिन पदयात्रा सुरु गरेर नोस्याम पाटीमा बास बस्नुपर्छ । तेस्रो दिन नोस्याम पाटीबाट तीन घण्टा पदयात्रामा पाँचपोखरी पुगिन्छ ।

भदौदेखि कात्तिकसम्म पाँचपोखरी घुम्ने उत्तम समय हो ।

कसरी पुग्ने : काठमाडौंको जोरपाटी, नारायणटारबाट सिन्धुपाल्चोकको मेलम्चीसम्म ४५ कि.मि. । मेलम्चीबाट यासा (भोताङ) सम्म २२ कि.मि. । यासाबाट ८ घण्टा पदयात्रामा नोस्याम पाटी । नोस्याम पाटीबाट ३ घण्टा पदयात्रामा पाँचपोखरी पुगिन्छ ।



Photos: © Devendra Basnyat

Phoksundo Lake

PLACES NEARBY : Shey-Gumba • Dho-Tarap • Pungmo Village

LANDSCAPES

| | | | |
|---------------|--------|---------------|-----------|
| Lake | River | Mountain | Monastery |
| Farming Field | Forest | National Park | Stupa |
| Grassland | Cave | Water Fall | |

FACILITIES

| | | | |
|-------------------|--------|-------|----------|
| Local transport : | | | |
| Health Post | Hotels | Solar | Internet |

HOW TO REACH

| | |
|----------|---|
| Car/Jeep | 11 hours (500 kms to Nepalgunj) 1 hour (8 kms to Suligad by jeep) |
| Bus | 16 hours (800 kms to Jajarkot) 7 hours (118 kms to Dunai Bazar, Jufal by jeep) |
| Airplane | 1 hour (Nepalgunj) 35 minutes (Jufal) |
| Trek | 2.5 days (Jufal to Phoksundo Lake) |



The Y-shaped lake of Dolpa district is the second deepest lake in Nepal. The lake appears in different colours throughout the day. The water of the lake becomes blue, sometimes black and sometimes indigo. From dawn to dusk the lake miraculously changes its colour as per the sun rays falling on the lake.

The lake lies in Shey Phoksundo Rural Municipality-8, Lower Dolpa region. Kanjirowa Himal is located at the head of Phoksundo Lake (3611 m). With a length of 5.93 km, width of 1.80 sq km and a depth of 145 m, the Phoksundo Lake is surrounded by snow-capped mountains in all directions. This lake is also listed on the Ramsar site.

On the bank of the lake lies Ringmo village, Bon Gumpa and Chaitya. There are 65 houses of Bhote community in Ringmo village. The village receives heavy snow from mid December to mid February. A two-day trek from Ringmo village leads to Shey-Gumpa. Similarly, on a three-day trek, crossing the Bagla Bhanjyang and Numla Bhanjyang, Dho-Tarap valley can be reached. The village records human settlement at 4200 m, being the highest altitude in Nepal with civilisation.

One can observe the traditional Tibetan culture, Bon Buddhism in Dolpa district.

फोक्सुन्डो ताल

अंग्रेजी अक्षर 'वाई' आकारमा छ डोल्पाको फोक्सुन्डो ताल । ताल दिनमै विभिन्न रङमा देखिन्छ । तालको पानी कहिले नीलो, कहिले कालो र कहिले सिन्दुरे बन्छ । बिहानदेखि बेलुकीसम्म फरक-फरक रङमा सजिन्छ ताल ।

शे-फोक्सुन्डो गाउँपालिका-८, डोल्पामा पर्दछ ताल । फोक्सुन्डो ताल (३,६११ मि.) को शिरमा काञ्जिरोवा हिमाल छ र यसको अधिकतम लम्बाइ ५.९३ कि.मि. र अधिकतम चौडाइ १.८० वर्गकि.मि. छ भने गहिरोाइ १४५ मि. । यो ताल रामसार साइटमा सूचीकृत छ ।

ताल किनारामा रिम्म गाउँ, बोन गुम्बा र चैत्य छन् । रिम्म गाउँमा भोटे समुदायका ६५ घर छन् । गाउँमा पुस-माघमा बाक्लो हिउँ पर्छ । रिम्म गाउँबाट दुई दिनको पदयात्रामा शे-गुम्बा पुगिन्छ । त्यस्तै तीन दिन पदयात्रामा बगला भन्ज्याङ र नुमला भन्ज्याङ पार गरेर धो-तराप भ्याली पुगिन्छ । नेपालकै सबैभन्दा उचाइ (४,२०० मि.) मा मानव बस्ती भएको गाउँ धो-तराप ।

फोक्सुन्डो पदमार्गमा बोन युद्धुङ धर्म मान्ने समुदायको बसोबास

Phoksundo Lake is located inside the Shey Phoksundo National Park. The national park established in 2040 BS is the largest national park with an area of 3555 sq km. It covers the area of Dolpa and Mugu. The altitude of the park ranges from 2000 meters to 6885 meters. The park has several varieties of flora and fauna. It also protects several endangered animals like the musk deer and snow leopards.

The best time to visit Phoksundo Lake is from mid February to mid July and mid September to mid November.

How to reach

- By road: Kathmandu – Kohlpur-Jajarkot 800 km. From Jajarkot to Dolpa headquarters, Dune Bazar 118 km. Bridges are yet to be built in many of the sections.
- By air: Kathmandu - Nepalgunj 55 minutes flight. Nepalgunj-Jufal 35 minutes flight. Jufal-Suligad is eight km by jeep. Phoksundo Lake is reached on a two-day trek from Suligad.

छ । बोन धर्मका प्रवर्तक तोन्पा शेन्राव मिबो हुन् ।

फोक्सुन्डो ताल शे-फोक्सुन्डो राष्ट्रिय निकुञ्जमा पर्छ । नेपाल सरकारले हिमाली जैविक विविधता संरक्षण गर्न वि.सं. २०४० सालमा बनाएको निकुञ्जको क्षेत्रफल ३,५५५ वर्गकि.मि.

छ । त्यसमा डोल्पा र मुगुको भूगोल समेटिएको छ । निकुञ्जको धरातलीय उचाइ २,००० मिटरदेखि ६,८८५ मिटरसम्म छ । निकुञ्जमा थरीथरीका वनस्पति, जडीबुटी, किटपतङ्ग र जङ्गली जनावर पाइन्छन् ।

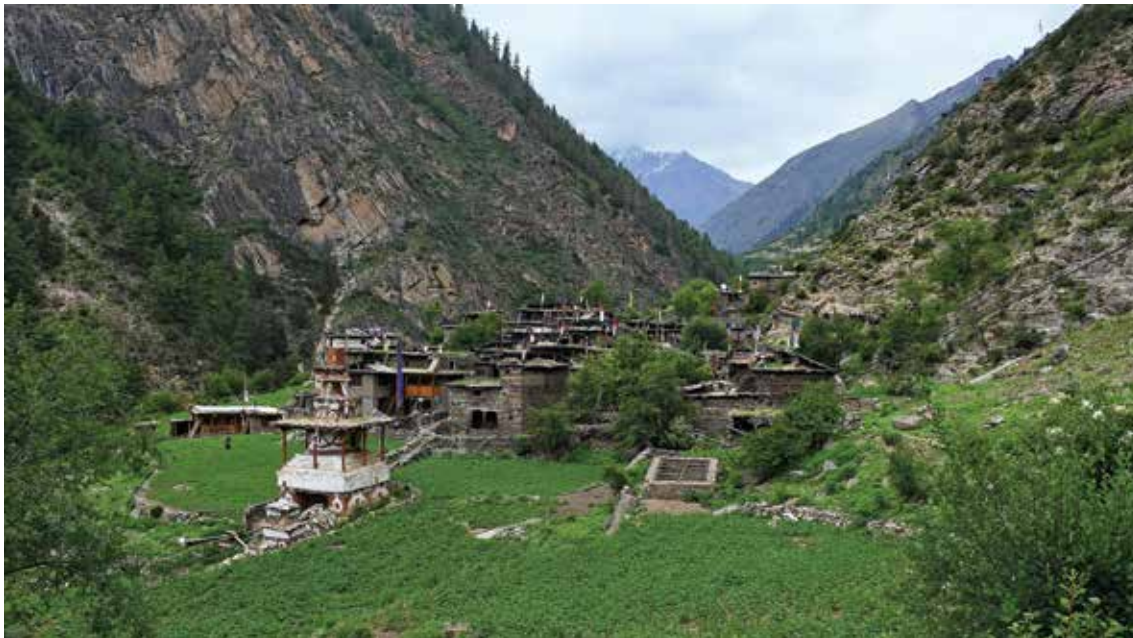
फागुनदेखि असारसम्म र असोजदेखि कात्तिकसम्म फोक्सुन्डो घुम्ने उत्तम समय हो ।

कसरी पुग्ने : काठमाडौं-कोहलपुर-जाजरकोट ८०० कि.मि. । जाजरकोटदेखि डोल्पा सदरमुकाम दुनै बजार ११८ कि.मि. । यस खण्डमा ठाउँठाउँमा पुल बन्न बाँकी छ । काठमाडौं-नेपालगञ्ज ५५ मिनेट हवाई यात्रा । नेपालगञ्ज-जुफाल ३५ मिनेट हवाई यात्रा । जुफाल-सुलिगाड आठ कि.मि. जीपमा । सुलिगाडबाट दुई दिन एक बिहान पदयात्रामा फोक्सुन्डो ताल पुगिन्छ ।





Phoksundo river



Pugmo village



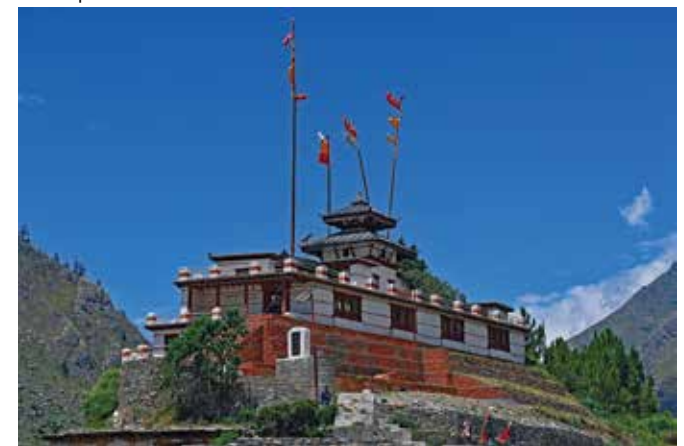
Phoksundo bridge



Dho-tarap valley

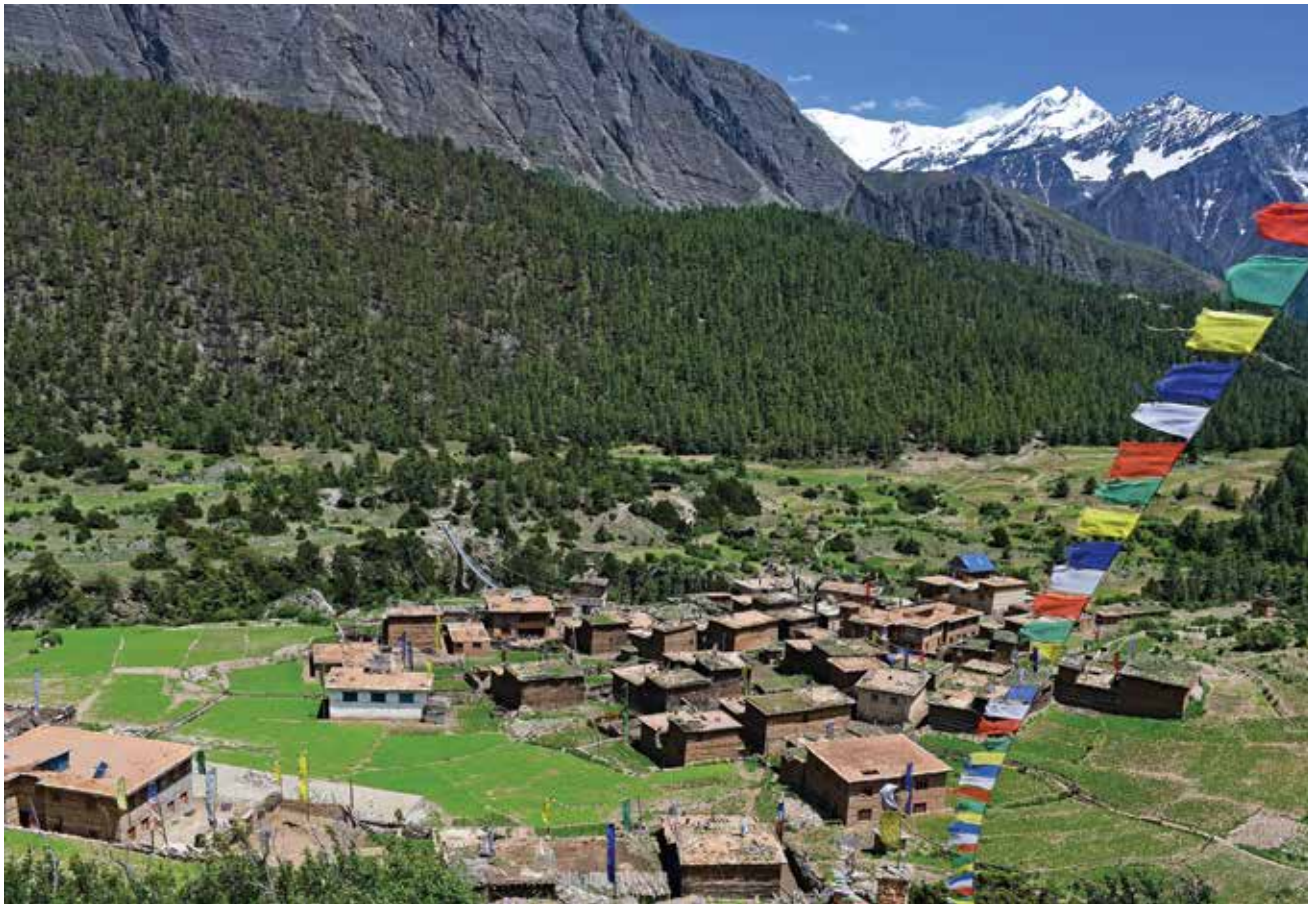


Jufal airport



Bala Tripura Sundari temple





Rigma village



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Pokhara

PLACES NEARBY : Dhampus • Rupakot • Lumle

LANDSCAPES

| | | | |
|---------------|--------|------------|-----------|
| Pond | River | Mountain | Temple |
| Farming Field | Forest | Water Fall | Monastery |
| Grassland | Cave | Lake | |

FACILITIES

| | | | |
|-------------------|----------|-------------|------------|
| Local transport : | | | |
| Hospital | Hotels | Homestay | Sky Diving |
| Electricity | Internet | Paragliding | Canyoing |
| Zipflyer | Bungy | Boating | Rafting |

HOW TO REACH

| | |
|----------|------------------------------|
| Car/Jeep | 6 hours (200 kms to Pokhara) |
| Bus | 6 hours (200 kms to Pokhara) |
| Airplane | 25 minutes (to Pokhara) |



Pokhara lies on the shores of the Phewa lake and is the most popular tourist destination of Nepal. Scenic and pristine, it is the city of lakes, caves, temples, monasteries, rivers and waterfalls.

Pokhara serves as the base for trekkers on the Annapurna range, and offers incredible adventure sport activities like paragliding, ultra-light flights, bungee jump, canoeing and zip flying. The lakeside is popular with visitors for its shops, restaurants and bars, or boating on the lake.

Several mountains are visible from Pokhara including Dhaulagiri, Annapurna, Manaslu and the beautiful Machapuchhare (fish tail). Pokhara is the gateway to the Annapurna Circuit: Panchase, Sikles, Annapurna Base Camp, Mardi Base Camp and Dhaulagiri Circuit.

There are nine lakes in the valley including the Phewatal, Begnas, Khaste, Rupatal, Maldi, Dipang, Neureni, Kamal and Gunde. There are also several many caves that catch the fascination of travelers like Mahendra gufa, Chemare gufa and Gupteshwar. The Seti River is another attraction of Pokhara. Kayaking is done on the Seti River and on Phewatal. From Pokhara, trekkers and hikers go into the surrounding mountains to explore and experience

पोखरा

पर्यटकीय केन्द्रका रूपमा स्थापित पोखरा एउटा उपत्यका हो । त्यहाँ हिमाल, ताल, गुफा, मन्दिर, गुम्बा, नदी र भरना आदि सम्पदा छन् । पोखरामा प्याराग्लाइडिङ, अल्ट्रा लाइट, बन्जी-जम्प, क्यानोनिङ र जीप फ्ल्याएर जस्ता साहसिक खेल गतिविधि पनि गरिन्छ ।

पोखराबाट धौलागिरि, माछापुच्छ्रे, पुठ्ठा हिउँचुली, मोदिसे, अन्नपूर्ण, हिउँचुली, नीलागिरि, मदी, लमजुङ, मनास्लु लगायत दर्जनौं हिमाल देखिन्छ । उपत्यकामा फेवाताल, बेगनास ताल, कमल ताल, रूपा ताल, खास्ते ताल, दिपाङ ताल, गुँदे ताल, मैदी ताल र न्युरेनी ताल गरी नौवटा ताल छन् ।

गुफा पनि धेरै छन् – महेन्द्र गुफा, चमेरे गुफा, गुप्तेश्वर गुफा आदि । गुप्तेश्वर गुफाभित्रबाट छाँगो (डेभिज फलस) देखिन्छ । त्यस्तै जमिनमुनि भासिएर बगेकी सेती नदी पोखराको अर्को आकर्षण हो । सेती नदी र फेवा तालमा कायाकिङ गरिन्छ । पोखरामा आधा दर्जन संग्रहालय छन् । तीन ठाउँमा तिब्बती शरणार्थीहरूको क्याम्प छ जहाँ तिब्बती जीवनशैलीको भल्को मिल्छ ।

पोखरा उपत्यका सेरोफेरोका काहुँकोट, सराङकोट, पुम्दीभुम्दी,

the local lifestyle of Kahunkot, Sarangkot, Pumdibhumi, Anadu, Dhampus, Lumle, Sikles, Lwanghaiel, Tangting, Nirmalpokhari, Bharatpokhari, Hemjakot, Astam and Sundari Danda.

Pokhara offers a range of beautiful resorts, hotels for every budget and home stay. The Gurungs, Magars, Chhetris, Bahuns, Thakalis and Newar communities make up the ethnic diversity of the place.

Pokhara can be visited all year round. The best time is from mid September to mid February.

How to reach

- By road: Kathmandu-Pokhara 200 km, six hours by bus
- By air: Kathmandu –Pokhara 25 minutes flight.

अनुदु, धम्पुस, लुम्ले, सिक्लेस, ल्वाङघलेल, ताङतिङ, निर्मलपोखरी, भरतपोखरी, हेम्जाकोट, अस्ताम, सुन्दरी डाँडा लगायतका डाँडाहरूबाट हिमाल, वनजंगल र ग्रामीण जीवनशैली अवलोकन गर्न सकिन्छ ।

कृषि कर्मको दृश्यका लागि हेम्जा क्षेत्र उपयुक्त छ । पोखरा अन्नपूर्ण सर्किट, पञ्चासे, सिक्लेस, अन्नपूर्ण बेस क्याम्प, मदी बेस क्याम्प, धौलागिरि राउन्ड लगायत पदमार्गको प्रवेशद्वार पनि हो । सुविधायुक्त होटल तथा रिसोर्टले भरिपूर्ण पोखरालाई रिजोर्ट सिटी पनि भनिन्छ ।

विविध जातजातिको सुन्दर बगैँचा हो पोखरा । गुरुङ, मगर, क्षेत्री, बाहुन, थकाली, नेवार आदि मिलेर बसेका छन् ।

पोखरा वर्षभरि घुम्न सकिन्छ । असोजदेखि माघसम्म पोखरा घुम्ने उत्तम समय हो ।

कसरी पुग्ने : काठमाडौँ-पोखरा २०० कि.मि., बसमा ६ घण्टा लाग्छ । काठमाडौँको कलंकीबाट बिहानैदेखि बस तथा माइक्रोबस छुट्छन् । अथवा काठमाडौँ-पोखरा हवाई यात्रा २५ मिनेट लाग्छ ।



Phewa Lake



Zip Flyer



Paragliding, Sarangkot



Phewa Lake



World Peace Stupa



Ghatu dance, Tangting



Tangting homestay



Waterfall, Powerhouse



© www.locationnepal.com

Phewa Lake



View from Sarangkot



Phewa Lake



Mt. Annapurna South

Photos: © www.locationnepal.com

Ramaroshan

PLACES NEARBY : Mujabagar • Mangalsen • Badimalika

LANDSCAPES

| | | | |
|---------------|--------|--------------|---------|
| Pond | River | Mountain | Temple |
| Farming Field | Forest | Water Fall | Meadows |
| Grassland | Cave | Grazing Land | |

FACILITIES

| | |
|-----------------------|----------|
| Local transport : | |
| Hospital at Mangalsen | Hotels |
| Solar | Internet |

HOW TO REACH

| | |
|----------|---|
| Car/Jeep | 14 hour 30 minutes (680 kms to Dhangadhi) 9 h 30 minutes (310 kms to Mangalsen) 2 hour (45 kms to Ramaroshan) |
| Bus | 16 hours (680 kms to Dhangadhi) 11 hours (310 kms to Mangalsen) 2 hours (45 kms to Ramaroshan by jeep) |
| Airplane | 1 hour 10 minutes (to Dhangadhi) |



Ramaroshan is located in the Achham district at an altitude of about 2,500m. The area has twelve beautiful lakes and 18 meadows, locally known as patans. The biggest lake is Jigale. The other lakes are Lamidaha, Lissedali, Toule, Lower Dhaune, Upper Dhaune, Gagre, Danthekhal, Dalliana, Rame and Gerah. Ramaroshan is also the source of Kailashkhola. The temples of Nandadevi, Kalikadevi, Rupadevi, Jalpadevi, Malikaadevi, Nilkantha, Masto, Babchhala, Gunalani, Balwan are in Ramaroshan.

The lake shore is fun during July and August. There is a possibility of rock climbing, honey hunting, jungle walks, paragliding and meditation here.

Herbs such as Lothasalla, Satuva, Cinnamon, Silajit, Barren, Bozo, Padamchal, Katuki, Sugandwal, Bismaro, Gedalnu are found here.

Not only biodiversity, Maoist people's protest can also be studied in Ramaroshan. The Maoists played a parade in Patan, making Ramaroshan the headquarters of the Far West.

There is a road track to Rame. There are hotel facilities in Ramey Patan. Best season to visit is from mid

September-December and mid February to mid June.

The best season to visit is from mid September-December and mid February to mid June.

How to reach

- By road: Kathmandu - Dhangadhi 680 km.
- By air: Kathmandu - Dhangadhi one hour 10 minutes
- Road journey from Dhangadhi to Dadeldhura, Doti through Mangalsen. Ramaroshan is within 42 km of Timilsina road. Another option is Mangalsen 130 km from Surkhet via the mid-hill highway. Mangalsen-Ramaroshan 45 km.

रामारोशन

अछामको रामारोशन जैविक विविधताको बगैँचा हो । रामारोशन (२,०५०-३,७९२ मि.) लाई जनबोलीमा १२ बण्ड (ताल) १८ खण्ड (पाटन) भनिन्छ ।

त्यहाँको सबैभन्दा ठूलो ताल जिगाले हो । अरू तालमा लामीदह, लिस्सेडाली, ताउले, तल्लो धउने, माथिल्लो धउने, गाग्रे, डाँटेखाल, दल्लयाना, रामे र गेराह हुन् । बाटुल्लामा काठका पुराना डुङ्गा छन् । तालमा हाँस पौडी खेल्छन् । ठूलै छ ताल, फन्को मार्न पाँच घण्टा लाग्छ ।

रामारोशनमा नन्दादेवी, कालिकादेवी, रूपदेवी, जाल्पादेवी, मालिकादेवी, नीलकण्ठ, मस्टो, बाबछाला, गुणलानी, बलवान आदिका मन्दिर छन् । रक क्लाइम्बिङ, हनी हन्टिङ, जङ्गल वाक, प्यारग्लाइडिङ, मेडिटेसन आदिको सम्भावना छ ।

रामारोशन कैलाशखोलाको मुहान पनि हो । त्यहाँ, लोठसल्ला, सतुवा, दालचिनी, पाँचऔँले, सिलाजित, बाँजखोटो, बोजो, पदमचाल, कटुकी, सुगन्धवाल, बिसमारो, गदाल्नु लगायतका जडीबुटी पाइन्छन् । जङ्गली जनावर र पंक्षी पाइन्छन् । रामारोशनमा

गुफा र भरना छन् । मुख्य मैदान किनिमिनी, रामे र रोशन हुन् । ती चरन क्षेत्र बनेका छन् ।

जैविक विविधता मात्रै होइन, माओवादी जनयुद्ध पनि अध्ययन गर्न सकिन्छ रामारोशनमा । रामारोशनलाई माओवादीले सुदूरपश्चिमको हेडक्वार्टर बनाएर पाटनमा परेड खेलेका थिए ।

रामेसम्म मुजाबगर हुँदै सडक ट्र्याक छ । असार-साउनमा ताल किनार रमाइलो हुन्छ । फूलले ढपक्कै ढाकेको हुन्छ । रामे पाटनमा होटल सुविधा छ । घुम्ने समय असोजदेखि मंसिर र फागुनदेखि जेठसम्म हो ।

कसरी पुग्ने : काठमाडौँ-धनगढी ६८० कि.मि. । अथवा काठमाडौँ-धनगढी १ घण्टा १० मिनेट हवाई यात्रा । धनगढीबाट डडेलधुरा, डोटी हुँदै मंगलसेनसम्म सडक यात्रा । तिमल्सेना सडकबाट ४२ किलोमिटरभित्र पसे रामारोशन पुगिन्छ । अर्को विकल्प सुर्खेतबाट मध्यपहाडी लोकमार्ग हुँदै मंगलसेन १३० कि.मि. । मंगलसेन-रामारोशन ४५ कि.मि. ।



Rame Patan



Jigale Lake



Pancha Deval, Binayak



© Surendra Rana



Rara Lake

PLACES NEARBY : Gamgadhi • Sinja Valley • Jumla Bazar

LANDSCAPES

| | | | |
|---------------|--------|---------------|--------|
| Pond | River | Mountain | Temple |
| Farming Field | Forest | National Park | |
| Grassland | Cave | | |

FACILITIES

Local transport :

| | | |
|---------------------------|--------------|----------|
| Health post at Majhghatta | Hotels | Homestay |
| Solar | Internet | Camping |
| Boating | Horse Riding | |

HOW TO REACH

| | |
|----------|---|
| Car/Jeep | 3 days (Kathmandu-Nepalgunj-Kalikot-Topla) |
| Bus | 12 hours (500 kms to Nepalgunj) |
| Airplane | 1 hour (Kathmandu to Nepalgunj) 35 minutes (Nepalgunj to Talcha) |
| Walk | 2 hours (Talcha or Topla to Rara Lake) |



In terms of geography, Nepal's largest lake, Rara is located at 3,000 m. It is spread over 167 meters in depth, 5.1 km in length and 2.7 km in width. The length of the shore is 141.3 km. It takes around four hours to hike the lake.

The lake is located in Mugu district. Chuchemara hill at 4,087m is the best vantage point to enjoy magnificent views of the deep blue lake, the forested hillsides and the snow-capped peaks.

The lake is the major highlight of the Rara National Park established in 2032 BS. Its area is 106 square km. 90 percent of the area of Mugu district and the rest of the Jumla district comprises of the national park. To capture the entire lake in one frame, you have to climb to the top of Murma (3,726 m) towards west-north of the lake.

Boating facility is available on the lake. Another beauty is the hawk species found here.

Religiously Rara Mahadev, Chhabru Mahadev and Laguda are pilgrim centres. Rara has an army guild and park office. The Rokaya community has over 80 houses in the Murma village.

Rara is considered a heaven for yoga and meditation, and can be visited throughout the year. In the monsoon,

different kinds of flowers bloom on the lake shore. Between mid December and mid February, it snows here. The mountain open for trekking in mid September to mid November.

The best time to visit Rara is from mid September to mid December.

How to reach

- By road: It's a three-day road trip from Kathmandu to Rara Tal. The first base is in Nepalgunj, the second at Kalikot, Nagma and the third is at Rara.
- By air: Kathmandu-Nepalgunj an hour flight. Nepalgunj-Talcha 35 minutes flight. Talcha-Rara 2 hours walk.

रारा ताल

भूगोलका हिसाबले नेपालको ठूलो ताल हो रारा । मुगु जिल्लामा अवस्थित यस तालको पृष्ठभूमिमा छायानाथ र ऋणमोक्ष हिउँचुली छन् । बिहान तालको पानी स्थिर हुन्छ । त्यति बेला पानीमा हिमचुली टल्किन्छन् ।

सानो उपत्यका हो रारा । वरिपरि जङ्गलमाभ्रमा ताल (३,००० मि.) छ । यो ताल १६७ मिटर गहिराइ, ५.१ किलोमिटर लम्बाइ र २.७ किलोमिटर चौडाइमा फैलेको छ । किनारको लम्बाइ १४.६ किलोमिटर छ । हिँडेर तालको फन्को मार्न चार घण्टा लाग्छ ।

सरकारले वि.सं. २०३२ सालमा रारा राष्ट्रिय निकुञ्ज बनाएको थियो । त्यसको क्षेत्रफल १०६ वर्गकि.मि. छ । मुगु जिल्लाको ९० प्रतिशत भूभाग र बाँकी जुम्ला जिल्लाको भूभाग समेटेर निकुञ्ज बनाइएको हो । सिङ्गो ताललाई एउटै फ्रेममा खिचन तालबाट पश्चिम-उत्तर भेकको मुर्मा टप (३,७२६ मि.) चढनुपर्छ । मुर्मा गाउँमा रोकाया (क्षत्री) का ८० घर छन् ।

तालमा डुङ्गा चढ्ने सुविधा छ । तालको अर्को सौन्दर्य हाँस प्रजातिका चरा हुन् ।

धार्मिक रूपमा रारा महादेव, छाब्रु महादेव र लागुडा तीर्थ छन् । रारामा सेनाको गुल्म र निकुञ्ज कार्यालय छ ।

योग र ध्यानका लागि रारा स्वर्ग हो । रारा वर्षभरि घुम्न सकिन्छ । बर्खाता ताल किनारमा रडविरडका फूल फुल्छन् । पुस-माघमा हिउँ पर्छ । असोज-कात्तिकमा हिमाल खुल्छ ।

असोजदेखि मंसिरसम्म रारा घुम्ने उत्तम समय हो ।

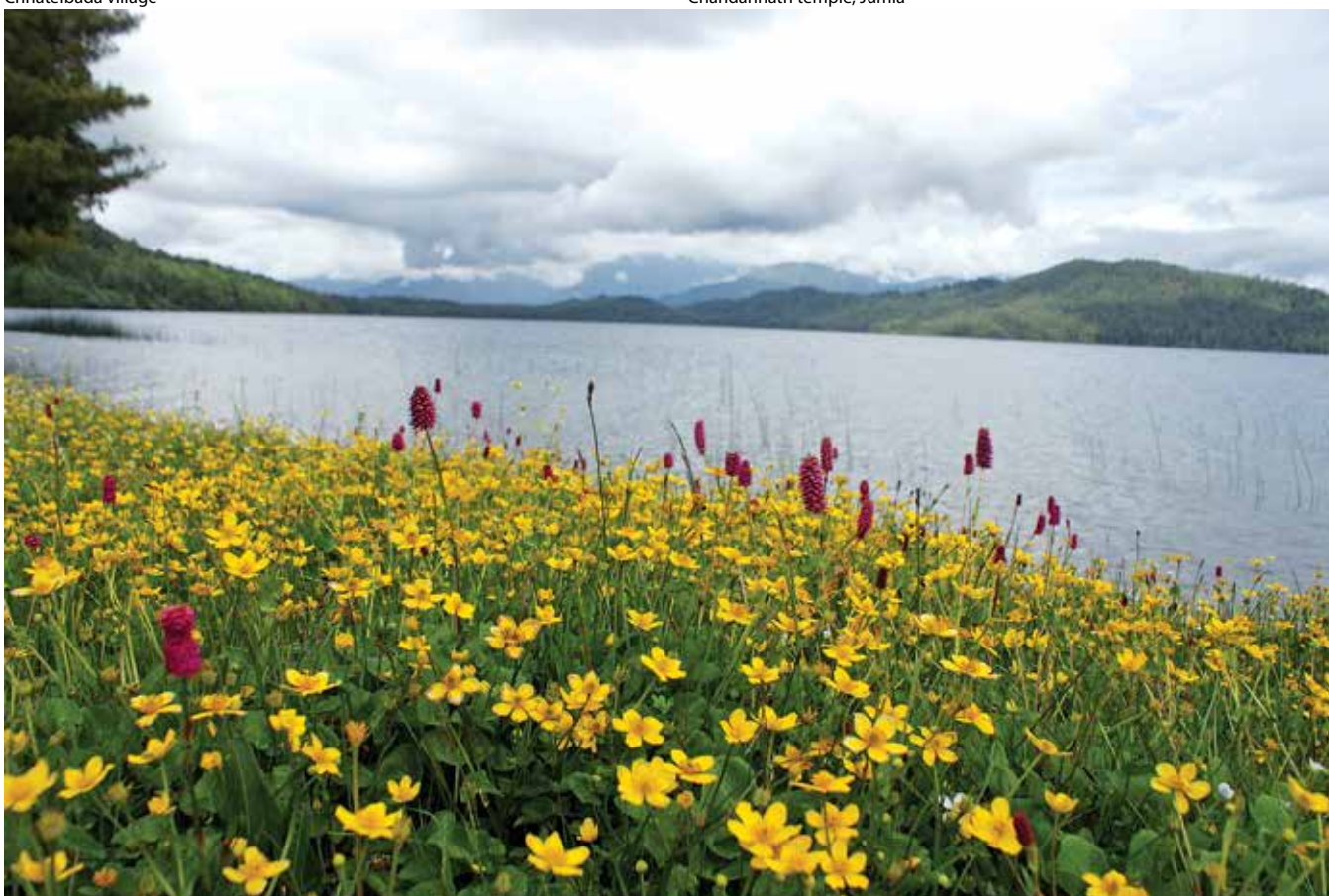
कसरी पुग्ने : काठमाडौँबाट सडक यात्रामा जाँदा तेस्रो दिनमा रारा ताल पुगिन्छ । पहिलो बास नेपालगन्ज, दोस्रो कालीकोटको नाग्ममा र तेस्रो बास रारामा । मुगु सदरमुकाम गमगढी जोड्ने सडकको तोप्लासम्म मोटरमा गएर त्यहाँबाट दुई घण्टा हिँडेपछि रारा ताल पुगिन्छ । अथवा काठमाडौँ-नेपालगन्ज १ घण्टा हवाई यात्रा । नेपालगन्जबाट मुगुको ताल्चा हवाई उडान ३५ मिनेट । ताल्चाबाट दुई घण्टामा रारा ताल पुग्न सकिन्छ ।



Chhatelbada village



Chandannath temple, Jumla





Rara Lake



Syarputal

PLACES NEARBY : Kamaltal • Digreshahi Temple • Khalanga

LANDSCAPES

| | | | |
|---------------|--------|------------|--------|
| Pond | River | Mountain | Temple |
| Farming Field | Forest | Water Fall | Lake |
| Grassland | Cave | | |

FACILITIES

| | | |
|-------------------|----------|----------|
| Local transport : | | |
| Health Post | Lodge | Homestay |
| Electricity | Internet | Boating |

HOW TO REACH

| | |
|----------|---|
| Car/Jeep | 15 h 30 minutes (577 kms) |
| Bus | 16 hours (577 kms) |
| Airplane | 25 minutes (Bhairahawa) 9 h 40 minutes (339 kms Bhairahawa to Syarpu Lake) |



Syarpu (1310 m) is a beautiful lake in Rukum (west) district of western Nepal. The lake is located in Banfikot Rural Municipality-3 and 5 and spread over 2.6 sq km. To the north of the calm and cool lake is the view tower. Hydro electricity is generated from the waters of the lake. The water that flows from the lake is called Dahikhola.

The lake area is considered of deep religious importance. There are several temples such as Barah and Sibalaya located here. One will also find a few waterfalls around. The source of water for the lake are the waterfalls of Naudhare, Kalikhola, etc.

The Syarpu area is a repository of biological diversity. Birds come from Siberia during the winter months. There is boating facility as well. Locals have been raising fish in the lake through cooperative farming.

There are two villages on the bank of the lake. Chhetri, Bahun and Dalit communities live in the villages. There is no hotel, some homes offer homestay facilities.

On the tour of Syarpu Lake, one can visit the Digre Shaikumari Temple at Musikot Khalanga, the headquarters of Rukum (west). It is believed that you will be blessed

स्यार्पु ताल

रुकुम (पश्चिम) जिल्लाको एउटा सुन्दर ताल हो – स्यार्पु (१,३१० मि.)। बाँफीकोट गाउँपालिकाका ३ र ५ नम्बर वडामा पर्ने ताल २.६ वर्गकि.मि.मा फैलेको छ। कञ्चन पानीले भरिएको यो ताल आकर्षक छ।

शान्त अनि शीतल तालको पूर्वउत्तरमा भ्यु टावर छ। तालको पानीबाट बिजुली निकालिएको छ। तालबाट बगेको पानीलाई दही खोला भनिन्छ। भट्ट हेर्दा पानी जमेको दही जस्तै देखिन्छ।

ताल क्षेत्र धार्मिक हिसाबले समेत महत्वपूर्ण मानिन्छ। त्यहाँ बुढालमस्टा, मथिगरे ब्रह्मा, दारे मस्टा, शिवालय, कालिका र बराह मन्दिर छन्। ताल नजिकै सिमैछरी र बन्चरे भरना पनि छन्। पानीको स्रोत तिनै भरना, बौलाहा खोला, नौधारे र काली खोला हुन्।

स्यार्पु क्षेत्र जैविक विविधताको भण्डार हो। तालमा जाडो याममा साइबेरियादेखि चरा आउँछन्। त्यहाँ डुङ्गा चढ्ने सुविधा छ। स्थानीयले सहकारीमार्फत तालमा माछापालन गर्दै आएका छन्।

ताल किनारमा दुइटा गाउँ छन् स्यार्पु र दह नाउँका। गाउँमा क्षत्री,

with a prosperous and happy life at the Digre Shaikumari Temple located in Musikot Municipality-9, Tharpu. It takes about an hour and a half trek northeast of Khalanga to reach the temple. Else, 20 minutes-drive from Khalanga to the temple.

The best season to visit is mid August to November.

How to reach

- By road: Kathmandu - Khalanga is 577 km, 16 hours by bus. Khalanga-Syarpu 23 km, 1.5 hour by jeep. Bus departs from Khalanga at around 3:30 pm. On the way to Syarpu, the jeep passes Khalanga, Banfikot and other places. Further, Khalanga-Syarpu is an eight hour trek.

बाहुन र दलित समुदायको बसोबास छ। त्यहाँ होटल छैन, केही घरमा होमस्टे सुविधा छ।

स्यार्पु ताल यात्रामा रुकुम (पश्चिम) को सदरमुकाम खलङ्गा मास्तिरको डिग्रे शाही मन्दिर दर्शन गर्न सकिन्छ। मुसिकोट नगरपालिका-९ थर्पुमा अवस्थित मन्दिरको दर्शनले सुख समृद्धि प्राप्त हुने जनविश्वास छ। खलङ्गाबाट उत्तरपूर्व पैदल हिंडेर डेढ घण्टा अथवा गाडीबाट गए २० मिनेटमा मन्दिर पुगिन्छ।

साउनदेखि कात्तिकसम्म स्यार्पु ताल घुम्ने उत्तम समय हो।

कसरी पुग्ने : काठमाडौँबाट खलङ्गाको दूरी ५७७ कि.मि. छ, बसमा १६ घण्टा लाग्छ। खलङ्गा-स्यार्पु २३ कि.मि., जीपमा डेढ घण्टा। खलङ्गाबाट दिउँसो ३.३० बजे जीप छुट्छ। जीप खलङ्गा, रातामाटा, राउखेत, गिलबाङ छिम्खेत, बाँफीकोट हुँदै स्यार्पु पुग्छ। पाँच घण्टामा खलङ्गाबाट हिंडेर स्यार्पु पुगिन्छ।



Bardiya

PLACES NEARBY : Chisapani • Nepalgunj • Gabhar Valley

LANDSCAPES

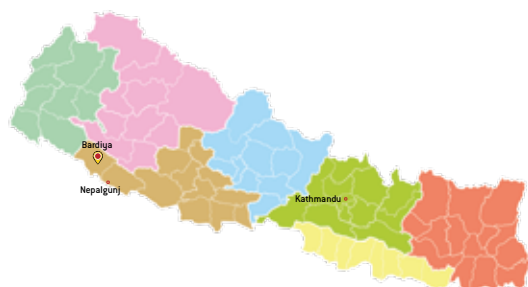
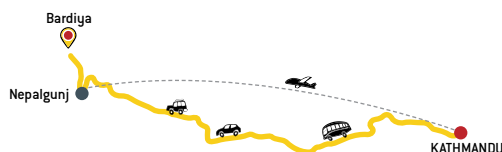
| | | |
|---------------|--------|---------------|
| Pond | River | Temple |
| Farming Field | Forest | National Park |
| Grassland | | |

FACILITIES

| | | |
|-------------------|---------------------------|-----------------|
| Local transport : | | |
| Hospital/Medicine | Health post at Chhipkaiya | Hotels |
| Homestay | Electricity | Internet |
| Rafting | Canoe | Elephant Safari |

HOW TO REACH

| | |
|----------|---|
| Car/Jeep | 11 h 30 minutes (500 kms to Nepalgunj) 2 hours (90 kms Nepalgunj to Thakurdwara) |
| Bus | 14 hours (Kathmandu to Thakurdwara) |
| Airplane | 1 hour (to Nepalgunj) |



Bardiya National Park is a destination known for tigers. There are 85 adult tigers in the park. In the summer, one can often witness tigers near the river. They are sometimes in groups otherwise spotted alone.

