Kakani Suryachaur Hiking : Leisure Day Hike for Women

Day Hiking

Trip Facts

REGION	DURATION
Shivapuri	**2 Days**
DIFFICULTY	ACTIVITY
Easy	**Hiking**
MAX. ALTITUDE	BEST SEASON
2100m	**All Seasons**
ACCOMMODATION	MEALS
Resort	**Breakfast Lunch Dinner**
START/END POINT	GROUP SIZE
Kathmandu/Kathmandu	**2-30**
TOTAL DISTANCE	TRANSPORTATION
Approx. 7 km	**Private Vehicle**

Group Prices and Discounts

USD 159 per person

No. of travellers	Price per person
1 Pax	USD 200
2–4 Pax	USD 170
5–6 Pax	USD 159
7–14 Pax	USD 149

Overview

Kakani and Suryachaur Hiking is an escape from the hustle and bustle busy metropolitan city life of Kathmandu. Interested people can enjoy the cool refreshing, and clean country air in the harmony of pristine green surroundings. A lovely scenic

hike for a few hours takes you above 2,030 m/ 6,660 feet at Kakani Hill Top, the highest point of the hike, as well as walking uphill to Suryachaur at 1,970 m/ 6,464 feet.

From the high scenic viewpoint hills, it offers a spectacular panorama of Central and Mid-West Himalayan majestic snow peaks. It is a truly glorious way to enjoy the day, being far away from the maddening crowd of city life for a few hours in a tranquil ambiance amidst lush green vegetation and a serene forest lined with tall rhododendrons, magnolia, pines, and fir trees.

Apart from picturesque scenery, walking amidst lovely farm villages adorned with age-old traditional cultures is equally captivating and fascinating. Make your day worth visiting to Kakani and Suryachaur Hiking, with glorious moments. Kakani hiking adventure and Suryachaur hiking have become popular spots for the city folks.

One can enjoy short country walks following the scenic trail through enchanting alpine woods. You will be standing in front of an array of Himalayan range of snow-capped peaks overlooking Langtang, Ganesh, and Jugal Himal as far as **Manaslu and Annapurna Himalayan peaks** in the west, with dramatic views of rolling green hills and valleys. Enjoying on Kakani and Suryachaur Hiking is a remarkable day activity, the closest scenic destinations from the capital Kathmandu city; ideal for a day hike around Kathmandu.

Detailed Itinerary For Kakani and Suryachaur Day Hiking

After a hearty breakfast, the Woman Adventures guide and staff will meet you for an exciting short drive beyond the Kathmandu Valley. This marks the start of the **Kakani Hiking adventure**, included in the Kakani Hiking Package offered by Woman Adventures (P) Ltd. The drive follows northwest leaving Kathmandu through a beautiful water garden park of Balaju. The road leads on winding uphill on Kathmandu and Trisuli Bazaar Highway past the Nagarjun National Park entrance.

You will cover a distance of 29 km/18 miles to reach the rural farm village and the town of Kakani. As soon as you arrive feel the cool mountain air facing the outmost scenery of surrounding beautiful landscapes. The walk starts on reaching the rough country dirt road on leaving the main highway to Kakani. The trail follows through a serene forested path past a few hamlets and farm terraces with a climb to Kakani Hill at the height of 2,030 m/6,660 feet, the highest point of the hiking overlooks the grand panorama of Langtang Himal. The scenery includes views of the Jugal Himal with Gaurishankar and Melungtse with towering pyramid-shaped Dorje Lakpa peak. You will face Ganesh, Manaslu, Annapurna Himalayan range towards the far west horizon. After a lovely and pleasant hike, the journey continues toward the last destination at **Suryachaur**.

The trail leads amidst an enchanting forest of tall rhododendrons and pine trees. After few hours of hiking and climbing, you will reach to Suryachaur Hilltop at 1,970 m/6,464 ft. The view is almost the same as from Kakani Hill but with a different perspective. Enjoy the closer looks of the majestic Central and Western Himalayan Peaks and the stunning landscape views. After an exciting and marvelous hike, the walk leads back to the parking lots get on board for an interesting drive. Then, the journey leads on the same scenic route reaching the hustle and bustle of city life in Kathmandu. We then conclude the glorious day at Kakani and Suryachaur Hiking with a guidance of the Woman Adventures expert guide and staff.

Highlights

- The closest views for stunning Himalayas from the outskirt of Kathmandu Valley.
- Enjoy the refreshing cool air in the harmony of pristine natural surroundings during your Kakani hike and Suryachaur hiking adventure.
- Explore traditional cultural villages of both Hindu and Buddhist religions.
- Walk along lovely enchanting forested path lined with pines and rhododendrons.
- Panorama of Central and Mid-Western Himalayan peaks from scenic Suryachaur.

Route Overview

The hikers joining for **Kakani Surayachaur Hiking** or other **adventures around Nepal Himalayas** must be aware of the geographical structure of Nepal. Nepal is a country of highlands of mid-hill to higher mountainous landscapes and terrains. The walk leads to an up-and-downhill path with few gradual sections to enjoy.

