

nepal

# MAJOR TOURIST DESTINATIONS

(GANDAKI PROVINCE)



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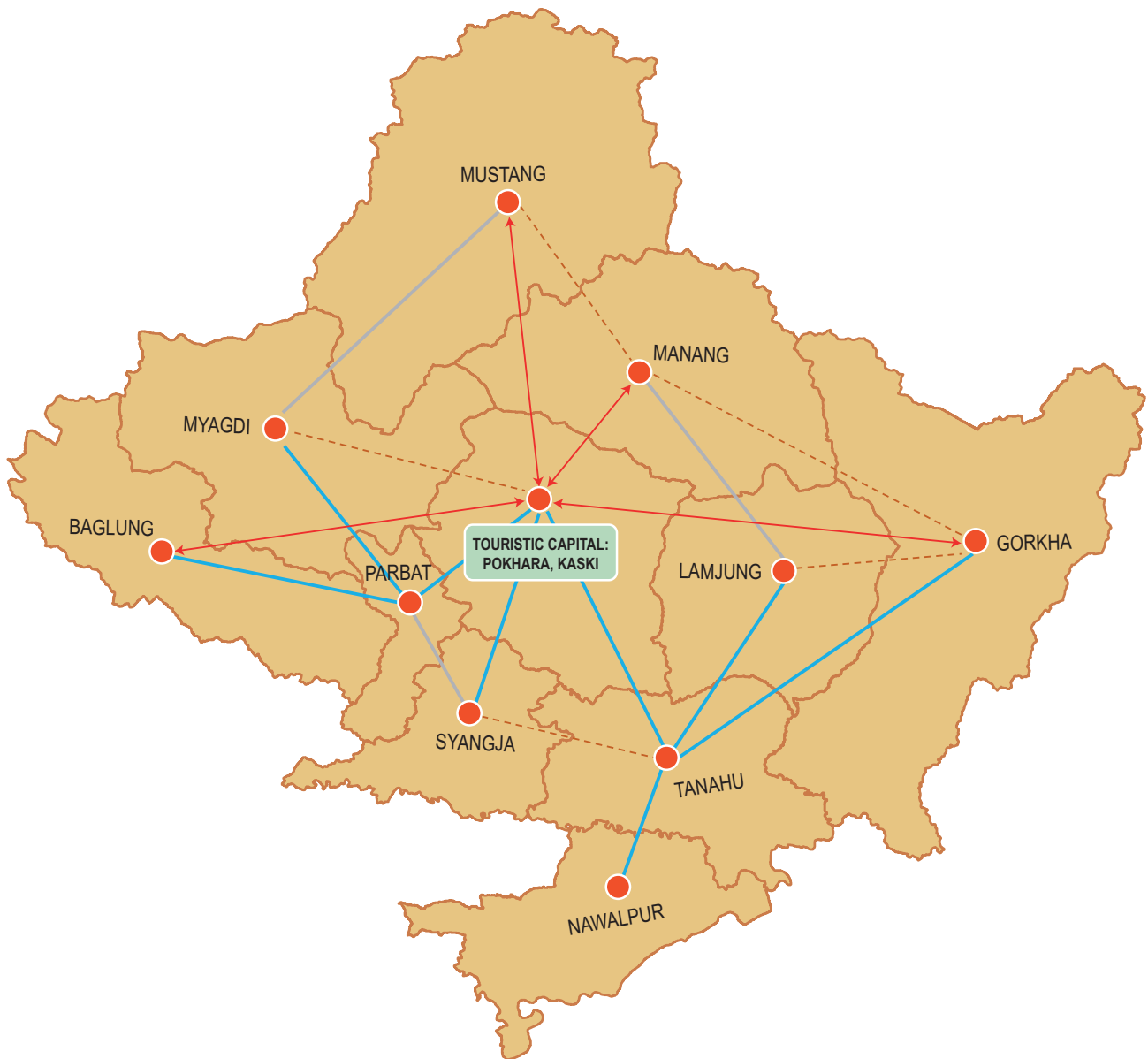
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# Mapping access to districts within Gandaki Province from Pokhara