Jeep safari, elephant safari and jungle walks are designed not only to see tigers, but also other wild animals and birds. The national park is spread over 968 sq km. The buffer zone is 507 sq km. It was established in 1968 as a royal hunting reserve. Later in 1988 it was declared a national park. There are 41 single rhinoceros, more than 120 wild elephants and 527 species of birds here in addition to chitals, bears and wild boars.

There is an crocodile breeding center and Tharu Museum at Thakurdwara, the headquarters of the park. There is also a Thakur Baba temple nearby which is known to fulfil people's wishes. The national park also has rafting facilities on the Karnali and Geruwa rivers. Fishing is done in the Babai and Karnali rivers in the area.

There are five entry points to the national park – Thakurdwara, Ambasa (Amreni), Rambhapur, Chepang and Banjaria. Thakurdwara has around 26 hotels to stay. Further, there is a homestay facility in the Tharu area. The homestay of Dalla village is popular inhabited by the Tharu

बर्दिया

बाघ हेर्न कहलएको गन्तव्य हो बर्दिया राष्ट्रिय निकुञ्ज । निकुञ्जमा ८५ वटा वयस्क बाघ छन् । गर्मीमा निकुञ्जका नदीमा पानी खान आएका बाघको दर्शन पाइन्छ । ती कहिले समूहमा हुन्छन् त कहिले एकलै ।

जीप सफारी, हात्ती सफारी र जङ्गल वाकमा बाघ मात्र होइन अरू जंगली जनावर र चराचुरुङ्गी पनि देखिन्छन् ।

निकुञ्ज ९६८ वर्गकि.मि.मा फैलेको छ । मध्यवर्ती क्षेत्र ५०७ वर्गकि.मि. छ । सन् १९६८ मा शाही शिकार आरक्षका रूपमा यसको स्थापना गरिएको थियो । पछि सन् १९८८ मा यसलाई निकुञ्ज घोषणा गरियो । यहाँ ४१ वटा एक सिङ्गे गैंडा, १२० भन्दा बढी जङ्गली हात्ती छन् । त्यस्तै ५२७ प्रजातिका चरा पाइन्छन् । जङ्गलमा चित्तल, भालु, बँदेल, नीलगाई लगायतका जनावर छन् ।

निकुञ्जको हेडक्वार्टर ठाकुरद्वारामा गोही प्रजनन केन्द्र र थारू सङ्ग्रहालय छ । नजिकै ठाकुरबाबा मन्दिर पनि छ । ठाकुरबाबाको दर्शनले मनोकामना पूरा हुने जनविश्वास छ । निकुञ्ज क्षेत्रमा व्यापिड सुविधा पनि छ । कर्णाली र गेरुवा नदीमा व्यापिड गराइन्छ । चिसापानी

community. In the evenings, the villagers entertain guests with traditional dance performances. The best time to visit Bardiya is from mid February to mid June.

How to reach

- By road: Kathmandu- Nepalgunj is 500 km. Nepalgunj – Ambasa-Thakur is 90 km which can be covered in two hours by bus. Further, it is 13 km from Ambasa on the northeast highway via Thakur. There is a direct bus service from Kathmandu-Thakur, 14 hours by bus.
- By air: Kathmandu-Nepalgunj is an hour flight.

पुलबाट दौलतपुरघाटसम्म र निकुञ्जको हात्तीसारसम्म व्यापिड गर्न सकिन्छ ।

त्यसबाहेक निकुञ्ज क्षेत्रका बबई र कर्णाली नदीमा फिसिड गर्न पाइन्छ ।

निकुञ्ज प्रवेश गर्ने पाँचवटा नाका छन् – ठाकुरद्वारा, अम्बासा (अम्प्रेनी), रम्भापुर, चेपाङ र बज्जिरिया नाका । ठाकुरद्वारा नाका पुरानो हो जहाँ २६ वटा होटल छन् । सेरोफेरोका थारू बस्तीमा होमस्टे सुविधा छ । डल्ला गाउँको होमस्टे चर्चित छ जहाँ थारू जीवनशैली पाइन्छ । गाउँलेहरू साँभ पाहुनालाई भुमरा, लट्ठी, मजिरा र छोकरा नाच देखाउँछन् ।

फागुनदेखि जेठसम्म बर्दिया घुम्ने उत्तम समय हो ।

कसरी पुग्ने : काठमाडौँ-नेपालगञ्ज ५०० कि.मि. । अथवा काठमाडौँ-नेपालगञ्ज हवाई यात्रा १ घण्टा । बसबाट नेपालगञ्ज-अम्बासा-ठाकुरद्वारा (९० कि.मि.) पुग्न २ घण्टा लाग्छ । पूर्वपश्चिम राजमार्गको अम्बासाबाट ठाकुरद्वारा १३ कि.मि. छ । काठमाडौँबाट ठाकुरद्वारासम्म पुग्न सोभै बस सेवा छ । बसमा १४ घण्टा लाग्छ ।





Tharu lady



Tharu dish



Bageshwori temple, Nepalgunj



Thakubaba temple, Bardiya

© Deepak Rajbanshi



Crocodile breeding farm



Jeep safari, Bardiya National Park



Dhorpatan

PLACES NEARBY : Jaljala • Nishel Dhor • Burtibang

LANDSCAPES

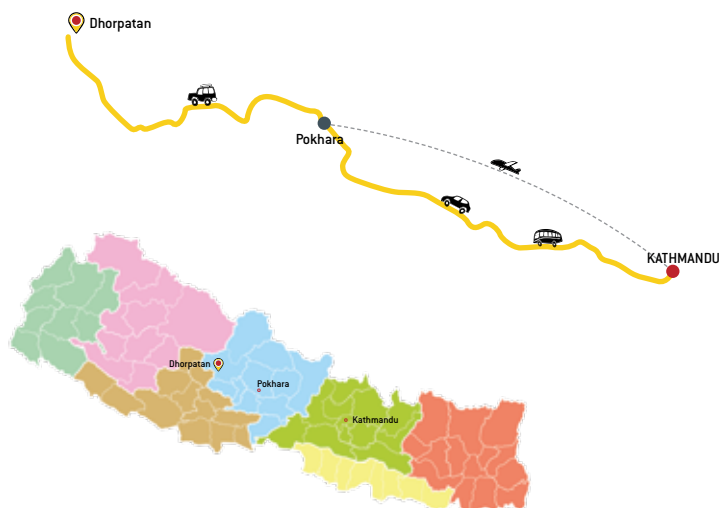
| | | | |
|---------------|--------|-----------------|-----------|
| Pond | River | Mountain | Temple |
| Farming Field | Forest | Hunting Reserve | Monastery |
| Grassland | Cave | Water Fall | |

FACILITIES

| | | | |
|-------------------|-------------|----------|----------------|
| Local transport : | Health Post | Hotels | Museum |
| | Electricity | Internet | Trophy Hunting |

HOW TO REACH

| | |
|----------|---|
| Car/Jeep | 13 hours (388 kms) |
| Bus | 6 hours (200 kms to Pokhara) 2 hours (72 kms Pokhara to Baglung) 3 hours (90 kms Baglung to Burtibang) 2 hours (32 kms Burtibang to Dhorpatan by Jeep) |
| Airplane | 25 minutes (to Pokhara) |



The village gets its name from the flat meadows above the 4000m high tree-line which are locally known as patans, and the marshy flat open valley next to which the village itself sits is called dhor. Hence, the name Dhorpatan. Hunting is allowed only in Dhorpatan in Nepal. The Dhorpatan Hunting Reserve lies a day's drive west of Pokhara in the shadow of Mt. Dhaulagiri. The Reserve is home to many species of animals. There are 32 species of mammals recorded which include snow leopard, musk deer, red panda and blue sheep. 164 species of birds are found inside the reserve among which the Koklass pheasant, Impeyan pheasant, and Cheer pheasant are common. The reserve is also home to two species of reptiles. The blue sheep is the most popular species, other include ghoral, serow, rhesus macaque, langur, wild boar, Himalayan Tahrand mouse hare. The musk deer, wolf, wed panda, cheer pheasant and Danphe are the endangered species. There are seven hunting blocks within the reserve; four in the southern part and three in the northern part to make hunting easy and effective.

The winters are very cold due to low temperature and strong winds. The higher altitudes are covered by snow all year. Mornings are cloudy and it usually clears up in the afternoons. Snowfall occurs till early April. The best time to visit the reserve is between March and April.

The hunting reserve was established in 1987 with the objective of facilitate the hunting sport and to conserve the balance of species of the temperate, subalpine and alpine

ढोरपाटन

जङ्गली जनावर, विशाल पाटन, जङ्गल र हिमाल ढोरपाटनका विशेषता हुन्। नेपालमा ढोरपाटनमा मात्र शिकार खेलन पाइन्छ। ढोरपाटन शिकार आरक्षमा भारत र नावरको शिकार खेलन पाइन्छ। सन् २०१६ को गणनामा ढोरपाटन क्षेत्रमा २,२०० नावर र ३८० भारत थिए। आरक्ष प्रशासनले बर्सेनि निश्चित संख्यामा शिकार खेलन अनुमति दिन्छ।

वर्षका दुई सिजन असोज-कात्तिक र फागुनदेखि वैशाखसम्म शिकार गर्न पाइन्छ। आरक्षका ६ ब्लकहरू – सुनदह, सेड, दोगाडी, बार्से, फागुने र घुस्तुडमा शिकार खेलाइन्छ। शिकारीले जनावरको सिड आफैसँग लान पाउँछन्।

सरकारले रुकुम, बागलुङ र म्याग्दी जिल्लाका भूभाग समेटेर सन् १९८७ मा आरक्ष बनाएको थियो। आरक्षको क्षेत्रफल १,३२५ वर्गकि.मि. छ। त्यहाँ ३२ प्रजातिका स्तनधारी जनावर पाइन्छन्। प्रमुख जनावर नाउर, भारत, थार र भालु हुन्। आरक्षमा दुर्लभ एवं संरक्षित पन्डी डाँफे, मुनाल, चिर लगायत १६४ प्रजातिका चरा उड्छन्।

खासमा ढोर भनेको खुला र पाटन भनेको चौर हो। त्यसैले ढोरपाटनमा

ecosystem of western Nepal. The reserve covers an area of 1,325 sq km in the Dhaulagiri Himal and extends to Rukum, Myagdi, and Baglung districts. The altitude ranges from 2,000 m to 7,246 m. Hunting license is issued by the Department of the National Park and Wildlife Conservation in Kathmandu.

Dhorpatan is also connected to the Guerrilla Trekking Trail.

The enclosing valley is drained to the west by the Uttar Ganga, tributary of the Bheri river, which in turn joins the Karnali river. According to Hindu mythology, bathing in Uttar Ganga is considered sacred. Every year there is a fair organised in Dhor Barah Temple of Uttarganga during Vaisakhi Purnima and Jani Purnima. The road connectivity is good till the headquarter of the park.

The best time to visit Dhorpatan is from mid September to mid December.

How to reach

- By road: Kathmandu - Pokhara 200 km, six hours by bus.
- By air: Kathmandu-Pokhara 25 minutes flight. Pokhara-Baglung 72 km, two hours by bus. Baglung-Burtibang 90 km, three hours by bus. Burtibang-Dhorpatan 32 km, two hours by jeep.

फराकिला चौर छन्। साथै अम्ला पहाड र जङ्गल छन्। ढोरपाटन गुरिल्ला पदमार्गसँग पनि जोडिएको छ। ढोरपाटन शिकार आरक्षको मुख्यालय अगाडि कुनामा उत्तरगङ्गा छ। हिन्दू मान्यता अनुसार उत्तरगङ्गामा नुहाउँदा पवित्र भइन्छ। पाप पखालिन्छ। त्यहाँ पानीको मुहान छ। त्यो पानीमा नुहाएर उत्तरगङ्गाभन्दा तलको रुद्रतालमा पिण्ड चढाएमा पितृ तर्छन् भन्ने जनविश्वास छ।

उत्तरगङ्गामा ढोर बराह मन्दिर छ। स्थानीय शङ्कर गुरुडका अनुसार त्यहाँ वैशाखे पूर्णिमा र जनै पूर्णिमामा मेला लाग्छ। निकुञ्जको हेडक्वाटरसम्म सडक सञ्जाल जोडिएको छ।

ढोरपाटन घुम्ने उत्तम सिजन असोजदेखि मसिरसम्म।

कसरी पुग्ने : काठमाडौँ-पोखरा २०० कि.मि., बसमा ६ घण्टा। पोखरा-बागलुङ ७२ कि.मि., बसमा दुई घण्टा। बागलुङ-बुर्तिवाड ९० कि.मि., बसमा तीन घण्टा। बुर्तिवाड-ढोरपाटन ३२ कि.मि., जीपमा दुई घण्टा।



© Surendra Rana

Jaljala, Dhorpatan hunting reserve





Museum, Dhorpatan hunting reserve



Uttarganga



Khaptad

PLACES NEARBY : Tamail • Jhigrana • Shaileshwari

LANDSCAPES

| | | | |
|---------------|--------|---------------|--------|
| Lake | River | Mountain | Temple |
| Farming Field | Forest | National Park | |
| Grassland | Cave | | |

FACILITIES

Local transport :

| | | | |
|-----------------------|--------|-------|----------|
| Health post at Lasake | Hotels | Solar | Internet |
|-----------------------|--------|-------|----------|

HOW TO REACH

| | |
|----------|--|
| Car/Jeep | 24 hours (895 kms to Jhigrana) |
| Bus | 16 hours (680 kms to Dhangadhi) 8 hours (200 kms to Silgadhi from Dhangadhi) 1 hour (15 kms to Jhigrana from Silgadhi by Jeep) |
| Airplane | 1 h 10 minutes (Dhangadhi) |
| Walk | 2 days (Jhigrana to Khaptad) |



The Khaptad in far west Nepal is renowned for its spiritual essence. The Khaptad National Park is spread over 225 sq km. Surrounded by Doti, Bajura, Bajhang and Achham districts. Khaptad National Park was established on June 23, 1986. The altitude of the park ranges from 1262 to 3276 m. 567 species of flora have been recorded in the protected area including rhododendron, oak and pine forests. From the park you can see the Api and Saipal Himalayan ranges.

Khaptad is great for spotting wildlife and birds with 23 species of mammals and 287 types of birds. Mammal species found here are leopard, Himalayan black bear, wild dog and musk deer. Bird species include the beautiful Impeyan pheasant (Danphe also Nepal's national bird), Peregrin falcon, the white rumped vulture and many types of partridges, flycatchers, bulbuls, cuckoos and eagles.

Besides its natural beauty Khaptad also has a rich spiritual history. Khaptad Baba, the renowned spiritual saint after which this region takes its name, is said to have meditated here for 50 years. Nearby places to be explored from the national park are Trivenidham, Khaptad Baba Ashram, Khapar Daha, etc. A fair is held during Ganga Dussehra in Trivenidham of Khaptad. It takes 12 days to reach Raratal via Khaptad. The Tourism Development Society (TDS) has explored the 'Far West Heritage Trail'

खप्तड

अध्यात्म, योग र ध्यानका लागि सुदूरपश्चिम प्रदेशको खप्तड उपयुक्त मानिन्छ। खप्तड राष्ट्रिय निकुञ्ज २२५ वर्गकि.मि.मा फैलिएको छ। बाजुरा, डोटी, बझाङ र अछामको भूमि समेटेर २०४३ असार ९ गते निकुञ्ज घोषणा गरिएको थियो। खप्तडको उचाइ १,२६२ देखि ३,२७६ मिटरसम्म छ। त्यहाँ लेकमा २२ वटा पाटन (चौर) छन्। सयौं थरी वनस्पति, जडीबुटी र चरा पाइन्छन् खप्तडमा।

निकुञ्ज मुख्यालयलाई केन्द्र मानेर त्रिवेणीधाम, खप्तड बाबा आश्रम, खापर दह, सहस्त्र लिंग र घोडा दाउने घुम्न सकिन्छ। खप्तड हुँदै रारा ताल पुग्न १२ दिन लाग्छ। पर्यटन विकास समाज (टिडिएस) ले खप्तड, बडिमालिका हुँदै रामारोशन जोड्ने 'फार वेस्ट हेरिटेज ट्रेल' एक्सप्लोर गरेको छ।

खप्तडको त्रिवेणीधाममा गंगा दसहरामा मेला लाग्छ। त्रिवेणी गंगा र जमुना र सरस्वतीको संगम। त्यहाँ नुहाए पाप पखालिने विश्वास छ। मेला भर्नेहरू रातभर जागा बस्छन्। डेउडा गाउँछन्। बिहान नुहाउँछन्। खप्तड घोप्टिएको कचौरा जस्तो छ। त्यहाँ डोटीको भिग्राना,

connecting Khaptad and Badimalika with Ramaroshan. Huge fair is organised at Trivenidham. People visiting Trivenidham believed that a bath in Triveni river can wash away all the sins.

It can be visited throughout the year. However to enjoy the wild flowers, it is recommended to travel between mid May and mid September; in mid October for the mountains (Api and Saipal); enjoy the snow from mid December to mid February; and get lured by the beauty of the Rhododendrons in bloom from mid March to mid May.

How to reach

- By road: Kathmandu – Dhangadhi is 680 km and takes 16 hours by bus.
- By air: Kathmandu - Dhangadhi is one hour 10 minutes flight.
- By road: Dhangadhi - Silgadhi 200 km and takes 8 hours by bus. Silgadhi to Jhigrana 15 km, one hour by jeep.
- Walk: Two days to reach Khaptad National Park's headquarter.

बझाङको छान्ना, बाजुराको कोल्टी, अछामको साँफेबगर र डोटी सीमा चौखुट्टेबाट जान सकिन्छ।

आध्यात्मिक चिन्तक खप्तडबाबाले त्यहाँ ५० वर्ष बिताएका थिए। खप्तड वर्षभरि घुम्न सकिन्छ। जेठ-असारमा जंगली फूल, असोज-कात्तिकमा हिमाल (अपिसैपाल), पुस-माघमा हिउँ र चैत-वैशाखमा गुराँसको सौन्दर्य हुन्छ।

कसरी पुग्ने : काठमाडौं-धनगढी ६८० कि.मि. को बाटो बसमा १६ घण्टा लाग्छ। अथवा १ घण्टा १० मिनेट हवाई यात्रामा काठमाडौंबाट धनगढी पुगिन्छ। धनगढी-सिलगढी २०० कि.मि. छ। बसमा आठ घण्टा लाग्छ। डोटी सदरमुकाम सिलगढीबाट भिग्रानासम्म १५ कि.मि. गाडीमा जानुपर्छ। भिग्रानाबाट हिंडेर पहिलो दिन बिचपानीमा, दोस्रो दिन खप्तडस्थित निकुञ्जको मुख्यालय क्षेत्रमा बास बस्नुपर्छ। अथवा धनगढी-खोड्पे-तमैल २४९ कि.मि. छ। तमैल-लोखडा १२ कि.मि. जीपमा। लोखडाबाट चार घण्टा उकालो चढेपछि खप्तड पुगिन्छ।



Khaptad lake



© Keshab Thokar



© Keshab Thokar



Saileshwori temple, Doti

Koshi Tappu

PLACES NEARBY : Chhinnamasta Temple • Chatara • Gaighat

LANDSCAPES

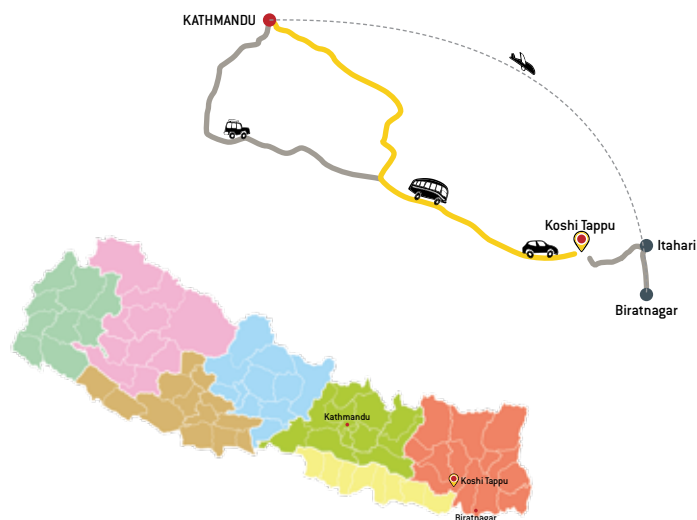
| | | |
|---------------|--------|-------------------|
| Pond | River | Temple |
| Farming Field | Forest | Wild Life Reserve |
| Grassland | | |

FACILITIES

| | | |
|-------------------|-----------------|---------------|
| Local transport : | | |
| Health Post | Hotels | Homestay |
| Electricity | Internet | Bird Watching |
| Jeep Safari | Elephant Safari | Boating |

HOW TO REACH

| | |
|----------|--|
| Car/Jeep | 9 hours (500 kms) |
| Bus | 11 hours (500 kms via Hetauda) |
| Airplane | 35 minutes (to Biratnagar) 1 h 30 minutes (47 kms Biratnagar to Koshi Tappu by bus) |



The attractions of Koshi Tappu are the wild buffalo arna, birds, the Koshi river and the jungle itself. Koshi Tappu offers activities to guests that include morning jungle walk by the river lagoons and wetlands, canoe rides, slide shows, bird watching, cultural dances, and visiting different village settlements. Makalu, the world's fifth highest mountain, can be seen on a clear day.

Koshi Tappu Wildlife Reserve is positioned as a birdwatchers paradise. It was established as a wildlife reserve in 1969 to protect the last remaining population of Asiatic Wild Buffaloes in Nepal and was designated as a Ramsar site in 1980. Koshi Tappu Wildlife Reserve is a protected area in the Terai of Eastern Nepal covering 175 km sq. of wetlands in the Sunsari, Saptari and Udayapur districts.

Over 300 bird species are available at the Koshi Tappu Wildlife Reserve including the endangered Swamp Partridge. A wide range of fauna inhabits the protected area. In its watercourses and ponds, 200 species of fish have been recorded, most of which are residents. Two toad species, nine frog species, six lizard species, five snake species, 11 turtle species are also recorded. Gharial and Muger crocodiles live here as well. The Koshi River also

supports sparse populations of endangered species.

Jamua village is located in the central area of the reserve where there are resorts and hotels. The Tharu community based in the village offer homestay facilities as well. Similarly in Udayapur, there is a mixed-race Tapeshwari community homestay.

Best time to visit Koshi Tappu is from mid February to mid June.

How to reach

- By road: Kathmandu – Koshi Tappu is 500 km.
- By air: Kathmandu-Biratnagar is 35 minutes flight. Biratnagar – Koshi Tappu is 47 km and can be covered by a 1.5 hour bus journey.

कोसीटप्पु

कोसीटप्पुको आकर्षण जंगली भैंसी अर्ना, चरा, कोसी नदी र जंगल हुन् । वरिपरि नदीले घेरिएको टापु बीचमा छ । त्यहाँ पर्यटकले जीप सफारी, जंगल वाक, हात्ती सफारी र डुंगा सयर गर्न सक्छन् ।

अर्नाको संरक्षण गर्न सरकारले कोसीटप्पु वन्यजन्तु आरक्ष बनाएको हो । वि.सं. २०२६ सालमा करिब १२ वर्गकि.मि. क्षेत्रफल संरक्षित गरिएको थियो । अहिले आरक्षको क्षेत्रफल १७५ वर्गकि.मि. छ । त्यस्तै आरक्षको मध्यवर्ती क्षेत्र १७३ वर्गकि.मि. छ ।

रामसार सूचीमा सूचीकृत कोसीटप्पुमा ४४१ वटा अर्ना छन् । त्यस्तै ३०० प्रजातिका रैथाने चरा । सीमसारमा हाँस प्रजातिका चरा बढी पाइन्छन् । जाडो याममा साइबेरियादेखिका फिरन्ते चरा आउँछन् । आरक्षमा विभिन्न प्रजातिका जनावर पाइन्छन् । त्यहाँ ११ वटा जंगली हात्तीको बसोबास छ ।

खाना र बासका लागि आरक्षको मध्यवर्ती क्षेत्रमा रिसोर्ट र होटल छन् । मध्यवर्ती क्षेत्रको जमुवा गाउँमा थारु बस्ती छ । त्यहाँ थारु समुदायले होमस्टे चलाउँदै आएका छन् । त्यस्तै उदयपुरमा मिश्रित जातिको तपेश्वरी मध्यवर्ती सामुदायिक होमस्टे छ ।

कोसीटप्पु सेरोफेरोमा उदयपुरको गाईघाट, रौतापोखरी लगायत सम्पदा छन् । उदयपुरको रौतामाई गाउँपालिका-६ मा पर्दछ रौतापोखरी । डाँडाको काखमा अवस्थित रौतापोखरी प्राकृतिक र धार्मिक संगमस्थल हो । पोखरीको छेउमा रौतामाई मन्दिर छ जहाँ वैशाख १ गते मेला लाग्छ ।

कोसीटप्पुबाट ५० कि.मि.मा गाईघाट पर्छ । गाईघाटबाट ४२ कि.मि.मा निकास गाउँ छ । त्यहाँबाट १० मिनेट उकालो चढेपछि रौतापोखरी पुगिन्छ । पोखरी वरपर लालीगुराँसको घना जंगल छ । फागुनदेखि जेठसम्म कोसीटप्पु घुम्ने उत्तम समय हो ।

कसरी पुग्ने : काठमाडौँ-कोसीटप्पु ५०० कि.मि. अथवा काठमाडौँ-विराटनगर हवाई यात्रा ३५ कि.मि. । विराटनगर-कोसीटप्पु ४७ कि.मि., बसमा डेढ घण्टा लाग्छ ।



Bird watching



Tharu lady



Srasta Smarak, Gaighat



Chhinnamasta, Saptari



Langtang

PLACES NEARBY : Lamahotel • Cherkori • Syafrubesi

LANDSCAPES

| | | | |
|---------------|--------|---------------|-----------|
| Pond | River | Mountain | Monastery |
| Farming Field | Forest | National Park | Stupa |
| Grassland | Cave | | |

FACILITIES

| | |
|-------------------|----------|
| Local transport : | |
| Health Post | Hotels |
| Electricity | Internet |

HOW TO REACH

| | |
|----------|---------------------------------------|
| Car/Jeep | 6 hours (132 kms to Syafrubesi) |
| Walk | 3 days (Syafrubesi to Kyanjin Valley) |



Kyanjin valley (3,900) of Rusuwa district is brimming with Buddhist philosophy and the Tamang culture. The Kyanjin valley, located in Langtang National Park, is bowl-shaped. The valley is surrounded by mountains including Langtang Lirung, Dorje Lakpa, Yala Peak, Jugal and Gangchempo. The park is named after Mt Langtang at 7,246 m. The Langtang River flows through the Himalayan foothills. Snow can be witnessed within a two hour trek uphill.

In the eighth century, the Buddhist Tantric Guru Padmasambhava designated a place (Beyul) near the Himalaya to meditate for his followers. The Langtang Valley is one of them. Above Langtang is the Kyanjin Valley where the ancient monastery and Nepal's first cheese factory is located.

Cherkori Himal (4,984 m) is located above Kyanjin valley. Mountaineers train themselves by climbing Kyanjin valley's Yala Peak (5,500 m). From Kyanjin Valley, one can reach Helambu by passing Ganja la Pass which is a difficult path.

लाङटाङ

बौद्ध दर्शन र तामाङ संस्कृतिले भरिपूर्ण छ रसुवाको क्याङजेन भ्याली (३,९०० मि.) । लाङटाङ राष्ट्रिय निकुञ्जमा पर्ने क्याङजेन भ्याली कचौरा आकारको छ । यो उपत्यका लाङटाङ लिरुङ, दोर्जेलाक्पा, याला पिक, जुगल र गाङछेम्पो लगायत हिमालले घेरिएको छ । लाङटाङ हिमाल (७,२४६ मि.) को नामबाट निकुञ्जको नामकरण गरिएको हो । हिमालको फेदीबाट लाङटाङ खोला बगेको छ । उपत्यकाबाट दुई घण्टा उकालो चढ्ने बित्तिकै हिउँ खेलन पाइन्छ ।

आठौँ शताब्दीमा बौद्ध तान्त्रिक गुरु पद्मसम्भवले अनुयायीका लागि ध्यान र तपस्या गर्न हिमाल नजिकै सात ठाउँ (बेयुल) तोकेका थिए । त्यसमध्ये लाङटाङ भ्याली एक हो । लाङटाङभन्दा माथि क्याङजेन भ्याली छ जहाँ प्राचीन गुम्बा र नेपालकै पहिलो चीज कारखाना छ ।

बस्तीमाथि चेर्कोरी (४,९८४ मि.) हिमाल छ । चेर्कोरी चढेर हिउँ खेलन सकिन्छ । ठूला हिमाल चढ्न पर्वतारोहणको तालिम गर्नेहरू क्याङजेन भ्यालीको याला पिक (५,५०० मि.) चढेर तयारी गर्छन् । क्याङजेन भ्यालीबाट गञ्जला पास गरेर हेलम्बु निस्कने पदमार्ग छ ।

From Syafrubesi, Rusuwa, a three-day trek through the village of Langtang leads to Kyanjin valley. One needs to climb uphill along the shores of the Langtang river. The Tamang community lives on the trail to Langtang.

The village has ancient monasteries and chaityas.

The earthquake that hit Nepal in the the year 2015 had ruined the Langtang village which has been rebuilt since.

The best time for Langtang trek is from mid-September to mid-December.

How to reach

- By road: From Kathmandu to Syafrubesi is 132 km, six hours by jeep. Three days trek from Syafrubesi leads to Kyanjin Valley.

तर यो कठिन पदमार्ग हो ।

क्याङजेनमा फराकिलो फाँट छ । त्यहाँ हिमताल पनि छ ।

रसुवाको स्याफ्रुबेसीबाट तीन दिन पदयात्रामा लाङटाङ गाउँ हुँदै क्याङजेन भ्याली पुगिन्छ । लाङटाङ खोला किनारैकिनार उकालो लाग्नुपर्छ । पदमार्गमा तामाङ समुदायको बसोबास छ । गाउँगाउँमा प्राचीन गुम्बा, माने र चैत्य छन् ।

नेपालमा १२ वैशाख २०७२ मा आएको भूकम्पले लाङटाङ गाउँ सखाप बनाएको थियो । हाल गाउँको पुनर्निर्माण भइसकेको छ ।

असोजदेखि मंसिरसम्म लाङटाङ पदयात्राका लागि उत्तम समय हो ।

कसरी पुग्ने : काठमाडौँदेखि स्याफ्रुबेसी १३२ कि.मि., जीपमा ६ घण्टा लाग्छ । स्याफ्रुबेसीबाट तीन दिन पदयात्रामा क्याङजेन भ्याली ।



Kyanjin valley



Tamang woman



Tamang Museum, Dhunche



Nuwakot palace

Sauraha

PLACES NEARBY : Kasara • Patihani • Meghauli

LANDSCAPES

| | | | |
|---------------|---------------|---------------|-----------|
| Pond | River | Temple | Monastery |
| Farming Field | Forest | National Park | Lake |
| Grassland | Heritage Site | | |

FACILITIES

| | | | | | | | |
|-------------------|---|---|---|---|---|---|---|
| Local transport : |  |  |  |  |  |  |  |
| Health Post | Hotels | Homestay | | | | | |
| Electricity | Internet | Museum | | | | | |
| Elephant Safari | Jeep Safari | Canoe | | | | | |

HOW TO REACH

| | |
|----------|---|
| Car/Jeep | 4 h 30 minutes (165 kms via Muglin) 5 hours (152 kms via Hetauda) |
| Bus | 5 hours (165 kms via Muglin) |
| Airplane | 18 minutes (Bharatpur) 20 minutes (18 kms Bharatpur to Sauraha by bus) |



Sauraha is a wildlife destination of Chitwan district. It is a village situated close by the Rapti River and the Chitwan National Park. The Tharu village is filled with western style hotels and resorts, restaurants, internet cafes and mud and daub huts and houses. The village has two community halls for Tharu dance performances. It caters to the needs of the visitors to Chitwan National Park. Wildlife safari by foot, jeep and elephant can be done at the National Park. Rhinoceros, many types of deer, monkeys, and the Royal Bengal tiger can be spotted here. Bird watching in and around the jungle is also very popular especially at the Bish Hajar Taal wetland area which is approximately 10 kilometers north-west from Sauraha.

While mornings are best suited for elephant safari, jungle walk and canoe rides, the evenings can be enjoyed viewing the sunset on the shores of the Rapti river.

Crocodiles are found in the river and can be spotted basking on the river bank's sand. There is also a Tharu Museum and the Elephant Breeding Centers as points of interest.

The regional hotel association of Chitwan organises the annual Elephant Festival between mid November and mid January.

सौराहा

चितवन जिल्लाको सौराहा 'वाइल्ड लाइफ' गन्तव्य हो। त्यहाँ थारु संस्कृति, सूर्यास्त, डुङ्गा र हात्ती सफारी सुविधा पाइन्छ। चितवन राष्ट्रिय निकुञ्जको मध्यवर्ती क्षेत्रमा पर्दछ सौराहा। निकुञ्ज एक सिङ्गे गैँडा, बाघ र थरीथरीका चराका लागि प्रख्यात छ। अरू जनावर पनि देखिन्छन् जङ्गल सफारीमा। पर्यटकलाई निकुञ्ज र सामुदायिक वनमा हात्ती र जीप सफारी गराइन्छ।

राप्ती नदी किनारमा उत्तर-दक्षिण फैलेको छ बजार जहाँ होटल, लज, रिसोर्ट र रेस्टुराँ छन्। साँझ राप्ती किनारमा बसेर सूर्यास्तको दृश्यावलोकन गर्न सकिन्छ। बिहान जङ्गल वाक, हात्ती सफारी र डुङ्गा चढनु बेस हुन्छ।

सौराहाका नदीमा मगर गोही पाइन्छन्। घाम लागेपछि नदी किनाराको बालुवामा देखिन्छन् गोही। त्यस्तै सौराहामा आखेटोपहार सङ्ग्रहालय र थारु सङ्ग्रहालय छन्। हात्ती प्रजनन केन्द्रमा टूला-साना हात्ती छन्।

सौराहाका आदिवासी थारु जाति हुन्। बजारका होटलले पाहुनाको माग अनुसार आफ्नो आँगनमा थारु संस्कृति प्रदर्शन

Sauraha's tourism history has been four decades long. The Government of Nepal had built Chitwan National Park in the year 2030 BS.

There are many other places around the national park like Meghauli, Patihani, Kasara and Amaltari which are equally beautiful.

The best time to visit Sauraha is from mid September to mid January and from mid February to mid July.

How to reach

- By road: Kathmandu - Sauraha 165 km, five hours by bus.
- By air: Kathmandu - Bharatpur 18 minutes flight. Bharatpur- Sauraha 18 km, 20 minutes by bus.

गराउँछन्। त्यसबाहेक थारु नाचगान देखाउने दुइट्टा हल बजारमा छन्।

क्षेत्रीय होटल संघ चितवनले बर्सेनि मंसिर-पुसमा हात्ती महोत्सव गर्छ। त्यति बेला हात्तीका छावाहरूको फुटबल, हात्तीको वनभोज, हात्ती सुन्दरी प्रतियोगिता लगायतका रोमाञ्चक गतिविधि सञ्चालन गरिन्छ।

सौराहाको पर्यटन इतिहास चार दशक लामो भइसक्यो। नेपाल सरकारले वि.सं. २०३० मा चितवन राष्ट्रिय निकुञ्ज बनाएको थियो। मध्यवर्ती क्षेत्रका अन्य गन्तव्यहरू मेघौली, पटिहानी, कसरा र अमलटारी पनि सौराहामा जस्तै पर्यटकीय वातावरण पाइन्छन्।

असोजदेखि पुससम्म र फागुनदेखि असारसम्म सौराहा घुम्ने उत्तम समय हो।

कसरी पुग्ने : काठमाडौँ-सौराहा १६५ कि.मि.को बाटो बसमा ५ घण्टा लाग्छ। अथवा १८ मिनेट हवाई यात्रामा काठमाडौँबाट भरतपुर पुगिन्छ। भरतपुरदेखि सौराहा १८ कि.मि. छ, बसमा २० मिनेट लाग्छ।



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Om P. Yadav
PHOTOGRAPHER



Chitwan National Park



Tharu girls



Tharu Museum



Elephant bathing



Rhino

© Bikas Karki

Shuklaphanta

PLACES NEARBY : Betkot Lake • Parshuramdham • Tanakpur Dam

LANDSCAPES

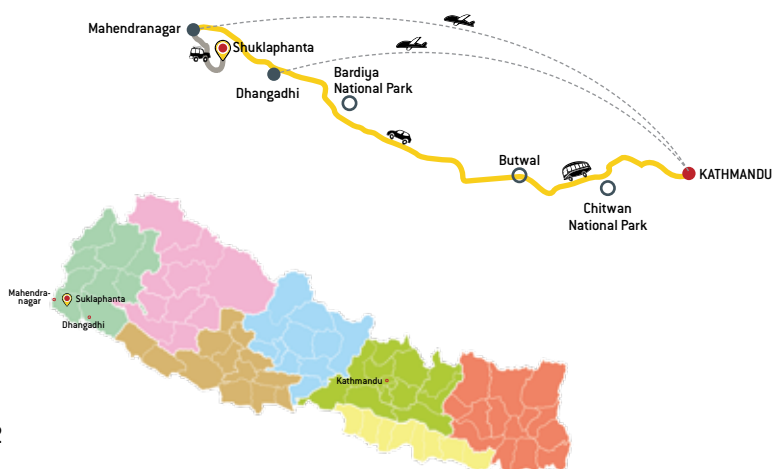
| | | |
|---------------|-------------------|---------------|
| Pond | River | Temple |
| Farming Field | Forest | National Park |
| Grassland | Suspension Bridge | |

FACILITIES

| | | |
|-------------------|----------|-------------|
| Local transport : | | |
| Health Post | Hotels | Homestay |
| Electricity | Internet | Jeep Safari |
| Elephant Safari | | |

HOW TO REACH

| | |
|----------|--|
| Car/Jeep | 15 hours (700 kms to Mahendranagar) 20 minutes (Mahendranagar to Suklaphanta) |
| Bus | 16 hours (700 kms to Mahendranagar) |
| Airplane | 1 h 10 minutes (Dhangadhi) 1 hour (55 kms to Mahendranagar by bus) |



Shuklaphanta of Kanchanpur is famous for deer species with 12 points in its antlers. There are about 2500 such deers in Shuklaphanta spread over 55 sq km. The park shares a common boundary with the Indian state of Uttar Pradesh in the south and west which is formed by the Mahakali (Sarda) river, a major tributary of the Ganges. It is bordered on the eastern side by the river and to the north by a forest belt and cultivations.

A total of 53 mammal species, 430 species of birds, 14 species of fish, 35 species of butterflies inhabit the park. Although the area of the park is small, it supports a wide range of biodiversity of national and global importance.

Shuklaphanta National Park was established as a hunting reserve in 1969. The area was then gazetted as a wildlife reserve in 1976 covering an area of 305 sq km and developed as the prime habitat of swamp deer. Antelope cervicapra can be found in Hirapurphanta of the park.

The park provides jeep safari, elephant safari and jungle walk.

The Mahakali Bridge outside Shuklaphanta is also a tourist attraction. The bridge connecting Dodhara-Chandni village of Mahakali Pari with Mahendranagar, the headquarters of Kanchanpur, is 1400 m long.

शुक्लाफाँटा

मृग प्रजातिको जनावर बाह्रसिङ्गाका लागि कञ्चनपुरको शुक्लाफाँटा प्रख्यात छ। ५५ वर्गकि.मि.मा फैलेको शुक्लाफाँटामा करिब २५ सय बाह्रसिङ्गा छन्। फाँटामा मसिरदेखि खर-खडाइ हुन्छ। खर-खडाइपछि नयाँ पलाएको कमलो मुना खाइरहेका बाह्रसिङ्गाको दृश्यले सबैलाई लोभ्याउँछ।

निकुञ्जको मुख्यालयबाट २४ कि.मि. दूरीमा छ शुक्लाफाँटा। त्यहाँ काठको अग्लो मचानमा बसेर जनावर हेर्ने सुविधा छ। मान्छेको सुईको पाए भने तिनले कान ठाडठाडा पारेर हेर्छन्। भाले बाह्रसिङ्गाको टाउकामा १२ वटा सिङ हुन्छन्।

शुक्लाफाँटामा बाह्रसिङ्गाबाहेक थरीथरीका चरा, चित्तल, पाटेबाघ, गैंडा र जङ्गली हात्ती लगायतका जनावर भेटिन्छन्। त्यहाँ ५३ प्रजातिका स्तनधारी, ४३० प्रजातिका चरा, १२ किसिमका सरिसृप, २० प्रजातिका उभयचर र ३५ भन्दा बढी प्रजातिका पुतली पाइन्छन्। आरक्षको हिरापुर फाँटामा कृष्णसार छन्।

शुक्लाफाँटामा जङ्गल, चउर र तालतलैया छन्। शुक्लाफाँटा राष्ट्रिय निकुञ्जको इतिहास लामो छैन। सरकारले २०२६ सालमा आरक्ष बनायो। त्यसअघि त्यहाँ राजपरिवारका सदस्य सिकार खेल्थे।

Shuklaphanta comprises Siddhababa temple, Jhilmila lake, Baitkot lake, Tanakpur dam and Mahakali river. Similarly, Parashuradham in Dadeldhura is located near Mahendranagar.

