

Tel: +977-01-4988659

E-Mail: sales@iciclesadventuretreks.com www.iciclesadventuretreks.com



A Day hike to Jamacho - 1 Day

One of the closest day hikes inside the Shivapuri-Nagarhjun national park, Jamacho day hike is a less crowded jungle walk with mesmerizing views of the entire Kathmandu valley lush greeneries and entire mountain massifs throughout the northern territory. Escaping the crowds of the city's streets, you will hike to the untouched nature, passing the deeply forested lands, beautiful birdlife, and exotic wildlife.

The journey to Jamacho hill begins after a short drive to Phulwari gate, just around five kilometers from Thamel. There is an army camp at the National Park entrance where we will buy permits and proceed upward.

The first half an hour is a steep uphill hike. However, upon arrival at another army camp, the trail gets more manageable. Following the gradual upward trekking trail, we will reach atop Jamacho, spending approx. Another one hour and thirty minutes.

There is a small stupa on the top of the hill, a monastery with thousands of prayer flags hanging around. Now we are almost 800m above the Kathmandu valley and 2130m above sea level. The mountains, including Manaslu, Ganesh Himal, Jugal, Dorje Lakpa, and Langtang massif, seem smiling northern territory. The entire Kathmandu valley is seen clearly, and the surrounding hills look lustrous green from the watchtower situated just beside the monastery.

After having the picturesque sceneries of nature, including the mountain massifs, we hike down following the same trail of ascent. As there is the unavailability of the teahouses or restaurants throughout the trekking trail, we shall have some packed lunch at the top taken from Kathmandu. Then, walking approximately an hour and a half, we will reach the Phulwari gate again and drive back to your hotel.

IS THIS HIKE FOR ME?

This hike is for you if you are short on time in Kathmandu and have just a day to explore around. It is also for you if you are eager to see the Himalayan panorama, beautiful rhododendron forests, and exotic wildlife inside the national park.

HOW CHALLENGING IS THE HIKE?

Jamacho day hike is graded as an easy hike that reaches up to 2130m above the sea and completes within 6-7 hours. Hikers having moderate physical fitness and psychological determination can complete this hike efficiently.

WHAT SORTS OF THINGS ARE PROHIBITED IN THE HIKE?

You are hiking in the national park (a conservation area); therefore, you need to be aware and should not disturb the natural disturb the inhabitants around. Some instruments as matchboxes, lighters, or any kinds of devices that produce fire, music speakers, and knives are not allowed to carry. However, the packed lunch, water bottles, snacks, soft drinks are allowed to take. Beware of rubbish! Please do not throw useless bottles, plastic, and other items anywhere; they spoil nature.

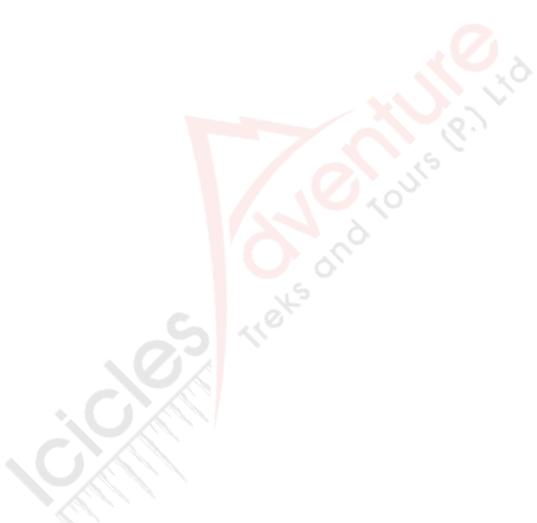
IS IT POSSIBLE TO TAKE PHOTOS DURING THE TREK?



Ganeshraj Marg, Paknajol Height, Thamel, Kathmandu Tel: +977-01-4988659

E-Mail: sales@iciclesadventuretreks.com www.iciclesadventuretreks.com

Yes! You can carry your camera and take pictures even inside the national park. The monkeys hanging on the trees, birds flying here and there, deer running from here to there make the atmosphere quite photogenic. Next, you can ask for your guide to take the pictures if there is a definite place you would like to take pictures. Then, they will share those pictures via email.





Ganeshraj Marg, Paknajol Height, Thamel, Kathmandu Tel: +977-01-4988659

E-Mail: sales@iciclesadventuretreks.com www.iciclesadventuretreks.com

PRICE INCLUDES

- Professional English-speaking tour guide
- Transfer from hotel to the Phulwari Gate with private vehicle
- · Lunch on the way
- Pickup from the Phulwari Gate with private vehicle
- 3 Bottle of mineral water per person
- All the fees and taxes

PRICE EXCLUDES

- · Personal expenses
- Tips/gratuities for the staff (tipping is expected by staff)



Ganeshraj Marg, Paknajol Height, Thamel, Kathmandu Tel: +977-01-4988659

E-Mail: sales@iciclesadventuretreks.com www.iciclesadventuretreks.com

ITINERARY IN DETAIL

Day 1: Jamacho day hike

8: 00 am: Pickup from the hotel and drive to Phulwari (an entrance to the national park)

8: 30 am: Begin uphill hike

12: 00 pm: Reach atop Jamacho hill

12: 00 pm - 1: 00 pm: Explore surroundings and have packed lunch

1: 00 pm: Begin downhill hike

2:30 pm: Back to Phulwari and drive back to the hotel

Note: The scheduled time is approximate and is subject to be changed. We can customize the itinerary as per our client's request.