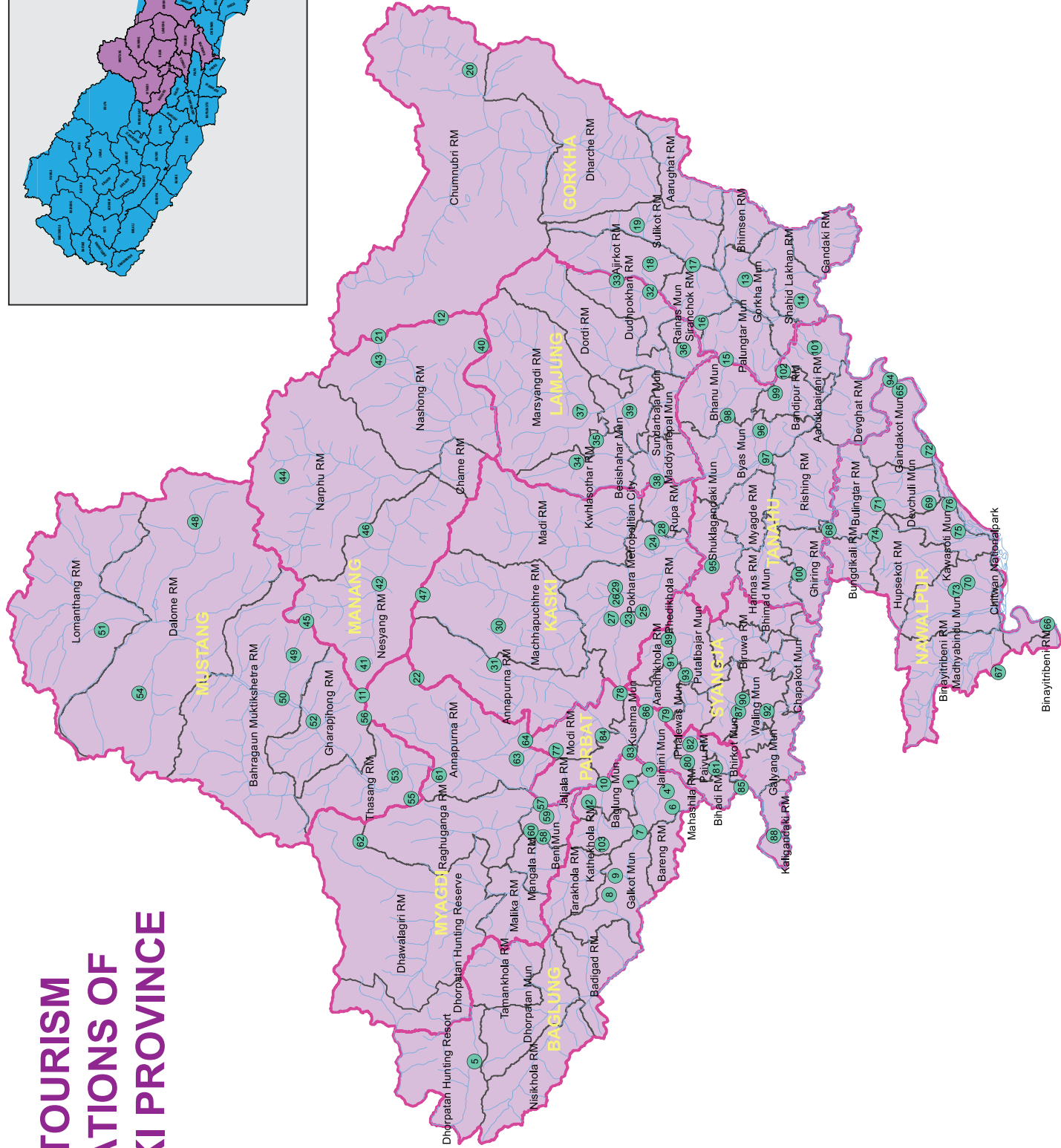
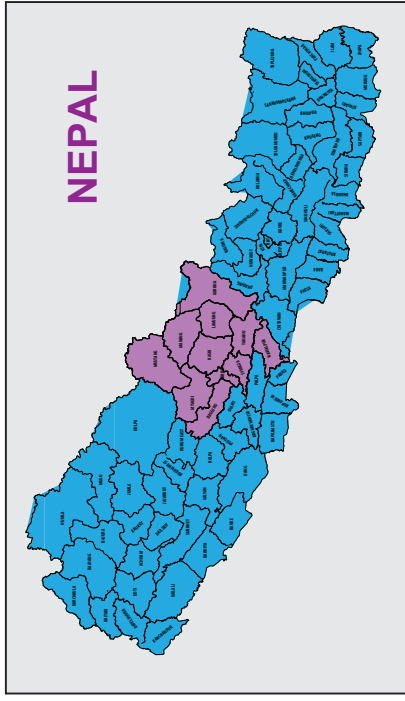