Shuklaphanta is about five km west of Mahendranagar. There are two hotels outside the area. Mahendranagar has tourist infrastructure. Rana Tharus run community homestay in a Naya Basti near the Shuklaphanta entrance.

The best time to visit is from mid February to mid June.

How to reach

- By road: Kathmandu-Mahendranagar is 700 km, 16 hours by bus.
- By air: Kathmandu-Dhangadhi is an hour 10 minutes flight.
- Dhangadhi-Mahendranagar 55 km, an hour by bus. Further, Mahendranagar-Shuklaphanta is five km.

निकुञ्जमा जीप ड्राइभ, हात्ती सफारी र जङ्गल वाक गर्ने सुविधा छ। शुक्लाफाँटा बाहिरको महाकाली पुल पनि पर्यटकीय आकर्षण हो। महाकालीपारिका दोधारा-चाँदनी गाउँलाई कञ्चनपुर सदरमुकाम महेन्द्रनगरसँग जोड्न बनाइएको पुल १४ सय मिटर लामो छ।

शुक्लाफाँटा सेरोफेरोमा सिद्धबाबा मन्दिर, भिलमिला ताल, बेतकोट ताल, टनकपुर बाँध र महाकाली नदी घुम्न सकिन्छ। त्यस्तै डडेलधुराको परशुरामधाम महेन्द्रनगरबाट नजिकै पर्छ।

महेन्द्रनगरबाट पाँच किलोमिटर पश्चिममा पर्छ शुक्लाफाँटा। फाँटाबाहिर दुइटा होटल छन्। महेन्द्रनगरमा भने पर्यटकीय सुविधाका होटल छन्। शुक्लाफाँटा प्रवेशद्वार नजिकै नयाँ बस्तीमा राना थारुले सामुदायिक होमस्टे चलाएका छन्।

शुक्लाफाँटा घुम्ने उत्तम समय फागुनदेखि जेठसम्म हो।

कसरी पुग्ने : काठमाडौँ-महेन्द्रनगर ७०० कि.मि., बसमा १६ घण्टा लाग्छ। अथवा १ घण्टा १० मिनेटको हवाई उडानद्वारा काठमाडौँबाट धनगढी पुगिन्छ। धनगढी-महेन्द्रनगर ५५ कि.मि., बसमा एक घण्टा। महेन्द्रनगरबाट पाँच किलोमिटर बाटो पार गरेपछि शुक्लाफाँटा निकुञ्ज पुगिन्छ।



Tharu girls



Mahakali suspension bridge



Parshuramdham, Dandeldhura



Swamp deer (Barhasingha)

Tikapur

PLACES NEARBY : Lamki • Karnali River • Chisapani

LANDSCAPES

| | | |
|---------------|--------|-------------|
| Pond | River | Temple |
| Farming Field | Forest | Banana Farm |
| Grassland | | |

FACILITIES

| | | | |
|-------------------|----------|----------|---------|
| Local transport : | | | |
| Hospital/Medicine | Hotels | Homestay | Camping |
| Electricity | Internet | Kayak | |
| Fishing | Archery | Rafting | |

HOW TO REACH

| | |
|----------|---|
| Car/Jeep | 13 hour 30 minutes (690 kms) |
| Bus | 16 hours (690 kms) |
| Airplane | 1 hour 10 minutes (Dhangadhi) 2 hours (90 kms to Tikapur from Dhangadhi) |



Kailali's Tikapur is beautiful garden spread over 84 hectares where colourful flowers bloom among a lush landscape of herbs, trees and birds. Tikapur is located on the banks of the Karnali River.

The late King Mahendra was hunting in Suklaphanta when he suffered a heart attack. A personal doctor suggested resting on the Karnali coast. The King came to Tikapur and stayed here for 29 days and handled the administration of the kingdom from here. It is believed that the air at the park comes directly from Mansarovar of Tibet through the Karnali river, imbued with healing qualities. also built a house in the year 1970. The building is now called Mahendra Arogya Griha and is entirely made of wood.

The Tikapur Development Committee was formed in 1971. The government allotted 3133 bighas of land to Tikapur area where the forest was torn down and a park was built with human settlement. In Tikapur facilities like education, health, forest, slopes and transport are well planned.

There is a banana resort named Rani Mahal in Banana garden which has been built by Kalu Hamal. The resort

boasts four dozen banana varieties ranging from banana momo to wine. 'Banana King' Hamal proved that such initiatives can be taken by the farmers as well and turn their piece of land into a resort.

The length of the river from Karnali Chisapani to Tikapur Park is 16 km. You can reach Tikapur by rafting. A boat takes four hours.

Best time to visit Tikapur is from mid October to mid June.

How to reach

- By bus: Kathmandu-Tikapur 690 km.
- By air: Kathmandu-Dhangadhi one hour 10 minutes. Dhangadhi-Tikapur is 90 km.

टीकापुर

कैलालीको टीकापुर सुन्दर बगैँचा हो । त्यहाँ पार्क छ । पार्क ८४ हेक्टरमा फैलेको छ जहाँ रङ्गबिरङ्का फूल फुल्छन् । त्यहाँ थरीथरीका वनस्पति, वृक्ष र चरा छन् । कर्णाली नदी किनारमा रहेको टीकापुर व्यवस्थित बसोबास गरिएको शहर हो । यसको विकास कथा राजा महेन्द्रसँग जोडिएको छ । एक दिन शुक्लाफाँटामा शिकार खेल्दाखेल्दै राजालाई मुटुको व्यथाले च्याप्यो । निजी चिकित्सकले कर्णाली किनारमा आराम गर्न सुझाए ।

राजा टीकापुर आए । त्यहीँ २९ दिन बसेर राजकाज चलाए । त्यही बेला २०२७ सालमा त्यहीँ राजा बस्न भवन बनाइयो । त्यो भवनलाई महेन्द्र आरोग्य गृह भनिन्छ । काठबाट बनेको छ भवन । त्यहाँ वीरेन्द्र विश्राम वाटिका पनि छ ।

वि.सं. २०२८ सालमा टीकापुर विकास समिति गठन भयो । सरकारले टीकापुर क्षेत्रका ३,१३३ बिघा जग्गा समितिलाई दियो । त्यहीँ वन फाँडेर पार्क बनाइयो । बस्ती बसालियो । टीकापुरमा जङ्गल फाँडेर शिक्षा, स्वास्थ्य, वन, ढल, यातायातका हिसाबले व्यवस्थित बस्ती बसालिएको थियो ।

टीकापुरमा केरा बगैँचामा कालु हमालले 'रानी महल' नामक रिसोर्ट बनाएका छन् । यस रिसोर्टमा केराको ममदेखि वाइनसम्म चार दर्जन केराको परिकार पाइन्छ । 'बनाना किड' हमालले तीन बिघाभन्दा बढी बगैँचालाई रिसोर्टको रूप दिएर किसानको बारी नै रिसोर्ट बन्न सक्छ भन्ने देखाएका छन् ।

कर्णाली चिसापानीदेखि टीकापुर पार्कसम्म नदीको लम्बाइ १६ किलोमिटर छ । राफिटमा टीकापुर जान सकिन्छ । डुङ्गामा चार घण्टा लाग्छ ।

कालिकदेखि जेठसम्म टीकापुर घुम्ने उत्तम समय हो ।

कसरी पुग्ने : काठमाडौँ-टीकापुर ६९० कि.मि. छ । काठमाडौँबाट टीकापुरसम्म बस चल्छन् । पूर्व-पश्चिम राजमार्गको लम्कीबाट १८ कि.मि.मा टीकापुर । अथवा काठमाडौँ-धनगढी १ घण्टा १० मिनेट हवाई उडानमा पुगिन्छ । धनगढीबाट टीकापुरको दूरी ९० कि.मि. छ ।



Padam Prakasheshwor



Tikapur park



Banana farm



Badimalika

PLACES NEARBY : Martadi • Tribeni • Natyashwori

LANDSCAPES

| | | |
|-----------|---------|------------|
| Pond | River | Mountain |
| Temple | Forest | Water Fall |
| Grassland | Wetland | Cave |

FACILITIES

Local transport : 
Hospital at Martadi Camping trek

HOW TO REACH

| | |
|----------|--|
| Car/Jeep | 16 hours (680 kms to Dhangadhi) 10 hour 30 minutes (327 kms to Martadi) |
| Bus | 16 hours (680 kms to Dhangadhi) 12 hours (327 kms to Martadi) |
| Airplane | 1 hour 10 minutes (to Dhangadhi) |
| Walk | 3 days to Badimalika (from Martadi) |



The temple of Badimalika (4219 m) is on the border of Kalikot, Jumla, Achham and Bajura. The eldest of seven sisters of the goddesses of the far west is Badimalika. Other goddesses are Ugratara, Shaileshwari, Melauli Devi, Nigalasaeni, Dilasaini, Tripura Sundari. Badimalika is both religiously significant and a beautiful destination.

There are statues of Malika, Navadurga, Kalika, Dhalpura, Shiva and more in the temple of Badimalika. It is believed that the blessings of Badimalika fulfills every wish, eliminates disease and suffering. There is a huge fair during Janai Purnima. It is believed that a bath in the nearby Triveni River washes away sins. Badimalika is visited after taking a dip in the Triveni river.

Natyashwor Temple is also located in Badimalika. In winter, it is entirely covered by snow. It starts snowing from mid-October. It also rains heavily in the monsoon. The fossilised area of grassland looks like a green carpet. In the monsoon, colourful flowers bloom here.

It is considered wise to reach Badimalika within three days from Martadi, the headquarters of Bajura. Upon

बडिमालिका

बडिमालिकाको मन्दिर कालिकोट, जुम्ला, अछाम र बाजुराको सीमामा छ। सुदूरपश्चिममा रहेका देवीका सात बहिनीमध्ये बडिमालिका जेठी हो। अन्य देवीहरूमा उग्रतारा, शैलेश्वरी, मेलौलीदेवी, निगलासैनी, डिलासैनी, त्रिपुरासुन्दरी हुन्। धार्मिक र प्राकृतिक हिसाबले सुन्दर गन्तव्य मानिन्छ बडिमालिका। त्यहाँबाट अपि शैपाल हिमालको लामो रेञ्ज देखिन्छ।

बडिमालिका मन्दिरमा मालिका, नवदुर्गा, कालिका, ढलपुरा, शिव र कुमारका मूर्ति छन्। स्वस्थानी व्रतकथामा बडिमालिकाको चर्चा छ। कथाअनुसार सतीदेवीको कुम पतन भएको ठाउँ हो बडिमालिका।

बडिमालिका शक्तिपीठ हुन्। देवीको दर्शन गरे मनोकाङ्क्षा पूरा हुने, रोगव्याध नासिने, पदोन्नति र धनलाभ हुने विश्वास गरिन्छ। त्यसैले जनैपूर्णिमामा ठूलो मेला लाग्छ। नजिकैको त्रिवेणीमा नुहाउँदा पाप पखालिने र अस्तु विसर्जन गर्दा पितृ स्वर्गमा पुग्छन् भन्ने विश्वास छ। त्रिवेणीमा नुहाएपछि बडिमालिकाको दर्शन गरिन्छ।

मालिकाधुरी (४,२१९ मिटर) मुन्तिर नाट्यश्वरी छ। त्यहाँ पनि देवदेवीका मूर्ति छन्। हरिया डाँडैडाँडाको सभास्थल जस्तो

returning from Badimalika, it takes a day to reach Maurya falls through Natyashwor.

Best time to visit Badimalika is from mid-April to mid-October.

How to reach

- By road: Kathmandu - Dhangadhi 680 km, 16 hours by bus.
- By air: Kathmandu - Dhangadhi one hour 10 minutes flight. Dhangadhi - Dipayal - Martadi is 327 km, 12 hours by bus. Badimalika can be reached on a three-day trek from Martadi.

लाग्छ बडिमालिका क्षेत्र। जाडोमा हिउँको बर्को ओढेर सुत्छिन् बडिमालिका। बर्खामा पानी धेरै पर्छ। हिउँदमा कात्तिकदेखि बाक्लो हिउँ पर्छ।

पाटनैपाटन भएको बडिमालिका क्षेत्र हरिया कार्पेट बिच्छ्याए जस्तै देखिन्छ। मनसुनमा पाटनहरूमा सेता, राता, पहेँला, नीला, बैजनी रडका फूल ढकमक्क देखिन्छन्। हरिया पाटन र फूलफूलको बीचमा चरिरहेका भेडा, घोडा, गाई र अन्य चौपाया देखा अलौकिक बगैँचा जस्तो लाग्छ।

बाजुराको सदरमुकाम मार्तडीबाट तीन दिनमा बडिमालिका पुग्न राम्रो मानिन्छ। फर्कदा बडिमालिकाबाट एकै दिनमा नाट्यश्वरी हुँदै मोरै भर्न भ्याइन्छ। वैशाखदेखि असोजसम्म बडिमालिका घुम्ने उत्तम समय हो।

कसरी पुग्ने : काठमाडौँ देखि धनगढी (६८० कि.मि.) पुग्न बसबाट १६ घण्टा लाग्छ भने हवाई यात्राबाट १ घण्टा १० मिनेट। दिपायल, साँफेबगर हुँदै मार्तडी (३२७ कि.मि.) बसमा १२ घण्टा लाग्छ। मार्तडीबाट तीन दिनको पदयात्रामा बडिमालिका पुगिन्छ।



Baraha Kshetra

PLACES NEARBY : Chatara • Dharan • Bishnupaduka

LANDSCAPES

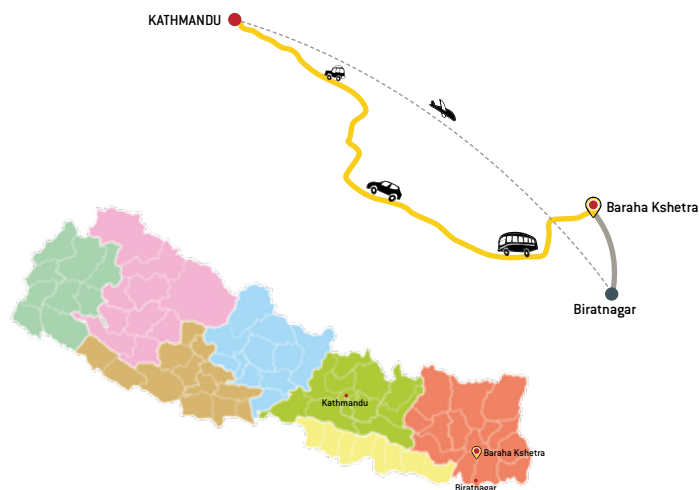
| | | |
|---------------|--------|-----------|
| River | Hills | Temple |
| Farming Field | Forest | Grassland |

FACILITIES

| | | |
|-------------------|--------------------|----------|
| Local transport : | | |
| Health Post | Hospital at Dharan | Hotels |
| Electricity | Internet | Jet boat |

HOW TO REACH

| | |
|----------|--|
| Car/Jeep | 8 h 30 minutes (550 kms via Mugling) |
| Bus | 13 hours (550 kms to Dharan) 45 minutes (24 kms to Baraha Kshetra by local transport) |
| Airplane | 35 minutes (to Biratnagar) |
| Bus | 1 hour (40 kms to Dharan) 45 minutes (24 kms to Baraha Kshetra by local transport) |



The four main Dhams of Hindu religion in Nepal are Pashupat, Ruru, Mukti and Baraha Kshetra. It is located in Sunsari district. Baraha Temple is situated on the banks of the Koka and Koshi rivers. Baraha is the third incarnation of Lord Vishnu. There is a story of him living in the confluence of the Koka and the Koshi River as Baraha incarnate and destroying all evil.

Every year in the month of August, a huge fair is organised in Pindeshwor Temple located on the hill of Vijaypur. Pilgrims first bestow the water of Koka and Koshi rivers in Baraha Kshetra and then reach Pindeshwor.

Integrated tours of Pindeshwor, Baraha Kshetra and Chataradham can be made. Balasanta Mohan Sharan Devacharya, the first Jagadguru of Nepal, has identified Chatara as ancient Haridwar, the dwelling of Hari or lord Vishnu on the way to Baraha Kshetra.

It is mentioned in the scriptures that Lord Vishnu organised a fair on the Kaushiki coast. In remembrance, Jagatguru Devacharya held a Kumbh Mela in 2002 in the month of May which ran for more than a month.

बराहक्षेत्र

नेपालभित्र हिन्दू धर्मावलम्बीका प्रमुख चार धाम हुन् – पाशुपतक्षेत्र, रुरुक्षेत्र, मुक्तिक्षेत्र र बराहक्षेत्र। सुनसरी जिल्लामा पर्छ बराहक्षेत्र। कोका र कोसी नदी किनारमा बराहको मन्दिर छ। बराह भगवान् विष्णुको तेस्रो अवतार हुन्। उनले बराह अवतार लिई दैत्यको संहार गरेर कोकाहा र कौशिकी नदी सङ्गममा बसेको कथा छ।

पितृ उद्धारका लागि कोकाहा र कोसी नदीको सङ्गममा नुहाएर श्राद्ध गरिन्छ। हरेक वर्ष साउन महिनामा धरानमाथि विजयपुर डाँडाको पिण्डेश्वर मन्दिरमा बोलबम मेला लाग्छ। तीर्थालुहरू कोकाहा र कोसी नदी सङ्गमको जल बराहलाई चढाएर पिण्डेश्वर पुग्छन्।

पिण्डेश्वर, बराहक्षेत्र र चतराधामको भ्रमण एकसाथ गर्न सकिन्छ। नेपालका प्रथम जगद्गुरु बालसन्त मोहनशरण देवाचार्यले चतरालाई प्राचीन हरिद्वारका रूपमा चिनाएका छन्। हरि (विष्णु) को बासस्थान बराहक्षेत्र जाने बाटामा पर्ने भएकाले चतरालाई हरिद्वार भनिएको।

भगवान् विष्णुले कौशिकी तटमा मेला चलाएको धर्मग्रन्थमा उल्लेख छ। त्यसकै सम्भनामा जगद्गुरु देवाचार्यले वि.सं. २०५९ वैशाखदेखि महिना दिनसम्म चतरामा कुम्भ मेला गरेका थिए। दोस्रो

The second Kumbh Mela was held in March 31, 2014 which also lasted over a month. The places of attraction include Oliya Math (Dewal), Radha Sarveshwar Temple, Shiva Temple, Havan Kund among others. Baraha Kshetra is inhabited by a mixed-race community.

The best time visit Baraha Kshetra is from mid-October to mid-February.

How to reach

- By road: Kathmandu - Dharan 550 km. Bus departs from Koteswar and Gongabu in Kathmandu. It's a 13 hour bus journey.
- By air: Kathmandu - Biratnagar 35 minutes flight. Biratnagar - Dharan 40 km. Dharan - Baraha 24 km. Vehicles operate from Dharan to Chatara to Baraha Kshetra.

कुम्भ वि.सं. २०७० चैत १७ देखि महिना दिन चलेको थियो। चतरामा ५९ फिट अग्लो कुम्भ स्तम्भ छ। यहाँ ओलिया मठ, राधा सर्वेश्वर मन्दिर, शिव मन्दिर, हवन कुण्ड, वृद्धाश्रम लगायतका सम्पदा छन्। बराहक्षेत्रमा मिश्रित जातजातिको बसोबास छ।

बराहक्षेत्र घुम्ने उत्तम समय कात्तिकदेखि माघसम्म हो। बराहक्षेत्रमा कात्तिकको हरिबोधनी एकादशीदेखि पूर्णिमासम्म लाग्ने मेला निकै रमाइलो हुन्छ।

कसरी पुग्ने : काठमाडौंबाट धरान ५५० कि.मि. छ। काठमाडौंका कोटेश्वर र गोगबुबाट धरान जाने बसहरू छुट्टछन्। तिनले १३ घण्टामा धरान पुग्छन्। अथवा काठमाडौं-विराटनगर हवाई यात्रा ३५ मिनेट लाग्छ। विराटनगरबाट धरान ४० कि.मि. छ। धरानबाट चतरा हुँदै बराहक्षेत्र जाने भाडाका सवारी साधन चल्छन्। यसको दूरी २४ कि.मि. छ।



Kumbha stambha, Chatara



Dharan

PLACES NEARBY : Ramdhuni • Itahari • Saptakoshi

LANDSCAPES

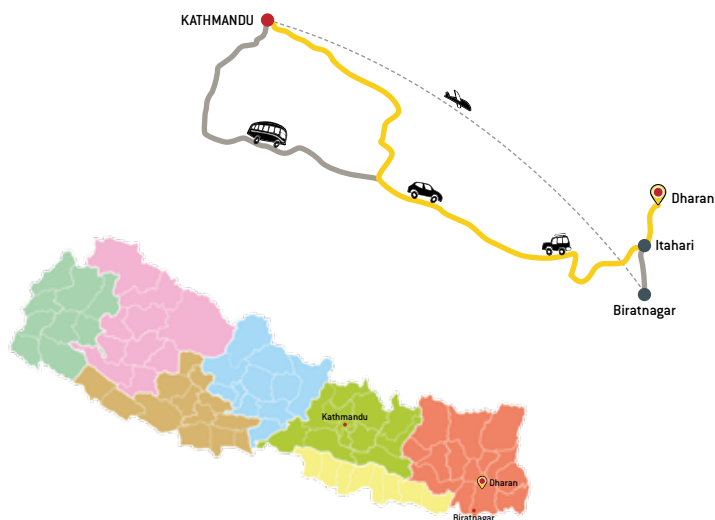
| | | | |
|-----------------|-----------|-----------|--------|
| Pond | River | Mountain | Temple |
| Farming Field | Forest | Monastery | |
| Ruins of Palace | Grassland | | |

FACILITIES

| | | |
|-------------------|---|-------------|
| Local transport : |      | |
| Hospital/Medicine | Hotels | Electricity |
| Internet | Paragliding | Cycling |

HOW TO REACH

| | |
|----------|--|
| Car/Jeep | 9 h 30 minutes (401 kms via Bardibas) |
| Bus | 13 hours (550 kms via Mugling) |
| Airplane | 35 minutes (to Biratnagar) 1 h 15 minutes (40 kms by bus/car) |



Dharan is a steep valley. Its altitude ranges from 300 m (Tinkune) to 1790 m (Namje). Located in Sunsari district, Dharan has various attractions such as Yalambe Park, a systematic settlement, greenery, zoo, clock tower, B.P. Koirala Institute of Health Sciences, Dantakali, Budha Subba, Pindeshwor and Panchakanya temples.

Dharan is the gateway of the hilly district of eastern Nepal. Here, Rai, Limbu, Sherpa, Magar, Tharu, Gurung, Bahun, Chhetri, Newar communities are settled.

The old settlement of Dharan is Bijayapur hill. In Dharan, there is a history of Rana Prime Minister Chandra Shamsher setting up Chandra Nagar (Old Market) in 1901 and Juddha Shamsher established Juddha Nagar (New Market) in 1937.

Another attraction of Dharan is rafting which is done in the sixth largest river in Nepal, Tamor. Professional paragliding flights take off from Chinde Danda and Chhoti Morang. There is a 14-hole Nirvana Golf Course for golfers.

Around Dharan, there are places like Baraha Kshetra, Bishnupaduka, BP Park, Ramdhuni, Bhedetar, Shiva Jatta, Saptakoshi, etc.

Around 62 km ahead of Dharan, you get captivating views of Kanchenjunga, Makalu and Everest mountains

धरान

धरान एउटा सानो उपत्यका हो। यसको उचाइ ३०० मिटर (तीनकुने) देखि १,७९० मिटर (नाम्जे) सम्म छ। सुनसरी जिल्लामा पर्ने धरानमा किराँत विभूति शिरिजंगाको सालिक, यलम्बर पार्क, व्यवस्थित बस्ती, हरियाली वन, चिडियाघर, घण्टाघर, बीपी स्वास्थ्य प्रतिष्ठान, दन्तकाली, बूढासुब्बा, पिण्डेश्वर र पञ्चकन्या मन्दिर छन्।

धनकुटा, भोजपुर, पाँचथर, तेह्रथुम, संखुवासभा लगायत पूर्वी नेपालका पहाडी जिल्लाको 'गेट वे' पनि हो धरान। यहाँ राई, लिम्बु, शेर्पा, मगर, थारु, गुरुङ, बाहुन, क्षेत्री, नेवार आदि मिलेर बसेका छन्।

धरानको पुरानो बस्ती विजयपुर डाँडा हो। विजयपुर वि.सं. १६४१ तिर शहरका रूपमा स्थापित भइसकेको थियो। धरानमा राणा प्रधानमन्त्री चन्द्रशमशेरले वि.सं. १९५८ मा चन्द्र नगर (पुरानो बजार) र वि.सं. १९९४ मा जुद्धशमशेरले जुद्ध नगर (नयाँ बजार) बसाएको इतिहास छ।

धरानको अर्को आकर्षण न्याफिटड हो। विश्रान्ति मन्दिरबाट तमोर नदीको चतरासम्म ३४ कि.मि. न्याफिटड गराइन्छ। चिण्डेडाँडा र छोटी मोरडबाट व्यावसायिक प्याराग्लाइडिङ उडान भरिन्छ।

from Hile hill. Nearby is the Pakhribas Agricultural Center.

The best season to visit Dharan is from mid-September to mid-December.

How to reach

- By road: Kathmandu - Dharan 550 km. Kathmandu - Sindhuli - Bardibas - Dharan 400 km. Buses depart from Koteswar and Gongabu in Kathmandu. It's a 13 hour journey.
- By air: Kathmandu - Biratnagar 35 minutes flight. Biratnagar - Dharan is 40 km.

धरानमा गल्फरका लागि १८ होलको निर्भाना गल्फ कोर्स छ। इभिनिड कल्चरका लागि बगरकोट प्रख्यात छ।

धरान सेरोफेरोमा बराहक्षेत्र, विष्णुपादुका, बीपी पार्क, रामधुनी, भेडेटार, शिवजङ्ग, सप्तकोसी लगायतका सम्पदा छन्। धरानबाट ६२ कि.मि. दूरीको हिले हिलस्टेशनका रूपमा प्रख्यात छ। त्यहाँबाट हरिया डाँडापाखा, पहाडी बस्ती, कञ्चनजङ्घा, मकालु र सगरमाथा हिमाल नजिक देखिन्छन्। नजिकै बेलायतीले स्थापना गरेको पाख्रिबास कृषि केन्द्र छ।

असोजदेखि मंसिरसम्म धरान घुम्ने उत्तम मौसम हो।

कसरी पुग्ने : बस यात्राबाट काठमाडौँ-धरान ५५० कि.मि. छ। काठमाडौँ-सिन्धुली-बर्दिबास-धरान ४०० कि.मि. छ। काठमाडौँका कोटेश्वर र गोगबुबाट छुट्टै धरान जाने बसहरू। तिनले १० देखि १३ घण्टामा धरान पुग्छन्। अथवा काठमाडौँ-विराटनगर ३५ मिनेट हवाई यात्रामा पुग्न सकिन्छ। विराटनगर-धरान ४० कि.मि. छ।







Budhasubba temple



Halesidham

PLACES NEARBY : Tuwachung • Jayaramghat • Kirateshwor Cave

LANDSCAPES

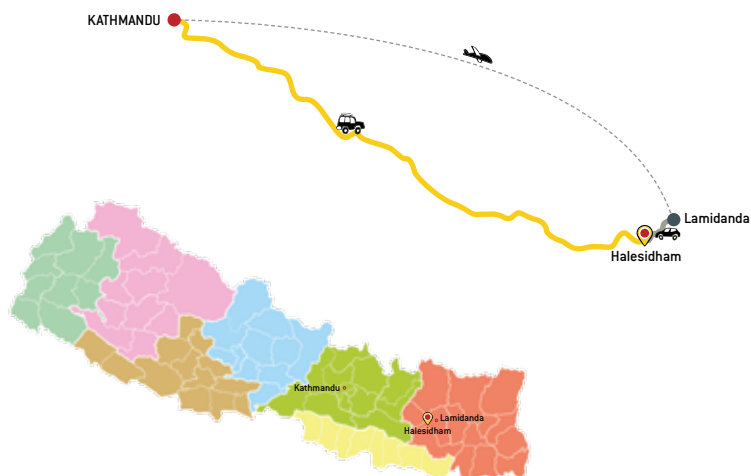
| | | |
|---------------|----------|------------|
| River | Mountain | Temple |
| Farming Field | Forest | Monastery |
| Grassland | Cave | Water Fall |

FACILITIES

| | |
|-------------------|----------|
| Local transport : | |
| Health Post | Hotels |
| Electricity | Internet |
| Meditation Centre | |

HOW TO REACH

| | |
|----------|--|
| Car/Jeep | 10 hours (216 kms via Bardibas) |
| Airplane | 30 minutes (to Lamidanda) 30 minutes (20 kms Lamidanda to Halesidham by jeep) |



Halesidham is considered to be holy pilgrimage for Hindus, Buddhists and Kiratis. This place bears significant importance and is associated to Lord Shiva in Hinduism, Guru Padmasambhava in Buddhism and Raichakule of the Kirat community. Halesidham lies in Khotang district next to the village of Mahadevasthan.

People strongly believe that Halesi blessings heal sufferings and leads people towards healthy living. Halesi Mahadev is two feet tall Shiva Linga that is enshrined inside the Cave. There are two pillars close to each other on the north of Shiva Linga making for a narrow pass. The place is also famous for yoga and meditation. The pilgrims light candles and worship inside the cave. There are two large caves in Halesi. The Hindus believe that Halesi cave is the abode of Mahadev. Within the cave, there are many idols - Shiva linga, Ganesh, Kumar, and Parvati. One will find several bats in the cave too. The cave was discovered by the ancestor of the Kirati, Raichhakule.

The Tuwachung hill overlooking Halesi is delightful. The mountain also offers views of the Mt. Makalu. The Kirati ancestors Toyama, Khyama and Raichhakule (Hechchhakuppa) are supposed to have transformed their civilisation into agricultural era. In Tuwachung hill, people have found ancient remnants of archeological importance

हलेसीधाम

हलेसीधाम हिन्दू, बौद्धमार्गी र किराँतीको साझा तीर्थ मानिन्छ। हिन्दूका भगवान् शिव, बौद्धमार्गीका गुरु पद्मसम्भव र किराँती समुदायका पुर्खा रैछाकुलेसँग सम्बन्धित ठाउँ। हलेसीधाम खोटाङ जिल्लाको महादेवस्थानमा पर्दछ।

हलेसी दर्शनले दुःखबाट मुक्ति, पदोन्नति, खडेरीबाट मुक्ति, सन्तान लाभ र निरोगी हुने जनविश्वास छ। यहाँको गुफामा धर्मद्वार, जन्मद्वार र पापद्वार छन्। योग र ध्यानका लागि हलेसी धाम प्रख्यात छ। तीर्थालुहरू गुफामा पूजा गर्छन्। बत्ती बाल्छन्। ध्यान गर्छन्। हलेसीमा दुइटा ठूला गुफा छन्। हलेसी गुफामा महादेवको बास भएको हिन्दू मान्यता छ। गुफाभित्र थरीथरीका मूर्ति छन् – शिवालिंग, गणेश, कुमार र पार्वती। त्यहाँ चमेराको पनि बसोबास छ।

किराँतीका पुर्खा रैछाकुलेले गुफा पत्ता लगाएका हुन्। उनीहरू हलेसीलाई पितृ मान्छन्। हलेसीमाथिको तुवाचुङ डाँडा रमणीय छ। त्यहाँ किराँती आदि पुर्खा तोयामा र खियामासँग सम्बन्धित तान दुइटा छ। डाँडाबाट मकालु हिमालको दर्शन मिल्छ।

बौद्धमार्गीका अनुसार हलेसीमा बसेर ध्यान गरेपछि गुरु पद्मसम्भव

like pottery, igniting stones and weaving.

According to Buddhist texts, Guru Padmasambhava became Chiranjeevi after meditating in Halesi. Nearby the cave lies the Maratika Takten Chholing Monastery. Ganesh Temple is also located nearby.

West of Halesi cave lies Basha Cave. The cave mountain is known as Avalokiteshvara mountain by Buddhists. Basha and the Manjushree mountains are worshiped. In Halesi, a religious fair takes place during Buddha Purnima, Lhosar, Shiva Ratri, Ram Navami, Bala Chaturdashi, Teej, Ubhauri and Udhauli.

There is a majority of the Kirat community here. The best time to visit Halesidham is from mid September to mid May.

How to reach

- By road: Khurkot-Ghurmi via Madhya Pahadi to Halesi is 216 km. Jeep departs from Chabahil and Koteswar in Kathmandu which takes around 10 hours.
- By air: 30-minutes flight from Kathmandu to Lamidanda. Further, 20 km ahead of Lamidanda is Halesidham.

चिरञ्जीवी बने। गुफा छेउमा मारातिका क्षिमेत ताग्तेन क्षोलिङ गुम्बा छ। नजिकै गणेश मन्दिर पनि।

हलेसी गुफाको पश्चिमपट्टि बसाहा गुफा छ। गुफाको पल्लो छेउमा पुगेर हेर्दा माथि आकाश खुला देखिन्छ। गुफा भएको पर्वतलाई बौद्धमार्गी अवलोकितेश्वर पर्वत मान्छन्। बसाहा अधिल्लरको बज्रपाणी र उत्तरपट्टिको मञ्जुश्री पर्वतका रूपमा पुजिन्छ। हलेसीमा बुद्धपूर्णमा, ल्होसार, शिवरात्रि, रामनवमी, बालाचतुर्दशी, तीज, उभौली र उधौलीमा मेला लाग्छ।

यहाँ किराँत समुदायको बाहुल्यता छ। असोजदेखि वैशाखसम्म हलेसीधाम घुम्ने उत्तम समय हो।

कसरी पुग्ने : काठमाडौँदेखि बनेपा-बर्दिबास सडकको खुर्कोट खण्डबाट मध्य पहाडी लोकमार्ग हुँदै घुर्मीबाट हलेसी २१६ कि.मि. छ। काठमाडौँको चाबहिल र कोटेश्वरबाट जीप छुट्छन्। जीपमा १० घण्टा। अथवा काठमाडौँ-लामिडाँडा ३० मिनेट हवाई उडान। लामिडाँडाबाट २० कि.मि. बाटो पार गरेपछि हलेसीधाम पुगिन्छ।



Haleswor



Halesi cave



Sherpa woman



Janakpur

PLACES NEARBY : Dhanushadham • Jaleswor • Mithileshwor

LANDSCAPES

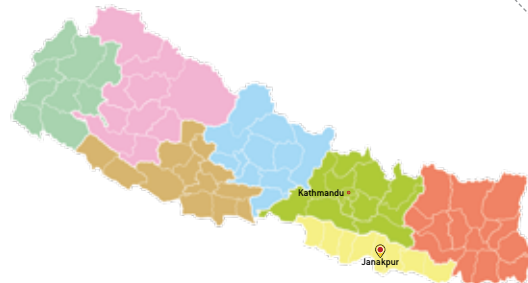
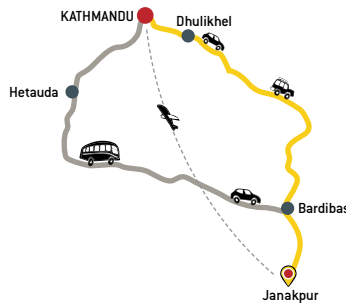
| | | |
|---------------|---------------|--------|
| Pond | River | Temple |
| Farming Field | Forest | |
| Grassland | Heritage Site | |

FACILITIES

| | |
|-------------------|----------|
| Local transport : | |
| Hospital | Hotels |
| Electricity | Internet |

HOW TO REACH

| | |
|----------|--|
| Car/Jeep | 6 hours (210 kms via Bardibas) |
| Bus | 9 hours (350 kms via Hetauda) |
| Airplane | 25 minutes (Airport 2.5 km from Janaki Temple) |



Janakpur is in the Dhanusa district of the Terai region. It is a city of Mithila art, ancient temples, lakes and ponds. According to the Ramayan, one of the two major Sanskrit epics of ancient India, Janakpur is the birthplace of King Janak and Sita. The Janaki Temple is the main attraction of Janakpur. The temple looks like a palace with statues of Bashisht, Satyananda, Sunaiana, Ram, Laxman, Bharat, Shatrughan, Sita, Janaka, etc.

When Queen of an Indian state, Tikamgarh, Vrisha Bhanu Kumari's wish of a son was fulfilled, she decided to build the Janaki Mandir. The construction started in 1952 and was completed in 1967. There are also temples of Ram and Janak in Janakpur. Along with the Janaki temple, there is a marriage mandap. The temple also houses the Janaki Museum.

In the four directions of Janakpur, Mithileshwar is the gatekeeper in the east, Jaleswar in the west, Chireswar in the north and Kalyaneshwar in the south. At a distance of 16 km from Janakpur Bazar lies Dhanusadham and Jaleswar at 13 km.

There are many lakes in Janakpur area. Among them, Gangasagar, Dhanusagar and Ratnasagar are the major ones. Prayers are performed every evening in Gangasagar.

जनकपुर

धनुषा जिल्लामा पर्ने जनकपुर मिथिला कलाले भरिपूर्ण तराईको शहर हो । त्यहाँ प्राचीन मन्दिर, कुण्ड र पोखरी छन् । हिन्दू ग्रन्थ रामायण अनुसार जनकपुर राजा जनक र सीताको जन्मथलो हो ।

जनकपुरको मुख्य आकर्षण जानकी मन्दिर । भद्र हेर्दा दरबारभैँ लाग्ने मन्दिर भित्र वशिष्ठ, सतानन्द, सुनयना, राम, लक्ष्मण, भरत, शत्रुघन राम, सीता, जनक आदिका मूर्ति छन् ।

जानकीको भाकल गरेपछि मनोकामना पूरा हुने विश्वास छ । त्यही अनुसार टिकमगढ, भारतकी महारानी भानु वृषकुमारीले भाकल गरेकाले उनको छोरा जन्मियो । तिनै महारानीले हाल भएको विशाल मन्दिर बनाउन लगाइन् । वि.सं. १९५२ मा शिल्यान्यास गरिएको मन्दिर वि.सं. १९६७ मा पूरा भएको थियो ।

जनकपुरमा राम र जनकका मन्दिर पनि छन् । जानकी मन्दिरसँगै विवाहमण्डप छ । मन्दिर हातामा जानकी सङ्ग्रहालय पनि छ ।

जनकपुरको चार दिशामा द्वारपालका रूपमा पूर्वमा मिथिलेश्वर, पश्चिममा जलेश्वर, उत्तरमा छिेश्वर र दक्षिणमा कल्याणेश्वर छन् । जनकपुर बजारबाट १६ कि.मि.मा धनुषाधाम छ भने १३ कि.मि.मा जलेश्वर ।

Chhat, Bivah Panchami, Ram Navami and Fagu Purnima are celebrated.

The Madhesi community are inhabitants of Janakpur. There are several hotels in the bazar along with most modern amenities available.

The best season to visit Janakpur is from mid-September to mid December and mid February to mid April.

How to reach

- By road: Kathmandu – Mugling - Janakpur is 350 km, nine hours by bus. Kathmandu - Janakpur is 210 km via Banepa - Bardibas road, six hours in jeep. The bus leaves from old bus park and jeep from Koteshwor in Kathmandu.
- By air: Kathmandu - Janakpur is a 25 minute flight. Janaki Temple is 2.5 km from Janakpur Airport.

जनकपुर क्षेत्रमा थुप्रै तलाउ छन् । तीमध्ये गंगासागर, धनुषसागर, रत्नसागर प्रमुख हुन् । गंगासागरमा हरेक साँभ आरती गरिन्छ । छठ, विवाह पञ्चमी, राम नवमी र फागु पूर्णिमामा मेला लाग्छ ।

जनकपुरमा मधेसी समुदायको बसोबास छ । बजारमा ५०-६० को हाराहारीमा पर्यटकीय होटल छन् । यातायात सुविधा, अस्पताल र प्रहरी कार्यालय छन् । बिजुली र सञ्चार सुविधा छ ।

असोजदेखि मंसिरसम्म र फागुनदेखि चैतसम्म जनकपुर घुम्ने उपयुक्त मौसम हो ।

कसरी पुग्ने : काठमाडौँबाट मुग्लिन हुँदै जनकपुरको दूरी ३५० कि.मि. छ । बसमा ९ घण्टा लाग्छ । बनेपा-बर्दिवास सडक हुँदै काठमाडौँ-जनकपुर २१० कि.मि. छ । जीपमा ६ घण्टा लाग्छ । काठमाडौँको पुरानो बसपार्कबाट बस र कोटेश्वरबाट जीप छुट्छन् । काठमाडौँ-जनकपुर २५ मिनेट हवाई यात्रामा पुग्न सकिन्छ । जनकपुर एयरपोर्टबाट २.५ कि.मि.मा जानकी मन्दिर छ ।





Bhajan



© www.locationnepal.com



Janaki temple



Bibah Mandap



Goddess Sita



Ram and Sita



Aarati



© www.locationnepal.com



Dhanush Sagar



Aarati



Kalinchowk

Dangdunge Danda - Proposed Nepal Film City, Sindhu-Dolakha

PLACES NEARBY : Bhimeshwar • Mude • Shailung

LANDSCAPES

| | | | |
|---------------|----------|-------------------|-----------|
| Pond | Mountain | Temple | Monastery |
| Farming Field | Forest | Conservation Area | |
| Grassland | Cave | Water Fall | |

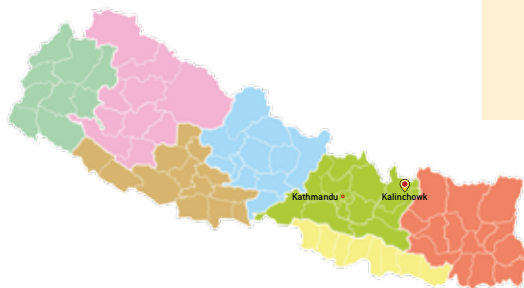
FACILITIES

Local transport :

| | | |
|------------------|----------|-----------|
| Hospital at Kuri | Hotels | |
| Electricity | Internet | Cable Car |

HOW TO REACH

| | |
|-----------|---|
| Car/Jeep | 7 hours (150 kms to Kalinchowk) |
| Bus | 6 hours (133 kms to Charikot) 2 hours (17 kms to Kuri from Charikot by Jeep) |
| Walk | 1 hour (to Kalinchok) |
| Cable car | 4 minutes (Kuri village to Kalinchowk) |



Kalinchowk of Dolakha district is a place of religious and natural importance. There is a lake, a few ghats and thousands of tridents in Kalinchowk (3,842 m). Pilgrims visit Kalinchowk Bhagwati with the belief that all their wishes will be fulfilled. Huge fairs are organised during Baisakhi Purnima, Janai Purnima and Maha Ashtami.

