

Nagarkot to Changu Narayan Day Hike: Down the Ridge to a World Heritage Temple

Before you go · last checked on 15 October 2026

At a glance

Days	1 day, about 3 to 4 hours on foot
Highest point	2,175 m (Nagarkot)
Grade	Easy
Starts	Kathmandu (Nagarkot)
Ends	Kathmandu
Best season	Autumn, winter and spring
Sleeping	None (day hike)

Is this walk for you?

It suits you if:

- You want an easy walk with a famous view and a great temple.
- You are travelling with children or older walkers.
- You have half a day to a day.
- You like village life.

Think twice if:

- You want a hard climb: try Phulchoki.
- You want a wild trail: roads run near much of the ridge.
- You do not want an early start for the view.

The honest downsides

- Parts of the way follow or cross village roads.
- The sunrise view needs a very early start or a night in Nagarkot.
- The mountains are often hidden in haze from April to September.
- Changu Narayan's entrance fee is extra.

When to walk it

Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Best	Best	Good	Good	Wet	Wet	Wet	Wet	Wet	Best	Best	Best

A good winter walk: cold at dawn, warm by midday.

Permits and papers

No trekking permit is needed. Changu Narayan has an entrance fee for foreign visitors, paid at the gate.

- ☐ Passport, valid for at least six months, and a copy
- ☐ Your Nepal visa
- ☐ Passport photos for the permits
- ☐ Travel insurance that covers trekking at this altitude and helicopter rescue

For your budget

My guide fee for this walk is about \$ 25 a day, the same for 1 to 5 people.

A porter, if you hire one: about the same as a guide's day rate. Permits, transport, rooms and meals are paid separately, at cost.

What	Paid to	About	Note
Guide (me)	Rujan Neupane	My day rate for one day	One rate for 1 to 5 people
Changu Narayan entrance fee	The temple area	Official price	Paid at cost
Car to Nagarkot and back from Changu Narayan	The driver	Agreed before the day	Paid at cost
Lunch and tea	Tea shops and small restaurants on the way	What they charge	You pay them directly

What to pack

EASY GRADE PACKING LIST

For low-altitude, gentle-gradient walks with short daily durations and mild weather.

General

- ☐ Daypack: 20L–30L capacity
- ☐ Duffel bag: Soft duffel or luggage (if porter/transport arranged)
- ☐ Trekking poles: Lightweight single or pair poles
- ☐ Headlamp: Compact LED headlamp
- ☐ Water bottle: 1L reusable water bottle

Head & Face

- ☐ Sun hat / Cap: Breathable brimmed hat
- ☐ Sunglasses: Standard UV protection sunglasses
- ☐ Sunscreen & Lip balm: Basic SPF 30+ sun protection

Upper Body

- ☐ Base layers: 2–3x Moisture-wicking short-sleeve T-shirts
- ☐ Mid-layer: Light fleece sweater or windbreaker
- ☐ Outer jacket: Lightweight waterproof rain jacket

Lower Body

- ☐ Trekking pants: 1–2x Lightweight quick-dry trousers
- ☐ Shorts: 1x Hiking shorts (optional)

Footwear

☐ Footwear: Low-cut hiking shoes or comfortable trail runners

☐ Socks: 3x Synthetic or merino light-cushion socks

Backpack/Other Gear

☐ Electronics: Phone, small power bank (10,000 mAh), & charger

☐ Toiletries: Toothbrush, small towel, hand sanitizer, & wet wipes

☐ Medical: Basic plaster kit, personal medication, & bug spray