## Major Destinations for Tourism in Gandaki Province

S.N.	Destination	District	S.N.	Destination	District
1.	Bhairavsthan Temple	Baglung	52.	Jomsom / Kuchhap Terenga Monastery / Leopard Cave	Mustang
2.	Panchakot / Shaligram Museum	Baglung	53.	Titi Lake	Mustang
3.	Jaimini Dhaam	Baglung	54.	Lo-Gheker Monastery	Mustang
4.	Maisthan	Baglung	55.	Dhaulagiri Icefall	Mustang
5.	Dhorpatan	Baglung	56.	Southern Nilgiri	Mustang
6.	Handikot	Baglung	57.	Galeshwor Dham	Myagdi
7.	Gaja Pond / Rudra Lake	Baglung	58.	Singha Hotspring	Myagdi
8.	Ghumte Highlands	Baglung	59.	Pulatshyashram / Jagannath Temple	Myagdi
9.	Galkot Durbar (Palace)	Baglung	60.	Malika Dhuri	Myagdi
10.	Baglung Kalika Temple	Baglung	61.	Ruptse Waterfall	Myagdi
11.	Mount Tilicho	Manang	62.	Mount Dhaulagiri	Myagdi
12.	Mount Manaslu	Gorkha	63.	Khopra Dhuri	Myagdi
13.	Gorkha Durbar / Kalika / Museum	Gorkha	64.	Ghorepani	Myagdi
14.	Manakamana Temple	Gorkha	65.	Maula Kalika Temple	Nawalpur
15.	Palungtar Airstrip	Gorkha	66.	Triveni Dham	Nawalpur
16.	Harmikot	Gorkha	67.	Daunne Devi Temple	Nawalpur
17.	Shrinathkot	Gorkha	68.	Ghumari Ghat	Nawalpur
18.	Ajirkot	Gorkha	69.	Shashwat Dham	Nawalpur
19.	Barpak Village	Gorkha	70.	Akala Devi Temple	Nawalpur
20.	Chhekamparo	Gorkha	71.	Devchuli and Barchuli Peaks	Nawalpur
21.	Thonchelarke Pass	Gorkha	72.	Kailash Sanyash Ashram	Nawalpur
22.	Mount Annapurna	Kaski	73.	Lhosedhara	Nawalpur
23.	Phewa Lake/Taal Barahi/World Peace Pagoda	Kaski	74.	Rudrapur Gadhi	Nawalpur
24.	Begnas Lake	Kaski	75.	Taruwa Lake	Nawalpur
25.	Devis Falls, Gupteshwor Cave, Museum	Kaski	76.	Madhyawarti Jungle	Nawalpur
26.	Bindhyabasini Temple	Kaski	77.	Hampal / Jaljalaa	Parbat
27.	Sarangkot	Kaski	78.	Panchase	Parbat
28.	Rupakot, Rupa Lake	Kaski	79.	Dahare Deurali	Parbat
29.	Kahundanda	Kaski	80.	Chisapani Kalika	Parbat
30.	Mount Macchapuchhre (Fishtail)	Kaski	81.	Painyukot	Parbat
31.	Annapurna Base Camp	Kaski	82.	Mahashila	Parbat
32.	Ilam Pokhari	Lamjung	83.	Kushma Modibeni Area	Parbat
33.	Dudhpokhari	Lamjung	84.	Mahabheer Waterfall	Parbat
34.	Bhujung Village	Lamjung	85.	Sedibeni Shila	Syangja
35.	Ghale Village / Ghan Pokhara	Lamjung	86.	Andha Andhi Pond	Syangja
36.	Rainaskot	Lamjung	87.	Swarek Maidan	Syangja
37.	Siurung Village	Lamjung	88.	Alam Devi Temple	Syangja
38.	Ishaneshwor Mahadev	Lamjung	89.	Salme Danda, Gurkha Memorial	Syangja
39.	Lamjung Durbar, Kaulepani	Lamjung	90.	Chhaya Chhetra Temple	Syangja
40.	Dona Lake	Manang	91.	Bhalu Pahaad	Syangja
41.	Tilicho Lake	Manang	92.	Garhaun Kalika Temple	Syangja
42.	Gangapurna Lake	Manang	93.	Sataun Chandi Kalika	Syangja
43.	Ponker Lake / Namlyo Lake	Manang	94.	Devghat Dham	Tanahu
44.	Chho Karna Lake	Manang	95.	Dhor Barahi	Tanahu
45.	Thorang La Pass	Manang	96.	Chhabdi Barahi	Tanahu
46.	Nar Phu Kangla Pass	Manang	97.	Vyas Cave and Tourism Area	Tanahu
47.	Mount Annapurna II and III	Manang	98.	Tanahusur Palace	Tanahu
48.	Damodar Kunda	Mustang	99.	Thanimai / Siddha Cave / Bandipur	Tanahu
49.	Muktinath Temple	Mustang	100.	Ghiringkot Palace	Tanahu
50.	Kagbeni	Mustang	101.	Chhimeshwari	Tanahu
51.	Lomanthang	Mustang	102.	Aandhimul Barahi	Tanahu
			103.	Bihunkot / Shivadhuri	Baglung