From the hilltop, mountains like Ganesh Himal, Langtang, Gauri Shankar, Numbur, Dorje Lakpa, Cho Oyu and Sagarmatha are seen.

It snows from December to February in Kalinchowk. From April to June, rhododendrons flowers bloom in full glory in the jungle. There are no settlements on the hill. Kalinchowk Base Camp, Kuri Bhanjyang has four dozen houses, all of which are hotels.

Another attraction of the Kalinchowk area is the Bhimeshwar temple, which is located in Dolakha Bazar. Bhimeshwar is the favoured deity of the Newar community. The ancient town of Dolakha has old-fashioned houses and some modern hotels.

Another attractive destination of Dolakha is Shailung. The city is situated at a distance of 68 km from Kalinchowk. Shailung (3,146 meters) is a holy pilgrimage site for both Hindus and Buddhists, and is the confluence of Dolakha

कालिञ्चोक

दोलखा जिल्लाको धार्मिक एवं प्राकृतिक महत्व बोकेको ठाउँ हो कालिञ्चोक। कालिञ्चोक (३,८४२ मि.) मा खुला आकाशमणि एउटा कुण्ड, केही घण्ट र हजारौं त्रिशूल छन्। मनोकामना पूरा हुने विश्वासले तीर्थालु कालिञ्चोक भगवतीको दर्शन गर्छन्। वैशाखे पूर्णिमा, जनै पूर्णिमा र महाअष्टमीमा यहाँ दूलो मेला लाग्छ।

डाँडामा सम्म ठाउँ छ। त्यहाँबाट गणेश, लाङटाङ, गौरीशंकर, मेलुङ्से, नुम्बुर, दोर्जे लाक्पा, चोयु हुँदै सगरमाथा हिमालसम्मको लामो फेरो देखिन्छ। डाँडाबाट सूर्योदय र सूर्यास्त पनि राम्रो देखिन्छ।

कालिञ्चोकमा पुस-माघमा हिउँ पर्छ। वैशाख-जेठमा गुराँसले जंगल राताम्ले हुन्छ। डाँडामा बस्ती छैन, कालिञ्चोक बेस क्याम्प कुरी भन्ज्याङमा चार दर्जन घर छन्, ती सबै होटल हुन्।

कालिञ्चोक क्षेत्रको अर्को आकर्षण भीमेश्वर मन्दिर हो। डाँडा मुन्तिर दोलखा बजारमा भीमेश्वरको मन्दिर छ। भीमेश्वर नेवार समुदायका इष्ट देवता हुन्। प्राचीन बस्ती दोलखामा पुराना शैलीका घर र केही आधुनिक होटल छन्।

दोलखाको अर्को आकर्षक गन्तव्य शैलुङ हो। कालिञ्चोकबाट

and Ramechhap districts. There is a motorway up the hill. The mountain has wide terrain. There are Baghdunga and traces of Guru Padmasambhava footsteps. On the lap of the hills, Shailungeshwor Mahadev and Godavari caves are located.

On the south side of the hill there is Kholakharka bazar where hotel and homestay facilities are available.

The best time to visit Kalinchowk is from mid-September to mid-December.

How to reach

- By road: From Kathmandu to Charikot, 133 km, six hours by bus. Charikot-Kuri 17 km, two hours by jeep. Kuri-Kalinchowk is four minutes by cable car or an hour's walk.

६८ कि.मि. दूरीमा अवस्थित शैलुङमा १०८ वटा थुम्का छन्। भट्ट हेर्दा धानको राश जस्ता देखिन्छन् शैलुङका थुम्का। हिन्दू र बौद्धमार्गी दुवैको पवित्र तीर्थस्थल हो शैलुङ (३,१४६ मि.)।

दोलखा र रामेछाप जिल्लाको संगम मानिन्छ शैलुङ। डाँडाको फेदीसम्म मोटर बाटो छ। डाँडामा फराकिलो भूभाग छ। त्यहाँ बाघढुंगा, छोर्तेनहरू र गुरु पद्मसम्भवका पाइला छन्। शैलुङबाट पनि कालिञ्चोकबाट देखिए जस्तै हिमाली लर्कन देखिन्छ। डाँडाको काखमा शैलुङेश्वर महादेव र गोदावरी गुफा छन्।

डाँडाको दक्षिणतिर खोलाखर्क बजार छ। त्यहाँ होटल तथा रिसोर्ट सुविधा छ।

असोजदेखि मंसिरसम्म कालिञ्चोक घुम्ने उत्तम समय हो।

कसरी पुग्ने : काठमाडौँदेखि चरिकोटसम्म १३३ कि.मि. बस यात्रामा ६ घण्टा लाग्छ। चरिकोट-कुरी १७ कि.मि. छ, जीपमा दुई घण्टा लाग्छ। कुरीबाट केवलकारमा चार मिनेट र हिँडेर जाँदा एक घण्टामा कालिञ्चोक पुगिन्छ।



Kalinchok base camp, Kuri bazar



Shiva pokhari, on the way to Charikot



Sailung



Dolakha Bhimsen temple



Shaman



Kalinchok danda

© Keshab Thakur

Lumbini

PLACES NEARBY : Ramgram • Jagdishpur Tal • Tilaurakot

LANDSCAPES

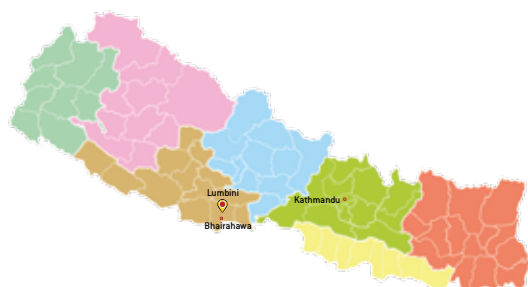
| | | | |
|---------------|---------------|--------|-----------|
| Pond | River | Temple | Monastery |
| Farming Field | Forest | Stupa | |
| Grassland | Heritage Site | Lake | |

FACILITIES

| | | |
|-------------------|----------|------------|
| Local transport : | | |
| Hospital | Hotels | Museum |
| Electricity | Internet | Motor Boat |

HOW TO REACH

| | |
|----------|---|
| Car/Jeep | 6 h 30 minutes (325 kms) |
| Bus | 8 hours (325 kms) |
| Airplane | 25 minutes (to Bhairahawa) 30 minutes (Bhairahawa to Lumbini by car/bus) |



Lumbini is the birthplace of Gautam Buddha. The Maya Devi Temple marks the spot where Queen Maya Devi gave birth to Siddhartha Gautam. Surrounding the temple are the ruins of the monastery.

On the south side is the Pipal Chautari. Here the monks recite sacred chants. Outside the temple is a pillar founded by Emperor Ashoka in 249 BC. In 1997, UNESCO listed Lumbini as a World Heritage site. In 1967, UN Secretary-General Uthanta travelled to Lumbini.

In 1978, the Japanese architect Professor Kenzo Tange designed the master plan for the systematic development of Lumbini. As per the plan, 1,155 acres of land was acquired and divided into three sections. The Lumbini Master Plan, spread in an area of three square miles, oriented along the north-south axis encompasses three zones: the Sacred Garden, the Monastic Zone, and the New Lumbini village, based on the notion of the path to enlightenment.

Lumbini encompasses many temples and monasteries. There are more than 25 international monasteries built by the Buddhist countries from all around the world. Lumbini is famous worldwide for these monasteries as well as Maya

Devi Temple, the Ashoka pillar, the ancient bathing pond and Bodhi tree.

In the Lumbini area, Ramgram, Kapilvastu Durbar, Kudaan, Niglihawa, Gotihawa, Sagrahawa and Jagdishpur lake are places to visit.

Yadav, Kurmi, Chhetri, Bahun, Newar, Tharus are inhabitants of Lumbini.

The best time to visit is from mid September to mid December and from mid February to mid April.

How to reach

- By road: Kathmandu - Lumbini is 325 km covered by bus in eight hours.
- By air: Kathmandu - Bhairahawa 25 minutes flight. Bhairahawa-Lumbini is 20 km.

लुम्बिनी

शाक्यमुनि गौतमबुद्धको जन्मथलो हो लुम्बिनी । उनी इसापूर्व ६२३ मा जन्मेका थिए । तिलौराकोट दरबारबाट माइती देवदह जान हिंडेकी मायादेवीले पुष्करिणी पोखरीछेउमा गौतमबुद्धलाई जन्म दिएकी थिइन् । त्यसैले लुम्बिनीमा मायादेवी मन्दिर छ ।

मन्दिर वरपर विहारका भग्नावशेष छन् । दक्षिणपट्टि पीपल चौतारी छ । त्यहाँ भिक्षु बौद्धमन्त्र जफ्छन् । मन्दिरबाहिर सम्राट् अशोकले इसापूर्व २४९ मा स्थापना गरेको स्तम्भ छ । सन् १९९७ मा संयुक्त राष्ट्रसंघीय शैक्षिक, वैज्ञानिक तथा सांस्कृतिक संगठन (युनेस्को) ले लुम्बिनीलाई विश्व सम्पदा सूचीमा सूचीकृत गरेको हो । सन् १९६७ मा संयुक्त राष्ट्रसंघका महासचिव उथान्त लुम्बिनी गएका थिए ।

सन् १९७८ मा जापानी वास्तुकलाविद् प्राध्यापक केन्जो टांगेले लुम्बिनीको गुरुयोजना बनाए । योजना अनुसार ११ सय ५५ बिगाहा जग्गा अधिग्रहण गरियो । त्यसलाई तीन खण्डमा बाँडियो । तीन वर्गमाइलमा उत्तर-दक्षिण फैलिएको भूमिमा उत्तरमा नयाँ लुम्बिनी गाउँ, बीचमा विहार क्षेत्र र दक्षिणमा मायादेवी मन्दिरसहित उद्यान बनाइयो ।

विहार क्षेत्रमा विभिन्न देशका विहार छन् । बीचमा नहर छ । नहरको १६ सय मिटरमा डुंगा चलछ । नहरको एक छेउमा अखण्ड शान्ति दीप छ । नजिकै लुम्बिनी संग्रहालय छ ।

लुम्बिनी क्षेत्रका रामग्राम, कपिलवस्तु दरबार, कुदान, निर्गलिहवा, गोटिहवा, सग्रहवा र जगदीशपुर ताल घुम्न लायक छन् । बुद्धको अस्तु राखिएको प्राकृतिक चैत्य रामग्राम लुम्बिनीबाट ५४ कि.मि. दूरीमा छ भने २९ कि.मि.मा कपिलवस्तु दरबार । कपिलवस्तुबाट ५ कि.मि.मा जगदीशपुर ताल ।

लुम्बिनी क्षेत्रमा यादव, कुर्मी, क्षत्री, बाहुन, नेवार, थारु आदि विभिन्न जातजातिको बसोबास छ ।

असोजदेखि मंसिरसम्म र फागुनदेखि चैतसम्म लुम्बिनी घुम्ने उत्तम समय हो ।

कसरी पुग्ने : काठमाडौँ-लुम्बिनी ३२५ कि.मि. छ । काठमाडौँबाट लुम्बिनीसम्म बसमा ८ घण्टा लाग्छ अथवा काठमाडौँ-भैरहवा २५ मिनेट हवाई यात्रा । भैरहवा-लुम्बिनी २० कि.मि. । भैरहवामा लुम्बिनी जाने गाडी पाइन्छ ।



World peace stupa

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Mayadevi temple



Buddha Purnima, Mayadevi temple

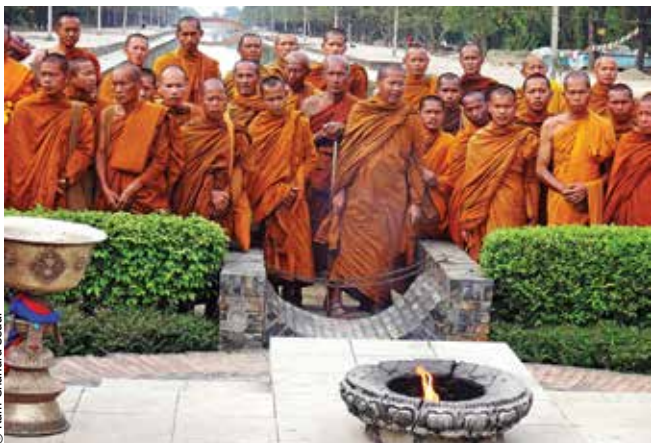


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Chinese Monastery



Photos : © www.locationnepal.com



Peace Flame



Ramgram stupa



Lumbini Monastic Zone



Ashok Stambha



Local market



Mayadevi giving birth to Siddhartha Gautam

© Ram Chandra Sedai

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© Ram Chandra Sedai

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Manakamana

PLACES NEARBY : Bakreshwor • Betini Village • Gorakhkali

LANDSCAPES

| | | | |
|---------------|--------|---------------|--------|
| Pond | River | Mountain | Temple |
| Farming Field | Forest | Orange Garden | |
| Grassland | Cave | | |

FACILITIES

Local transport :

| | | |
|-------------|----------|----------|
| Health Post | Hotels | Homestay |
| Electricity | Internet | Rafting |
| Cable Car | | |

HOW TO REACH

| | |
|-----------|---|
| Car/Jeep | 3 hours (104 kms to Kurintar) |
| Bus | 3 hours (104 kms to Kurintar) 3 hours (110 kms to Mugling) 1 hour (13.5 kms Mugling to Manakamana temple by jeep) |
| Cable car | 10 minutes (2.8 kms to Manakamana temple area) |



The temple of Manakamana Mai, popularly known as the Goddess of Desire, lies in the village of Sahid Lakhani Rural Municipality in Gorkha district. On the hill (1,500 m) there is a two-storey temple built in pagoda style. Within the temple is a formless rock that is believed to have originated by itself.

Hindus worship Manakamana as a Shakti Peeth. Fairs are held twice a year here on Baisakh Panchami and Kartik Panchami. Devotees offer Panchbali of buffalo, sheep, goat, rooster and goose as sacrifice.

Bakreshwor Mahadev and Triveni Mai temples which are connected with the history of Manakamana Mai are also located here. After a 45 minute walk from the hill towards the north, one can reach the Bakreshwor Cave. On the other side of the Mugling Bazar, Triveni Mai Temple lies in the junction of Trishuli and Marsyangdi.

The area is rich in natural beauty. You can view the Manaslu, Annapurna, Langtang and Lamjung mountains. The villages of Betini and Suntalabari in Manakamana area are scenic.

One can reach Gorkha Durbar from Manakamana which lies at a distance of 36 km. It is the palace of Prithvi

मनकामना

मनको इच्छा पुऱ्याइदिने देवीका रूपमा चर्चित मनकामना माईको मन्दिर गोरखा जिल्लाको शहीद लखन गाउँपालिकामा पर्दछ। डाँडा (१,५०० मि.) मा प्यागोडा शैलीको दुईतले मन्दिर छ। मन्दिरभित्र निराकार शिला छिन् जुन आफैँ उत्पत्ति भएको मानिन्छ।

हिन्दू धर्मावलम्बी मनकामनालाई शक्तिपीठका रूपमा पुज्छन्। यहाँ वर्षका दुई पटक वैशाख पञ्चमी र कात्तिक पञ्चमीमा मेला लाग्छ। भक्तजनले पञ्चबलि अर्थात् राँगा, भेडा, बोका, भाले र हाँसको बलि चढाउँछन्।

सेरोफेरोमा मनकामना माईको इतिहाससँग जोडिएका बक्रेश्वर महादेव र त्रिवेणी माईका मन्दिर छन्। डाँडाबाट उत्तरमा ४५ मिनेट पदयात्रा गरेमा बक्रेश्वर गुफामा पुगिन्छ। त्यस्तै मुगलिन बजारको पारिपट्टि त्रिशूली र मर्स्याङ्दीको दोभानमा त्रिवेणी माईको मन्दिर छ।

प्राकृतिक सौन्दर्यका हिसाबले समेत मनकामना क्षेत्र सुन्दर छ। यहाँको थान डाँडाबाट सूर्योदयको दर्शन पाइन्छ। डाँडाबाट मनास्तु, अन्नपूर्ण, लाङटाङ र लमजुङ हिमाल नजिकै देखिन्छ। त्यस्तै मनकामना क्षेत्रका बेतिनी र सुन्तलाबारी गाउँ आकर्षक छन्।

Narayan Shah, who unified smaller kingdoms and states as a single nation.

On the hill lies Gorakhkali palace and statues of deities. There is also a Gorkha Museum on the base of the hill.

There are Magar, Gurung, Newar, Dalit, Chhetri and Bahun communities living in the Manakamana area.

The best time to visit Gorkha is from mid September to mid February.

How to reach

- By road: From Kathmandu to Kurintar via Prithviraj Marg is 104 km, three hours by bus. Kurintar - Manakamana is 2.8 km, 10 minutes by cable car and a further five-minute walk.
- Kathmandu - Mugling is 110 km, three hours by bus. From Mugling to Manakamana is 13.5 km via Triveni Mai Temple which can be covered in an hour by jeep.

मनकामनाबाट गोरखा दरबार क्षेत्र पुग्न सकिन्छ। मनकामनाबाट ३६ कि.मि. दूरीमा गोरखा बजार छ। स-साना राज्यलाई एकीकरण गरेर नेपाल राज्य निर्माण गर्ने राष्ट्रनायक पृथ्वीनारायण शाहको दरबार छ त्यहाँ। डाँडामा गोरखकाली दरबार र देवदेवीका मूर्ति छन्। डाँडाको फेदीमा गोरखा संग्रहालय पनि छ। गोरखा राज्यको इतिहास बुझ्ने पाठशाला हो गोरखा दरबार क्षेत्र। मनकामना क्षेत्रमा मगर, गुरुङ, नेवार, दलित, क्षेत्री र बाहुन समुदायको बसोबास छ। असोजदेखि माघसम्म गोरखा घुम्ने उत्तम समय हो।

कसरी पुग्ने : काठमाडौँबाट पृथ्वी राजमार्ग हुँदै कुरिनटार १०४ कि.मि., बसमा ३ घण्टा लाग्छ। कुरिनटार-मनकामना २.८ कि.मि. केबलकारमा १० मिनेट। केबलकारबाट ओर्लेर ५ मिनेट हिँडेपछि मनकामना मन्दिर पुगिन्छ। अथवा काठमाडौँ-मुगलिन ११० कि.मि., बसमा ३ घण्टा लाग्छ। मुगलिनबाट त्रिवेणीमाई मन्दिर हुँदै मनकामना १३.५ कि.मि., जीपमा १ घण्टा लाग्छ।



© Manakamana Cable Car

Cable car



© Manakamana Cable Car

Manakamana temple



Gorakhkali palace



Trishuli river



Souvenir



Orange


Namo Buddha

PLACES NEARBY : Balthali • Dapcha • Patlekhel

LANDSCAPES

| | | |
|---------------|----------|---------------|
| Pond | Mountain | Monastery |
| Farming Field | Forest | Stupa |
| Grassland | Cave | Heritage Site |

FACILITIES

| | |
|---|----------|
| Local transport :  | |
| Hospital | Hotels |
| Electricity | Internet |

HOW TO REACH

| | |
|----------|---|
| Car/Jeep | 1 h 30 minutes (42 kms) |
| Bus | 1 hour (30 kms to Dhulikhel) 30 minutes (12 kms to Namo Buddha from Dhulikhel) |



The main four pilgrimage sites of Buddhist within Nepal include the Boudhanath, Swayambhunath, Namo Budha and Lumbini.

Known by Tibetans as Takmo Lu Jin, meaning "Tigress Body Generosity", the Namo Buddha stupa marks the site where a young prince (in some versions, the Buddha himself) encountered a tigress close to starvation and unable to feed her own cubs. Overcome with compassion, the prince allowed the tigress to consume him and thereby feed her cubs.

A small shrine, a few minutes walk uphill from the stupa contains statues of the prince together with the tigress and her cubs.

The place is a confluence of spirituality, nature and culture. Cool, calm and clean. Monks dressed in pink. The buildings of the chaitya, monastery, hostel, library, clinic etc make the hill a colourful place.

On the other side of the hill stands the Thangu Tashi Yangtse monastery constructed in 1976. The colorful monastery that looks like a village in the upper Shyampati VDC is led by Guru Thangu Rinpoche. Thangu Tashi Yangtse monastery has become the center of Buddhist philosophy study. Meditation classes also run here. Gumba area's Shree Mangal Deep School teaches up to grade

नमो: बुद्ध

नेपालभित्र पर्ने बौद्धमार्गीका प्रमुख चार तीर्थस्थलमा काठमाडौंको बौद्धनाथ, स्वयम्भू, काभ्रेको नमोबुद्ध र लुम्बिनी पर्छन्। काभ्रेको श्यामपाटीमा शाक्यमुनि गौतमबुद्धको पूर्वजन्म भएको थियो। त्यही उनले बघिनिलाई शरीर दान गरेका थिए। त्यही ठाउँलाई नमो:बुद्ध भनिन्छ।

अध्यात्म, प्रकृति र संस्कृतिको संगम। शीतल, शान्त र स्वच्छ। हावामा फर्फराइरहेका धर्ज्यू र लुङदार। गुलाफी वस्त्रमा सजिएका भिक्षु। चैत्य, गुम्बा, होस्टेल, लाइब्रेरी, क्लिनिक आदिका भवनले डाँडै रंगीन।

नमो:बुद्धमा दुई खण्ड छ। तल गहिरोमा नमोबुद्ध चैत्य छ। त्यसको नजिकै कुदुङ टासी छोलिङ गुम्बा छ। माथि कोटडाँडामा गाउँ जस्तै देखिने रंगीन गुम्बा गुरु ठाङ्ग रिम्पोछेको अगुवाइमा बनेका हुन्। ठाङ्ग टासी याङ्चे गुम्बा बौद्ध दर्शन अध्ययन केन्द्र बनेको छ। त्यहाँ ध्यान कक्षा चलाइन्छ। गुम्बा हाताको मंगलदीप स्कुलमा कक्षा नौसम्म पढाइ हुन्छ। गुम्बाकै आम्ची क्लिनिकमा ज्योतिष, आर्युवेद र जडीबुटी सम्बन्धी पाँच वर्षे पढाइ हुन्छ।

nine. The Thangu Clinic in Gumba area provides a five-year course in astrology, ayurveda and herbs.

Newars of Kathmandu Valley come here during Kartik Purnima and Buddha Purnima. The festivities are especially filled with Newar and Tamang communities. On the eve of the full moon, Newar community lights up candles here. The next day they return to worship. Tamangs also spend the night on the full moon day.

Sunrise and sunset views are mesmerising from the mountain. From Namo Buddha, mountains like Makalu, Cho Oyu, Gaurishankar, Dorje Lakpa, Langtang, Ganesh, Manaslu and Ama Dablam are visible. It is less likely to see any mountain during monsoon.

The best time to visit Namo Buddha is from mid-September to mid-December.

How to reach

- By road: Kathmandu-Dhulikhel is 30 km. Further, 12 km from Dhulikhel lies Namo: Buddha. Bus departs from Banepa every hour from 9am-5pm.

कात्तिक पूर्णिमा र गुलाँ पर्वमा काठमाडौं उपत्यकाका नेवार यहाँ आउँछन्। गुलाँ पर्व महिना दिनसम्म चलछ। कात्तिक पूर्णिमा मेला विशेषतः नेवार र तामाङले भर्छन्। पूर्णिमाको अघिल्लो दिन नेवारले यहाँ रातभर बत्ती बाल्छन्। भोलिपल्ट पूजा गरेर फर्कन्छन्। पूर्णिमाका दिन आएका तामाङ पनि रात बिताउँछन्। बत्ती बाल्दा पितृलाई शान्ति मिल्ने जनविश्वास छ।

डाँडाबाट सूर्योदय र सूर्यास्त हेर्न पाइन्छ। नमो:बुद्धबाट मकालु, चोयू, गौरीशंकर, दोर्जे लाक्पा, लाङटाङ, गणेश, मनास्लु र अमादब्लम लगायत हिमाल देखिन्छन्। बर्खामा हिमाल देख्ने सम्भावना कम हुन्छ।

नमो:बुद्ध घुम्ने उत्तम समय असोजदेखि मंसिरसम्म हो।

कसरी पुग्ने : काठमाडौंबाट धुलिखेल ३० किलोमिटर। धुलिखेलबाट करिब १२ किलोमिटरमा नमो:बुद्ध। बनेपाबाट बिहान नौदेखि साँझ पाँच बजेसम्म प्रत्येक घण्टामा दाप्चा जाने बस छुट्छन्। ती बसमा जाँदा नमो:बुद्ध चोकमा ओर्लने।



© Bijay Gajmer

Panchakoshi

PLACES NEARBY : Dailekh Bazar • Guranse • Bulbule Lake

LANDSCAPES

| | | | |
|---------------|--------|-----------|--------|
| Pond | River | Mountain | Temple |
| Farming Field | Forest | Grassland | |

FACILITIES

| | | |
|-------------------|----------|---------|
| Local transport : | | |
| Hospital | Hotels | Fishing |
| Electricity | Internet | |

HOW TO REACH

| | |
|----------|--|
| Car/Jeep | 16 hours (650 kms to Dailekh) |
| Bus | 16 hours (650 kms to Dailekh) 3 hours (67 kms to Dailekh from Surkhet) 5 hours (167 kms to Dailekh from Nepalgunj) |
| Airplane | 1 hour (Kathmandu to Surkhet) 1 hour (Kathmandu to Nepalgunj) |



The five holy places in Dailekh district namely Shirsthan, Navisthan, Padukasthan, Dhuleshwar and Kotila are known as Panchakoshi. The Panchakoshi terrain is mountainous and has rivers flowing through it. Hindus believe that the Panchakoshi blessing fulfills and purifies human beings.

The Vaishnavara Purana describes the Panchakoshi. There are five temples with Akhanda Jwala (uninterrupted fire), among which, three lies in Shirsthan and two in Navisthan.

At Dhuleshwar, Sati Devi's body converted to dust, thus this place is called Dhuleshwar, an incarnation of Shiva as dust.

There is a historical place Dullu situated near Panchakoshi. Dullu was winter kingdom of Khas dynasty, where as, Sinja (Jumla) was monsoon kingdom. There is a museum in Dullu.

Panchakoshi can be toured on the same day by jeep. Fairs are organised on Mahashivaratri in Shirasthan, Maghe Sankranti in Naivasthan, Janai Purnima in Paduka, Baisakha in Kotila, Nava Ratra in Dhuleshwar and Mangsir Purnima in Dunsheshwar. The Mahadev temple in Mahabu also hosts a big fair during Janai Purnima.

पञ्चकोसी

दैलेख जिल्लाका शिरस्थान, नाभीस्थान, पादुकास्थान, धुलेश्वर र कोटिलालाई पञ्चकोसी तीर्थ भनिन्छ। पञ्चकोसी क्षेत्रमा प्राकृतिक ग्यासबाट बलेका ज्वाला, नदी र पहाडी भूगोल पाइन्छन्। हिन्दू धर्मावलम्बी पञ्चकोसी दर्शनले पितृ उद्धार, आत्मशुद्धि र मनोकाङ्क्षा पूरा हुने विश्वास गर्छन्।

पञ्चकोसी प्रकृति र अध्यात्मको दोभान मानिन्छ। वैश्रनावरपुराणमा पञ्चकोसीको वर्णन छ। पाँचै ठाउँमा मन्दिर छन्। शिरस्थानमा तीन र नाभिस्थानमा दुईवटा अखण्ड ज्वाला छन्।

पञ्चकोसीको सेरोफेरोमा दुल्लु छ। दुल्लु ऐतिहासिक थलो हो। इतिहास अनुसार सिञ्जापति खस राजाको वर्षे राजधानी जुम्लाको सिञ्जा थियो भने हिउँदे राजधानी दैलेखको दुल्लु। दैलेखमा २७९ मूर्त र २२ भन्दा बढी अमूर्त सम्पदा छन्।

दैलेख बजारमा बसेर जीपमा एकै दिन पञ्चकोसीको फेरो मार्न सकिन्छ। शिरस्थानमा महाशिवरात्रिमा, नाभीस्थानमा माघे सङ्क्रान्तिमा, पादुकामा जनै पूर्णिमामा, कोटिलामा वैशाख १ गते, धुलेश्वरमा नवरात्रमा र डुंगेश्वरमा मंसिर पूर्णिमामा मेला लाग्छ।

Dailekh Bazar, Bhurtika Deval and Mahabu Lake are fascinating to visit. Mahbu Bhanjyang connects Dailekh and Kalikot. The border of Kalikot is bounded by the Mahabu Mountains (4,100 m). The early treks in Gurase forest are particularly colourful in spring when the Rhododendron flowers are in bloom.

The best time to visit Pachkoshi is from mid November to mid February.

How to reach

- By road: Kathmandu-Surkhet-Dailekh is 650 kms which can be covered by bus in 16 hours.
- By air: Kathmandu-Surkhet an hour flight.
- Surkhet-Dailekh 67 km, three hours by bus. Nepalgunj – Surkhet-Dailekh 167 km, five hours by bus.

पञ्चकोसी मात्र होइन पहाडको थाप्लोमा बसेको दैलेख बजार, भूर्तिका देवल र महाबु लेक पनि विचित्रका छन्। महाबु भन्ज्याङले चाहिँ दैलेख र कालिकोटलाई जोड्छ। कालिकोटको सीमामा पर्छ महाबु पर्वत (४,१०० मि.)। त्यहाँबाट हिमाली सौन्दर्य देखिन्छ। पर्वत मुन्तिर गुराँसे जंगल छ, फागुन-चैतमा गुराँस फुलेर रातममे बन्छ। महाबुमा महादेव मन्दिर छ जहाँ जनै पूर्णिमामा ठूलो मेला लाग्छ।

पञ्चकोसी घुम्ने उत्तम समय मंसिरदेखि माघसम्म हो।

कसरी पुग्ने : काठमाडौँ-सुर्खेत-दैलेख ६५० कि.मि., बसमा १६ घण्टा लाग्छ। अथवा काठमाडौँ-सुर्खेत १ घण्टा हवाई यात्रा। सुर्खेत-दैलेख ६७ कि.मि., बसमा ३ घण्टा। नेपालगन्ज-सुर्खेत-दैलेख १६७ कि.मि., बसमा ५ घण्टा लाग्छ।



Shreesthan Jwala



Bhurtika Dewal



Shreesthan temple



Navisthan Jwala



Mahabu Lake


Pathibhara

PLACES NEARBY : Gumba Danda • Suketar • Fungling

LANDSCAPES

Mountain Temple Forest
Grassland Cave

FACILITIES

Local transport : 
Health Post Hotels
Electricity Internet

HOW TO REACH

Car/Jeep 18 hours (760 kms to Kaflepati)
Bus 12 hours (506 kms to Birtamod)
8 hours (237 kms to Fungling from Birtamod)
Airplane 1 hour (Suketar)
Walk 5 hours (5 kms Kaflepati to Pathibhara)



Taplejung's Pathibhara Temple at 3,794 m is a significant shrine. Mountains like Kumbhakarna, Kanchenjunga and many others are visible from here. Himalayas shine during October- November. Limbu people call Kumbhakarna Himal as Phaktanglung and the mountain is sacred in the Kirat religion.

There is a belief that a pilgrimage to the mountain-top shrine of Pathibhara is all it takes to have one's wish granted by the gods. According to a popular belief, even those who are unable to move their hands and feet by birth, they are able to move as a normal human. And the eyes of the blind are filled with light. Also couples are blessed with a child. For long and prosperous life, devotees leave many objects like bells, tridents, flags, or tie threads at the shrine.

British botanist Jedi Hooker arrived in Taplejung in 1848 as the first tourist. Today, there are pilgrims from Nepal as well as from India and Bhutan.

Manabhara hill looks beautiful from Pathibhara. It is cold all year long on the hill. During mid-December to mid-February, the hill receives heavy snowfall.

There are good hotels in Fungling and Suketar. There are general hotels elsewhere. There is no hotel above

पाथीभरा

भट्ट हेर्दा अन्न भरिएको पाथी जस्तो देखिने डाँडामा देवीको मन्दिर छ। ताप्लेजुङको पाथीभरा (३,७९४ मि.) शक्तिपीठ हो। प्राकृतिक हिसाबले समेत डाँडा निकै सुन्दर छ। त्यहाँबाट कुम्भकर्ण, कञ्चनजङ्घा लगायत हिमशृङ्खला देखिन्छ। असोज-कात्तिकमा हिमाल भलमल्ल टल्किन्छन्। कुम्भकर्ण हिमाललाई लिम्बुहरू फक्ताडलुङ भन्छन्। किराँत देवदेवी यु:मा र थे:वाको क्रीडास्थल फक्ताडलुङ भएको महागुरु फाल्गुनन्दले बताएका छन्।

पाथीभरामा सिंहवाहिनी देवीका मूर्ति छन्। जनविश्वास अनुसार पाथीभरा दर्शन गरे जन्मै हातखुट्टा नचल्नेका पनि हातखुट्टा सल्बलाउँछन्, दृष्टिविहीनका आँखामा ज्योति भरिन्छ। नि:सन्तानलाई सन्तान लाभ हुन्छ। गरिब धनी हुन्छन्। शत्रु निर्बल हुन्छन्। मित्र पुन:मिलन हुन्छ। पढाइमा सफलता मिल्छ। आयु लामो हुने विश्वासले तल कान्छीथानदेखि सेतो धागो टाँदै पाथीभरा मन्दिरसम्म पुऱ्याउने चलन छ।

बेलायती वनस्पतिविज्ञ जेडी हुकर पहिलो पर्यटकका रूपमा सन् १८४८ मा ताप्लेजुङ पुगेका थिए। त्यहाँ नेपालीका साथै भारत र

Thulo Phedi. The hill has electricity while there is a health post and a police post at the base of the hill. A hospital is located at Fungling headquarters.

The best time to visit Pathibhara is from mid-February to mid-November.

How to reach

- By road: Kathmandu - Birtamode 506 km, 12 hours by bus. Birtamode - Fungling is 237 km. Fungling - Suketar is seven km.
- By air: Kathmandu - Suketar is an hour's flight. The road from Suketar to Kafle Patti is 9.5 km. Further, three km to Thulo Fedi is covered in two hours. On a two km uphill trek, Pathibhara can be reached from Thulo Phedi. This takes another three hours.

भुटानदेखिका तीर्थालु आउँछन्।

डाँडामा आठवटा धर्मशाला छन्। पानीको दु:ख भएकाले यहाँ तीर्थालु बस्दैनन्।

पाथीभरा क्षेत्रबाट मानाभरा डाँडा पनि मनमोहक देखिन्छ। वर्षैभरि चिसो हुन्छ डाँडामा। पुस-माघमा डाँडामा बाक्लो हिउँ पर्छ।

फुङलिङ र सुकेटारमा राम्रा होटल छन्। अन्यत्र सामान्य होटल छन्। दूलो फेदीभन्दा माथि होटल छैनन्। डाँडामा बिजुली सुविधा छ। फेदीमा स्वास्थ्य चौकी र प्रहरी चौकी छ। अस्पताल चाहिँ सदरमुकाम फुङलिङमा छ।

फाल्गुनदेखि कात्तिकसम्म पाथीभरा दर्शन उत्तम मानिन्छ।

कसरी पुग्ने : काठमाडौँ-बिर्तामोड ५०६ कि.मि., बसमा १३ घण्टा। बिर्तामोड-फुङलिङ २३७ कि.मि.। फुङलिङ-सुकेटार ८ कि.मि. अथवा काठमाडौँ-सुकेटार एक घण्टाको हवाई उडान। सुकेटारदेखि काफ्लेपाटी (९.५ कि.मि.) सम्म सडक छ। त्यहाँबाट ३ कि.मि.मा दूलो फेदी छ, समय दुई घण्टा लाग्छ। दूलो फेदीबाट २ कि.मि. अर्थात् ३ घण्टा उकालो चढेपछि पाथीभरा पुगिन्छ।



Handcrafting, Gumbadanda village



Limbu girls



Paragliding, Phungling



Pathibhara Devi



Suketar airport



Pathibhara danda



Pathibhara



Sadhutar



Ranke Bazar

Shashwat Dham

PLACES NEARBY : Narayanghat • Chitwan • Devghat • Lumbini

LANDSCAPES

Pond Temple Farming Field
Cow Farm Grassland

FACILITIES

Local transport : 
Health Centre Hotels Buddhist Centre
Electricity Internet Meditation Centre

HOW TO REACH

Car/Jeep 4 h 30 minutes (168 kms via Muglin)
5 h 45 minutes (168 kms via Hetauda)
Bus 5 hours (168 kms via Muglin)
Airplane 18 minutes (Bharatpur)
30 minutes (Bharatpur to Shashwatdham by bus)



Spread over verdant 12 acres, amidst the scenic foothills of Nawalparasi Nepal, Shashwat Dham is a destination for nature lovers and spiritual seekers. Built over 15 years by skilled artisand in the Khajur style, Shashwat Dham is artistic. The towering edifice houses a Buddhist centre, museum, and different Hindu deities. The abode of Lord Shiva here is called Ekambareshwara and is surrounded by holy waters.

Sanatan dharma and Buddhism are practiced here. A Buddhist center has been set up for meditation and Buddhist philosophy study along with a gurukul ashram, yagya kund, shakti ghat, religious museum, digital religious library, yoga and meditation center, vegetarian restaurant, cow shelter, food court, organic farm.

Prayers are performed in the morning and in the evening hours inside the premises. Similarly, yoga and evening satsang are held in the morning. Shaswat Dham was built by Binod Chaudhary, the famed billionaire entrepreneur of Nepal.

शाश्वत धाम

महेन्द्र राजमार्गको किनारामा नेपालका चर्चित अर्बपति उद्यमी विनोद चौधरीको सिजी इन्डस्ट्रियल पार्क छ। ८० बिगाहा क्षेत्रफलमा फैलको यस पार्कमा उनका विभिन्न उद्योग सञ्चालित छन्। त्यही पार्कसँगै उनले सनातन धर्मको अभ्यास गर्न शाश्वत धाम निर्माण गरेका हुन्।

खजुरवान शैलीमा निर्माण गरिएको शाश्वत धाम कलात्मक छ। कुशल कालिगढले १५ वर्ष लगाएर मन्दिर निर्माण गरेका हुन्। शाश्वत धाममा एकाम्बेश्वर महादेव, विभिन्न देवदेवीका मूर्ति, बुद्धिस्ट सेन्टर, तलाउ, सङ्ग्रहालय आदि छन्। चारैतिर हरियालीका बीचमा पानीको फोहोरासँगै मन्दिरभित्र ठूलो शिवलिंग छ। मन्दिरसँगै पार्वती, गणेश, हनुमान, सूर्यनारायण, नवग्रह, सतिदेवी लगायत देवदेवीका मूर्ति छन्।

यहाँ सनातन हिन्दू धर्मको मात्र होइन, बौद्ध धर्मको समेत अभ्यास गरिन्छ। ध्यान तथा बौद्ध दर्शन अध्ययनका लागि बुद्धिस्ट सेन्टर बनाइएको छ। शाश्वत धाममा गुरुकुल आश्रम, यज्ञकुण्ड, शक्तिघाट, धार्मिक सङ्ग्रहालय, डिजिटल धार्मिक पुस्तकालय, योग

Devchuli, Devghat and Narayani shores of Shashwat Dham area are attractive tourist destinations.

It can be visited all year round. The best time to visit Shashwat Dham is from mid-September to mid-December.

How to reach

- By road: Kathmandu-Mugling- Shashwat Dham 168 km, five hours by bus.
- By air: Kathmandu - Bharatpur 18 minutes flight. Bharatpur - Shashwat Dham 25 km, 30 minutes by bus.

