Shivapuri Hill Rock Climbing Itinerary

Day 1: Drive from Kathmandu city center to the Muhanpokhari gate, 1 hour, hike about an hour till the climbing spot, 2 hours rock climbing, have packed lunch and return back to hotel.

After breakfast, we begin our trip towards Budhanilkantha Temple, the famous reclining Vishnu temple, visited by both Hindus and Buddhists.

From the temple, we ascend and reach to Muhanpokhari where there is Military Camp. It takes about an hour to be there. We register our name and get permission for the climbing.

Then we proceed towards Nagi Gompa, a beautiful Tamang monastery. Continuing walk from there, we reach to the spot at Tare Bhir.

We get equipped and climb the natural rock successfully and then return back to hotel in Kathmandu.

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