# MAJOR TOURISM DESTINATIONS OF GANDAKI PROVINCE



© Tulsiram Sharma

**Legend**

- Tourism Destination (Green dot)
- River (Blue line)
- District (Pink outline)
- Palika (Purple outline)





*The Prime Minister*

**KATHMANDU  
NEPAL**



## **Message**

I am pleased to know about the publication of Major Tourism Destinations in the Gandaki Province with descriptions of key attractions in the Province. I believe the publication will help promote tourism of Gandaki Province in domestic and international markets, improve services, and increase length of stay by tourists. The increase in domestic and international tourists will contribute to production and productivity of domestic industries as well as to create employment opportunities.

Traditional handicrafts, cultures, historical monuments, geography and its diverse biodiversity are Nepal's unique assets. As a result of our natural beauty, Nepal continues to be listed as a key destination for tourism globally. We acknowledge the key role of the Gandaki Province to promote Nepal's tourism sector based on its priceless destinations. The cultural heritage and natural attractions in the Province are beyond comparison.

Promoting and strengthening the tourism sector will certainly contribute to the Nepal's overall progress and development and there can be no second opinion on this. The Government of Nepal's position at the policy level has been to identify, develop and promote destinations that have the potential for tourism. Destinations for tourism have their unique attraction but they must promote indigenous art and craft and focus on cultural preservation. It is true that many destinations with potential have not been promoted and resourced to exhibit their full potential and value. Tourism is a key contributor to our national economy. I would like to reiterate the importance of its development and strengthening of this sector so that it can play a huge role in meeting our national aspiration 'Prosperous Nepal, Happy Nepali'.

It is my firm believe that the publication which identifies and describes key destinations will help promote tourism both in domestic and international markets. At a time when we are going to observe the 'Visit Nepal Year 2020' and all our promotional materials and activities are directed at the promotion of the event launch, the publication, without a doubt, will help promote Nepal as a key destination for tourism in the world.

**22 December 2019**

**K P Sharma Oli**







Chief Minister



Gandaki Province  
Pokhara, Nepal

## Greetings

I feel immense pleasure to mention the initiative taken by Gandaki Province Ministry of Industry, Tourism, Forest and Environment to publish Gandaki Province's "**Major Tourist Destinations**" with little description of these sites. This publication is expected to promote tourism of Gandaki province in the domestic and international market. Its geographical and social diversity, natural resources, religious, cultural and historical monuments all of which are rich and unique. I believe, this publication will work as a marketing tool which will help to contribute to an increase in the inflow of domestic and international tourists, increase length of stay and also improve the quality of our services.