तथा ध्यान केन्द्र, शाकाहारी भोजनालय, गौशाला, फुड कोर्ट, अर्गानिक फार्म आदि निर्माण गरिएको छ।

मन्दिरमा बिहान नित्य पूजा र साँझ आरती गरिन्छ। त्यसैगरी बिहान योग र साँझ सत्सङ गरिन्छ। शाश्वत धामले सनातन धर्मका भक्तजनलाई मोक्ष प्राप्त गर्न प्रेरित गर्ने विश्वास गरिएको छ।

शाश्वत धाम सेरोफेराका देवचुली, देवघाट, नारायणी किनार आकर्षक पर्यटकीय गन्तव्य हुन्।

वर्षेभरि शाश्वत धाम घुम्न सकिन्छ। असोजदेखि मंसिरसम्म शाश्वत धाम घुम्ने उत्तम समय हो।

कसरी पुग्ने : काठमाडौँ-भरतपुर १८ मिनेट हवाई यात्रा। भरतपुर-शाश्वत धाम २५ कि.मि., बसमा ३० मिनेट लाग्छ। अथवा काठमाडौँ-मुगलिन-शाश्वत धाम १६८ कि.मि., बसमा पाँच घण्टामा पुगिन्छ।



Swargadwari

PLACES NEARBY : Bhingri • Holeri

LANDSCAPES

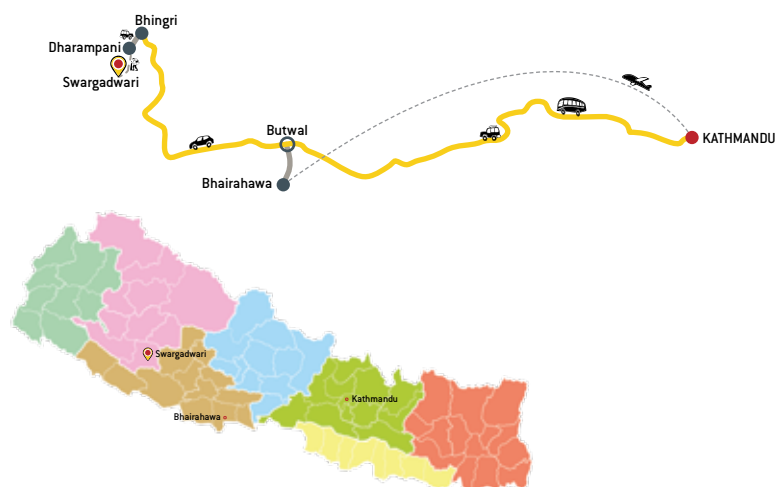
Pond Mountain Temple
Farming Field Forest Grassland Cave

FACILITIES

Local transport : 
Health Post Hotels
Electricity Internet

HOW TO REACH

Car/Jeep 11 hours (449 kms to Dharampani)
Bus 10 hours (420 kms to Bhairahawa)
4 hours (185 kms to Bhingri)
30 minutes (13 kms to Dharampani)
Airplane 25 minutes (Bhairahawa)
Walk 30 minutes (Dharampani to Swargadwari)



Swargadwari of Pyuthan district is a religious pilgrimage site. It is a temple situated on a hill top. From here, snow capped mountains including Dhaulagiri, Nilgiri, Machapuchare, Annapurna, Lamjung, Himchuli, Manaslu, Churen can be seen. Swargadwari is more popular for religious reasons than for natural beauty. It is said that Brahma had meditated here. It is also believed that the five Pandavas went to heaven from here. Considering this place as a door to heaven, it is called Swargadwari.

It consists of a Yagyasala. The outer appearance reflects nine temples at a glance but inside there lies only one temple. There are idols of Panchayan devdevi, Ganesh, Surya, Vishnu and Shiva. There is also a fireplace placed in a four direction room. Vatuk performs puja, Vedas, Bhagwat lessons, Havan and Rudravisek.

There are hundreds of cows in Swargadwari, and a Gurukul School is also located here. Vedas, Rudri, Chandi and Grammar are taught in the school. This place is said to have been formed and established as a pilgrimage site by Guru Maharaj Narayan Gautam (Swami Hamsananda) in 1952 BS. He is also known as Swargadwari Mahaprabhu locally. His statue is placed along the Yagyasala.

Swami Hamsananda was the one to start the

स्वर्गद्वारी

प्यूठानको स्वर्गद्वारी धार्मिक तीर्थस्थल हो । त्यो पहाडी थुम्कोबाट धौलागिरि, नीलगिरि, माछापुच्छ्रे, अन्नपूर्ण, लमजुङ, हिमचुली, मनास्लु, चुरेन, पुथा लगायतका हिमशृङ्खला देखिन्छन् । प्राकृतिक सौन्दर्यले भन्दा धार्मिक कारणले स्वर्गद्वारी बढी चर्चित छ ।

स्वर्गद्वारी (२,०४८ मि.) पवित्र भूमि मानिन्छ । त्यहाँ ब्रह्माले तपस्या गरेका थिए । पाँच पाण्डव यतैबाट स्वर्ग गएका थिए । स्वर्ग जाने ढोका भएकाले स्वर्गद्वारी भनिएको किंवदन्ती छ ।

स्वर्गद्वारीमा यज्ञशाला छ । भद्र हेर्दा नौवटा मन्दिर जस्तो देखिन्छ, तर भित्र एउटै छ । त्यहाँ पाञ्चायन देवदेवी, गणेश, सूर्य, विष्णु, शिवका मूर्ति छन् । चार दिशाका कोठामा अग्निकुण्ड । बीचको मूल कुण्डबाट धूवाँ आइरहन्छ । बटुकले पूजा, वेदपाठ, भागवत पाठ, हवन, रुद्राभिषेक गर्छन् ।

स्वर्गद्वारीमा सयौं गाई छन् । गुरुकुल विद्यालय छ । त्यहाँ वेद, रुद्री, चण्डी र व्याकरण पढाइन्छ । यज्ञशालासँगै महाप्रभुको मूर्ति छ । बालतपस्वी हंसानन्द गिरिले वि.सं. १९५२ मा त्यहाँ आश्रम स्थापना गरे । तिनले विश्व कल्याणका लागि अखण्ड महायज्ञ सुरु

'mahayagya' for world welfare which continues till date. Born in 1916 BS in Rumti village of Rolpa, Narayan Gautam became involved in austerities from the age of five. Within some time, he became a spiritual thinker. He passed away in 1997 BS.

On the hilltop, there are no hotels or lodges. There are general lodge and shops in Dharampani towards the temple. Nepali food is found in the ashram canteen.

This religious place receives maximum footfall during Baisakh Purnima, Guru Purnima, Gai Tihar and during the peak season (December to mid February).

The best time to visit Swargadwari is from mid September- mid December and from mid March-mid June.

How to reach

- By road: Kathmandu - Bhingri 420 km.
- By air: Kathmandu - Bhairahawa 25 minutes flight. Bhairahawa-Bhingri is 185 km; Bhingri-Dharampani is 13 km. Further, 30 minutes walk from Dharampani to Swargadwari. Dharampani-Holeri is 29 km.

गरे । रोल्पाको रुम्टी गाउँमा वि.सं. १९१६ मा जन्मेका नारायण गौतम पाँच वर्षको उमेरदेखि तपस्यामा लीन भए । कालान्तरमा आध्यात्मिक चिन्तक बने । उनै महाप्रभु वि.सं. १९९७ मा बिते ।

डाँडामा खान-बस्न दुःख छ । डाँडामा होटल-लज छैन । मन्दिर मुन्तिर धरमपानीमा सामान्य लज र नैवेद्य पसल छन् । मन्दिर हातामा धर्मशाला छन् । पैसा तिरेर केही कोठामा बस्न पाइन्छ । आश्रमको क्यान्टिनमा नेपाली खाना पाइन्छ ।

वैशाख पूर्णिमा, गुरु पूर्णिमा, गाई तिहार र पुस-माघमा स्वर्गद्वारीमा भीड लाग्छ ।

असोजदेखि मंसिरसम्म र चैतदेखि जेठसम्म स्वर्गद्वारी घुम्ने उत्तम समय हो ।

कसरी पुग्ने : काठमाडौं-भिन्ग्री ४२० कि.मि. अथवा काठमाडौं-भैरहवा २५ मिनेट हवाई यात्रा । भैरहवा-भिन्ग्री १८५ कि.मि. । भिन्ग्री-धरमपानी १३ कि.मि. । धरमपानीबाट आधा घण्टा हिंडेर स्वर्गद्वारी पुगिन्छ । धरमपानी-होलेरीको दूरी २९ कि.मि. छ ।



Swargadwari temple



Adventurous activities



Trekking

पर्वतारोहण

पृथ्वीमा उभिएका ८ हजार मिटर अग्ला १४ मध्ये आठवटा हिमाल नेपालमै पर्छन्। नेपालमा भएका अग्ला हिमाल हुन् – सगरमाथा (८,८४८ मि.), कञ्चनजङ्घा (८,५८६ मि.), ल्होत्से (८,५१६ मि.), मकालु (८,४६३ मि.), चोयु (८,२०१ मि.), धौलागिरि (८,१६७ मि.), मनास्लु (८,१६३ मि.) र अन्नपूर्ण (८,०९१ मि.)।

नेपालमा सयौं हिमचुली छन्। नेपाल पर्वतारोहण संघको सिफारिसमा नेपाल सरकारले ५ हजार ८ सय मिटरभन्दा अग्ला हिमाललाई 'पिक' मानेको छ। यस्ता हिमचुली र हिमाल आरोहण गर्न अनुमति लिनुपर्छ। यस्ता पिकको सङ्ख्या १,७९२ वटा छन्। नेपाल सरकारले ४०३ वटा हिमाल आरोहणका लागि खुला गरिसकेको छ। नेपालमा ६ हजार मिटरभन्दा अग्ला चुली १,३१० वटा छन्। ५ हजार ८ सय मिटरभन्दा होचा हिमाल आरोहण गर्न अनुमति लिनुपर्दैन।

पदयात्रा

नेपालमा रहेका सबै आठ हजार मिटरभन्दा अग्ला हिमालको फेदीसम्म पदयात्रा गर्न सकिन्छ। सगरमाथा, कञ्चनजङ्घा, मकालु, धौलागिरि, मनास्लु र अन्नपूर्ण हिमालको फेदीसम्म गरिने पदयात्रा लोकप्रिय छ। त्यस्तै अन्नपूर्ण सर्किट, लाङटाङ, मर्दी हिमाल, घान्द्रुक-घोडेपानी पदमार्ग, खप्तड पदमार्ग, रारा पदमार्ग, गणेश हिमाल पदमार्ग, मुन्दुम पदमार्ग, गुरिल्ला ट्रेल, करबाकेली इको ट्रेक लगायत पदमार्ग छन्। अधिकांश पदमार्गमा टि हाउस ट्रेकिङ सम्भव छ, केहीमा भने क्याम्पिङ ट्रेक चलाइन्छ।

Mountaineering

Out of the World's 14 highest mountain peaks (above 8,000 meters), eight are in Nepal. The highest mountains in Nepal are Sagarmatha (8,848 m), Kanchenjunga (8,586 m), Lhotse (8,516 m), Makalu (8,463 m), Cho Oyu (8,201 m), Dhaulagiri (8,167 m), Manaslu (8,163 m) and Annapurna (8,091 m).

There are hundreds of mountain peaks in Nepal. On the recommendation of the Nepal Mountaineering Association, the Government of Nepal has considered the mountain as a 'peak' over 5,800 meters. Permission should be obtained for such avalanche and mountain climbing. The number of such peaks is 1,792. The Government of Nepal gives permission for 403 mountain peaks. In Nepal there are 1,310 peaks higher than 6,000 meters. Permission is not required to climb mountains less than 5,800 meters.

Trekking

All over Nepal can be trekked up to the foot of the mountain over 8000 meters high. Sagarmatha, Kangchenjunga, Makalu, Dhaulagiri, Manaslu and Annapurna Himalayan trekking are popular. Likewise, the Annapurna Circuit, Langtang, Mardi Himal, Ghandruk-Ghorepani trail, Khaptad trail, Rara trail, Ganesh Himal trail, Mundum trail, Guerrilla trail, Karabakeli eco-trek are also available. Tea house trekking is possible on most trails; in some cases camping trek is used.

Cycling

Mountain biking is good on the hills of Nepal. Cycling is done especially in Kathmandu, Pokhara and Dharan Valley. Because of its natural beauty and cultural diversity these places are chosen often by various cyclists.

Apart from this, the professionals start cycling from Besisahar in Lamjung district to Beni in Myagdi district for 12 days in Annapurna Circuit, seven days in Lower Mustang, 12 days in Upper Mustang and 10 days in Kathmandu-Pokhara.



Cycling



Rafting

साइक्लिङ

पहाडी मुलुक नेपालका डाँडापाखामा माउन्टेन बाइकिङ राम्रो हुन्छ। विशेषतः काठमाडौं, पोखरा र धरान भ्यालीमा साइक्लिङ गरिन्छ। प्राकृतिक सौन्दर्य र सांस्कृतिक विविधताको स्वाद लिंदै साइक्लिङ गर्न पाइने भएकाले यी क्षेत्र साइक्लिङ गर्नेहरूका नजरमा परेका हुन्। त्यसबाहेक व्यवसायीले लमजुङ जिल्लाको बेसीशहरबाट सुरु भएर म्याग्दी जिल्लाको बेनीसम्म अन्नपूर्ण सर्किटमा १२ दिन, लोअर मुस्ताङमा सात दिन, अपर मुस्ताङमा १२ दिन र काठमाडौं-पोखरामा १० दिन साइक्लिङ गराउँछन्।

राफ्टिङ

राफ्टिङ र कायाकिङका लागि नेपाल उत्कृष्ट गन्तव्य हो। वाइट वाटर राफ्टिङका हिसाबले भोटेकोसी संसारकै १० उत्कृष्ट गन्तव्यभित्र पर्दछ। काठमाडौंबाट नजिकका गन्तव्य भएकाले त्रिशूली र भोटेकोसी नदीमा राफ्टिङ फस्टाएको छ। त्यसबाहेक पोखराको सेती, कालीगण्डकी,

मर्स्याङ्दी, तमोर, भेरी, अरूण नदीमा राफ्टिङ र कायाकिङ गरिन्छ। महाकाली नदीमा चाहिँ कायाकिङ मात्र हुन्छ।

प्याराग्लाइडिङ

प्याराग्लाइडिङका लागि नेपालका धेरै डाँडापाखा उपयुक्त छन्। पोखरा उपत्यका, स्याङ्जाको स्वरेक, काठमाडौंको गोदावरी र धरान क्षेत्रमा व्यावसायिक रूपमा प्याराग्लाइडिङ उडान गरिन्छ। हिमाल, ताल, शहर, मन्दिर, चैत्य र गुम्बाको दर्शन गर्न सकिने पोखरा क्षेत्र संसारमै उत्कृष्ट प्याराग्लाइडिङ गन्तव्यका रूपमा प्रख्यात छ।

Rafting

Nepal is a great destination for rafting and kayaking. According to whitewater rafting, Bhotekoshi is among the ten best destinations in the world. Rafting has increased in Trishuli and Bhotekoshi rivers as it is the nearest destination from Kathmandu. In addition, rafting and kayaking are done in Seti, Kali Gandaki, Marshyangdi, Tamor, Bheri, Arun rivers. Kayaking is available in the Mahakali river.

Paragliding

Many mountain ranges in Nepal are suitable for paragliding. Paragliding flights are conducted commercially in Pokhara Valley, Godavari and Dharan, Kathmandu, etc. Pokhara region is famous for a suitable paragliding destination in the world. The city comprises mountains, lakes, temple, the Chaitya and the monastery.

Bungee

Bungee jumping facilities are available in Sindhupalchowk and Pokhara in Nepal. High Ground Adventure Nepal operating in Pokhara offers 80 meter tower Bungee. At Bhotekoshi in Sindhupalchowk, bungee jump is offered from 160 meter high steel suspension bridge. It is operated by The Last Resort. Likewise Bungee Jump is under construction in Kushma. From a suspension bridge at a height of 228 m, bungee jump will be possible into Kali Gandaki River.

Zip line

Zip lines are operated in Pokhara, Dhulikhel and Bharatpur of Nepal. Highground Adventure operates zip line from Sarangkot, Pokhara, to World Wide Adventure in Dhulikhel of Kavre and Jaldevi Community Forest to Bharatpur.

All three zip lines have different characteristics. In Pokhara, 1,800 m distance zipline is done at a speed of 140 km per hour. The Superman zip line operates in Dhulikhel. Similarly, in Bharatpur, a zip line is operated at a distance of 55 m to 185 m.



Paragliding



Canyoning

Canyoning

There is a great potential for canyoning in Nepal, a country of waterfalls. The Nepal Canyoning Association (NCA) has already studied the feasibility of canyoning in about four dozen waterfalls in Nepal. Canyoning is done commercially in Sundarjial in Kathmandu, Kakani in Nuwakot, Lwang Ghalel in Kaski, Bhotekoshi River in Sindhupalchowk, and the Dhankuta Namaste waterfall. In addition, some waterfalls in Manang, Dhading, Okhaldhunga and a few waterfalls in the mountains are good for canyoning.

The longest waterfall in the world (2,000 m) is in Lamjung, and canyoning is also done in Manang's Phu village at a height of 5,215 m.

बन्जी

नेपालका दुई ठाउँमा बन्जी-जम्प गर्ने सुविधा छ सिन्धुपाल्चोक र पोखरामा। हाइग्राउन्ड एडभेन्चर नेपालले पोखरामा सञ्चालन गरेको बन्जीमा ८० मिटर अग्लो टावरबाट नदीमा जम्प गरिन्छ। सिन्धुपाल्चोकको भोटेकोसीमा १६० मिटरमाथिको भोलुडे पुलबाट जम्प गरिन्छ। यसको सञ्चालन दी लास्ट रिसोर्टले गर्दै आएको छ। त्यसैगरी पर्वत जिल्लाको कुश्मामा पनि बन्जी-जम्प निर्माणाधीन अवस्थामा छ। यसमा २२८ मिटर उचाइको भोलुडे पुलबाट कालीगण्डकी नदीमा जम्प गरिनेछ।

Honey hunting

Many bees are found in the central mountain geography of Nepal. There is a practice of honey hunting twice a year from mid-October to mid-December and mid-February to mid-May. It is not easy to extract honey from the bee hive. A group of hunters with knowledge of the natives hunt the honey.

With the help of rope and bamboo, bee hive is reached and then the bees are distracted with the smoke. This way when the bees are away, honey is extracted. They have their own traditional method of extracting honey. They worship the deity before hunting.

जीपलाइन

नेपालको पोखरा, धुलिखेल र भरतपुरमा जीपलाइन सञ्चालित छन्। हाइग्राउन्ड एडभेन्चरले पोखराको सराङकोटबाट, वर्ल्ड वाइड एडभेन्चर प्रालिले काभ्रेको धुलिखेलमा र जलदेवी सामुदायिक वनले भरतपुरमा जीपलाइन सञ्चालन गरेका छन्।

तीनवटै जीपलाइन फरक-फरक विशेषताका छन्। पोखरामा १,८०० मिटर दूरीको जीपलाइन प्रतिघण्टा १४० किलोमिटर स्पीडमा गरिन्छ। धुलिखेलमा सुपरम्यान जीपलाइन सञ्चालित छ। त्यस्तै भरतपुरमा ५५ मिटरदेखि १८५ मिटर लामो दूरीमा जीपलाइन सञ्चालित छ।



Sky Diving



Honey Hunting

© A. P. Tolang



Zip Line

क्यानोनिङ

भरनैभरनाको देश नेपालमा क्यानोनिङको प्रशस्तै सम्भावना छ। नेपाल क्यानोनिङ एसोसिएसन (एनसीए) ले नेपालका करिब चार दर्जन भरनामा क्यानोनिङको सम्भाव्यता अध्ययन गरिसकेको छ। काठमाडौंको सुन्दरीजल, नुवाकोटको ककनी, कास्कीको ल्वाङ र घलेल, सिन्धुपाल्चोकका भोटेकोसी छेउछाउ र धनकुटाको नमस्ते भरनामा व्यावसायिक रूपमा क्यानोनिङ गराइन्छ। त्यसबाहेक स्याङ्जा, मनाङ, धादिङ, ओखलढुङ्गा र पर्वतका केही भरनामा क्यानोनिङ हुन्छ।

संसारकै लामो दूरीको भरना (२,००० मि.) लमजुङमा छ भने संसारकै अग्लो उचाइ (५,२१५ मि.) मा मनाङको फु गाउँको लुङ्गा खोला भरनामा पनि क्यानोनिङको गरिन्छ।

हनी हन्टिङ

नेपालको मध्यपहाडी भूगोलका धेरै ठाउँमा भीर मौरी पाइन्छ। त्यहाँ वर्षको दुई पटक कात्तिक/मांसिर र फागुन/चैतमा मह शिकार गर्ने चलन छ। भीरका दुङ्गामा तुर्लुङ्गा भुन्डिएका मौरीका चाका काढ्न सजिलो छैन। रैथाने ज्ञान भएका शिकारीहरूको समूहले मह शिकार गर्छन्। डोरी र बाँसको सहाराले भुन्डिएर मौरीको गोलामा पुगेर तिनलाई धुवाँले धपाएर मह काढिन्छ। त्यसरी मह काढ्ने उनीहरूको आफ्नै परम्परागत विधि छ। शिकार गर्नुअघि उनीहरू देवताको पूजा गर्छन्।

Prominent festivals of Nepal



Bisket Jatra

नेपाल प्राकृतिक रूपमा मात्र होइन, सांस्कृतिक हिसाबले पनि समृद्ध छ। भूगोलका हिसाबले सानो नेपालमा विभिन्न जातजाति, भाषाभाषी र धर्मावलम्बीको बसोबास छ। सबै नेपालीको साझा फूलबारी नेपालमा दिनदिनै जात्रा र पर्वहरू मनाइन्छन्।

बिस्केट जात्रा

बिस्केट जात्रा विशेषतः भक्तपुर जिल्लामा मनाइन्छ। जात्रा चैत महिनाको अन्तिम साताबाट शुभारम्भ भएर नयाँ वर्ष सुरु भएपछि आठ दिनसम्म चल्छ। जात्राको अवसरमा भक्तपुरमा लिंगो ठड्याइन्छ। भैरव र भद्रकालीको रथ जात्रा गरिन्छ। र चुपीघाटमा लिंगो ढालेपछि जात्रा समापन हुन्छ। यही अवसरमा मध्यपुर ठिमीमा सिन्दुर जात्रा र बोडेमा जिब्रो छेड्ने जात्रा हुन्छ।

बुद्ध जयन्ती

वैशाख पूर्णिमाका दिन बुद्ध जयन्ती मनाइन्छ। सिद्धार्थ गौतम विक्रम संवत् सुरु हुनुभन्दा ५०५ वर्षअघि वैशाख पूर्णिमामा जन्मेका थिए। उनी २९ वर्षको उमेरमा दरबार त्यागेर ज्ञानको खोजीमा निस्केका थिए। ३५ वर्षको उमेरमा बोधीज्ञान प्राप्त भएपछि बुद्ध बने। बुद्ध पूर्णिमाका बेला उनको जन्मथलो लुम्बिनीमा विशेष कार्यक्रम हुन्छ। त्यसैगरी काठमाडौंका बौद्धनाथ, स्वयम्भूनाथ लगायत बौद्ध मन्दिरमा कार्यक्रम गरिन्छ।

रातो मच्छिन्द्रनाथको जात्रा

वर्षा र सहकालका देवताका रूपमा काठमाडौं उपत्यकामा रातो मच्छिन्द्रनाथ पुजिन्छन्। लिच्छविकालमा देशभर अनिकाल र खडेरी लाग्दा मच्छिन्द्रनाथको प्रवेशले सहकाल ल्याएको र पानी पारेर लोककल्याण कार्य गरेको स्मरणमा वैशाख कृष्ण प्रतिपदादेखि लोकेश्वर अर्थात् रातो मच्छिन्द्रनाथको

Nepal is rich not only naturally but also culturally. There are different castes, languages and religions in Nepal. Jatras and festivals are celebrated every day in Nepal.

Bisket Jatra

Bisket Jatra is especially celebrated in Bhaktapur district. Jatra starts from the second week of April and lasts for more than a week. In Bhaktapur, the lingo is planted in Jatra. Chariots carrying statues of the God Bhairava and Bhadrakali are pulled by hundreds of people.

During this ongoing jatra, there is Sindur Jatra in Madhyapur Thimi and tongue piercing in Bode.

Buddha Jayanti

Buddha's birth anniversary is celebrated on the full moon day. Siddharth Gautam was born in Baisakha Purnima 505 years before the commencement of Sambat. He left the palace at the age of 29 and went in search of enlightenment. At the age of 35, he became a Buddha after attaining Bodhi Gyan. During

the Buddha Purnima, a special event takes place in Lumbini, his birthplace. Likewise, the festival is also held in the Buddhist temples of Kathmandu including Swayambhunath Stupa.

Rato Machindranath Jatra

Rato Machindranath is worshiped in the Kathmandu Valley as the god of rain and coexistence. A special chariot is made out of bamboo and wood and the idol of Rato Machhindranath is placed inside the chariot by a Panneju priest. Devotees pull the chariot to different localities in Patan. He is believed to have been brought from Assam when Kathmandu was suffering from a long drought. He blessed the valley with rain and is thus known as the valley's rain god. The festival ends with Bhoto Jatra- a ceremony where the bejeweled vest (bhoto) of the rain god is put on display. Rato Machhindranath is also worshipped as Buddhist deities Padmapani Lokeshwar, Avalokiteshwar.



Buddha Jayanti



Gai Jatra

रथयात्रा गर्ने परम्परा छ। यो जात्रा ललितपुरमा मनाइन्छ। जात्राको अवसरमा भोटो देखाउने चलन पनि छ।

गाईजात्रा

परिवारको दिवंगत सदस्यको आत्माको मुक्तिका लागि गाईको मुखुण्डो लाएर वा गाईलाई डोहोच्याएर गरिने यात्रालाई गाईजात्रा भनिन्छ। जात्रा साउन कृष्ण प्रतिपदाको दिन मनाइन्छ। काठमाडौं उपत्यका मात्र नभई नेवार समुदायको बसोबास भएको मुलुकाभित्रका सबै ठाउँमा गाईजात्रा मनाइन्छ। जात्रा दिनभर चलिरहन्छ। गाईजात्रामा बाजागाजाका साथ हाँस्यव्यङ्ग्य कार्यक्रम पनि गरिन्छ।

इन्द्रजात्रा

देवराज इन्द्रलाई वर्षा र सहकालका देवता मानिन्छ। उनकै आराधना गर्दै भाद्र शुक्ल द्वादशीदेखि इन्द्रजात्रा

मनाइन्छ। जात्रा आठ दिनसम्म चल्छ। काठमाडौंको हनुमान ढोकामा इन्द्रध्वज (लिंगो) ठड्याएपछि जात्रा सुरु हुन्छ। इन्द्रध्वजको पूजा गरेमा शक्ति प्राप्त हुने जनविश्वास छ। यही अवसरमा चतुर्दशीका दिन जीवित देवी कुमारीको रथ यात्रा गर्ने चलन छ।

तीज

हिन्दू महिलाहरू तीज पर्व मनाउँछन्। यो चाड भाद्र शुक्ल द्वितीयादेखि पञ्चमीसम्म चार दिन मनाइन्छ। तीजमा महिला व्रत बस्छन्। रातो पहिरनमा सजिएर मन्दिर पुग्छन्। अनि शिव भगवान्को दर्शन गरेर नाचगान गर्छन्। धार्मिक कथा अनुसार तीजमा व्रत बसेकाले पार्वतीले महादेवलाई स्वामी पाएर जीवन सुखमय बनेको थियो। त्यसैले सुखद् दाम्पत्य जीवनको कामना गर्दै तीज मनाइन्छ।

Gai Jatra

The festival of cow is celebrated to commemorate the death of loved ones. As part of the festival family members of the deceased of the past year send people mostly children dressed as cows to parade on the streets. The Jatra is celebrated on the day of Krishna Pratipada. Cows are celebrated not only in the Kathmandu Valley but everywhere in the country where the Newar community lives. Jatra runs all day long and falls in July or August. Humorous programs are also performed during the festival.

Indra Jatra

Devraj Indra is considered as the god of rain and co-existence. The eight-day long Indra Jatra festival falls in September. It begins with the erection of a wooden pole made of pine at Basantapur Square in front of the old Hanuman Dhoka Palace. The festival symbolises strength. The chariot of Kumari, the Living Goddess, is taken out in a procession through the main streets of Kathmandu.

Teej

Hindu women celebrate this festival. This festival is celebrated for four days from Bhadra Shukla Dwitiya to Panchami. Women fast during the day. They dress in red and reach the temple. It usually takes place in Nepali Bhadra month and lasts for three days. Teej Puja is particularly held at Pashupatinath to commemorate the reunion of Goddess Parvati and Lord Shiva. Therefore, it is celebrated for a happy marriage.



© Bikash Kariki

Teej



Swing during Dashain

© Bikash Karri

दशैं

असत्यमाथि सत्यको विजय भएको खुसीयालीमा मनाइने चाड हो दशैं। हिन्दू समुदायले आश्विनी शुक्ल प्रतिपदादेखि मनाउँछन्। नौ दिनसम्म भगवतीको धूमधामसँग पूजा-अर्चना गरेपछि दशमीका दिनदेखि मान्यजन, आफन्त र इष्टमित्रका हातबाट टीका ग्रहण गरिन्छ। दशैंका बेला मीठो खाने र पिड खेल्ने चलन छ। फूलपाती अर्थात् सप्तमीका दिन काठमाडौंको टुँडिखेलमा बढाई हेर्न लायक हुन्छ।

तिहार

कात्तिक कृष्ण त्रयोदशीदेखि लगातार पाँच दिनसम्म तिहार मनाइन्छ। तिहारको पहिलो दिन कागको, दोस्रो दिन कुकुरको, तेस्रो दिन गाईको, चौथो दिन गोरुको पूजा गरिन्छ। त्यस्तै पाँचौं दिन भाइटीका गरिन्छ। भाइटीकामा दिदीबहिनीले दाजुभाइलाई टीका लगाएर आशीर्वाद दिन्छन्। तिहारमा नेवार समुदायमा म्हपूजा

गर्ने चलन छ। यसरी माया र आत्मीयता बाँड्ने पर्व बनेको छ तिहार।

छठ

विशेषतः तराई र काठमाडौंमा छठ पर्व मनाइन्छ। कात्तिक शुक्ल षष्ठीमा मनाइने छठमा षष्ठी माता र सूर्यनारायणको आराधना गरिन्छ। छठ मनाउँदा पारिवारिक कल्याण, सन्तानसुख तथा मनोकामना पूरा हुने विश्वास गरिन्छ। छठका दिन अस्ताउँदो सूर्यलाई जलाशयमा उभिएर अर्घ दिइन्छ। भोलिपल्ट उदाउँदो सूर्यलाई पुनः अर्घ दिएपछि छठ पर्व पूरा हुन्छ।

क्रिसमस

इसाई धर्मावलम्बीको आस्था केन्द्र जिसस क्राइस्टको जन्मदिनमा क्रिसमस मनाइन्छ। जिससको जन्म २५ डिसेम्बरमा प्यालेस्टाइनस्थित जुडियाको पर्वतीय प्रदेशको बेथलेहम गाउँमा भएको थियो।

Dashain

Dashain is a festival celebrating the triumph of truth over falsehood. This is the longest Hindu festival in Nepal, traditionally celebrated for two weeks with prayers and offerings to Durga, the Universal Mother Goddess. Dashain is a time for family reunions, exchange of gifts and blessings, and elaborate pujas.

Tihar

Tihar is a five-day-long Hindu festival celebrated primarily in Nepal. On the first day of the festival, the crows are worshiped; dogs on the second; cows on the third; and oxen on the fourth day. On this day the Newar community worship themselves Mha Puja. The fifth day is Brothers' Day when sisters put tika on their brothers' foreheads and give blessings. This festival of showing affection is a Nepali tradition.

Chhath

Chhath falls in the month of November. It is celebrated all over Nepal including Kathmandu

where people from the Terai gather along the banks of rivers and ponds to worship god Suryanarayan (Sun). The goal they say is to achieve purity both physical and spiritual. It is a three-day festival with the first day spent in cleaning the kitchen and preparing for the fast. On the third day, as the sun comes up over the horizon there is euphoria and devotees scramble to offer prayers, holy water, fruits, coconuts and sacred threads. When it is over the offerings are distributed and the women break their fast.

Christmas

Christmas is celebrated on December 25 which is observed as the birthday of Jesus Christ. Jesus was born in the village of Bethlehem, Palestine. When Jesus was born, Santa Claus (Saint Nicholas) distributed sweets to children. In his memory, it is customary to dress Santa Claus during Christmas.



Chhath

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जिससको जन्म भएका बेला सान्ताक्लज (सन्त निकोलस) ले केटाकेटीलाई मिठाई बाँडेका थिए। त्यसकै सम्भनामा क्रिसमसका बेला सान्ताक्लजको पहिरन लगाउने चलन छ।

फागु पूर्णिमा

फागुन शुक्ल पूर्णिमामा मनाइन्छ फागु। फागु (होली) रङ्गरूको पर्व हो। आपसमा विभिन्न प्रकारका रङ्ग दलेर रमाइलो गरिन्छ। काठमाडौंको वसन्तपुरमा फागुन शुक्ल अष्टमीका दिन चिर लिंगो गाडेपछि होली सुरु हुन्छ र पूर्णिमाको राती लिंगो ढालेपछि होली समापन हुन्छ। होलीले आपसको ईर्ष्या, रिसराग, मनमुटाव, लगायत नकारात्मक भावना त्याग्न प्रेरित गर्दछ।

राम नवमी

राम नवमी चैत महिनाको शुक्ल पक्षको नवमी

तिथिमा मनाइन्छ। हिन्दू धार्मिक ग्रन्थ रामायण अनुसार यस दिन भगवान् रामको जन्म भएको थियो। यो पर्व चैत्र नवरात्रको बीचमा पर्ने भएकाले यस दिन रामका साथै नवदुर्गाको पनि पूजा हुन्छ। त्रेता युगमा अयोध्यामा जन्मेका रामले रावणको अन्त्य गरी जनकल्याण गरेको स्मृतिमा यो पर्व मनाइन्छ। यस दिन जनकपुरको रामजानकी मन्दिरमा भव्य मेला लाग्छ।

इद

इद इस्लाम धर्मावलम्बीको चाड हो। महिना दिनसम्म रोजा (उपवास) बसेपछि इद मनाइन्छ। रमजान (महिना) मा व्रत पूरा गरिसकेपछि सामूहिक उत्सवका रूपमा इद मनाइन्छ। यस पर्वले दान गरेर पुण्य कमाउन सिकाउँछ। मुसलमान समुदायमा दुइटा चाड मनाइन्छ इद र बकर इद। इद-उल-फितर अरबी पात्रोको नवौं महिनामा मनाइन्छ भने बकर इद उदर्भ महिनामा मनाइन्छ।

Fagu Purnima

The festival of Holi, a Hindu festival also known as Fagu Purnima, is celebrated on a full-moon day at the end of the month of Falgun, which falls between mid-February and mid-May. People play with coloured powder on this day. The use of coloured water to spray on each other is also prevalent.

In Kathmandu Valley, Fagu Purnima begins on the first day with the raising of a pole around noon in front of Kumari House, Durbar Square. On the final day, the pole known as Chir is brought down, dragged to Tudikhel and burnt to cinders. The ashes are carried home by devotees as it is believed it will provide them protection against evil. Holi motivates one another to avoid jealousy, resentment, tension, and negative emotions.

Ram Navami

Ram Navami is celebrated in the month of April. According to the Hindu scripture,

Ramayana, Lord Ram was born on this day. Since this festival falls in the middle of Navratri, this day both Ram and Navadurga are worshipped. Born as the 10th incarnation of Lord Vishnu and the eldest son of King Dasaratha of Ayodhya, Sri Ram married Sita, the daughter of King Janak of Mithila. The festival is observed to commemorate the victory of Sri Ram over the demons and his inspiration to the human kind to follow the path of truth and that of highest moral standards. On this day there is a grand fair at Ram Janaki Temple in Janakpur.

Eid

Eid is an Islamic festival. Eid is celebrated after fasting for a month. Eid is celebrated as a mass celebration after completing the fast during Ramadan. This festival teaches virtue by donating. Two festivals are celebrated in Muslim communities - Eid and Bakr Eid. Eid-ul-Fitr celebrated in the ninth month of the Arabic calendar, and Bakr Eid is celebrated in the month of Udharva.



Eid

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Heritage Sites



Bouddhanath

बौद्धनाथ

संयुक्त राष्ट्र संघको शैक्षिक, वैज्ञानिक तथा सांस्कृतिक संगठन (युनेस्को) ले सन् १९७९ मा बौद्धनाथलाई विश्व सम्पदामा सूचीकृत गरेको थियो। काठमाडौंको बौद्धनाथमा ३६ मिटर अग्लो महाचैत्य छ। मण्डल आकारको चैत्यको निर्माण पाँचौं शताब्दीमा भएको मानिन्छ। राजा मानदेव प्रथम (सन् ४६४-५०५) ले महाचैत्य बनाएका।

चैत्य वरपर गुम्बा छन्। तीर्थालुहरू उँ मणि पद्मे हुँ मन्त्र जापे महाचैत्यको फेरो लगाउँछन् र माने घुमाउँछन्। १२ वैशाख २०७२ को भुइँचालोले चैत्य क्षतिग्रस्त भएको थियो जसको जनस्तरमा पुनर्निर्माण भइसकेको छ। बौद्धनाथ सेरोफेरोमा तारा गाउँ सङ्ग्रहालय, बीपी सङ्ग्रहालय र सुन्दरीजल छन्। प्राकृतिक भूमि सुन्दरीजलमा भरना र खोला छन्। त्यहाँ क्यानोनिङ गर्न सकिन्छ।

बौद्धनाथमा होटल, रेष्टुराँ र कोसेली घर छन्।

कसरी पुग्ने : काठमाडौंको त्रिभुवन अन्तर्राष्ट्रिय

विमानस्थलबाट ४ कि.मि. दूरीमा बौद्धनाथ छ, गाडीमा २० मिनेट लाग्छ।

भक्तपुर दरबार क्षेत्र

संयुक्त राष्ट्र संघको शैक्षिक, वैज्ञानिक तथा सांस्कृतिक संगठन (युनेस्को) ले सन् १९७९ मा भक्तपुर दरबार क्षेत्रलाई विश्व सम्पदामा सूचीकृत गरेको थियो। सांस्कृतिक शहर भक्तपुरको दरबार क्षेत्रमा स्वर्णद्वार, चारधाम मन्दिर, पचपन्न भ्याले दरबार, वत्सलादेवी मन्दिर, तलेजु भवानी, यक्षेश्वर महादेव, सिद्धिलक्ष्मी मन्दिर, न्यातापोल, भैरवनाथ, दत्तात्रय, मयूर भ्याल, पुजारी मठ, सिद्धपोखरी, कला सङ्ग्रहालय लगायत सम्पदा छन्।

राजा जितामित्र मल्लले नेपाल संवत् ७९८ मा बनाएको पचपन्न भ्याले दरबार ने.सं. ८०३ को भूकम्पले ढालेपछि बाबु जितामित्र र छोरा भूपतिन्द्र मल्लले जगैदेखि पुनर्निर्माण गरी पचपन्न भ्याले दरबार बनाएका हुन्। नेपाल संवत् ८२८ मा यसको पुनर्निर्माण पूरा भएको थियो।

Boudhanath

In 1979, Boudhanath was listed in the World Heritage Site by the United Nations Educational, Scientific and Cultural Organisation (UNESCO). The Boudhanath of Kathmandu has a magnificent height of 36 meters. This circular shaped stupa is believed to have originated in the fifth century. Mānadeva I (464-505 CE) made the great stupa.

There are monasteries all around. The pilgrims chant 'Om Mani Padme Hum' mantra. They also rotate prayer wheels.

The earthquake of April 25, 2015 damaged the stupa immensely. However, the reconstruction has begun.

The Boudhanath area has Tara Village Museum, BP Museum and Sundarijal. The beautiful Sundarijal has waterfall and river as attractions. Also, canyoning can be done here.

There are hotels and restaurants in Boudhanath.

How to reach: Tribhuvan International Airport to Boudhanath is four km which takes 20 minutes in a vehicle.

Bhaktapur Durbar Square

In 1979, the Bhaktapur Durbar Square was listed as a World Heritage Site by the United Nations Educational, Scientific and Cultural Organisation (UNESCO). The Durbar Square of cultural city Bhaktapur comprises Golden Gate, Chardham Temple, Nge Nyapa Jhya Laaykoo, Vatsala Temple, Statue of Bhupatindra Malla, Nyatapola Temple, Bhairava Nath Temple, Pashupati Temple and more.

Located in the center of Bhaktapur Durbar square the 55 window palace, or Palace of Fifty-Five Windows, was planned by King Jitmitra, the father of King Bhupatindra Malla. However, it was badly affected by the earthquake then and the father-son duo reconstructed the palace from the base. It was completed in 1754.

