Trek Curator
www.trekcurator.com

Thamel, Kathmandu, Nepal
Tel: +977-9851318186
Email: info@trekcurator.com

Sundarijal to Chisapani Hike - 1 Days

"Start your adventure in Sundarijal – the gateway to Shivapuri National Park! Begin your hike with a refreshing walk past waterfalls, stone staircases, and lush forest trails."

The Sundarijal to Chisapani hike is a popular short trek that beautifully bridges the Kathmandu Valley and the majestic mid-hill and Himalayan landscapes. Nestled within the Shivapuri Nagarjun National Park, just northeast of Kathmandu. This trek begins at Sundarijal (1,350m) and ascends to Chisapani (2,215m). Renowned for its rich biodiversity, this hike showcases hundreds of bird species and offers a tranquil natural environment. The route features lush forests, cascading waterfalls, charming Tamang villages, and breathtaking panoramic views of the Himalayas. Additionally, it serves as a gateway to longer treks such as Helambu and Langtang. Sundarijal is abundant in water resources, which not only supports the surrounding ecosystem but also supplies water to Kathmandu city, housing historic water systems. Chisapani, translating to “Cold Water” in Nepali, lives up to its name with its cool breezes and elevated atmosphere. The trail is dotted with peaceful pathways, ancient staircases, and refreshing, canopy-covered routes.

Highlights

- Scenic Sundarijal Waterfall and natural springs
- Lush oak and rhododendron forests within the national park
- Genuine cultural experiences in Tamang villages along the way
- Peaceful trails with fresh mountain air, conveniently located near Kathmandu

Why Choose This Destination

The Sundarijal to Chisapani hike offers a delightful mix of nature, culture, and mountain vistas within a compact route. It serves as an excellent introduction to Himalayan trekking for beginners,

© 2026 Trek Curator

Thamel, Kathmandu, Nepal
Tel: +977-9851318186
Email: info@trekcurator.com

acting as a stepping stone to the expansive Langtang-Gosainkunda trekking region. As the closest day hike from Kathmandu, it’s perfect for travelers who are pressed for time or those who are training for higher-altitude trekking. This hike offers an authentic trekking experience in Nepal, free from the logistical challenges often associated with longer expeditions.

"Ready to escape the city and reconnect with nature? The Sundarijal to Chisapani hike is calling. Pack your gear, breathe in the mountain air, and create memories on the trails of Nepal. Start your journey today!"

© 2026 Trek Curator

Trek Curator
www.trekcurator.com

Thamel, Kathmandu, Nepal
Tel: +977-9851318186
Email: info@trekcurator.com

PRICE INCLUDES

- Private vehicle for hotel pickup and drop-off in Kathmandu
- Experienced English-speaking guide
- Shivapuri National Park entry permit
- Guided hike through lush forests and Tamang villages
- Bottled drinking water during the hike

PRICE EXCLUDES

- Meals (lunch and snacks)
- Personal expenses (e.g., souvenirs, extra drinks)
- Tips for the guide and driver
- Travel insurance (optional but recommended)

© 2026 Trek Curator