Tourism sector is one of the key drivers of prosperity in Gandaki province, therefore the Government has given high priority for the development of this sector. Mountaineering started since 1950 in Nepal with the opening of Mount Annapurna which is located in Gandaki province. Tourist destinations such as Pokhara, the Tilicho lake located in high altitude in the world in Manang, northern part of Gorkha and Mustang districts are known all over the world as the hidden treasures. There are other destinations in the province which are located across the Himalayan range like Muktinath. Similarly, world famous hiking trails and renowned conservation areas in the province continue to attract people from around the world. The province shares its geographical boundaries in the north with China and the south with India. The opening of the Korala check point in the north and reopening of the Susta custom check point in the south will facilitate in the inflow of tourists from China and India respectively. The development of road networks linking the federal capital Kathmandu with Lumbini, the birthplace of Buddha, will certainly facilitate in promoting the domestic tourism in Gandaki province. After completion the construction of regional international airport in Pokhara by July 2021, tourist inflow is expected to grow by many folds as a result of direct air links with international tourism market.

The Gandaki Provincial Government has declared 2019 as Internal Tourism Year, 2020 as Neighboring Country Tourism Year and 2022 as International Tourism Year. In the context of these tourism milestones of the province, I am convinced that the publication detailing Gandaki's key tourist destinations will help to promote tourism in the domestic and international market.

With best wishes.

**Mr. Prithvi Subba Gurung**  
Chief Minister







Provincial Government  
Ministry of Industry, Tourism, Forest & Environment  
Gandaki Province, Pokhara, Nepal



Secretariat of Minister  
Hon'ble Minister, Bikash Lamsal

Ref:

## Message

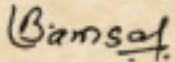
Gandaki province is well known for its diverse geography, biodiversity, and culture. The tranquil atmosphere of the provincial capital, Pokhara, and its mystical surroundings attracted 400,000 international tourists and 600,000 domestic tourists in 2018, generating NRs 30,000,000,000 (or 10 %) of the provincial GDP and significant employments. The number of tourists has been projected to increase by 20 percent every year for the next few years, generating more income and employment opportunities, and boosting the provincial economy. The provincial government has, therefore, envisioned the tourism sector as a key driver for the prosperity of the province.



All urban and rural areas in Gandaki province are equally inherited by mystic nature, diverse culture, and world ranking adventurous places. However, the concentration of both domestic and international tourists, to date, is in Pokhara and surrounding areas, such as Annapurna Circuit, Dhorpatan, and Manaslu region, due to the inadequate infrastructures and feeble branding and marketing. The Gandaki province Government has envisioned a celebration of visit year as a tool to promote provincial tourism destinations. As such, the government is promoting 2019 as Internal Tourism Year, 2020 as Neighbouring Country Tourism Year, and 2022 as the international level Visit Gandaki Year setting an ambitious target to bring two million tourists a year by 2022.

Exploring and identifying potential tourism destinations paves the foundation for strengthening branding, marketing, and planned tourism infrastructure development and the attraction of more tourists. The Ministry of Industry, Tourism, Forest and Environment of the Gandaki province and the Nepal Tourism Board have jointly published an inventory called "**Major Tourist Destinations of the Gandaki Province**", targeting both domestic and international markets. I believe, this inventory will be instrumental in laying the foundation to improve local livelihoods and balanced and sustainable tourism development, which the Gandaki province government aspires. I urge all the stakeholders for generous support in promoting tourism destinations envisioned in the publication and help the government to establish the tourism sector as a main contributor to the provincial economy.

December 2019

  
Bikash Lamsal







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467669  
467670

**Provincial Government**  
**Ministry of Industry, Tourism, Forest & Environment**  
**Gandaki Province**  
**Pokhara, Nepal**

**Ref. No.:-**  
**Letter No.:-**

## **The Publication**

Gandaki province has a plethora of tourism attractions. This is further strengthened by the ongoing Pokhara regional international airport, upgrading of the highway linking Kathmandu, Pokhara and Lumbini and the development of communication and technology that are contributing to promoting tourism in the province. The provincial government has placed tourism as a priority sector and to this end, it has been marketing, profiling and undertaking promotional activities to attract domestic and international visitors.