Newar lifestyle, old house and narrow streets are the hallmarks of Bhaktapur. While



Bhaktapur Durbar Square



Changu Narayan

नेवार जीवनशैली, पुराना घर र साँघुरा गल्ली भक्तपुरका विशेषता हुन्। नगरको पोटरी स्ववायरमा माटाको भाँडा बनाइन्छ भने दत्तात्रय क्षेत्रमा काठका।

दरबार क्षेत्रबाहिर सांस्कृतिक शहर ठिमी छ। त्यसैगरी पर्यटकीय हिलस्टेशन रानीकोट, नगरकोट र अनन्तलिंगेश्वर पनि छन्।

दरबार क्षेत्रमा होटल, लज र खाजा घर छन्।

कसरी पुग्ने : काठमाडौंको त्रिभुवन विमानस्थलबाट ११ कि.मि.मा भक्तपुर दरबार स्ववायर पुग्न गाडीमा ४० मिनेट लाग्छ।

चाँगुनारायण

संयुक्त राष्ट्र संघको शैक्षिक, वैज्ञानिक तथा सांस्कृतिक संगठन (युनेस्को) ले सन् १९७९ मा चाँगुनारायणलाई विश्व सम्पदामा सूचीकृत गरेको थियो। अग्लो टाकुरामा बसेका छन् चाँगुनारायण।

प्यागोडा शैलीको मन्दिरका चारै दिशामा कलात्मक

ढोका छन्। मन्दिरका भित्ता तथा छानामा देवदेवीका चित्र छन्। चाँगुनारायण परिसरमा नारायणबाहेक अन्य थुप्रै मन्दिर विश्वरूपेश्वर, श्रीधर विष्णुमूर्ति, गरुड नारायण, त्रिविक्रम, कान्तिभैरव आदि छन्। मन्दिरबाट काठमाडौंको साँखु क्षेत्र र भक्तपुर बजार क्षेत्रको सुन्दर दृश्य देखिन्छ।

चाँगुनारायण मन्दिरको उकालोमा संस्कृतिकर्मी वैष्णवराज श्रेष्ठले सङ्ग्रहालय सञ्चालन गरेका छन्। त्यहाँ दुर्लभ सामग्री सजाइएको छ।

मन्दिर क्षेत्रमा होटल, लज, खाजा घर र क्युरियो पसल छन्।

कसरी पुग्ने : काठमाडौंको त्रिभुवन विमानस्थलबाट १५ कि.मि.को दूरीमा चाँगुनारायण छ, गाडीमा १ घण्टा लाग्छ।

काठमाडौं दरबार क्षेत्र

संयुक्त राष्ट्र संघको शैक्षिक, वैज्ञानिक तथा सांस्कृतिक संगठन (युनेस्को) ले सन् १९७९ मा काठमाडौं दरबार

Pottery square is famous for mud based utensils, Dattatreya Square is famous for wood.

The cultural city outside the palace area is Thimi. Similarly, tourist hill stations are Ranikot, Nagarkot and Anantalingeshwar.

The palace area houses a hotel, lodge and basic khaja ghar.

How to reach: Bhaktapur Durbar Square is 11 km from Tribhuvan Airport in Kathmandu; 40 minutes by car.

Changu Narayan

Changu Narayan was listed on World Heritage Site in 1979 by the United Nations Educational, Scientific and Cultural Organisation (UNESCO). Changu Narayan sits on the top of the hill.

The pagoda style temples have artistic doors all around. On the walls and ceilings of the temple are depictions of the deities. In the Changu Narayan complex, there are many temples like Lord Shiva, Ashta Matrika, Chhinnamasta, Kileshwar, Krishna, etc. The temple premises provide a beautiful view of

Sankhu area of Kathmandu and Bhaktapur market area.

Around Changu Narayan Temple, a cultural activist Baishnavaraj Shrestha runs a museum. Rare materials are on display there.

The temple area has hotel, lodge, khaja ghar, etc.

How to reach: Changu Narayan is 15 km from Tribhuvan Airport in Kathmandu, one hour by car.

Kathmandu Durbar Square

In 1979, the United Nations Educational, Scientific and Cultural Organisation (UNESCO) listed the Kathmandu Durbar Square as a World Heritage Site. The palace area contains ancient temples, palaces, courtyards, etc where a model of Malla era art skills are found.

The important monuments here are the Kumari (The Living Goddess) Ghar, Kastha Mandap, Maru Ganesh, Mahadev Temple, Shiva Parvati Temple, Bhagwati Temple, Old palace, Saraswoti temple, Krishna Octangular Temple, Big drums, Kal Bhairav, Jagannath Temple,



Kathmandu Durbar Square



Dattatreya

क्षेत्रलाई विश्व सम्पदामा सूचीकृत गरेको थियो। दरबार क्षेत्रमा प्राचीन मन्दिर, दरबार, चोक र डबली छन् जहाँ मल्लकालीन कला कौशलको नमुना भेटिन्छन्।

यहाँका महत्वपूर्ण स्मारकमा तलेजु मन्दिर, जगन्नाथ मन्दिर, शिवपार्वती मन्दिर, कालभैरव, कुमारीघर, वसन्तपुर दरबार, गद्दी बैठक, काष्ठमण्डप आदि हुन्। नौतले वसन्तपुर दरबार राजा पृथ्वीनारायण शाहका पालामा बनेको हो।

दरबार क्षेत्रको सेरोफेरोमा नारायणहिटी दरबार, सिंह-दरबार र ठमेल लगायत सम्पदा छन्। दरबार क्षेत्रमा होटल, गेस्टहाउस, खाजा घर र क्युरियो सामान बेच्ने पसल छन्।

कसरी पुग्ने : काठमाडौंको त्रिभुवन विमानस्थलबाट ७ कि.मि. दूरीमा काठमाडौं दरबार क्षेत्र छ, गाडीमा ३० मिनेट लाग्छ।

पशुपतिनाथ

संयुक्त राष्ट्र संघको शैक्षिक, वैज्ञानिक तथा सांस्कृतिक

संगठन (युनेस्को) ले सन् १९७९ मा पशुपतिनाथलाई विश्व सम्पदामा सूचीकृत गरेको थियो। हिन्दू धर्मावलम्बीको आस्था केन्द्र हो पशुपतिनाथ। पशुपतिनाथलाई सम्पूर्ण जीव-जीवात्माको संरक्षक मानिन्छ। सिद्धि, धर्म, अर्थ, काम र मोक्षका परिचायक हुन् पशुपतिनाथ।

काठमाडौंको देवपतनमा छ पशुपतिनाथ मन्दिर। प्यागोडा शैलीमा बनाइएको मन्दिरभित्र ज्योतिर्लिंग आफै उत्पत्ति भएको मानिन्छ। मन्दिरमा हरेक बिहान नित्य पूजा र साँझ आरती हुन्छ।

पशुपतिनाथ क्षेत्रमा विभिन्न देवदेवीका मन्दिर छन् – वत्सला मन्दिर, अनन्त नारायण, गोरखनाथ मन्दिर, गुहेश्वरी मन्दिर, विश्वरूपेश्वर मन्दिर, राम मन्दिर आदि।

पशुपतिनाथको छेउबाट बागमती नदी बगेकी छिन्। नदी किनारका घाटमा हिन्दूको दाहसंस्कार गरिन्छ। मन्दिर मास्तिर श्लेषमान्तक वनमा मृग पालिएको छ।

पशुपति मन्दिर नजिकै देवपतन र गौशाला क्षेत्रमा होटल तथा लज छन्।

Taleju Temple etc. Nine-storey Basantapur Durbar was built during the reign of King Prithvi Narayan Shah.

There are many tourist places around Kathmandu Durbar Square such as Narayanhiti Palace, Singha Durbar and Thamel. The palace area has a hotel, guest house, khaja ghar, etc.

How to reach: Kathmandu Durbar Square lies seven kms from Tribhuvan Airport in Kathmandu; 30 minutes by car.

Pashupatinath

In 1979, Pashupatinath was listed as the World Heritage Site by the United Nations Educational, Scientific and Cultural Organisation (UNESCO). The Pashupatinath Temple is a famous and sacred Hindu temple. It is considered as the protector of all living beings. Pashupatinath symbolises Siddhi, Dharma, Meaning, Work and Salvation.

Pashupatinath Temple is located in Kathmandu. Jyotirlinga is believed to have originated within the pagoda style temple. Morning and evening aaratis are performed in the temple.

In Pashupatinath area, there are temples of various gods and goddesses - Vasuki Nath Temple, Unmatta Bhairava Temple, Surya Narayana Temple, Kirtimukha Bhairava shrine, Budhanilakantha shrine, Hanuman shrine, 184 Sivalinga shrine, Ram Temple, etc.

Pashupatinath is located on the bank of Bagmati River. The cremation of Hindus is performed at the ghats along the river. Sleshmantak forest surrounding Pashupatinath is also home to deer.

There are hotels and lodges in Deupatan and Gaushala areas near Pashupati Temple.

How to reach: Pashupatinath lies two kms away from Tribhuvan Airport in Kathmandu; 10 minutes by car.



Pashupatinath



Patan Durbar Square

कसरी पुम्ने : काठमाडौंको त्रिभुवन विमानस्थलबाट २ कि.मि. दूरीमा पशुपतिनाथ मन्दिर छ, गाडीमा १० मिनेट लाग्छ।

पाटन दरबार क्षेत्र

संयुक्त राष्ट्र संघको शैक्षिक, वैज्ञानिक तथा सांस्कृतिक संगठन (युनेस्को) ले सन् १९७९ मा पाटन दरबार क्षेत्रलाई विश्व सम्पदामा सूचीकृत गरेको थियो। पाटनमा प्राचीन मन्दिर, दरबार र सङ्ग्रहालय छन्। यहाँ सोह्रौं शताब्दीमा बनाइएका धेरै सम्पदा छन्।

यहाँका प्रमुख आकर्षणमा मूलचोक, सुन्दरीचोक, मणिकेश्वनारायणचोक, विश्वनाथ मन्दिर, भीमसेन मन्दिर, कृष्ण मन्दिर, तलेजु मन्दिर, कुम्भेश्वर, गोल्डेन गेट र गोल्डेन विन्डो, तलेजु घण्टा, चार नारायण मन्दिर, राधाकृष्ण मन्दिर आदि हुन्।

यस क्षेत्रमा डबली, ढुङ्गेधारा, चोक र गल्ली छन्। साथै पाटन सङ्ग्रहालय र ज्यापू सङ्ग्रहालय पनि छन्। दरबार क्षेत्रमा होटल, गेस्टहाउस र खाजा घर छन्।

कसरी पुम्ने : काठमाडौंको त्रिभुवन विमानस्थलबाट ७ कि.मि.मा पाटन दरबार क्षेत्र, गाडीमा ३० मिनेट लाग्छ।

स्वयम्भूनाथ

संयुक्त राष्ट्र संघको शैक्षिक, वैज्ञानिक तथा सांस्कृतिक संगठन (युनेस्को) ले सन् १९७९ मा स्वयम्भूनाथलाई विश्व सम्पदामा सूचीकृत गरेको थियो। संस्कृत शब्द 'स्वयम्भू' को अर्थ स्वयं उत्पत्ति भएको भूमि भन्ने बुझिन्छ। शान्तिका प्रतीक हुन् स्वयम्भूनाथका दुई आँखा।

मञ्जुश्रीले चोभारमा खड्गले काटेर काठमाडौं दह खोलनुअघि यस भूमिमा बसेर तपस्या गरेका थिए भनिन्छ। बुद्धभूमि स्वयम्भूनाथमा गुम्बा र मन्दिर छन्। प्रतापपुर मन्दिर, हारती मन्दिर, बुद्धिस्ट सङ्ग्रहालय, विश्व शान्ति तलाउ, बुद्धपार्क, बज्र आदि यहाँका प्रमुख सम्पदा हुन्। स्वयम्भूनाथ हाताबाट काठमाडौं छर्लङ्गा देखिन्छ।

स्वयम्भूमा खाजा र कोसेली घर छन्।

कसरी पुम्ने : काठमाडौंको त्रिभुवन विमानस्थलबाट ११ कि.मि.मा स्वयम्भूनाथ, गाडीमा ४० मिनेट लाग्छ।

Patan Durbar Square

In 1979, the Patan Durbar Square was listed as the World Heritage Site by the United Nations Educational, Scientific and Cultural Organisation (UNESCO). The palace has ancient temples, palaces and museums. There are many heritage sites built in the 16th century.

The main attractions here are Krishna Mandir, Bhimsen Temple, Vishwanath Temple, Taleju Bhawani Temple, Keshav Narayan Chowk, Mul Chowk, Sundari Chowk, etc.

The area comprises dhungedhara, courtyards and streets, Patan Museum and Jyapu Museum. The palace area has hotel, guest house and khaja ghar.

How to reach: Tribhuvan Airport to Patan Durbar Square is seven km; 30 minutes by car.

Swayambhunath

In 1979, the United Nations Educational, Scientific and Cultural Organisation (UNESCO) listed Swayambhunath as the World Heritage Site. The Sanskrit word 'swayambhu' means the land of origin. The two eyes of Swayambhunath are the symbols of peace.

It is said that Lord Manjushri had meditated for days on this land before cutting the rock at Chobhar. The Buddha-land itself has a monastery and a temple. Pratapur Temple, Harati Temple, Buddhist Museum, World Peace Pond, Buddha Park, Stupa Platform, etc. are the main attractions here. Kathmandu city is visible through the premises of Swayambhunath.

There are khaja ghar in Syambhunath.

How to reach: 11 km from Tribhuvan Airport to Swayabhunath; 40 minutes by car.



Swayambhunath

Prominent lakes of Nepal

A rich country in water resources, Nepal has countless lakes. Lakes are found in all the three regions of the country- Himalaya, mountains and Terai region.

Pokhara Valley alone has nine lakes- Phewa, Begnas, Rupa, Dipang, Maidi, Nureni, Gude, Khaste and Kamal Lake. Also, ponds all around have their own specialties.

Rara Lake

Located in Mugu district, Rara is the largest lake in Nepal. Surrounded by forest, Rara is at 3,000 m. It is spread over 167 meters in depth, 5.1 km in length and 2.7 km in width. The length of the shore is 141.6 km. It takes around four hours to hike the lake.

The lake is the major highlight of The Rara National Park. Lake Rara is also a popular pilgrimage site for Nepalis. Moreover, the lake

जलस्रोतको धनी देश नेपालमा अनगिन्ती तालतलैया छन्। हिमाल, पहाड, तराई सबैतिर ताल भेटिन्छन्। पोखरा उपत्यकामा मात्र नौवटा ताल छन् – फेवा, बेगनास, रूपा, दिपाङ, मैदी, न्युरेनी, गुँदे, खास्टे र कमल ताल। सबैतिरका तालको आ-आफ्नै विशेषता छन्।

रारा ताल

मुगु जिल्लामा रहेको रारा (३,००० मि.) नेपालकै ठूलो ताल हो। वरिपरि जङ्गलको माझमा यो ताल अवस्थित छ। यो ताल १६७ मिटर गहिराइ, ५.१ कि.मि. लम्बाइ र २.७ कि.मि. चौडाइमा फैलेको छ। किनारको लम्बाइ १४.६ कि.मि. छ। हिँडेर तालको फन्को मार्न चार घण्टा लाग्छ।

रारा राष्ट्रिय निकुञ्जमा पर्दछ ताल। यहाँ रारा महादेव, छाब्रु महादेव र लागुडा तीर्थ छन्। तालमा हाँस प्रजातिका चरा र माछा पाइन्छन्। बर्खामा ताल किनारमा रङ्गबिरङ्गा फूल फुल्छन्। पुस-माघमा हिउँ पर्छ। असोज-कात्तिकमा

is home to many swans, birds and fishes. In the monsoon, different kinds of flowers bloom in the lake shore. Between December and January, it snows here. The mountain opens for trek in mid-September to mid-November. The lake offers boating facility as well.

Rara has an army guild and park office and hotels.

How to reach: By road: It's a three-day road trip from Kathmandu to Rara Lake. The first base is in Nepalgunj, the second at Nagma in Kalikot and the third is at Rara. Gumgadhi-Topla is accessible by a vehicle and further two hours trek to the lake.

By air: Kathmandu-Nepalgunj an hour flight. Nepalgunj-Talcha 35 minutes flight. Talcha-Rara 2 hours walk.

हिमाल खुल्छन्। तालमा डुङ्गा चढ्ने सुविधा छ।

रारामा सेनाको गुल्म, निकुञ्ज कार्यालय र होटल छन्।

कसरी पुग्ने : काठमाडौँबाट सडक यात्रा भएर जाँदा तेस्रो दिनमा रारा ताल पुगिन्छ। पहिलो बास नेपालगन्ज, दोस्रो कालीकोटको नाममा र तेस्रो बास रारामा। मुगु सदरमुकाम गमगढी जोड्ने सडकको तोप्लासम्म मोटरमा गएर त्यहाँबाट दुई घण्टा हिँडेपछि ताल पुगिन्छ। अथवा काठमाडौँ-नेपालगन्ज १ घण्टा हवाई यात्रा। नेपालगन्जबाट मुगुको ताल्चा हवाई उडान ३५ मिनेट। ताल्चाबाट दुई घण्टा पदयात्रामा रारा ताल पुगिन्छ।

फोक्सुन्डो ताल

डोल्पाको शे-फोक्सुन्डो गाउँपालिकामा पर्छ फोक्सुन्डो ताल (३,६११ मि.)। यसको शिरमा काञ्जिरोवा हिमाल छ। तालको अधिकतम लम्बाइ ५.९३ कि.मि. र अधिकतम चौडाइ १.८० वर्गकि.मि.

Phoksundo Lake

Phoksundo Lake (3,611 m) is located in the Shey-Phoksundo village of Dolpa. Mt Kanjirowa lies just above the lake. The maximum length of the lake is 5.93 km and the maximum width is 1.80 sq km and the depth is 145 m. The lake was listed on the Ramsar site on September 23, 2007.

Phoksundo Lake lies in Shey-Phoksundo National Park. On the bank of the lake lies Rigma village, Bon Gompa and Chaitya. There are 65 houses of Bhote community in Ringmo village. There are eight hotels for tourists. The village receives heavy snowfall during mid-December to mid-February. The upper region is inaccessible during those months.

How to reach: By road: Kathmandu-Kohalpur-Jajarkot 800 km. From Jajarkot to Dolpa headquarters, Dunei Bazar 118 km. Bridges are yet to be built in many of the sections.

By air: Kathmandu - Nepalgunj 55 minutes flight. Nepalgunj-Juphal 35 minutes flight. Juphal-Suligad is eight km by jeep. Phoksundo Lake is reached on a two and half day trek from Suligad.

छ भने गहिराइ १४५ मिटर। यो ताल २३ सेप्टेम्बर सन् २००७ मा रामसार सूचीकृत भएको छ।

फोक्सुन्डो ताल शे-फोक्सुन्डो राष्ट्रिय निकुञ्जमा पर्छ। ताल किनारामा रिम्म गाउँ, बोन गुम्बा र चैत्य छन्। रिम्म गाउँमा भोटे समुदायका ६५ घर छन्। त्यहाँ आठवटा पर्यटकीय सुविधाका होटल पनि छन्। गाउँमा पुस-माघमा बाक्लो हिउँ पर्छ। त्यति बेला माथि जान सकिँदैन।

कसरी पुग्ने : काठमाडौँ-कोहलपुर-जाजरकोट ८०० कि.मि.। जाजरकोटदेखि डोल्पा सदरमुकाम दुई बजार ११८ कि.मि. छ। यस खण्डमा ठाउँठाउँमा पुल बन्न बाँकी छ। काठमाडौँ-नेपालगन्ज ५५ मिनेट हवाई यात्रा। नेपालगन्ज-जुफाल ३५ मिनेट हवाई यात्रा। जुफाल-सुलिगाड ८ कि.मि. जीपमा। सुलिगाडबाट दुई दिन एक बिहान पदयात्रामा फोक्सुन्डो ताल पुगिन्छ।

Ghodaghodi Lake

Ghodaghodi Lake is located in the Kailali district. The lake is spread over 76.9 hectares and the area is home to birds, crocodiles, dragonflies, fish, butterflies, turtles, etc. There lies Ghodaghodi Temple on the shore. Ghodaghodi, considered to be a repository of biological diversity, was listed in Ramsar in the year 2003.

There is boat ride facility in the lake. There is a view tower on the shore. The Ghodaghodi Temple is considered a heritage among the Tharu community. It is believed that every wish is fulfilled in the Ghodaghodi Temple. Located adjacent to the highway, a variety of swans are found in the lake. Swimming in the lake is banned.

How to reach: By road: Kathmandu - Nepalgunj 500 km. Nepalgunj - Ghodaghodi 123 km.

By road: Kathmandu - Dhangadhi one hour 10 minutes flight. Dhangadhi - Ghodaghodi is 55 km. Four km from Ghodaghodi lies Maghi homestay.

घोडाघोडी ताल

कैलाली जिल्लामा पर्दछ घोडाघोडी ताल। ताल ७६.९ हेक्टरमा फैलेको छ। ताल क्षेत्रमा चरा, गोही, अजिङ्गर, माछा, पुतली, कछुवा आदिको बसोबास छ। किनारमा घोरीघोरा मन्दिर छ। जैविक विविधताको भण्डार मानिने घोडाघोडी सन् २००३ मा रामसारमा सूचीकृत भएको छ।

तालमा डुङ्गा चढ्ने सुविधा छ। किनारमा भ्यु टावर छ। घोरीघोरा मन्दिर थारु समुदायको आस्थाको धरोहर मानिन्छ। घोरीघोराको दर्शनले मनोकामना पूरा हुने जनविश्वास छ। राजमार्गसँगै जोडिएको तालमा थरीथरीका रैथाने हाँस भेटिन्छन्। तालमा पौडी खेलन प्रतिबन्ध लगाइएको छ।

कसरी पुग्ने : काठमाडौँ-नेपालगन्ज ५०० कि.मि.। नेपालगन्ज-घोडाघोडी ताल १२३ कि.मि.। काठमाडौँ-धनगढी १ घण्टा १० मिनेट हवाई यात्रा। धनगढी-घोडाघोडी ५५ कि.मि.। घोडाघोडीबाट चार कि.मि.मा माघी होमस्टे।



Rara



Ghodaghodi



Phoksundo



Panchpokhari, Solukhumbu



Salpapokhari



Begnas

Panch Pokhari Lake

The five lakes are seen on the newly explored trail 'Panch Pokhari-Mera Trek'. There are five lakes in Mahakulung village of Solukhumbu district. In winter, the lake is covered with snow. Various flowers bloom during monsoon. Fairs are organised during Nag Panchami and full moon day in the lake area. At that time, the devotees perform puja. There is a belief that every wish is fulfilled here.

There are other lakes in the Panch Pokhari area. On the hill two lakes are found namely Lamapokhari and Pangrepokhari. Trek to Mera Peak, Baruntse and Chamlang Peak also starts from Panch Pokhari.

How to reach: By road: Kathmandu-Okhaldhunga Bazar- Solukhumbu- Pattale takes seven hours in Jeep. Patle-Bung takes five hours in jeep.

By air: Kathmandu-Phaplu 45 minutes flight. Phaplu-Bung takes another 4.5 hours in jeep. Further, 10 days trek from Bung.

पाँचपोखरी ताल

नयाँ एक्सप्लोर गरिएको पदमार्ग 'पाँचपोखरी-मेरा ट्रेक' मा पर्दछन् पाँचपोखरी। सोलुखुम्बु जिल्लाको महाकुलुङ गाउँपालिकामा पाँचपोखरी छन्। हिउँदमा पोखरी हिउँले ढपककै ढाकिन्छ। बर्खामा वरपर विभिन्न फूल फुल्छन्। पोखरीमा नागपञ्चमी र पूर्णिमामा मेला लाग्छ। त्यति बेला भक्तजन पूजापाठ गर्छन्। यसरी पूजा गर्दा मनोकामना पूरा हुने जनविश्वास छ। पाँचपोखरी सेरोफेरोमा अरू पोखरी पनि छन्। डाँडामा लामापोखरी, पाङ्ग्रेपोखरी छन्। मेरा पिक, बरुङ्चे, चाम्लाङ पिकको पदयात्रा पनि यतैबाट गरिन्छ।

कसरी पुग्ने : काठमाडौँबाट बीपी राजमार्गको खुर्कोट खण्डबाट घुर्मी भएर मध्यपहाडी लोकमार्ग हुँदै ओखलढुङ्गा बजारबाट सोलुखुम्बुको पत्तालेसम्म जीपमा सात घण्टा लाग्छ। पत्तालेबाट बुडसम्म जीपमा पाँच घण्टा। अथवा काठमाडौँ-फाप्लु ४५ मिनेट हवाई यात्रा। फाप्लु-बुड जीपमा साढे चार घण्टा। बुडबाट १० दिनको पदयात्रामा पाँचपोखरी पुगिन्छ।

Salpa Pokhari

In the lap of Silichho Peak, there is a beautiful serene lake named Salpa Pokhari (3,458 m). The lake area borders the Mahakulung village of Solukhumbu and Silichung. The Kirat community worships Salpa Pokhari immensely. There is a gathering of worshipers on a full moon day (May, July, August and November). The devotees ask for strength and blessings here. While worshipping cow's milk, fruits, etc are offered.

In winter, the lake is covered with snow.

How to reach: By road: Kathmandu-Khurkot-Diktel-Chakhewa Bhanjyang 313 km.

By air: Bhojpur-Kathmandu 30 minutes flight.

Chakhewa Bhanjyang is 42 km from Bhojpur Market. A three day trek on the Mundum trail from Bhanjyang leads to Salpa Pokhari.

साल्पापोखरी

भोजपुरको सिरान सिलिचुङ डाँडा हो। यसको फेदमा छ साल्पापोखरी (३,४५८ मि.)। साल्पापोखरी क्षेत्र सोलुखुम्बुको महाकुलुङ गाउँपालिका र सिलिचुङको सिमानामा पर्दछ। सानो उपत्यकामा पोखरी छ। किराँत समुदायले पूजा गर्दा होस वा पितृलाई पुर्कादा साल्पापोखरीको नाम लिन्छन्। त्यहाँ वैशाखे पूर्णिमा, साउने र भदौरे पूर्णिमा, मंसिर पूर्णिमामा पूजापाठ गर्नेको भीड लाग्छ। भक्तजनले नागनागिनी, सातकन्या देवी, विलकन्यादेवीसँग बल र आशीर्वाद माग्छन्। पूजामा गाईको दूध, भेटी, अक्षता र फलफूल चढाउने चलन छ। हिउँदमा पोखरी हिउँले ढपककै ढाकिन्छ।

कसरी पुग्ने : काठमाडौँ-खुर्कोट-दिकतेल-चखेवा भन्ज्याङ ३१३ कि.मि. बसमा। अथवा भोजपुर-काठमाडौँ हवाई यात्रा ३० मिनेट। भोजपुर बजारबाट ४२ कि.मि.मा चखेवा भन्ज्याङ। भन्ज्याङबाट मुन्दुम पदमार्गमा तीन दिन हिंडेपछि साल्पापोखरी।

Dhumba Lake

It is exactly the size of a heart. The lake located at Gharapajhong Rural Municipality, Mustang, is 100 meters wide, 400 meters long and 10 meters deep. It takes 25 minutes walk to take a round. In the morning Mt Nilgiri reflects in the lake. The lake is considered sacred. It's pure water is sometimes kept in the Kuchup Terenga Gumpa. The bowl is filled with water in the morning and dumped in the evening.

Swans and fish exist in the water. From around, wild animals come to drink water to the lake. There is no boat access to the lake. There is a general eatery on the shore. There are homestays and hotels of the Thakali community in the village.

How to reach: By road: Kathmandu-Beni 282 km, nine hours by bus. Beni-Jomsom 75 km, six hours by bus.

By air: Pokhara-Jomsom 16 minutes flight. Jomsom-Thini two km. Road connectivity is available till Thini. Hence jeeps and motorbikes can be taken to the village. Walking from Jomsom to Thini takes 30 minutes.

दुम्बा ताल

ठ्याक्कै मुटु आकारको छ दुम्बा ताल। घरपभोड गाउँपालिका-५, मुस्ताङमा अवस्थित यो ताल सय मिटर चौडा, चार सय मिटर लामो र १० मिटर गहिरो छ। हिँडेर फन्को मार्न २५ मिनेट लाग्छ। बिहानीपख तालमा नीलगिरिको छाया टलक्क टल्किन्छ। ताललाई पवित्र मानिन्छ। यसको चोखो पानी कुछप तेरेङ्गा गुम्बामा राखिन्छ। कचौराको पानी बिहान भर्ने र बेलुकी फ्याँक्ने गरिन्छ।

पानीमा हाँस र माछा देखिन्छन्। वरपरबाट जङ्गली जनावर पानी खान आउँछन्। तलाउमा डुङ्गा चढ्ने सुविधा छैन। किनारमा सामान्य खाजा पसल छ। वर ठिनी गाउँमा थकाली समुदायको होमस्टे र होटल छन्।

कसरी पुग्ने : काठमाडौँ-बेनी २८२ कि.मि., बसमा ९ घण्टा। बेनी-जोमसोम ७५ कि.मि., बसमा ६ घण्टा। अथवा पोखरा-जोमसोम हवाई उडान १६ मिनेट। जोमसोम-ठिनी २ कि.मि.। ठिनीसम्मै सडक छ, जीप र

Kal Lake

Kala Lake (3,600 m) is located above Prok village on the Manaslu trail of northern Gorkha. Due to the altitude, the lake freezes in the winter. In December-January, the lake area becomes white with snow. The lake reflects the shadow of Manaslu, the seventh tallest mountain in the world, and other mountain ranges.

Five hours uphill trek from Prok leads to Kal Lake.

There is no settlement on the lake. There is only a dharmashala. There is no boat ride. Prok village has a hotel for food and lodging facilities.

How to reach: By road: Kathmandu-Dhading Besi-Arughat 122 km. Arughat-Soti 12 km, in jeep. Prok village can be reached in three days from Soti. From Prok it takes five hours trek to reach Kala Lake.

मोटरसाइकल गाउँमै लान सकिन्छ। जोमसोमबाट हिँडेर जाँदा ठिनी पुग्न ३० मिनेट लाग्छ।

काल ताल

उत्तरी गोरखाको मनास्लु पदमार्गमा प्रोक गाउँको सिरानमा काल ताल (३,६०० मि.) छ। उचाइमा भएकाले हिउँदमा ताल जमेर बरफ बन्छ। पुस-माघमा ताल क्षेत्र हिउँले सेताम्ले बन्छ। तालमा विश्वकै सातौँ अग्लो हिमाल मनास्लु र अर्को हिमाल हिउँचुलीको छाया देखिन्छ।

प्रोक गाउँबाट पाँच घण्टा उकालो चढेमा काल ताल पुगिन्छ। तालमा बस्ती छैन। धर्मशाला मात्र छ। त्यहाँ डुङ्गा चढ्ने सुविधा छैन। प्रोक गाउँमा भने खाना र बासका लागि होटल सुविधा छ।

कसरी पुग्ने : काठमाडौँ-धादिङबेसी-आरुघाट १२२ कि.मि.। आरुघाट-सोती १२ कि.मि., जीपमा गए हुन्छ। सोतीबाट तीन दिनमा प्रोक गाउँ। प्रोकबाट ५ घण्टा पदयात्रामा काल ताल पुगिन्छ।



Tilicho



Khaptad



Kaal



Bulbule



Dhumba



Kamal

Tilicho Lake

Tilicho Lake (4,919) is located at world's highest altitude. The lake lies in the Manang district and its length is 4 km, width 12 km and depth 200 m. There are no boating facilities, no bathing and swimming.

Lake area includes mountains like Tilicho, Nilgiri, etc. The lake does not have hotels and restaurants but there are some hotels in the Tilicho Base Camp.

Tilicho is a three-day trek from Manang village (3,540 m), situated on the banks of Marshyangdi River.

How to reach: By road: Kathmandu- Besisahar 172 km, four hours by bus. Besisahar-Manang village is 90 km, five hours by bus.

By air: Kathmandu-Pokhara 25 minutes flight. Pokhara-Dumre- Besisahar -Manang 200 km Tilicho Lake on a three-day trek from Manang village.

तिलिचो ताल

संसारकै अग्लो ठाउँमा भएको ताल हो तिलिचो (४,९१९ मि.)। हिमाली जिल्ला मनाङमा पर्ने यस तालको लम्बाइ ४ कि.मि., चौडाइ १२ कि.मि. र गहिराइ २ सय मिटर छ। तालमा डुङ्गा चढ्ने सुविधा छैन, नुहाउन र पौडी खेलन पनि पाइँदैन।

ताल क्षेत्रमा तिलिचो, नीलगिरि लगायतका हिमाल छन्। तालमा होटल तथा रेष्टुराँ सुविधा छैन तर तिलिचो बेस क्याम्पमा केही होटल छन्।

मस्यौँड्दी नदी किनारमा बसेको मनाङ गाउँ (३,५४० मि.) बाट तीन दिनको पदयात्रामा तिलिचो ताल पुगिन्छ।

कसरी पुग्ने : काठमाडौँबाट बेसीशहर १७२ कि.मि., बसमा ४ घण्टा लाग्छ। बेसीशहर-मनाङ गाउँ ९० कि.मि., बसमा पाँच घण्टा। अथवा काठमाडौँ-पोखरा २५ मिनेट हवाई यात्रा। पोखरा-डुम्रे-बेसीशहर-मनाङ २०० कि.मि.। मनाङ गाउँबाट तीन दिन पदयात्रामा तिलिचो ताल पुग्न सकिन्छ।

Bulbule Lake

It is a natural water spring lake which comes in the form of bubbles located in Latikoili VDC in Surkhet district of Nepal. There are 10 streams outside the lake. There is flower garden in the lake area. There is another large lake next to the flower garden where boating is available. Gayatri Devi temple is located in the lake area. There are snack shops outside the lake area. Hotel and restaurant facilities are available in Birendranagar Bazar.

How to reach: By road: Kathmandu - Surkhet 12 hours by bus.

By air: Kathmandu - Surkhet one hour flight.

Kamal Lake

Kamal Lake is located in Rukumkot, east of Rukum. The lake stretching north to south is similar to the map of Nepal. Its radius is 1.5 km. It takes about 25 minutes to reach the junction of the lake connected with the Mid-Hill-Highway.

There are two villages called Bahunthana and Takura in the lake area. In the middle of the

बुलबुले ताल

सुर्खेतको सदरमुकाम वीरेन्द्रनगरमा रहेको सानो तालमा पानी बुलबुल गरिरहन्छ। तालबाहिर १० वटा धारा छन्। ताल क्षेत्रमा फूलबारी छ। फूलबारीको छेउमा अर्को ठूलो ताल छ जहाँ डुङ्गा चढ्न पाइन्छ। ताल क्षेत्रमा गायत्रीदेवीको मन्दिर छ। बुलबुल तालबाहिर खाजा पसल छन्। वीरेन्द्रनगर बजारमा होटल तथा रेष्टुराँ सुविधा छ।

कसरी पुग्ने : काठमाडौँ-सुर्खेत बसमा १२ घण्टा अथवा हवाई यात्रा १ घण्टा।

कमल ताल

पूर्वी रुकुमको रुकुमकोटमा कमल ताल छ। उत्तर-दक्षिण फैलेको ताल नेपालको नक्सा आकारको छ। यसको गोलाइ डेढ कि.मि. छ। मध्यपहाडी लोकमार्गसँग जोडिएको तालको फन्को मार्न २५ मिनेट लाग्छ।

ताल क्षेत्रमा बाहुनठाना र टाकुरा नामका दुई गाउँ छन्। तालको बीचमा बराह मन्दिर छ। तालमा नुहाएमा

lake is the Barah Temple. There is a public belief that the disease will be cured if taken a dip in the lake. Here, Shivaratri, Chaite Dashain, Teej and Bada Dashain are celebrated organising a huge fair.

The lotus grows in the lake from May to October. There are no fish here. There is no boating facility. There are a few hotels along the lake.

How to reach: Kathmandu - Muskot, 16 hours by bus. From Muskot, the jeep leaves Rukumkot at 6 am to 4 pm. There is also direct bus service from Kathmandu to Muskot.

Khaptad Lake

The Khaptad Dah, which is located in the Khaptad National Park, is widely known as Khaptad Lake. The lake is amidst the jungle. Walking takes about 30 minutes to reach the lake.

From the headquarters of the park, Khaptad Dah is reached in 1.5 hours. No bathing or swimming is permitted in the lake. There is no boating facility. There is a general hotel in the

रोग निको हुने जनविश्वास छ। यहाँ शिवरात्रि, चैते दशैं, तीज र बडादशैंमा मेला लाग्छ।

तालमा जेटदेखि कात्तिकसम्म कमल फुल्छ। यहाँ माछा छैनन्। डुङ्गा चढ्ने सुविधा पनि छैन। ताल किनारमा केही होटल छन्।

कसरी पुग्ने : काठमाडौँ-मुसिकोट, बसमा १६ घण्टा। मुसिकोटबाट बिहान ६ बजेदेखि साँझ ४ बजेसम्म रुकुमकोटका लागि जीप छुट्छन्। काठमाडौँबाट मुसिकोटसम्म सीधै बस सेवा पनि पाइन्छ।

खप्तड ताल

खप्तड राष्ट्रिय निकुञ्जमा पर्ने खापर दहलाई जनबोलीमा खप्तड ताल भनिन्छ। जङ्गलको बीचमा मनमोहक ताल छ। हिँडेर तालको फन्को मार्न ३० मिनेट लाग्छ।

निकुञ्जको मुख्यालयबाट डेढ घण्टामा खापर दह पुगिन्छ। तालमा नुहाउन वा पौडी खेलन पाइन्न। डुङ्गा चढ्ने सुविधा पनि छैन। निकुञ्जको मुख्यालय क्षेत्रमा

park headquarters.

How to reach: By road: Kathmandu - Dhangadhi 650 km, 14 hours by bus.

By air: Kathmandu - Dhangadhi one hour 10 minutes flight. Dhangadhi-Silgadhi 200 km. Eight hours by bus. Doti headquarters from Silgadhi to Jigrana, 15 km by car. In a two day trek from Jigrana, one can reach Khaptad Dah.

Syarpu Lake

Syarpu Lake (1,310) lies in the Rukum West district of Nepal. The lake located in Bafkot village is spread over 2.6 sq km. The Syarpu area is a repository of biological diversity. Birds come from Siberia during the winter months on the lake. There is boat ride facility.

There are two villages on the bank of the lake - Syarpu and Daha. There are Chhetri, Bahun and Dalit communities in the village. There is a homestay facility as well.

How to reach: By road: 13 hour by bus from Kathmandu-Khalanga. Khalanga-Syarpu is 23 km, 1.5 hours in jeep. The bus leaves from Khalanga at around 3:30 pm. The jeep reaches

सामान्य होटल छ।

कसरी पुग्ने : काठमाडौँ-धनगढी ६५० कि.मि.। बसमा १४ घण्टा। काठमाडौँ-धनगढी १ घण्टा १० मिनेट हवाई यात्रा। धनगढी-सिलगढी २०० कि.मि.। बसमा आठ घण्टा। डोटी सदरमुकाम सिलगढीबाट भिग्रानासम्म १५ कि.मि. गाडीमा। भिग्रानाबाट दोस्रो दिनमा खापर दह।

स्यार्पु ताल

रुकुम (पश्चिम) जिल्लामा पर्दछ स्यार्पु ताल (१,३१० मि.)। बाँफीकोट गाउँपालिकाका ३ र ५ नम्बर वडामा पर्ने ताल २.६ वर्ग कि.मि.मा फैलेको छ। स्यार्पु क्षेत्र जैविक विविधताको भण्डार हो। तालमा जाडो याममा साइबेरियादेखि चरा आउँछन्। त्यहाँ डुङ्गा चढ्ने सुविधा छ।

ताल किनारमा दुइटा गाउँ छन् स्यार्पु र दह नाउँका। गाउँमा क्षेत्री, बाहुन र दलित समुदायको बसोबास छ। त्यहाँ होमस्टे सुविधा छ।

Syarpu via Khalanga, Ratamata, Raukhet, Gilbang, Banfikot, etc. Also, Khalanga-Syarpu is five hours hike.

Phewa Lake

Phewa Lake is the jewel of the tourist town of Pokhara. The area of the lake is 443 hectares. Its reservoir area is 123 sq km. The lake is 8.6 meters deep. From the lake, Fish Tail mountain can be seen. A reflection of Fish Tail appears on the lake in October-November.

In the middle of the lake lies Tal Barahi Temple. A plenty fishes are found in the lake. The Jalari community works as fishermen here. Phewa has a variety of boating facilities. It takes a whole day to get around the lake by boat. People paragliding from Sarangkot lands on the lake shore.

There are hotels, villages and jungles along the lake shore.

How to reach: By road: Kathmandu-Pokhara 200 km, six hours by bus.

By air: Kathmandu-Pokhara 25 minutes flight. Lake is one km from the airport.

कसरी पुने : काठमाडौं-खलङ्गासम्म गाडीमा १६ घण्टा। खलङ्गा-स्यार्पु २३ कि.मि., जीपमा डेढ घण्टा लाग्छ। खलङ्गाबाट दिउँसो ३.३० बजे बस छुट्छ। जीप खलङ्गा, रातामाटा, राउखेत, गिलबाड, छिम्खेत, बाँफीकोट हुँदै स्यार्पु पुग्छ। खलङ्गाबाट पाँच घण्टा हिंडेर पनि स्यार्पु पुगिन्छ।

फेवा ताल

फेवाताल पर्यटकीय नगर पोखराको गहना हो। तालको क्षेत्रफल ४४३ हेक्टर छ। यसको जलाधार क्षेत्र १२३ वर्गकि.मि. छ। ताल सरदर ८.६ मिटर गहिरो छ। तालबाट माछापुच्छ्रे हिमाल दर्शन गर्न सकिन्छ। असोज-कात्तिकमा तालमा माछापुच्छ्रेको दर्पण देखिन्छ।

फेवातालको बीचमा तालबाराहीको मन्दिर छ। तालमा माछा पाइन्छ। यहाँ जलारी समुदायले केजमा माछा पालन गरेका छन्। फेवामा थरीथरीका डुङ्गा चढ्ने सुविधा छ। डुङ्गामा चढेर पूरै ताल घुम्न दिनभर

Begnas Lake

Begnas Lake is located in one of the corners of Pokhara Valley. The lake is spread over 373 hectares. There are villages around the lake. There is also a Fisheries Research Center on the banks of the lake. Boats sail in abundance. The Jalari community work as fishermen here.

How to reach: By road: Kathmandu – Begnas Lake 190 km, six hours by bus.

