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# Rock Climbing in Kathmandu

URL: https://himalaya-discovery.com/trip/rock-climbing-in-kathmandu/

**Destination**
Nepal

**Activity**
Climbing and Expedition

## Trip Overview

Rock Climbing in Nepal is becoming one of the most popular adventure sports for both the visitors and the locals. Due to the awesome natural rock faces in majestic settings, Nepal offers some of the best places for the sport.

Most of the rock climbing destination lies in and around Kathmandu, Pokhara and the Khumbu region of Nepal. Rock climbing in Kathmandu is an activity in which you will climb up or across natural rock formations or man-made rock walls with the goal of reaching the summit of a formation or the endpoint of a pre-defined route.

Rock climbing is generally differentiated by its need for the use of the climber's hands to hold his or her own weight in order to make balance. Rock climbing is a physically and mentally demanding sport, one that often tests a climber's strength, endurance, agility, and balance along with his or her mental control.

It can be a dangerous sport and knowledge of proper climbing techniques and usage of specialized climbing equipment is crucial for the safe completion of routes. We provide you site briefing, travel arrangement, lunch, climbing gears and field guides.

Since most of the Rockwall climbing adventure is set outside the main cities, the activity can be combined with other adventure activities such as birdwatching, rafting and hiking in Nepal.

## Itinerary

### Day 01: Nagarjun Forest Reserve.

Nagarjun Forest Reserve

The climbing site has wide range of routes and is best place for beginners, intermediate and professional

climbers. Nagarjun is located 3 Km North West of Kathmandu Valley.

The drive time to reach the Nagarjung Forest Reserve is 30 minutes from Thamel. To reach the climbing spot, we will have to hike 30 minutes from the entrance gate.

Nagarjun Forest Reserve is guarded by army. Check-out time is 5 O'Clock. We can arrange rock climbing program with mountain bike cycling.

### Day 02: Hattiban

Hattiban rock climbing site is located on a way to holy temple "Dhaskinkali". The climbing site is for professionals where they can enjoy top level grades climbing.

Drive time is about 1 hour from Thamel, Kathmandu and you will have to take a hike for about 30 minutes to reach the spot.

Departure time from hotel 09:30 a.m
Hattiban 10:30 a.m
Hiking (30-45 mins)
Rock climbing spot 11:00 a.m
Lunch 01:30 p.m
Departure from Hattiban 04:30 p.m

Other Climbing trips, we can customize our trip according to your need. We can add biking, tented camp and hiking with rock climbing events.

## Address

Nagarjun 5, Swayambhu
Kathmandu, Nepal