The provincial government recognizes the contribution of tourism to the overall economic and social development of the province. It is in this context, the government has placed priority to further promote existing tourism destinations and exploring others that have potential for development. The Annapurna and Manaslu conservation areas, Dhorpatan, the country's only hunting reserve, world famous trekking circuits, the world's deepest Kaligandaki Gorge, lakes listed in the Convention on Wetlands of International Importance (Ramsar Convention 1971), Tilicho, the highest lake in the world, Ghalegaun, homestays in Sirubari and Amaltari, adventure sports, Devghat, Muktinath temples and other sites of religious significance have all contributed to the development of tourism in the province.

Setting a target to attract two million visitors by 2022, the provincial government has declared various calendar years to promote tourism, and necessary preparations including marketing and promotional activities have already been initiated. To translate this goal into reality, it is imperative that there is close coordination and partnership with the federal government, local governments and the private sector. Realizing this, the provincial government has been making earnest efforts to develop tourism destinations, products and infrastructures in the province.

The book titled "Major Tourism Destination" presents a snapshot of the 110 diverse destinations with each of their main attractions. I believe this publication will introduce Gandaki Province and well inform about its attractions and destination sites.

I would like to acknowledge and appreciate the contribution of staff who helped in preparing and publishing this publication. As always, I look forward to feedback and recommendation to help strengthen and promote tourism in the province.

**December 2019**

**Yam Prasad Pokharel**  
Secretary



Path to Tilicho Lake © Abish Kaji Shakya





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# GANDAKI PROVINCE



Thorang-la Pass © Buddha

**G**andaki province under the Federal Republic of Nepal has its own identity as a result of its natural beauty, organic resources, diverse geography, social and cultural heritages and its self-reliant economy. World famous Mount Annapurna and Mount Manaslu are in Gandaki province. The highest lake in the world Tilicho (4,919 m) in Manang district, the world famous Kaligandaki river and its lowest ravine in the world and Myagdi's Ruptse waterfall also fall in the province.

Known for its natural beauty, Pokhara valley is also known as the tourist capital. The breathtaking Annapurna and Dhaulagiri mountains appear just a touch away from Pokhara which is surrounded by lush green vegetation. Dhaulagiri (8,167m) Manaslu (8,183m) and Annapurna (8,091m) have all contributed to the scaling up of the province's identity and tourism sector. The province also has Nepal's one and only hunting sanctuary Dhorpatan. The province is also home to endangered and close to extinction wildlife such as the Snow Leopard and the Musk Deer. Exotic herbs such as *Corydceps sinensis* (Yarsagumba, a valuable herb used for different medicinal purposes), Tibetan Garlic (Bhote Lasun), *Taxus wallichiana* also commonly known as Himalayan Yew and Seabuckthorn are

also found in the province along with the stunning blooming of the red Rhododendrons in Ghorepani and Orchids in the Panchase highlands.

The province also has religious, holy and historical sites. Falling in the mid region of the country Kaski, Lamjung, Tanahu, Gorkha, Reesing, Ghiring, Dhor, Tanahu, Garhaun, Painyu, Bhirkot, Parbat and Nuwakot are part of the province. There are numerous historical sites such as palaces and forts in these places. For example, there is the Kaskikot palace, Paudurkot, Thulakot and Khadgaunkot in Kaski. Similarly, there is the Tanahasur palace, Dhor palace, Reesing, Ghiring and Phurkot in Tanahu district. Sites and destinations in the province such as the ancient town of Lomanthang, early settlements of the Gurung Kwoholasothar, Muktinath a site of pilgrimage for both Hindus and Buddhists, Manakamana in Gorkha district a site of religious importance for Hindus. Kalika temple in Baglung, Galeswor Mahadev temple in Myagdi, Pokhara's Brindabasini temple, Sataun Chandika in Syangja, Dhorbaraha in Tanahu and Gorkha palace in Gorkha are considered to be Nepal's historical and political epicenter and Lamjung's Gaunshahar palace all have their religious and historical importance.