By air: Kathmandu-Pokhara 25 minutes flight. Further, 13 km from the airport and you reach Begnas Lake.

लाग्छ। माथि सराङ्कोटबाट प्याराम्लाईडिङ गर्नेहरू ताल किनारामा ल्यान्ड गर्छन्।

ताल किनारमा होटल, गाउँ र जङ्गल छन्।

कसरी पुने : काठमाडौं-पोखरा २०० कि.मि., बसमा ६ घण्टा लाग्छ। अथवा काठमाडौं-पोखरा २५ मिनेट हवाई यात्रा। विमानस्थलबाट १ कि.मि.मा ताल छ।

बेगनास ताल

पोखरा उपत्यकाको एउटा कुनामा छ बेगनास ताल। ताल ३७३ हेक्टरमा फैलिएको छ। ताल वरपर गाउँ छन्। तालको किनारामा मत्स्य अनुसन्धान केन्द्र पनि छ। बेगनासमा डुङ्गा चल्छन्। यहाँ जलारी समुदायले केजमा माछा पालन गरेका छन्।

कसरी पुने : काठमाडौं-बेगनास ताल १९० कि.मि., बसमा ६ घण्टा। अथवा काठमाडौं-पोखरा २५ मिनेट हवाई उडान। विमानस्थलबाट १३ कि.मि.मा बेगनास ताल छ।



Syarpu



Fewa

Mountains of Nepal

There are hundreds of snowcapped mountains in Nepal. On the recommendation of the Nepal Mountaineering Association, the Government of Nepal has announced the mountains over 5,800 m as himals. Also, the mountains above 5,800 which require mountaineering gears are declared as peaks. Permission to mount such peak must be obtained.

There are 1792 such peaks. The government has already granted permission for 403 peaks. One does not require any permission to climb mountains below 5,800 m. Moreover, in Nepal there are 1310 mountains above 6,000 m.

Everest

The world's highest peak is Mt. Everest (8,848 m). In Sherpa, it is called 'Chomolungma'. It means the goddess of the cosmos. Historian

नेपालमा सयौं हिमचुली छन् । नेपाल पर्वतारोहण संघको सिफारिसमा नेपाल सरकारले ५ हजार ८ सय मिटरभन्दा अग्ला पर्वतलाई हिमालका रूपमा गणना गरेको छ । पर्वतारोहणका लागि चाहिने सामग्री लगाएर मात्र आरोहण गर्न सकिने पर्वतलाई पिकमा गणना गरिएको हो । यस्ता हिमचुली आरोहण गर्न अनुमति लिनुपर्छ । यस्ता पिक १,७९२ वटा छन् । सरकारले ४०३ वटा चुली आरोहणका लागि खुला गरिसकेको छ । ५ हजार ८ सय मिटरभन्दा मुनिका पर्वत आरोहण गर्न अनुमति लिनुपर्दैन । नेपालमा ६ हजार मिटरभन्दा अग्ला चुली १,३१० वटा छन् ।

सगरमाथा

विश्वकै अग्लो शिखर सगरमाथा (८,८४८ मि.) हो । शेर्पा भाषामा यसलाई 'चोमोलोङ्मा' भनिन्छ । यसको अर्थ हुन्छ ब्रह्माण्डकी देवी । इतिहासविद् बाबुराम आचार्यले यो हिमालको नेपाली नाम

Baburam Acharya named this mountain 'Sagarmatha'. Earlier, the mountain was named after George Everest, Director General of the Indian Survey Department.

He had sent a team to measure the height of the Everest. The same team announced that the height of the mountain is 8,848 m. That is why the mountain was named Everest. Before that it was known as 'Peak Phippin'. Tenzing Norgay Sherpa and Edmund Hillary were the first to ascent Everest on May 29, 1953.

Kanchenjunga

In the Sherpa language this mountain is called 'Khancheng Chenga'. This means a place with 15 deities. The Kanchenjunga range consists of five mountains over 8,000 meters - Kanchenjunga South (8,476 m), Kanchenjunga Middle (8,473 m), Kanchenjunga Main (8,586m),

'सगरमाथा' राखिदिए । त्यसअघि भारतीय सभै डिपार्टमेन्टका महानिर्देशक जर्ज एभरेष्टको नामबाट अङ्ग्रेजीमा 'एभरेष्ट' नामकरण गरिएको थियो । उनले सगरमाथाको उचाइ नाप्न टोली पठाएका थिए । त्यही टोलीले उचाइ ८,८४८ मिटर भएको तथ्य सार्वजनिक गर्‍यो । त्यसैकारण हिमालको नाम एभरेष्ट राखियो । त्यसअघि यसलाई 'पिक फिफ्टिन' भनिन्थ्यो । सगरमाथामा सन् १९५३ मे २९ मा तेन्जिङ नोर्गे शेर्पा र एडमन्ड हिलारिले पहिलो पटक पाइला टेकेका थिए ।

कञ्चनजङ्घा

शेर्पा भाषामा यस हिमाललाई 'खाङ्चेन चेङा' भनिन्छ । यसको अर्थ हो १५ वटा देवदेवी बास भएको स्थान । कञ्चनजङ्घा शृङ्खलामा ८ हजार मिटरभन्दा अग्ला पाँचवटा हिमाल छन् – कञ्चनजङ्घा साउथ (८,४७६ मि.), कञ्चनजङ्घा मिडल (८,४७३ मि.), कञ्चनजङ्घा मेन (८,५८६ मि.), युलुखाँ



Mt. Everest

Yalung Kang /Kanchenjunga West (8,505 m)
Yalung Kang West (8,077 m).

The people of Sikkim worship this mountain as a deity. For the first time on May 25, 1955, British nationals George Band, Joe Brown ascent Kanchenjunga. Respecting the beliefs of the people of Sikkim, they returned back visiting 15 m below the mountain base. Kanchenjunga is a difficult mountain to climb.

Lhotse

The Sherpa word 'Lhotse' means south. The mountain is located in the south of Everest. There are three mountains named Lhotse - Lhotse Middle (8,411 m), Lhotse South (8,388 m) and Lhotse Main (8,516 m). Lhotse Main was first ascent by Fritz Luchsinger and Ernst Reiss of Switzerland on May 18, 1956.

Makalu

In Sherpa, Mt Makalu is called 'Markhaloguy'. It means turning south. Makalu (8,485 m) was first ascent by the French group on May 16, 1955.

(कञ्चनजङ्घा वेस्ट (८,५०५ मि.) र युलुखाँ वेस्ट (८,०७७ मि.) ।

सिक्किमेलीहरू यस हिमाललाई कुल देवताका रूपमा पुज्छन् । पहिलो पटक सन् १९५५ मे २५ मा बेलायती नागरिक जर्ज भेन र जो कञ्चनजङ्घा चढेका थिए । उनीहरू सिक्किमेलीको भावनाको सम्मान गर्दै हिमालको चुचुरोभन्दा १५ मिटर तलसम्म पुगेर फर्के । कञ्चनजङ्घा चढ्न कठिन हिमाल हो ।

लोत्से

शेर्पा भाषामा 'लोत्से' को अर्थ हुन्छ दक्षिण । सगरमाथा हिमालबाट दक्षिणमा रहेकाले यसलाई लोत्से भनिएको हो । लोत्से नाउँका तीनवटा हिमाल छन् – लोत्से मिडल (८,४११ मि.), लोत्से स्याड (८,३८८ मि.) र लोत्से मेन (८,५१६ मि.) । लोत्से मेन सन् १९५६ मे १८ मा स्वीट्जरल्यान्डका राइज र सेप योक्तरले पहिलो पटक आरोहण गरेका थिए ।

मकालु

शेर्पा भाषामा मकालु हिमाललाई 'मारखालोग्यु' भनिन्छ । यसको अर्थ दक्षिणतिर फर्केको भन्ने हो । मकालु (८,४८५ मि.) मा पहिलो पटक सन् १९५५ मे १६ (चेक गर्ने) फ्रान्सेली समूहले आरोहण गरेका थिए ।

मनास्लु

मनास्लु हिमालको पुरानो नाम 'मानश्री' हो । मनास्लु (८,१६३ मि.) हिमाल पहिलो पटक जापानी नागरिक टोशी इमानोसी र नेपाली नागरिक ग्याल्जेन नोर्बु शेर्पाले आरोहण गरेका थिए । त्यति बेला जापानमा आर्थिक सङ्कट थियो । जापानी टोलीले मनास्लु आरोहण गरेर फर्केपछि जापानमा उत्साह छाएको थियो । पछि जापानी आरोहीहरूले मनास्लु क्षेत्रका हिमचुलीहरू एक्सप्लोर गरेका थिए । एकताका मनास्लुलाई जापानी हिमाल भनिन्थ्यो । उनीहरू मनास्लुको सम्मान गर्छन् ।

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Manaslu

The old name of Mt. Manaslu is 'Manshree'. Manaslu (8,163 m) mountain was first ascent by Japanese citizen Toshio Imanishi and Nepalese citizen Gyalzen Norbu Sherpa. During that time, Japan was going through a financial crisis. There was celebration in Japan after the Japanese team returned from Manaslu. Later, Japanese mountaineers explored the Manaslu range. Signifying unity Mt Manaslu was known as Japanese mountain earlier. Till date they respect Manaslu.

Cho Oyu

Cho Oyu (8,201 m) lies in the Everest area. On October 19, 1954, a team of three- Herbert Tichy, Joseph Jöchler and Sherpa Pasang Dawa Lama, including two Australians and one Nepali, made the ascent.

चोयु

सगरमाथा क्षेत्रमा पर्दछ चोयु (८,२०१ मि.) । १९ अक्टोबर सन् १९५४ मा तीन जना अस्ट्रियन र एक जना नेपाली गरी चार जनाको टोलीले चोयु आरोहण गरेको थियो । त्यसमा पहिला अस्ट्रियन टिम लिडर हेडवर्ड तिखी र नेपाली शेर्पा पासाङ दावा शिखरमा पुगेका थिए ।

धौलागिरि

धौलागिरि हिमशृङ्खलामा धौलागिरि १ देखि ७ सम्मका हिमाल पछिन् । आठ हजार मिटरभन्दा अग्लो धौलागिरि १ (८,१६७ मि.) हो । यसमा पहिला मानव पाइला टेक्ने श्रेय अस्ट्रियन नागरिक कुट डिम बर्गरलाई जान्छ । उनको समूह १३ मे १९६० मा धौलागिरि शिखरमा पुगेको थियो ।

Dhaulagiri

There are seven mountains in Dhaulagiri range. Dhaulagiri 1 to 7. Falling under 8000 meter mountain peaks, Mt Dhaulagiri is at 8,167 m. It was first ascent on May 13, 1960 by Kurt Diemberger, A. Schelbert, E. Forrer, Nawang Dorje and Nyima Dorje.

Annapurna

There are seven mountains in the Annapurna range- Annapurna 1 to 5, Annapurna South and Annapurna East. Annapurna I was the first 8,000-metre (26,200 ft) peak to be ascent. Maurice Herzog and Louis Lachenal, of the French Annapurna expedition led by Herzog (including Lionel Terray, Gaston Rébuffat, Marcel Ichac, Jean Couzy, Marcel Schatz, Jacques Oudot, Francis de Noyelle), reached the summit on June 3, 1950. In fact, they had come to Nepal to climb Dhaulagiri and instead climbed Annapurna I.

अन्नपूर्ण

अन्नपूर्ण शृङ्खलामा सातवटा हिमाल छन् । अन्नपूर्ण-१ देखि ५ सम्म, अन्नपूर्ण साउथ र अन्नपूर्ण इस्ट । अन्नपूर्ण प्रथम (८,०९१ मि.) ३ जून १९५० मा मौरिस हर्जोर्ग र लुइस लेकेननले आरोहण गरेका थिए । खासमा उनीहरू धौलागिरि हिमाल आरोहण गर्न नेपाल आएका थिए । उनीहरू सरदार आङथर्के शेर्पासँग टुकुचे (मुस्ताङ) मा पुगेर लामाकहाँ जोखाना हेर्दा उनले पश्चिम होइन, दक्षिणतिरको हिमाल चढ्न जाऊ भनेछन् । त्यसैले उनीहरू त्यहाँबाट दक्षिणपट्टिको हिमाल चढ्न पुगेछन् ।



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Manaslu base camp

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Rivers of Nepal

There are about 6,000 rivers in Nepal. Out of them five are the main rivers. Among these rivers in Nepal- Koshi, Gandaki, Mahakali, Bagmati and Karnali are some of the biggest rivers. Water flows from Nepal and reaches the Ganges in India. According to a study by the Nepal River Conservation Society, 70 percent of the Ganga's water sources are the rivers originated in Nepal.

Karnali

The source of the Karnali River is the Kailash region of Tibet. This river enters Humla, Nepal from Hilsa. Different rivers are mixed in it. The Karnali River is narrow in the Hilsa area. The river is wide in Panchadewa Municipality area of Dailekh. There is no dam anywhere in Nepal section of the Karnali River; hence the river is flowing uninterrupted. The branches of the

नेपालमा ६ हजारको सङ्ख्यामा खोला र नदी छन् । नेपालमा मुख्यतः पाँचवटा नदी प्रणाली छन् । महाकाली, कर्णाली, गण्डकी, कोशी र बागमती नदी प्रणाली । नेपालबाट पानी बगेर भारतको गङ्गामा पुगेर मिसिन्छ । नेपाल नदी संरक्षण संस्थाको अध्ययन अनुसार गङ्गाको ७० प्रतिशत पानीको स्रोत नेपाली नदी हुन् ।

कर्णाली

कर्णाली नदीको मुहान तिब्बतको कैलाश क्षेत्र हो । यो नदी हिमालबाट नेपालको हुम्लामा प्रवेश गर्छ । त्यसमा विभिन्न खोला मिसिन्छन् । कर्णाली नदी हिमाल क्षेत्रमा साँघुरो छ । दैलेखको पञ्चदेवल नगरपालिका क्षेत्रमा नदी फराकिलो छ । कर्णाली नदीको नेपाल खण्डमा कतै पनि बाँध छैन, निर्वाध बग्छ । कर्णाली नदी प्रणालीको शाखा नदीमा भेरी, पश्चिम सेती, तिला नदी लगायत पर्छन् । पश्चिम सेती माछाका लागि प्रख्यात छ ।

Karnali river system include the Bheri, West Seti, Tilai rivers. West Seti is famous for fish.

Rafting is done from the lower Dugeswar to Chisapani in Dailekh; from Gaighat to Chisapani and from Bheri Bridge to Babai.

Gandaki

Kali Gandaki River flows from the foothills of Mt Dhaulagiri and Nilgiri. Kali Gandaki comes to Devghat and joins Trishuli and becomes Narayani. Narayani enters the Ganges of India from Tribeni. The Andha Galchhi made by Kali Gandaki in Myagdi is the deepest gull in the world. The widest part of the river lies in Gulmi, the junction of Syangja and Palpa. Rivers including Madi, Seti, Trishuli, Marshyangdi are also in the Kali Gandaki river system.

Rafting is done from Kali Gandaki's Maldhunga to Mirmi. Similarly rafting is carried

दैलेखको तल्लो ढुंगेश्वरदेखि चिसापानीसम्म, दिपायलमाथिको गमघाटबाट चिसापानीसम्म र भेरी पुलबाट बर्दसम्म राफ्टिङ गरिन्छ ।

गण्डक

धौलागिरि र नीलगिरि हिमालको फेदीबाट बग्ने नदी कालीगण्डकी हो । कालीगण्डकी देवघाटमा आएर त्रिशूलीमा मिसिन्छ र नारायणी बन्छ । नारायणी त्रिवेणीबाट भारतको गङ्गामा प्रवेश गर्छ । म्याग्दीमा कालीगण्डकीले बनाएको अन्ध गल्छी संसारकै गहिरो गल्छ हो । यो नदीको फराकिलो खण्ड स्याङ्जा र पाल्पाको साँध राम्दीमा छ । मादी, सेती, त्रिशूली, मर्दी, मर्स्याङ्दी लगायत नदी कालीगण्डकी नदी परियोजनामा पर्छन् ।

कालीगण्डकीको मालढुङ्गाबाट मिर्मिसम्म राफ्टिङ गरिन्छ । त्यसैगरी मर्स्याङ्दी नदीमा खुदीदेखि मर्स्याङ्दीको

out from the excavation at the Marshyangdi River to the Marshyangdi Dam. Mountain is visible in the background of the river.

Mardi River is a great kayaking destination. Trishuli River is famous for rafting. The river flows smoothly from Trishuli Bazar to Tribeni. Rafting takes place from Baireni to Kuringhat. Similarly, half-day rafting takes place on the Seti River from Hemja to Pokhara.

Bagmati

The Bagmati River originates high in the Shivapuri Hills near the village of Bagdwar some 15 kilometers north of the Kathmandu Valley. The river flows through the heart of the Kathmandu Valley and continues downwards through the southern plains to join the Holy Ganges in India. Hanumante, Bishnumati and other rivers come into the Bagmati river system.

बाँधसम्म राफ्टिङ गरिन्छ । नदीको पृष्ठभूमिमा हिमाल देखिन्छ ।

मर्दी खोला कायाकिङको उत्तम गन्तव्य हो । त्रिशूली नदी त राफ्टिङका लागि प्रख्यात छ । त्रिशूली बजारदेखि त्रिवेणीसम्म नदी निर्वाध बग्छ । अचेल बैरेनीबाट कुरिनघाटसम्म राफ्टिङ गरिन्छ । त्यस्तै पोखराको हेम्जादेखि बाँधसम्म सेती नदीमा आधा दिनको राफ्टिङ हुन्छ ।

बागमती

शिवपुरी-नार्गाजुन निकुञ्जको मुहान बाधद्वार हो । रौतहटबाट विहारमा पुगेर मिसिन्छ । मुहानदेखि नेपालसम्म बागमतीकै रूपमा गङ्गामा पुग्छ । हनुमन्त, विष्णुमती लगायत नदी बागमती नदी प्रणालीभित्र पर्छन् ।

Koshi

The Koshi River system consists of Saptakoshi, Bhotekoshi, Indravati, Dudhkoshi, Sunkoshi, Tamakoshi, Arun and Tamor. After reaching the Barah area, these rivers become Saptakoshi. Saptakoshi mixes with the Koshi dam of Saptari to reach the Ganges.

In terms of rafting, Bhotekoshi ranks seventh in the world's top ten rivers. One day rafting takes place in Bhotekoshi from Borderland. In the lower section rafting can be done from a long narrow bandage to a chateau. Similarly, Tamakoshi is good for kayaking. In the Arun River, rafting is done from Chumlingtar.

Mahakali

The Mahakali River starts from Lipulek in Nepal, India and China. Mahakali River is suitable for kayaking. From Mahendranagar, a 1400 meter long suspension bridge connecting Dodhara-Chandani has been constructed at Mahakali. This section does not have a rafting feature.

कोसी

कोसी नदी प्रणालीमा सप्तकोसी अर्थात् भोटेकोसी, इन्द्रावती, दूधकोसी, सुनकोसी, तामाकोसी, अरूण र तमोर पर्दछन् । बराहक्षेत्रमा पुगेर मिसिएपछि यी नदी सप्तकोसी बन्छन् । सप्तकोसी सप्तरीको कोसी बाँधबाट गङ्गामा पुगेर मिसिन्छ ।

राफ्टिङका हिसाबले भोटेकोसी संसारकै उत्कृष्ट दश नदीमा सातौं नम्बरमा आउँछ । बोर्डरल्यान्डदेखि जुरेको पहिरोसम्म भोटेकोसीमा एक दिन राफ्टिङ हुन्छ । तल्लो खण्डमा लामो साँघुरो बाँधदेखि चतरासम्म गर्न सकिन्छ । त्यसैगरी तामाकोसी कायाकिङका लागि उपयोगी छ । अरूण नदीमा भने चुम्लिङटारदेखि चतरासम्म राफ्टिङ गरिन्छ ।



Kaligandaki river



Benighat, BP Highway



Karnali



Bhotekoshi

महाकाली

नेपाल, भारत र चीनको सीमा लिपुलेकबाट महाकाली नदी सुरु भएर कञ्चनपुरको पञ्चेश्वर बाँधबाट भारतको गङ्गामा मिसिन्छ महाकाली नदी । कायाकिडका लागि महाकाली नदी उपयुक्त छ । महेन्द्रनगरबाट दोधारा-चाँदनी जोड्ने १४ सय मिटर लामो भोलुङ्गे पुल महाकालीमा बनाइएको छ । यस खण्डमा राफ्टिङ सुविधा छैन ।



Seti



Melamchi

About

Ministry of Communications and Information Technology

The Ministry of Communications and Information Technology (MoCIT) was established in 1992 and covers Postal Services, Telecommunications, Broadcasting, Press & Information and Film Development.

MOIC's main duties and responsibilities:

- To develop/promote and disseminate arts and music that reflect national values, culture, art and heritage.
- To promulgate the Acts/Regulations related to film production, exhibition and distribution, and to promote the use of local resources related to filmmaking.
- To manage and regularise filmmaking in Nepal by foreigners.



Film Development Board, Nepal

The Film Development Board (FDB) was established by the Government of Nepal for the development and promotion of the Nepali Film Industry in June 2000.

FDB has been continuously working towards creating a supportive environment for the development of the Nepali Film Industry and promoting different aspects of film production in Nepal. It also works to promote films in the international market, and attempts to bridge the gap between film entrepreneurship and government bureaucracy.

FDB acts as a bridge between the public, the government, and the entire process of filmmaking. It functions to safeguard the interests of the people, serve as the watchdog of the government, and advocate for the rights of the filmmakers. The Board is also keen to facilitate foreign filmmakers who choose Nepal as a destination for film making.

Nepal Facts

The Federal Democratic Republic of Nepal is a landlocked nation in South Asia and as of 2010, the world's most recent nation to become a republic. It is bordered in the north by the People's Republic of China, and to the south, east and west by the Republic of India. With an area of 147,181 square kilometres (56,827 square miles) and a population of approximately 30 million, Nepal is the world's 93rd largest country by landmass and ranks at number 41 in terms of population. The capital of Nepal is Kathmandu, the country's largest metropolis.

Geography

Extending at a length of about 885 kms SE-NW and width of 193 kms NE-SW, in its length lie some 800 kms of the Himalayan mountain chain. In the uncommonly diverse geography of Nepal, the highest point is Mt Everest (8848m) which is also the world's highest peak and the lowest point is Kechana which is only 60m above sea level.

Nepal is ecologically divided into Mountain, Hills and Terai regions. These ecological belts run east-west and are vertically intersected by Nepal's major north-to-south flowing river systems.

Province

Nepal is divided into 7 provinces, which are sub-divided into 77 districts. At present there are six metropolitan cities, 11 sub-metropolitan cities, 276 municipalities, and 460 rural municipalities.

Government and Administration

Nepal is a Federal Democratic Republic in which the President is recognised as the Head of State, and the Prime Minister as the Head of Government. The President exercises legislative powers through the Council of Ministers and judicial power through the Courts of Law. The government is centralised in Kathmandu, the nation's capital. For administrative purposes, the country is divided into seven provinces that

are further sub-divided into 14 zones and 77 districts.

National Flag

The national flag of Nepal is the world's only national flag that is non-quadrilateral in shape. The flag is a simplified combination of two triangles which symbolise the Himalayas. Likewise, the blue border symbolises peace, while red is the colour of the Rhododendron - Nepal's national flower which indicates the brave spirit of the Nepali people. The depiction of celestial bodies – the moon in the upper triangle and the sun in the lower triangle – represents permanence, the hope that Nepal will last as long as the sun and the moon. The moon also symbolises that the Nepali people are soothing and calm while the sun represents fierce resolve. The moon also symbolises the shades and cool weather of the Himalayas while the sun reflects the heat and high temperature of the plains.



Photos: © locationnepal.com

National Anthem

Sayaun Thunga Phool Ka is the national anthem of Nepal which has a running time of one minute and eight seconds. It was officially declared as the national anthem of Nepal in August 2007. The national anthem is composed with simple lyrics praising the sovereignty of the Nepali people, unity, courage, pride, scenic beauty, progress, peace, cultural and biological diversity, and respect. All Nepali television channels and radios play the national anthem at the beginning as well as the ending of each day's broadcast. Also students in all schools line up in assemblies and together sing the national anthem before classes begin. It is also played on civil occasions at various programmes during which the audience pay respect by standing up until the anthem ends.

Kathmandu – The Capital

Kathmandu Valley, the capital, is the political, commercial as well as cultural hub of Nepal. Spread across an area of 360 square kilometres and at an altitude of 1336 metres above the sea

level, Kathmandu is an exotic and fascinating showcase of very rich culture, arts and traditions. It is also popularly referred to as the City of Temples. The valley, a roughly 'oval bowl' measuring 24 km east-west and 19 km north-south, is encircled by a range of green terraced hills – Phulchowki, Chandragiri, Shivapuri and Nagarjun, and a growing urban landscape.

Climate

Nepal's climate is generally predictable and pleasant. There are four climatic seasons:

- March - May: Spring
- June – August: Summer
- September – November: Autumn
- December – February: Winter

The monsoon is approximately from the end of June to the middle of September. About 80 percent of the rain falls during this period.

Spring and autumn are the most pleasant seasons; winter temperatures drop to freezing with a high level of snowfall in the mountains. Summer and late spring temperatures range from 28 degree Celsius (83 degree Fahrenheit)

in the hill regions to more than 40 degree Celsius (104 degree Fahrenheit) in the Terai.

In winter, the average maximum and minimum temperatures in the Terai range from a brisk 7 degree Celsius (45 degree Fahrenheit) to a mild 23 degree Celsius (74 degree Fahrenheit). The central valleys experience a minimum temperature often falling below freezing point and a chilly 12 degree Celsius (54 degree Fahrenheit) maximum. Much colder temperatures prevail at higher elevations.

The Kathmandu Valley has a mild climate, ranging from 19-27 degree Celsius (67-81 degree Fahrenheit) in summer and 2-20 degree Celsius (36-68 degree Fahrenheit) in winter.

Population

Nepal's population is estimated to be approximately 30 million of which about 1.2 million live in Kathmandu.

Language

The official language of Nepal is Nepali, but many people in the major cities speak

English which is emerging as an accepted second language. Locally, there are more than 101 ethnic groups in this country speaking 92 different languages.

Religion

Hinduism is the major religion in Nepal followed by Buddhism, Islam, Mundhum (Kirat) and Christianity, but all other faiths are welcomed equally. Nepal was declared as a secular state in May 2006.

Weights and Measures

A uniform metric system is used throughout Nepal. Numerals on vehicle speedometers, highway markers and speed limits all indicate kilometres.

Time Zone

Nepal is five hours and forty five minutes (+5:45) ahead of the Greenwich Mean Time (GMT).

Electricity

The standard voltage is 220 volts. Therefore, appropriate transformers must be used for 110 volts equipment.

Business Hours

Most commercial concerns in Nepal operate on a six-day per week schedule, usually from 10am to 5pm. However, many stores open seven days a week from 10am to 8pm. Government offices are open between 10am to 5pm with lunch break between 1pm to 2pm, Sunday to Thursday, and Fridays between 10am to 3pm except on public holidays. Banking hours from Sundays to Thursdays are from 10am to 3pm, Fridays between 10am to 12pm except on public holidays. General post offices are usually open from 10am to 5pm, seven days a week.

Telephone Services

All local landline calls in Nepal (for local calls and long distance calls within the country) have nine digits and local mobile calls have ten digits: 01 482 2964 (landline), 985 102 9200 (mobile).

Nepal has three GSM mobile operators: Nepal Telecom (state-owned), Ncell (owned by Axiata) and Smart Cell (by Smart Telecom, limited coverage on 2G, 4G/LTE; no 3G). In addition, Nepal Telecom and United Telecom Limited (UTL) also provides limited mobility CDMA based services which is incompatible to GSM devices.

To make a call anywhere in Kathmandu from your mobile telephone (Kathmandu, Lalitpur and Bhaktapur), 01 is added to the existing landline numbers, i.e. 01 482 2964

For STD calls, an area code is added to the existing numbers. For example, area code for Pokhara is 061 = 0 6153 0539; area code for Biratnagar is 021 = 0 2153 3187

For mobile phones, GSM starts with 98***** and CDMA starts with 97*****.

International dialling code for Nepal is +977.

When making calls to Nepal, add +977 or 00977 and omit the leading 0.

When making international calls from Nepal, first dial country code + area code + telephone number.

Different telephone operators have their own special code which is charged discounted rates.



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Airports in Nepal

Nepal has many domestic airports all over the country, but there is only one international airport in operation namely Tribhuvan International Airport (TIA) in Kathmandu. There are two international airports under construction: Gautam Buddha International Airport, Bhairahawa and Pokhara International Airport, Pokhara. In addition Nijgadh International Airport at Nijgadh, Bara is also in planning stage.

The major airports of Nepal are:

- Bhadrapur Airport (BDP)
- Bhairahwa (Gautam Buddha) Airport (BWA)
- Bharatpur Airport (BHR)
- Biratnagar Airport (BIR)
- Bajura Airport (BJU)
- Dhangadhi Airport (DHI)
- Dolpa Airport (DOP)
- Janakpur Airport (JKR)
- Jomsom Airport (JMO)
- Jumla Airport (JUM)
- Tribhuvan International Airport (KTM)
- Lamidanda Airport (LDN)
- Tenzing-Hillary (Lukla) Airport (LUA)
- Nepalgunj Airport (KEP)
- Phaplu Airport (PPL)
- Pokhara Airport (PKR)
- Ramechhap Airport (RHP)
- Rukum Chaurjahari Airport (RUK)
- Sanphebagar Airport (FEB)
- Simara Airport (SIF)
- Simikot Airport (IMK)
- Surkhet Airport (SKH)
- Tumlingtar Airport (TMI)

Helicopter Services

- Air Dynasty Heli Service (1993)
- Summit Helicopters (1997) (previously known as Fishtail Air)
- Manang Air (1997)
- Simrik Air (2001)
- Mountain Helicopters (2009)
- Heli Everest (2016)
- Kailash Helicopter (2017)
- Prabhu Helicopter (2019)



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National Public Holidays

Nepal's national public holidays are linked to numerous religious traditions, and follow the Nepali calendar in a lunar pattern. Therefore most of the dates of the public holidays change every year.

January

Maghiparwa & Makar Snan Mela
Shahid Diwas or Martyrs' Day

February

Sonam Lhosar
Shreepanchami or Saraswati Puja
(applicable to education institutions only)
Prajatantra Diwas or Democracy Day

March

Gyalbo Lhosar
Mahashivratri
International Women's Day
Falgun Purnima or Holi
Ram Nawami

April

Ghode Jatra
Nepali New Year

May

International Labour Day or May Day
Buddha Jayanti

August

Constitution Day
Raksha Bandhan & Janai Purnima
Gai Jatra

September

Krishna Janmashtami
Haritalika or Teej (applicable for women only)
Kumari Indra Jatra

September - October

Dashain: Phulpati, Maha Ashtami, Maha Nawami, Vijaya Dashami
Ekadashi

October

Tihar: Laxmi Puja, Gai Goru Puja,
Gobardhan Puja, Bhai Tika

October - November

Chaith Parva

December

International Day of the Disabled
Udhali Puja & Dhanya Purnima
Tamu Lhosar
Christmas

APPLYING TO FILM IN NEPAL

Filming in Nepal can be an awesome experience. It is fairly simple to acquire permissions from concerned authorities to shoot in Nepal if you are well acquainted with the basic rules and regulations. It is advisable for a foreign filmmaker to hire a local coordinator (company or individual) to obtain all necessary permits. Once you have chosen and hired a local coordinator, they will help you compile the necessary documents to present to the Ministry of Communications and Information Technology, Film Development Board and other offices on your behalf. The coordinator is also responsible for representing the film company in any matter arising both during and after the completion of the shoot.

When a permit is granted, a Liaison Officer (Monitoring Officer) will be appointed by the Ministry of Communications and Information Technology who will monitor and brief about

the shooting locations. A filmmaker must now that filming is not allowed, under any circumstances, without acknowledgement of the Liaison Officer.

A nominal fee of Rs 50 as permit fee (Nepali postal stamp) and Rs 15,000 for censorship of visuals which have been filmed during the filming period is charged. The filmmaker is required to pay the daily allowances, insurance, travel and accommodation expenses to the Monitoring Officer. Likewise, payment for the services of the local coordinator is independently based on the agreement between the coordinator and the filmmaker. Ministry of Communications and Information Technology and Film Development Board, Nepal have no involvement in this agreement, including the setting of rates for any of the services provided.

A filming permit enables foreign filmmakers to shoot in Nepal, however separate permits or consent letters are required for shooting at specific locations such as national parks, reserve



areas, historical places etc. All arrangements, as far as possible, should be made in advance of shooting dates.

Production companies requiring filming permit should apply for permission at Ministry of Communications and Information Technology where the process of application will be completed within just two working days. It may take a week longer, if special permissions and consent for filming from other departments and ministries is required.

Extract from Motion Picture (Production, Exhibition and Distribution) Rules, 2057 B.S. (Amendment 2060).

- License to produce feature films shall remain valid for three years. For other films, the license shall remain valid for only a year.
- Ministry of Communications and Information Technology will depute a Liaison Officer during the shooting of the film, the producer must bear the cost of the Liaison Officer's ground or air transport, accommodation and daily allowance as per rules. While shooting in the mountain region, necessary clothes, tools and medical

facilities should also be provided which are non-refundable.

- The film producer shall make an arrangement for Rs 750,000.00 worth of life insurance for the Liaison Officer covering the entire tenure of outdoor shooting.
- In case of accidents during the shooting period where the Liaison Officer succumbs to injuries, the film producer must bear the cost of medical expenses and a fixed amount decided by the Compensation Decision Committee formed according to the law which will not exceed Rs. 200,000.
- In case the film producer is a foreign national, s/he must apply for permission at the nearest Nepali Embassy or Consulate General's Office before making a public show. Rs 15,000 or equivalent of that amount should be deposited as royalty fees and Rs 500 as censor fees at the concerned office.
- The film producer, in case a foreign national, must submit a copy of the film free of cost to the Ministry of Communication and Information Technology.
- During the shooting of the film, the presence of Liaison Officer is mandatory.



Everest base camp

The Process

Documents Required

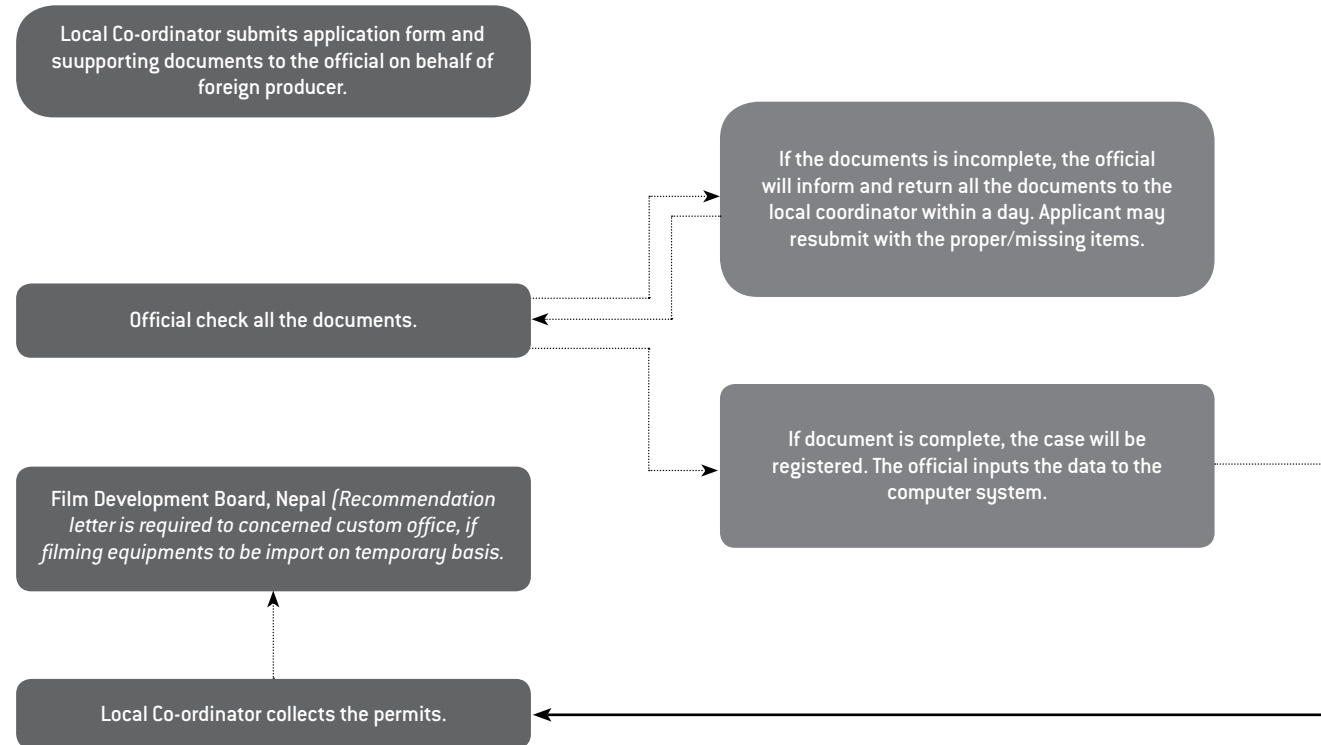
- **Letter from the local coordinator:** A letter made by the assigned local coordinator, informing the Secretary of Ministry of Communications and Information Technology (MoCIT) about the purpose of applying for shooting permit.
- **Authorisation Letter:** An assignment letter made by the foreign filmmaker, showing they have chosen and hired a local coordinator.
- **Application Form:** An application form as prescribed by the rules affixing Nepali postal stamp amounting Rs 50.
- **Documents:** Supporting documents needed for permit consideration:
 - Script of the filming story; story board for TV Commercials; synopsis for documentaries.
 - Theme (concept) and lyrics for music videos.
 - Details of content and objectives of programme presentation for TV programs.
- **Crew Member Details:** namelist, passport numbers, positions and arrival date of foreign film crew with bio-data.
- **Itinerary:** A schedule of filming in Nepal specifying exact dates and locations (for all types of productions)
- **Equipment List:** Equipment list with values for custom clearance.

Once the application is submitted, MoCIT may seek the following consent letters:

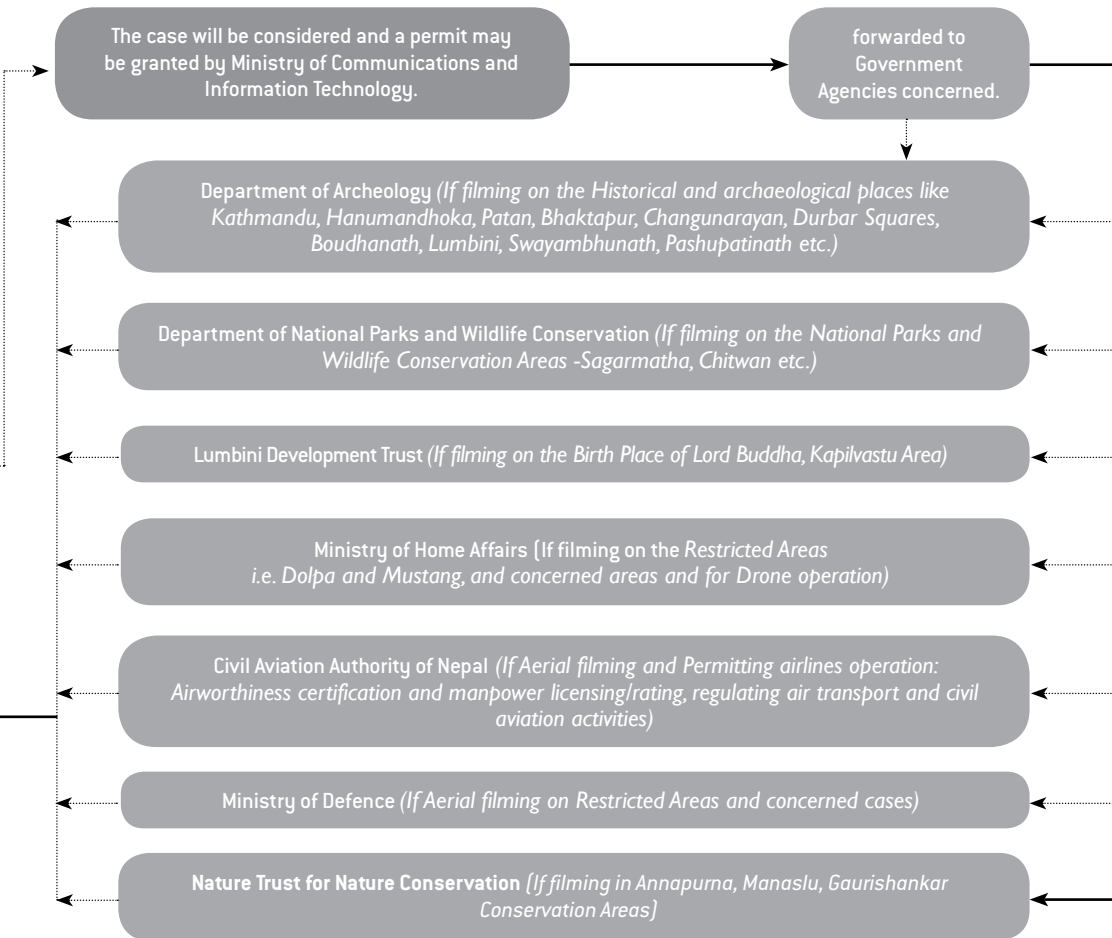
- Consent letters of concerned organisations:
- Consent Letter of Department of Archaeology if filming in archaeological places like Kathmandu, Patan, Bhaktapur, Changu Narayan, Durbar Squares, Boudhanath, Lumbini, Swayambhunath etc.
- Consent Letter of Pashupati Development Fund Office, Gaushala, Kathmandu if filming in the Pashupatinath temple area.
- Consent letter of Nature Trust for Nature Conservation if filming in Annapurna, Manaslu, Gaurishankar Conservation Areas, the fees is US \$1500 (except SAARC), NRs 50,000 (SAARC), NRs 10,000 (Nepal). 25% extra will be charged for drone filming.
- Consent letter of Ministry of Culture, Tourism & Civil Aviation if filming is to be done in Upper Mustang and Upper Dolpa. The fees is US \$5000.00 in each place.
- Consent letter of Department of Wildlife Conservation, Babar Mahal, Kathmandu if filming in conservation areas.
- Consent letter of Lumbini Development Fund if filming in Kapilvastu Lumbini, birth place of Lord Gautam Buddha.

