Rock Climbing

DURATION: 5 DAYS

Trip Facts

Group Size 1-8 Persons

Trip Grade Challenging

Accommodation Hotel-Camping

Max Height 1400 Metres

Start From Kathmandu

End At Kathmandu

Transportation Car-Jeep

Duration 5 Days

Meals included Breakfast Days

Best season:
All Season

Trip Overview

Natural rock climbing in the Kathmandu Valley refers to the activity of climbing on natural rock formations found in the surrounding areas of Kathmandu, Nepal. These rock formations offer opportunities for climbers to challenge themselves physically and mentally while enjoying the natural beauty of the region. In the context of Kathmandu Valley, natural rock climbing typically involves ascending cliffs, crags, or boulders using various climbing techniques and equipment. Climbers utilize their skills in balance, strength, agility, and problem-solving to navigate the routes and reach the top of the rock formations. While the Kathmandu Valley itself doesn't have extensive natural rock climbing sites, there are a few locations nearby that provide opportunities for outdoor enthusiasts. These areas may feature limestone or other types of rock formations suitable for climbing. Climbers can find different routes and difficulty levels to match their abilities and preferences.

Natural rock climbing in the Kathmandu Valley offers a chance to engage with nature, challenge personal limits, and experience the thrill of conquering heights. It requires proper climbing gear, knowledge of climbing techniques, and an understanding of safety protocols. Climbers should also be aware of the local regulations, obtain any necessary permits, and consider the environmental impact of their activities.

Trip Itinerary

Day 1: Arrive in Kathmandu and check into your accommodation.

3-5 | Breakfast | Hotel | Car | 1400 m

- Arrive in Kathmandu and check into your accommodation.
- Spend the day exploring the vibrant city, visiting historical sites, and preparing for the climbing adventure.
- In the evening, meet with your climbing guide or group to discuss the itinerary, safety precautions, and necessary equipment.

Day 2: Depart from Kathmandu early in the morning for Hattiban, a popular rock climbing spot located southwest of the city

5-7 | Breakfast-Lunch | Hotel | Car-Jeep-Bus | 1600 m

- Depart from Kathmandu early in the morning for Hattiban, a popular rock climbing spot located southwest of the city.
- Arrive at Hattiban and begin your rock climbing adventure. Depending on your skill level and preferences, choose routes that suit your abilities.
- Spend the day climbing, enjoying the natural surroundings, and challenging yourself on different routes.
- After a fulfilling day of climbing, return to Kathmandu in the evening and rest.

Day 3: Travel to Bimal Nagar, located about 95 kilometers west of Kathmandu, which offers more rock climbing opportunities.

6-7 | Break-Lunch -Dinner | Hotel-Camping | Car-Bus-Jeep | 800 m

- Travel to Bimal Nagar, located about 95 kilometers west of Kathmandu, which offers more rock climbing opportunities.
- Arrive in Bimal Nagar and set up a base camp or arrange accommodation in the area.
- Begin climbing on the natural rock formations, exploring various routes and challenges.

- Enjoy the serene environment and breathtaking views while climbing.
- After a full day of climbing, relax and unwind at the campsite or accommodation.

Day 4: Continue climbing in Bimal Nagar, exploring new routes or revisiting those you found particularly enjoyable.

7-8 | Break-Lunch -Dinner | Hotel-Camping | Car-Jeep-Bus | 800 m

- Continue climbing in Bimal Nagar, exploring new routes, or revisiting those you found particularly enjoyable.
- Take breaks to appreciate the natural beauty surrounding you and capture memorable moments.
- Engage with the local climbing community, exchange experiences, and learn about the area's climbing culture.
- In the late afternoon, conclude your climbing session and prepare for departure the next day.
- Spend the evening reflecting on your climbing experiences and enjoying a farewell dinner.

Day 5: Depart from Bimal Nagar and head back to Kathmandu.

6-7 | Break-Lunch -Dinner | Hotel | Car-Bus-Jeep | 1400 m

- Depart from Bimal Nagar and head back to Kathmandu.
- Arrive in Kathmandu and have some free time to explore the city further or indulge in shopping for souvenirs.
- In the evening, celebrate the successful completion of your rock climbing adventure with a farewell dinner or gathering.

Cost Includes

- Climbing Gear: Make sure to include all the necessary climbing gear such as harnesses, helmets, climbing shoes, belay devices, carabiners, and ropes. These are essential for your safety and comfort during the climb.
- Experienced Guides: It's highly recommended to include the services of professional climbing guides who are familiar with the local terrain, safety protocols, and climbing routes in Kathmandu. They can provide guidance, instruction, and ensure your safety throughout the climbing experience.
- Permits and Permissions: Check if there are any permits or permissions required for rock climbing in Kathmandu. Including the necessary paperwork to comply with local regulations and ensure a hassle-free experience is essential.
- Training and Preparation: Before attempting rock climbing in Kathmandu, include proper training and physical preparation. Strengthen your core muscles, practice climbing techniques, and improve your overall fitness level to make the most of your climbing adventure.

MOUNT
ADVENTURE HOLIDAYS

Cost Excludes

- Inadequate Gear: Exclude any climbing gear that is worn out, damaged, or not suitable for the specific climbing conditions in Kathmandu. It's crucial to have reliable and well-maintained equipment to ensure your safety.
- Lack of Experience: If you're a beginner or inexperienced climber, it's advisable to exclude attempting advanced or challenging routes without proper training and guidance. Start with easier climbs and gradually progress to more difficult ones as you gain experience.
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Poor Weather Conditions: Exclude climbing during adverse weather conditions such as heavy rain, snow, or extreme temperatures. Inclement weather can make climbing dangerous and increase the risk of accidents. Check the weather forecast and plan your climb accordingly.

- Overexertion: Exclude pushing yourself beyond your limits or attempting climbs that are beyond your skill level. It's important to know your abilities and climb within your limits to avoid accidents or injuries.

Trip Map