**M**ustang which lies across the Himalayan range has its own distinct and unexplained presence. Located in the foothills of the Annapurna and Nilgiri mountains Jomsom is a key point along the Annapurna trek circuit which is accessible by road as well as direct air link from Pokhara. Mustang which was prohibited for foreign tourists up until 1992 continues to exhibit the embodiment of hundreds of years of Buddhism's cultural identity. Historical records show that more than three centuries ago, Mustang served as the main trading centers between Nepal and Tibet. Situated on the northern side of Mount Annapurna Mustang receives very little rain. The Kaligandaki river which runs across the district is also known as Thak-Khola. The upper northern part of the district is known as Lomanthang.







Horse Riding © Dr. Prem Sharma

# MUSTANG



**District Area**  
3,564.25 sq. km

**District Headquarter**  
Jomsom

**Political Boundaries**  
 East : Myagdi, Manang and Tibet  
 West : Dolpa, Myagdi and Tibet  
 North : Tibet  
 South : Myagdi and Manang

**Population Census (2011)**  
 Total : 13,452  
 Density : 4 per sq. km

**Location**  
 Longitude: 83°28' 56"-84°15'18"  
 Latitude: 28°33'52"-29°19'52"

**Temperature**  
 Maximum: 23.1°C  
 Minimum: -2.7°C

**Rainfall**  
323 mm

**Weather**  
Temperate,  
Sub-Alpine & Alpine

**Accommodation Facilities**  
 Hotel, Lodge, Resort and  
 Community Home Stay

**Culture**  
 Teej, Yaton, Holi, Pange,  
 Ghuichang, Lhosar

**Access**  
 Pokhara to Jomsom:  
 158 km by Bus & Jeep  
 Plane

**Health Service**  
 Hospital, Health Post,  
 Clinic, Ayurvedic Centers

**Tourist Attraction Sites:**  
 Muktinath Temple  Kagbeni Pilgrimage Site  Kuchhap Terenga Monastery  Lo-Gheker Monastery  
 Damodar Kunda  Lomanthang Palace and Caves  Dhaulagiri Icefall  Leopard Cave  Jomsom Village  Titi Lake



Lomanthang © BB Phuyal

## Lomanthang

Spread over 727 sq. km Lomanthang has a population of about only 1,899. Lomanthang rural municipality is a part of Mustang district which borders Tibet to the north. Lomanthang as a village is walled within a six meter high, one meter wide wall that runs 856 meter in the shape of the English alphabet L. Built approximately around the 15<sup>th</sup> century during the reign of the Mustang dynasty's first king Amae Pal, the walls of circumventing Lomanthang are still intact. The walls were built entirely by clay and according to elders in the village, Yaks were used to compress the wall during the construction process. This region, referred to "Lo" in the Tibetan language has its language and cultural practices similar to that of Tibetans. Prior to Nepal being declared a federal republic state, the region had an acceptance for the royalty and subject system with the last king of the Lomanthang region being Jigme Dorje Palwar Bista.

Also known as the upper Mustang region, more than a dozen caves with historical and archeological importance have been discovered. The caves have historical scriptures that depict Buddhist philosophy and practices. Lomanthang is 50 km from Mustang's district headquarter Jomsom.

"Lo" in the local language means heart, "man" meaning wish and "thang" meaning land. It is in this context that "Lo" was referred to all the land ruled and expanded by the kings of Mustang. Monkhar palace, Thupchhen monastery, Chhoden monastery, Jhyampal monastery (Maitriya) which were built around the 15<sup>th</sup> century are key attractions within the walls of Lomanthang. Lomanthang which served as a key trade and transit point between Nepal and Tibet in ancient times has in recent years been recognized as a key tourism center.