Note: Location fee/charges may be applicable depending upon the location where the filmmaker is going to shoot. For drone operation - special permission from Ministry of Home Affairs and Ministry of Defence would be applicable.

Filming in Nepal (Process of Applying for a Shooting Permit)

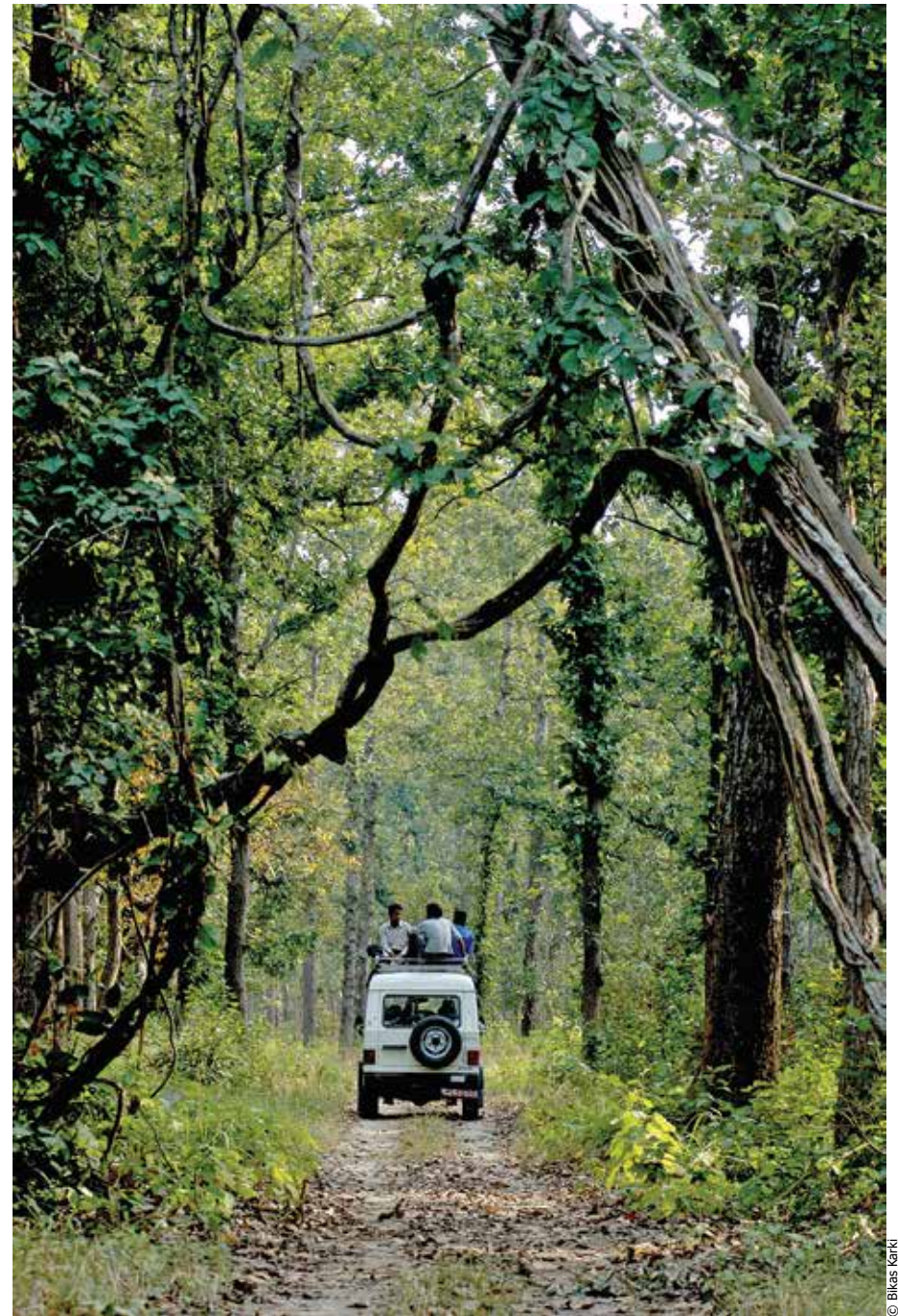


Basantapur palace before earthquake, 2015



Dharahara tower before earthquake, 2015

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© Bikas Karki

Foreign Films Shot in Nepal

Nepal has provided an exotic and mystical backdrop to numerous international films set mostly or partly in Nepal. A good many overseas films shot in Nepal come from Bollywood and Hollywood film industries, which are two of the biggest cinema industries in the world.

| SN | Name of Film | Language | Director | Producer | Country | Year | Location | Cast |
|-----|---|-------------------------------|-------------------|---|-----------|------|---|--|
| 1. | Les tribulations d'un Chinois en Chine (original title) Up To His Ears 'Chinese Adventures in China' | French | Philippe de Broca | Georges Dancigers, Alexandre Mnouchkine | France | 1965 | Kathmandu, Patan, Swayambhu | Jean-Paul Belmondo, Ursula Andress, Maria Pacôme |
| 2. | The Pleasure Pit 'Les Chemins De Katmandou' (original title) | French | André Cayatte | | France | 1969 | Kathmandu | Renaud Verley, Jane Birkin, Elsa Martinelli |
| 3. | Hare Rama Hare Krishna | Hindi | Dev Anand | Dev Anand | India | 1971 | Kathmandu, Swayambhu | Dev Anand, Mumtaz, Zeenat Aman. |
| 4. | Mahaan | Hindi | S. Ramanathan | Satyanarayana, A. Suryanarayana | India | 1983 | Kathmandu | Amitabh Bachchan, Waheeda Rehman, Parveen Babi, Zeenat Aman, Ashok Kumar, Amjad Khan, Kader Khan, Aruna Irani, Shakti Kapoor |
| 5. | Yudh | Hindi | Rajiv Rai | Gulshan Rai | India | 1985 | Song – 'I am in Love' in Begnas Lake, Pokhara | Jackie Shroff, Anil Kapoor, Pran, Danny Denzongpa, Shatrughan Sinha, Nutan, Hema Malini |
| 6. | Witch From Nepal Qi guan (original title) | Cantonese | Ching Siu-tung | Anthony Chow | Hong Kong | 1986 | Chitwan, Bhaktapur, Kathmandu | Joe Wong, Yammie La |
| 7. | To The North of Kathmandu | English | Terence Ryan | Clifford Hadyn-Tovey | UK | 1986 | Kathmandu, Chitwan | Barbara Bach, Max Boyce, Billy Connolly, Ringo Starrs |
| 8. | The Golden Child | English | Michael Ritchie | | USA | 1986 | Kathmandu, TIA Airport | Eddie Murphy |
| 9. | The Legend of Wisely Wai Si-Lei chuen kei (original title) | Cantonese, Japanese | Teddy Robin Kwan | | Hong Kong | 1987 | Kathmandu, Bhaktapur, Jomsom | Ti Lung, Joey Wong, Teddy Robin Kwan |
| 10. | Powaqqatsi: Life In Transformation | Hopi, English, Spanish | Godfrey Reggio | Mel Lawrence, Godfrey Reggio, Lawrence Taub | USA | 1988 | Kathmandu, Bhaktapur | Christie Brinkley, David Brinkley, Pope John Paul II |
| 11. | The Night Train to Kathmandu (Expresso Para Kathmandu) | English | Robert Wiemer | Golden Tiger Pictures | USA | 1988 | Kathmandu, Bhaktapur, Tengboche, below Mount Everest | Milla Jovovich, Eddie Castrodad, Pernell Roberts, Santosh Pant, Gopal Raj Bhutani |
| 12. | Yoddha (ਯੋਧਾ) (Dharam Yoddha) | Malayalam, Hindi Dubbed | Sangeeth Sivan | Saga Films | India | 1992 | Swayambhunath, Kathmandu | Mohanlal, Siddhartha Lama, Gopal Raj Bhutani |
| 13. | Baraka | English | Ron Fricke | Mark Magidson | USA | 1992 | Bhaktapur; Boudhanath; Kathmandu Durbar Square; Hanuman Ghat; Himalayas; Mount Everest; Mount Thamserku; Pashupatinath; Swayambhu | |

| SN | Name of Film | Language | Director | Producer | Country | Year | Location | Cast |
|-----|--|---------------------|----------------------|--|--------------------------------|------|--|--|
| 14. | Khuda Gawah | Hindi | Mukul S. Anand | Glamour Films | India | 1992 | Nyatapola Temple, Bhaktapur Durbar Square, Jomsom Valley, Mustang, Kagbeni, Jomsom Airport | Amitabh Bachchan, Sridevi, Nagarjuna, Shilpa Shirodkar |
| 15. | Little Buddha | English | Bernardo Bertolucci | Jeremy Thomas | USA | 1994 | Bhaktapur Durbar Square, Hanuman Dhoka, Gokarna Forest, Kathmandu | Keanu Reeves, Chris Isaak, Bridget Fonda |
| 16. | Thaikulame Thaikulame | Tamil | N. Muruges | Kovai M. Murugesan | India | 1995 | Kathmandu Airport, BICC, Bhaktapur Durbar Square, Boudhanath, Swayambhu, SinghaDurbar | Pandiarajan, Urvashi, Vinaya Prashad |
| 17. | Intlo Illalu Vantintlo Priyuralu | Telugu | E.V.V. Satyanarayana | K L Narayana | India | 1996 | Nagarkot, Swayambhu, Bhaktapur, Kathmandu Airport, Sahidgate, Pashupatinath | Venkatesh, Soundarya, Vineetha |
| 18. | Beqabu | Hindi | N. Chandara | N. Chandara | India | 1996 | Patan, Bhaktapur, Nagarkot, Kathmandu | Sanjay Kapoor, Mamta Kulkarni, Neer Shah |
| 19. | Gharwali Baharwali | Hindi | David Dhawan | Tutu Sharma | India | 1998 | Yak & Yeti, Kathmandu, Swayambhu, Bhaktapur, Panauti | Anil Kapoor, Raveena Tandon, Rambha, Benny Pradhan |
| 20. | Himalaya (Caravan) Nominated for Oscars – Best Foreign Language Film | Dolpo (Tibetan) | Eric Valli | Christophe Barratier, Neer Bikram Shah, Jacques Perrin | Nepal, France, UK, Switzerland | 1999 | Dolpo Valley | Thilen Lhondup, Gurgon Kyap, Lhakpa Tsamchoe |
| 21. | Love in Nepal | Hindi | Rajat Mukherjee | Rajat Mukherjee | India | 2004 | Pokhara, Fewa Lake | Sonu Nigam, Flora Saini, Jharana Bajracharya, Richa Ghimire |
| 22. | The Wildest Dream: Conquest of Everest | English | Anthony Geffen | Anthony Geffen, Mike Medavoy, Claudia Perkins | USA | 2010 | Mount Everest Region | Conrad Anker, Leo Houlding, Ralph Fiennes, Natash Richardson, Hugh Dancy, Alan Rickman |
| 23. | High Ground | English | Mike Brown | Don Hahn | USA | 2012 | Mount Everest Region | Erik Weißenmayer, Cody Miranda, Chad Jukes, Steve Baskis |
| 24. | Kathmandu Lullaby, Katmandú, un espejo en el cielo (original title) Katmandu – a mirror in the sky | Spanish | Icía Bollaín | Pedro Figuro | Spain | 2012 | Swayambhu, Kathmandu, Boudhanath, Mustang | Verónica Echegui, Sumyata Bhattarai, Norbu Tsering Gurung |
| 25. | Beyond the Edge | English | Leanne Pooley | Matthew Metcalfe | New Zealand | 2013 | Everest | Chad Moffitt, Edmund Hillary |
| 26. | Nine: Nine Time Travels | Korean | Byung-Soo Kim | Lee Sang-hee, Jung Se-ryung | Korea | 2013 | Patan, Bhaktapur | Jin-wook Lee, Yun-hie Jo, No-min Jeon |
| 27. | Up in The Wind | Chinese | Hua-Tao Teng | | China | 2013 | Chitwan, Kathmandu Durbar Square, Pokhara, Swayambhunath, Bhaktapur Durbar Square, | Boran Jing, Zi Liu, Ni Ni |
| 28. | Highway To Dhampus | Nepali, English | Rick McFarland | John de Blas Williams | USA, UK, Nepal | 2014 | Pashupatinath, Pokhara, Dhampus, Kathmandu | Raj Ballav Koirala, Rachel Hurd-Wood, Gunner Wright, Suesha Rana, Deshbhakta Khanal |
| 29. | 10 Endrathukulla (Dus Ka Dum) | Tamil, Hindi Dubbed | Vijay Milton | A.R. Murugadoss | India | 2015 | Bhaktapur | Vikram, Sunil Thapa, Samantha Ruth Prabhu |

Foreign Films Shot in Nepal

| SN | Name of Film | Language | Director | Producer | Country | Year | Location | Cast |
|-----|--------------------------------------|--------------------------|-------------------|--|------------------|------|---|---|
| 30. | Baby | Hindi | Neeraj Pandey | Shital Bhatia | India | 2015 | Nyatapola Temple in the Bhaktapur Durbar Square, Hyatt Regency Hotel, Thamel etc. | Akshay Kumar, Taapsee Pannu, Sushant Singh |
| 31. | Yevade Subramanyam [Yeh Hai Zindagi] | Telugu, Hindi Dubbed | Nag Ashwin | Priyanka Dutt, Swapna Dutt | India | 2015 | Lukla, Mount Everest Region | Nani, Vijay Deverakonda, Malavika Nair, Ritu Varma, Krishnam Raju, Nassar, Rajesh Vivek, Sowcar Janaki |
| 32. | Everest | English | Baltasar Kormakur | Baltasar Kormákur, Tim Bevan, Eric Fellner, Nicky Kentish Barnes, Tyler Thompson, Brian Oliver | UK | 2015 | Mount Everest Region, Kathmandu | Jason Clarke, Josh Brolin, John Hawkes, Robin Wright, Emily Watson, Keira Knightley, Sam Worthington, Jake Gyllenhaal |
| 33. | The Himalayas | Korean | Lee Seok-hoon | JK Youn | South Korea | 2015 | Mount Everest Region | Hwang Jung-min, Jung Woo, Jo Sung-ha |
| 34. | Sherpa | Nepali, English, Chinese | Jennifer Peedom | John Smithson, Bridget Ikin | Australia, Nepal | 2015 | Mount Everest Region | Russell Brice, Tim Medvetz, Phurba Tashi Sherpa |
| 35. | Doctor Strange | English | Scott Derrickson | Kevin Feige, Marvel Studios | USA | 2016 | Kathmandu, Swayambhunath, Pashupatinath, Patan Durbar Square | Benedict Cumberbatch, Chiwetel Ejiofor, Rachel McAdams, Benedict Wong, Michael Stuhlbarg, Benjamin Bratt, Scott Adkins, Mads Mikkelsen, Tilda Swinton |
| 36. | The Ghost Bride | Filipino | Chito S. Roño | Charo Santos-Concio, Malou N. Santos | Philippines | 2017 | Pokhara, Kathmandu | Kim Chiu, Matteo Guidicelli, Christian Bables |
| 37. | The Climb (French: L'ascension) | French | Ludovic Bernard | Laurence Lascary | France | 2017 | Kathmandu, Mount Everest, Lukla, Namche | Ahmed Sylla, Alice Belaïdi, Kevin Razy, Nicolas Wanczycki, Waly Dia, Umesh Tamang |
| 38. | India's Most Wanted | Hindi | Raj Kumar Gupta | Fox Star Studios | India | 2019 | Pokhara, Birgunj, Kathmandu | Arjun Kapoor, Sudev Nair, Rajesh Sharma |

Index

A

Activities

Bird watching *136, 137, 140*
Boating *114, 124, 192, 196, 197*
Bungee *114, 181*
Canoeing *114*
Canoe rides *136, 140*
Canyoning *38, 68, 182*
Cycling *150, 180*
Elephant safari *126, 140, 142*
Fishing *44, 50, 54, 78, 126, 144, 172*
Honey hunting *118, 182*
Jeep safari *126, 129*
Jungle walks *118, 126, 136, 140, 142*
Kayaking *114, 181*
Meditation *78, 118, 120, 154, 170, 176*
Mountaineering *180, 198*
Paragliding *38, 64, 114, 115, 118, 150, 175, 181, 197*
Rafting *54, 62, 64, 114, 126, 144, 150, 168, 181, 200*
Rock climbing *44, 118*
Trekking *44, 130, 180*
Ultra-light flights *114*
Wildlife safari *140*
Zip flying *114*
Zip line *181*

Adinath *60*

Amar Narayan Temple *88*

Animals

Antelope cervicapra *142*
Bear *126, 154*
Bengal Tiger *100*
Blue sheep *130*
Boar *126*
Chital *126*
Crocodile *126, 140*
Elephant *100, 126, 140, 142*
Eurasian Otter *100*
Gharial *136*
Goral *10, 130*
Himalayan black bear *10, 134*
Himalayan musk deer *10*
Himalayan tahr *10*
Langur *10, 130*
Leopard *10, 43, 130, 134*
Lesser Adjutant Stork *100*
Marsh Crocodile *100*
Mugger crocodiles *136*
Musk deer *10, 80, 108, 130, 134*

Red-crowned Roofed Turtle *100*
Red panda *10, 44, 78, 80, 130*
Rhesus macaque *130*
Rhinoceros *140*
Royal Bengal tiger *140*
Serow *10, 130*
Smooth-coated Otter *100*
Snow leopard *10, 108, 130*
Swamp deer *142*
Swamp Deer *100*
Swamp Partridge *136*
Three-striped Roofed Turtle *100*
Tiger *100, 126*
Trout fish *70, 78*
Wild boar *130*
Wild buffalo *136*
Wild dog *134*
Wolf *130*

Annapurna Base Camp *8, 38, 114*

Chomrong *8*

Machhapuchhre Base Camp *8*

Api Base Camp *10*

Domul *10*

Odar Camp *10*

Siti village *10*

B

Badimalika *7, 118, 134, 146*

Fossilised area *146*

Martadi *146*

Natyashwori *146*

Tribeni *146*

Bagh Bhairab Temple *60*

Bakreshwor Cave *168*

Bakreshwor Mahadev *168*

Bandipur *6, 64, 65, 67*

Bindhavasini *64*

Chhimkeswari *64*

Damauli *64*

Khadgadevi *64*

Mahadev *64*

Mahalaxmi *64*

Ramkot *64*

Siddha Gufa *64*

Thanimai *64*

Thani Mai temple *64*

Baraha Kshetra *7, 148, 150*

Baraha Temple *148*

Bishnupaduka *148*

Chatara *148*

Dharan *148*

Kumbh Mela *148*

Pindeshwor Temple *148*

Bardiya *7, 54, 126, 128, 129, 134, 142*

Chisapani *126*

Gabhar Valley *126*

Nepalgunj *126*

Thakur Baba temple *126*

Bardiya National Park *54, 126, 129, 142*

Behda Baba Temple *50*

Beni *14, 40, 46, 47, 90, 92, 114, 180, 194*

Baglung Kalika *46*

Beni Chaitya *46*

Bhadribam Shivalaya *46*

Galeshwor Temple *46*

Jagannath Temple *46*

Lakshmi Narayan Temple *46*

Maharani Than *46*

Nava Durga Temple *46*

Panchakot *46*

Pulastya Pulhashram *46*

Singa Tatopani Kunda *46*

Todke *46*

Besisahar *30, 34, 76, 180, 196*

Bhada village *6, 50*

Dhangadhi *50*

Koilaha Lake *50*

Mohana River *50*

Bhagwati Temple *74, 88, 189*

Bhaleshwar temple *70*

Bhedetar *6, 68, 69, 150*

Charles Danda *68*

Jephale *68*

Namje village *68*

Pathibhara *68*

Rajarani *68*

Birds

Blood pheasant *10*

Bulbul *134*

Cuckoo *134*

Danphe *80, 130, 134*

Eagle *134*

Flycatchers *134*

Hawk species *120*

Himalayan monal *10*

Partridges *134*

Peregrin falcon *134*

Pheasant *10, 130, 134*

Snowcock *10*

Vulture *134*

Bon Buddhism *108*

Bon Gumpa *108*

Brahma *178*

C

cattle farms *56*

Cave *16, 40, 43, 62, 63, 64, 65, 74, 80, 96, 154, 155*

Chaitya *22, 46, 88, 108, 181, 192*

Chandragiri *6, 70, 104, 168, 203*

Chitlang *70*

Daman *70*

Indrasarovar *70*

Kulekhani *70*

Sat Dhara *70*

Shivalaya *70*

Taleju Bhawani *70*

cheese factory *56, 104, 138*

Cheese factory *56, 104, 138*

Chilancho Stupa *60*

Chisapani *6, 54, 78, 126, 144, 200*

Ghodaghodi *54*

Nepalgunj *54*

Tikapur *54*

Chitwan *134, 140, 141, 142, 176, 207, 208, 209*

Chitwan National Park *140, 141, 142*

Chomolungma *26, 198*

Chuchemara hill *120*

Chure hill *100*

Chyordong hill *56*

D

Daman *70, 73*

Dharan 7, 26, 68, 98, 148, 150, 180, 181
Bijayapur hill 150
Itahari 136, 150
Ramdhuni 150
Saptakoshi 150

Dhaulagiri 14, 15, 27, 40, 46, 49, 62, 84, 88, 90, 92,
114, 130, 132, 178, 180, 199, 200

Dhaulagiri Base Camp 14
Chimkhola 14
Ghyasikhark 14
Odar Camp 14

Dhorpatan 7, 130, 131, 133
Burtibang 130
Dhor Barah Temple 130
Jaljala 130
Nishel Dhor 130

Dhorpatan Hunting Reserve 130

Dhulikhel 6, 74, 78, 156, 170, 181
Bethanchowk 74
Bhagawati 74
Chandeshwari Devi 74
Chandeswari 74
Dapcha 74
Gaukhudeshwar Mahadev 74
Gosaithan 74
Nagarkot 74
Nala Bhagwati 74
Namo Buddha 74
Palanchowk Bhagwati 74
Panauti 74
Shakyamuni Buddha 74
shamans 74
Shesh Narayan 74
Timal 74

Dolakha 56, 160, 163

Dolpa 108, 192, 204, 206, 207

E

Ethnicities

Ani 56
Bahun 46, 56, 64, 70, 80, 98, 114, 124, 150, 164, 168, 196
Balami 70
Bhote 22, 26, 108, 192
Bika 46
Biswakarma 56
Brahmins 90
Chhantyal 14, 46

Chhetri 20, 56, 64, 70, 80, 98, 114, 124, 150, 164, 168,
196

Dalit 44, 74, 98, 124, 168, 196

Ghale 44, 45, 76

Gurung 4, 6, 8, 9, 27, 28, 29, 38, 44, 45, 64, 76, 90, 92,
98, 114, 150, 168, 209

Hyolmo 78

Jirel 56, 59

Khas Arya 78

Kirat 154, 174, 194, 203

Kurmi 164

Lama 4, 56, 79, 199, 208

Lepchas 80

Limbu 20, 80, 98, 150, 174, 175

Madhesi 80, 156

Magar 14, 46, 49, 64, 67, 68, 80, 83, 84, 88, 92, 114,
150, 168

Newar 46, 56, 60, 70, 74, 80, 88, 114, 150, 160, 164, 168,
170, 185, 186, 188

Pun 92

Rai 26, 80, 98, 150, 208

Rana Tharus 142

Rokaya 120

Sherpa 4, 16, 20, 26, 27, 56, 80, 98, 150, 155, 198, 199,
210

Sunuwar 56

Tamang 44, 56, 70, 74, 78, 104, 106, 138, 139, 170, 210

Thakali 14, 43, 46, 114, 194

Tharu 50, 53, 100, 103, 126, 128, 136, 137, 140, 141,
142, 143, 150, 164, 192

Yadav 4, 42, 141, 164, 187

Everest Base Camp 16

Kalapatthar 16

Khumjung Valley 16

Namche 16

Pangboche 16

F

Festivals

Baghbbhairab Jatra 60

Baisakha 172, 184

Baisakhi Purnima 160

Baisakh Panchami 168

Bala Chaturdashi 62, 90, 96, 154

Bisket Jatra 184

Buddha Jayanti 184, 204

Buddha Purnima 90, 154, 166, 170, 184

Chhath 186

Christmas 186, 204

Dashain 186, 196, 204

Eid 187

Fagu Purnima 156, 187

Gai Jatra 185, 204

Ganga Dussehra 134

Guijatra 60

Indra Jatra 185, 204

Indrayani Jatra 60

Janai Purnima 26, 74, 104, 106, 146, 160, 172, 204

Kartik Panchami 168

Kartik Purnima 170

Krishna Ashtami Jatra 60

Lalpati Mela 88

Lhosar 154, 204

Maghe Sankranti 88, 172

Maha Ashtami 160, 204

Mahashivaratri 172

Mangsir Purnima 172

Nava Ratra 172

Parvas Mela 88

Rambha Pani Mela 88

Ram Navami 62, 96, 154, 156, 187

Rato Machindranath Jatra 184

Ridi Mela 88

Satyawati Mela 88

Shivaratri 62, 88, 90, 96, 154, 196

Teej 154, 185, 196, 204

Tihar 178, 186, 204

Ubhauri 154

Udhauri 154, 204

fort 94

G

Galeshwor Temple 14, 46

Gautam Buddha 164, 204, 206

Ghale Gaun 6, 76

Besisahar 76

Bhujung 76

Ghanapokhara 76

Tamu Museum 76

Uttarkanya Temple 76

Ghandruk 8, 30, 90, 92, 93, 114, 180

Ghodaghodi 7, 54, 100, 192, 193

Attaria 100

Lamki 100

Maghi 100

Gorakhkali palace 168, 169

Gorkha 34, 168, 194

Gorkha Durbar 168

Gosaikunda 7, 104

Bhairavkund 104

Chandanbari 104

Lauribina 104

Gufa Pokhari 98

Gumba 34, 56, 80, 108, 170, 174

Gurkha soldiers 76

Guru Padmasambhava 34

Guru Rinpoche 74, 78

H

Halesi cave 154, 155

Halesidham 7, 154

Halesi 154

Jayaramghat 154

Kirateshwor Cave 154

Tuwachung 154

Helambu 6, 78, 106, 138

Guru Rinpoche hill 78

Melamchi 78

Palanchok Bhagawati 78

Shermathang 78

Sindhupalchok 78

Thadepati 78

Heritage Sites

Bhaktapur Durbar Square 188, 189, 209, 210

Boudhanath 170, 188, 206, 207, 208, 209

Changu Narayan 189, 206

Kathmandu Durbar Square 189, 190, 208, 209

Pashupatinath 185, 190, 206, 207, 208, 209, 210

Patan Durbar Square 4, 191, 210

Swayambhunath 60, 170, 184, 191, 206, 207, 208, 209,
210

Hill station 60, 68, 80, 90, 92, 96

Himalayas 5, 14, 30, 34, 70, 80, 92, 104, 174, 202,
208, 210

Homestay 32, 68, 84, 92, 100, 115, 124, 126, 136, 142,
160, 192, 196

hot spring water 8, 44

I

Ilam 6, 20, 80, 174

Bhalu Dhunga cave 80

Bhimsensthan 80
Chureghanti Gumba 80
Kanyam 80
Lepcha Museum 80
Maiastan 80
Mai Pokhari 80
Narayansthan 80
Sandakpur 80
Shriantu 80
tea gardens 80

J

Jal Binayak Temple 60
Jaljala 6, 84, 130, 131
Baju Baraha 84
Bhama Cave 84
Jelbang 84
Kailu Baraha 84
Okhreni 84
Sahadey Barah 84
Thawang 84
Janaki Temple 156, 187
Janakpur 7, 156, 187, 204
Chireswar 156
Dhanushadham 156
Jaleswar 156
Jaleswor 156
Janaki Museum 156
Janaki Temple 156
Kalyaneshwar 156
Mithileshwar 156
Mithileshwor 156
Ratnasagar 156
Jiri 6, 16, 56
Chyordong 56
Dhungeshwari 56
Jireswar 56
Kunalsal Thordoling Gumba 56
Rangrangeswari 56
Sikri Village 56
Switzerland of Nepal 56
Yalung 56

K

Kalinchowk 7, 160
Baghdunga 160
Bhimeswar 160
Bhimeswar temple 160
Kholakharka bazar 160
Mude 160

Shailung 160
Kalinchowk Base Camp 160
Kalinchowk Bhagwati 160
Kanchenjunga 20
Ghunsa 20
Narambachun 20
Selele Bhanjyang 20
Kanchenjunga Conservation Area 98
Karnali Bridge 54
Khaptad 7, 134, 135, 180, 195, 196
Jhigrana 134
Shaileshwari 134
Tamail 134
Khaptad National Park 134, 196
Kirtipur 6, 60
Araniko Museum 60
Champadevi 60
Chobhar gorge 60
Chovar 60
Machchhegaon 60
Manjushri 60
Koshi Tappu 7, 136
Chatara 136
Chhinnamasta Temple 136
Gaighat 136

Koshi Tappu Wildlife Reserve 136

Kuri Bhanjyang 160
Kushma 6, 62, 63, 181
Alpeshwar Cave 62
Balewa 62
Durlungkot 62
Gupteshwar cave 62
Limikot 62
Narasimha Temple 62
suspension bridge 62
Kyanjin valley 138, 139

L

Lagoons 136
Lakes
Begnas 114, 192, 193, 197, 208
Betkot 142
Bulbule 172, 196
Dalliana 118
Dantekhal 118
Dhanusagar 156
Dhaune 118

Dhumba 43, 194
Dipang 114, 192
Gagre 118
Gangasagar 156
Gerah 118
Ghodaghodi 100, 192
Gosaikund 74, 78
Gosai Kunda lake 104
Gunde 114
Jagdishpur Tal 164
Jhilmila 142
Jigale 118, 119
Joginya 50
Kal 194
Kamal 114, 124, 192, 195, 196
Khaptad 196
Khaste 114, 192
Koilaha 50
Lamidaha 118
Lissedali 118
Mahabu 172, 173
Maidi 114, 192
Mansarovar 22
Neureni 114
Pancha Koshi lake 90
Panchasse Lake 90
Panch Pokhari 194
Phewa 114, 115, 116, 117, 192, 197
Phoksundo 7, 108, 110, 111, 192, 193
Rame 118
Rara 7, 120, 122, 180, 192, 193
Rupatal 114
Salpa Pokhari 194
Syarpu 124, 196, 197
Tilicho 30, 32, 88, 195, 196
Toule 118

Lamosangu 56

Langtang 7, 44, 56, 70, 74, 78, 104, 106, 138, 160, 168, 170, 180
Cherkori 138
Lamahotel 138
Syafubesi 138

Langtang National Park 78, 104, 106, 138

Lauti waterfall 56

Limi Valley 22
Hilsa 22
Lapcha Border 22

Lord Shiva 74, 90, 104, 154, 176, 185, 189

Lukla 16, 204, 210

Lumbini 7, 88, 164, 167, 170, 176, 184, 206, 207

Gotihawa 164
Jagdishpur Tal 164
Kudaan 164
Maya Devi Temple 164
Monastic Zone 164
Niglihawa 164
Ramgram 164
Sacred Garden 164
Sagrahawa 164
the New Lumbini village 164
Tilaurakot 164

M

Machhe Narayan Temple 60

Mahakali Bridge 142

Mahendra Arogya Griha 144

Makalu Barun National Park 26, 98

Makalu Base Camp 26

Lumbasumba 26

Shivadhara 26

Yangle 26

Manabhara hill 174

Manakamana 7, 27, 90, 114, 168, 169, 176

Bakreshwor 168

Bakreshwor Mahadev 168

Betini Village 168

Gorakhkali 168

Gorkha Museum 168

Manakamana Mai 168

Suntalabari 168

Triveni Mai temples 168

Manang 30, 32, 34, 182, 196, 204

Chame 30

Thorang-La 30

Tilicho Lake 30

Manaslu region 34

Birendratol 34

Larkepass 34

Tsum Valley 34

Manthali 16, 56, 59, 94

Maratika Takten Chholing Monastery 154

Mardi Base Camp 38, 114

Hemja 38

Landruk 38

Lwanghalel 38

Marsyangdi Valley 64

Meadows 118, 130

Milarepa Cave 34
Mithila art 156
Modibeni Dham 62
Mountains
Ama Dablam 170
Annapurna 8, 14, 30, 38, 40, 44, 46, 74, 76, 88, 90, 92,
96, 114, 117, 168, 178, 180, 199, 206, 207
Api 10, 13, 134
Babai 10, 126, 200
Chamalang 96
Cherkori 138
Cho Oyu 96, 160, 170, 180, 199
Choyu 96
Churen 178
Dhaulagiri 6, 14, 15, 27, 40, 46, 49, 62, 84, 88, 90, 92,
114, 130, 132, 178, 180, 199, 200
Dorje Lakpa 70, 74, 96, 106, 138, 160, 170
Everest 16, 19, 56, 68, 70, 78, 80, 98, 150, 198, 199, 202,
204, 205, 208, 209, 210
Fishtail 8, 92, 204
Ganesh Himal 44, 70, 88, 160, 170, 180
Gangchempo 138
Gaurishankar 70, 96, 170, 206, 207
Gurja 46
Himchuli 8, 34, 88, 92, 178
Jugal 78, 106, 138
Kaiser 96
Kalidhunga 10
Kanchenjunga 20, 80, 96, 98, 150, 174, 198
Kanjirowa 108, 192
Karylung 96
Kayakor 10
Khangatega 96
Kongde Chuli 16
Kumbhakarna 21, 68, 80, 96, 174
Kusum Kangaroo 96
Kwangde 96
Lamjung 88, 168
Lamjung Himal 76
Langtang Lirung 138
Lhotse 16, 96, 180, 198
Machhapuchchhre 46
Mahabu 172
Makalu 26, 27, 68, 80, 96, 97, 98, 136, 150, 154, 170,
180, 198
Manapathi 46
Manaslu 6, 34, 37, 44, 74, 76, 88, 90, 96, 114, 168, 170,
178, 180, 194, 199, 206, 207
Mera Pike 96

Mt Langtang 56, 138
Mt Numbur 56
Mt Rolwaling 56
Nampa 10
Nilgiri 43, 46, 62, 88, 178, 194, 196, 200
Nupse 96
Phaktanglung 174
Putha 84
Ringdepani 10
Sagarmatha 26, 74, 96, 160, 180, 198, 207
Saipal 134
Sisapang 96
Sisne 84
Thamserku 16, 96, 208
Tilicho 30, 32, 88, 195, 196
Tukuche 88
Yala Peak 138

Muglin Bazar 168

Mugu 108, 120, 192

Muktinath Temple 40

Museum 32, 60, 92, 172, 176, 189

Mustang 40, 42, 180, 194, 206, 207, 209
Beni 40

Kora La Border 40

N

Namche 16, 17, 19, 210

Namo Buddha 7, 74, 170

Balthali 170

Dapcha 170

Guru Thangu Rinpoche 170

Patlekheth 170

Shyampati 170

Thangu Tashi Yangtse monastery 170

Namo Buddha stupa 170

Narayanghat 176

Natyashwor Temple 146

Nepalgunj 22, 54, 100, 108, 120, 126, 128, 172, 192,
204

Nifug Monastery 40, 41

O

Oak 134

Olangchung Gola 98

Orchid 70, 90

P

Padmasambhava 16, 34, 59, 70, 74, 78, 138, 154, 160

Palpa 6, 88, 89, 200

Amar Narayan Temple 88

Bhagwati Temple 88

Bhairavasthan 88

Butwal 88

Rani Mahal 88

Ridi 88

Tansen Durbar 88

Panchakoshi 7, 172

Akhanda Jwala 172

Bulbule Lake 172

Dailekh Bazar 172

Dhuleshwar 172

Dullu 172

Guranse 172

Kotila 172

Navisthan 172

Padukasthan 172

Shirsthan 172

Sinja (Jumla) 172

Panchase 6, 90, 91, 114

Balaji Phachyan Temple 90

Chitre 90

Fish Tail 90

Kalabang 90

Panchasheel Buddha 90

Siddha Baba 90

Siddha Barah 90

Sidhane 90

Panchasheel Buddha 90

Panchpokhari 7, 106, 193

Bhotang 106

Gauri Shankar 106

Manekhark 106

Melamchi 106

Nosyam Pati 106

Pathibhara 7, 68, 80, 174, 175

Fungling 174

Gumba Danda 174

Suketar 174

Phoksundo Lake 7, 108, 192

Dho-Tarap 108

Pungmo Village 108

Shey-Gumba 108

Shey-Gumpa 108

Phu 30, 182

Pine forests 80, 134

Pokhara 7, 8, 14, 30, 38, 39, 40, 46, 62, 64, 90, 92,
114, 130, 180, 181, 192, 194, 196, 197, 200, 204, 208,
209, 210

Chamere gufa 114

Dhampus 114

Gupteshwar 114

Lumle 114

Machapuchchare 114

Mahendra gufa 114

Rupakot 114

Poonhill 6, 92

Ghandruk 92

Tadapani 92

Ulleri 92

Prithvi Narayan Shah 94, 168, 190

Pyuthan 178

R

Ramaroshan 7, 118, 134

Badimalika 118

Mangalsen 118

Mujabagar 118

Ramey Patan 118

Ramgram 88, 164, 167

Rara Lake 7, 120, 122, 192

Gamgadhi 120

Jumla Bazar 120

Sinja Valley 120

Rara National Park 120, 192

Rhododendron 8, 84, 92, 98, 99, 134, 160, 172, 202

Ringmo village 108

Rivers

Bagmati 190, 200

Dahikhola 124

Dudh Khola 16

Gandaki 40, 42, 46, 62, 88, 181, 200

Ganges 142, 200

Indravati 106

Kali Gandaki 40, 42, 46, 62, 88, 181, 200

Karnali 22, 54, 126, 130, 144, 200, 201

Khahare Khola 16

Koka 148
Koshi 7, 90, 136, 148, 200
Mahakali 142, 143, 181, 200
Marsyangdi 64
Marsyangdi 30, 64, 168
Modi 8
Modikhola 62
Mohana River 50
Myagdi 46
Rapti 140
Sarda 142
Seti 114
Tamor 150, 181, 200
Trishuli 44, 168, 169, 181, 200

Rolpa 84, 178

Ruby Valley 44
Ganesh Himal Base Camp 44

Rukum 124, 130, 196, 204

Rupakot
Rupakot 114

S

Sagarmatha National Park 26

Sauraha 7, 140
Amaltari 140
Kasara 140
Meghauri 140
Patihani 140

Seti Devi temple 80

Shailung 160

Shashwat Dham 7, 176
Chitwan 176
Devchuli 176
Devghat 176
Khajur style 176
Narayanghat 176

Shuklaphanta 7, 142
Betkot Lake 142
Parshuramdham 142
Siddhababa temple 142
Tanakpur Dam 142

Shuklaphanta National Park 142

Siddha Gufa 64

Simkot 22, 24

Simsuwa waterfall 68

Simsuwa Waterfall 68

Sindhuligadhi 6, 94, 95

Manthali 16, 56, 59, 94

Mulkot 94

Sindhuli Bazar 94

Sindhuli Madhi 94

Sola Bhanjyang 94

Siwalik Hills 100

Snow 10, 43, 70, 84, 106, 108, 120, 130, 134, 138, 146,
178, 194

Snow-capped peaks 120

Snowfall 76, 90, 130, 174, 192, 203

Somdang 44

Srinagar Hill 88

Suketar 20, 174, 175

Sunrise 96, 170

Sunset 8, 70, 80, 96, 140, 170

Swargadwari 7, 178, 179

Bhingri 178

Dharampani 178

Holeri 178

Pandavas 178

Syarputal 7, 124

Barah 124

Digreshahi Temple 124

Kamaltal 124

Khalanga 124

Sibalaya 124

T

Taplejung 20, 68, 98, 174

Tatopani 44

Taudaha 60

Tea garden 56, 76, 83

Temke 6, 96

Bhojpur Bazar 96

Chekhwa Bhanjyang 96

Diktal 96

Haspokhari 96

Mundum Trail 96

Terai 80, 136, 156, 186, 192, 202, 203

Thulo Nagi hill 56

Tibetan culture 108

Tikapur 7, 54, 144, 145

Banana resort 144

Chisapani 144

Karnali River 144

Lamki 144

Tilaurakot 164

Tilche 8

TMJ 6, 98

Basantapur 26, 98, 185, 190, 206

Dovan 98

Hile 98

Tinjure-Milke-Jaljale 98

Tower 70, 73, 80, 88, 92, 124, 150, 181, 192, 207

Tumlingtar 26, 204

U

Uma Maheshwor Temple 60

V

View tower 70, 73, 80, 88, 124, 192

Vihar 88

W

Wetland 100, 140

Y

Yoga 78, 90, 120, 154, 176







NEPAL नेपाल

KATHMANDU

BHAKTAPUR

LALITPUR

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