



## Shivapuri Area rock climbing

<b>Trip code</b>	
<b>Package name</b>	Shivapuri Area rock climbing
<b>Duration</b>	1
<b>Max. elevation</b>	2200 m
<b>Level</b>	ADVANCE
<b>Transportation</b>	kathmandu - Shivapuri - Kathmandu by private car
<b>Accommodation</b>	Camping
<b>Starts at</b>	Kathmandu
<b>Ends at</b>	kathmandu
<b>Trip route</b>	kathmandu - Shivapuri - kathmandu
<b>Cost</b>	USD 170 per person

## Highlights

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## Overview

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Shivapuri is a beautiful region located near Kathmandu, Nepal, known for its pristine forests, scenic landscapes, and proximity to the Shivapuri Nagarjun National Park. While Shivapuri is primarily renowned for trekking and hiking, it also offers opportunities for rock climbing enthusiasts to enjoy their favorite activity in a serene and natural setting. Here's a detailed description of rock climbing in the Shivapuri area:

### **Climbing Locations:**

The Shivapuri area provides several rock climbing locations suitable for climbers of various skill levels. Some popular spots for rock climbing in Shivapuri include Nagarjun Forest, Shivapuri Hill, and

Budhanilkantha Cliff.

### **Nagarjun Forest:**

Nagarjun Forest is a vast forested area located on the outskirts of Kathmandu and is a part of the Shivapuri Nagarjun National Park. It offers a variety of rocky cliffs and boulders ideal for rock climbing. The forested surroundings provide a peaceful and natural environment, making it a popular choice for climbers seeking a retreat from the bustling city.

### **Shivapuri Hill:**

Shivapuri Hill is a prominent peak located within the Shivapuri Nagarjun National Park. The hill is known for its hiking trails, but it also presents opportunities for rock climbing. With its rocky outcrops and challenging terrains, Shivapuri Hill offers climbers a chance to test their skills and enjoy stunning views of the surrounding valleys and mountains.

### **Budhanilkantha Cliff:**

Budhanilkantha Cliff is a popular rock climbing spot located near the sacred site of Budhanilkantha Temple. The cliff features different routes suitable for climbers of varying abilities, from beginners to advanced. The climbing routes at Budhanilkantha Cliff are known for their vertical faces and technical challenges, providing a thrilling experience for climbers.

### **Climbing Routes:**

The Shivapuri area offers a range of climbing routes to cater to climbers with different abilities and experience levels. The routes can vary in difficulty, from easy routes for beginners to more challenging routes for experienced climbers. The climbing routes typically involve using climbing gear such as ropes, harnesses, helmets, and carabiners. Local climbing guides or experienced climbers can provide guidance and support during the climbing activities.

### **Natural Surroundings:**

One of the highlights of rock climbing in the Shivapuri area is the natural surroundings. The region is characterized by lush forests, scenic valleys, and panoramic views of the Himalayan ranges. Climbers can enjoy the beauty of the Shivapuri Nagarjun National Park while immersing themselves in the excitement of rock climbing.

### **Accessibility:**

One of the advantages of rock climbing in the Shivapuri area is its accessibility from Kathmandu. The climbing locations are within a short distance from the city, making it convenient for climbers to reach the sites and engage in climbing activities without long travel times.

### **Safety Considerations:**

Safety is of utmost importance in rock climbing. It is crucial to have the necessary experience, skills, and equipment to ensure a safe and enjoyable climbing experience. Climbers should familiarize themselves with the local climbing regulations, weather conditions, and potential hazards. Engaging with experienced climbing guides or joining organized rock climbing expeditions is highly recommended to enhance safety during climbing activities.

## Trip Itinerary

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### Day 1 : kathmandu to Shivapuri - 1 hr drive

After breakfast you drive 3 km to Nagarjun, North West of Kathmandu valley is the forested hill. It has twenty routes and is best place for beginners, intermediate and professional climbers. All routes are well bolted. The climbing cliff here is located inside the Royal Forest. It takes 20 minutes driving by private vehicles and about 1 hour walk from Thamel, Kathmandu. It is one of the nearest Climbing Sites of Kathmandu valleys. As you reach there you will get site briefing & equip with climbing gears. You enjoy full day climbing with packed lunch. In the evening you return back to your destination.

## Inclusions

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### What is included?

- All meals during the rock climbing period.
- Rock Climbing permit, transportation by tourist/local bus, kitchen and camping equipment,
- Experienced guides, Cooks and other staff, Salary and insurance
- All Personal and Group Climbing gears

### What isn't included?

- Mineral water, cold drinks and alcoholic beverages during the whole trip.
- Emergency evacuation, expenses of a personal nature, and member insurance.

### Complimentary