The only flatland is the low sub-tropical Terai belt around southern Nepal. En route to Kakani and Suryachaur, starts with a pleasant drive uphill, and then on dirt country road. The walk follows on gradual path with a few short steep ups to Kakani and Suryachaur Hilltop.

This Nepal hiking experience guided by women trekking guide in Nepal enhances the journey, with expert knowledge and local insights ensuring a safe and memorable hiking adventure.

Itineraries

Day 01: Drive From Kathmandu to Kakani and Hike to Suryachaur (1.5 hrs drive) and (2.5to 3 hrs hike)

– Drive to **Kakani (1.5 hrs drive)**

– Hike to **Suryachaur (2.5–3 hrs)**

– **Lunch at Suryachaur**

– **Village exploration** – walk through farms, meet local women, and learn about traditional lifestyles.

– Free time to relax, journal, stretch, or enjoy the sunset

– Dinner time

– Cozy stay at a retreat in Suryachaur

Day 02: Hike To Budhanilkantha via Dadagaun and drive to Kathmandu (3 hrs hike) and (45 mins drive)

– Witness Stunning Himalayan views with Beautiful Sunrise

– Enjoy **Breakfast with a beautiful view**

– Hike to **Dadagaun** *via Budhanilkantha*

– Visit the sacred **Sleeping Vishnu Temple** in Budhanilkantha

– Drive back to **Kathmandu (1hr drive)**

The schedule may change because of the weather and other conditions outside our control.

Cost Includes & Excludes

Cost Includes

- Local Transportation from Kathmandu To Kakani
- Permit for the Shivapuri National Park
- An Experienced Government Licensed English Speaking Female Tour Guide
- Food and Transportation for the guide
- Accommodation at Suryachaur Resort
- Breakfast, Lunch and Dinner at Suryachaur
- Local Transportation from Budhanilkantha to Kathmandu
- Walking Poles(if required)
- First aid kit

Cost Excludes

- Any extra personal expenses
- Anything not mentioned in the inclusion

Food and Culture

The food and lodge accommodations along the route to Kakani and Suryachaur hiking provide meals as per the itinerary. For overnight stays, meals are served according to the menu, including breakfast, lunch, dinner, and main courses. It includes side snacks with warm and cold refreshment drinks, served in a nice and cozy dining room with a fireplace. In Nepal, the most favorite and popular national food and meal is Nepali Dal Bhat, boiled or steamed rice. It is served with the mild curry, of seasonal vegetables and includes Dal, a lentil bean soup with pickles, and hot sauce as options.

Breakfast from oats porridge and cereals to cornflakes with toast/ chapattis and pancakes includes a choice of egg variation. Lunch and Dinner from Continental, Chinese, Indian, Nepali, and Tibetan main course with a choice of soups. The lodge

accommodation and food are of moderate standard.The lodges, hotels, or resorts around Kakani and Suryachaur offer rooms with attached bathrooms and toilets. Guests can enjoy a comfortable overnight stay at Suryachaur Resorts or experience the local culture and customs through Suryachaur Homestay.

Nepal is a country of great diversity of landscape and people with their age-old religions, cultures, and heritage. The mid-hill people around the Kakani and Suryachaur area of Nuwakott district, is populated by the Tamang, along with the Hindu communities of Brahmins and Chhetris, the region is also home to a few Magar and Ghale hill tribes.

The Tamang are the indigenous ethnic tribes of Nepal, follows a strong Buddhist religion and culture, similar to Tibetan predecessors. The walk leads across many Buddhist monuments and shrines.

Extra Info

The best times and seasons for Kakani Surayachaur Hiking, or other Nepal hiking adventures in Nepal Himalayas are Spring and Autumn / Fall seasons. The spring begins in March and ends in May, a lively time for pleasant walks and scenic views. Most days are fine and clear with enough sunshine hours till late afternoon from 6 a.m. to 6 p.m.

It can get overcast in the afternoon sometimes, with chances of light rains and snowfalls. Days are longer with more sunlight, but mornings, late afternoons, and nights can be cold, depending on the altitude and overnight stops along the route to Kakani Suryachaur Hiking. Spring is the best time for nature lovers, when wildflowers are in seasonal bloom, especially the rhododendrons of various species.

The next best season for Kakani and Suryachaur hiking is autumn/fall, where most days are bright, with sunny days for clear views. The autumn/fall starts from September to December, one of the high seasons for Nepal hiking and trekking. Days are fine with crystal clear blue sky, but mornings and late afternoons until nighttime are cold, with a chance of light snowfall at altitudes above 2,500 meters. Interested hikers can also enjoy the **kakani Suryachaur Hiking** during the winter season, especially around Christmas and New Year holidays. The days are clear with blue skies, providing stunning views of the Himalayas. However, daylight hours are shorter, with sunlight typically from 6:30 a.m. to 5 p.m.

The day hike around Kathmandu, like Kakani and Suryachaur is suitable for people of all age groups. Families with young children, school and college groups, elderly individuals, and even corporate executives can enjoy this refreshing experience in the pristine natural environment, provided they are physically active.

For more about this trip, see https://womanadventures.com/packages/kakani-suryachaur-hiking

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