Muktinath Temple © Rajan Kafle

## **Muktinath Temple**

Located at 3,800 m above sea level Muktinath is a sacred pilgrimage site for both Hindus and Buddhist. According to mythological sources, Muktinath is a sacred monument which is 2,000 years old. Hindus consider the site as an area for salvation while Buddhist call it "Chhumi Ghyalche" in the Tibetan language. Muktinath or Chhuming Gyatsa is considered one among the 24 tantric places revered to by followers of Tibetan Buddhism.

Muktinath, where there is a natural eternal flame which is always burning is considered by Hindus as the abode of Vishnu's Avatar. Most people who visit Mustang inevitably visit Muktinath to pay their homage. Muktinath lies 23 km to the north of Jomsom. Muktinath temple was built in pagoda style in sambat 1871 and the idol of god Muktinath is believed to have been constructed in the 16<sup>th</sup> century. Scores of pilgrims visit the temple on key auspicious and religious significant days such as Chaitrastami, Ramnawami, Rishitarpani and Dashain festival.

## **Lo-Gheker Monastery**

The Lo-Gheker Monastery in Marang village in Lo-Gheker Damodarkunda rural municipality is a very important and old monastery of Ningmapha. Followers of Buddhism in Mustang as well as Tibetans worship here. A journey by jeep from Jomsom to Marang could take about seven hours. Most often pilgrims stay a night halt at Marang Community Homestay before reaching the monastery in Marang.

## **Dhaulagiri Icefall**

The icefall which is located in Kobang in Mustang district is a magnificent beauty. For adventurous trail walkers, this is an interesting tourism spot. Larjung serves as a transit point for a night halt from Jomsom before embarking on the trail towards the icefall.



## Kagbeni

Kagbeni is a settlement in the confluence of the Krishnagandaki river which flows from Muktinath and the Kaligandaki river. It is believed that the settlement was named Kagbeni after a black crow made a plunge into the confluence of the two rivers and came out as a white dove who flew towards Muktinath.

Kagbeni © Bijay Gurung

## Damodar Kunda

Shaligram (Ammonite), the fossilized seashell stone which is considered as a non-anthropomorphic symbol of Lord Vishnu is believed to have come its first presence in this area. The place is revered by Hindus as a sacred pilgrimage site. Located at a height of 4,834 m, it is situated 150 km north east of Jomsom. A crescent shape viewed at the center of the lake is believed to be symbol of Lord Vishnu. With rich vegetation of *Vetivera zizanioides* (Khus) around the months of August and September, this place is surrounded by many small lakes and this is where it derives its name Damodar. This lake has a yellow colored appearance while other lakes near the Damodar kunda appear in red, blue and white. The sight of colonies of rabbits is an amazing site in the valley where the lakes are situated.

## Jomsom Village

The village has multitudes of identity starting with year round cultural festivities and home to the Dhumba lake which is also known as the hidden treasure of Mustang. The village and its vicinity is surrounded by temples and caves, a heaven for adventure sports namely rock climbing and trekking. Located at a vantage point for trekking and trail walks places such as Panda khola, Lupra, Jharkham, Ranipauwa, Mesokundo pass via Thini, Tilicho and also roads towards Manang district.



Damodar Kunda



Jomsom Village © Kedar Singh Thapa





Kuchhap Terenga Gumba © Kedar Singh Thapa



Titi Lake © Kedar Singh Thapa



Leopard Cave © Kedar Singh Thapa



Yartung Festival © Niraj Thakali

## Kuchhap Terenga Monastery

The Kuchhap Terenga monastery is situated at the altitude of 3000 m. The monastery is located above the Dhumba lake. It takes 15 minutes walk from Dhumba lake to reach the monastery. It is a Nyingma-Pa sect monastery of Buddhism founded by Lama Lhungjing Urgen Palsang during 17<sup>th</sup> century in order to spread Buddhism and maintain peace and harmony in village. The monastery poses highly sacred and religious position among other monasteries of Mustang. The monastery depicts idols of Guru Rimpoche (Padmasambhava), Hopang Me, Chengresi and Phapa Jhempal along with wall paintings. In October/November the visitor might encounter the Dhekep, a masked dance ceremony performed by Lamas. The monastery also provides bird's eye view of Marpha, Syang, Thini, Dhumba and Jomsom villages.

## Titi Lake

Titi lake is known for its habitat of the endangered wild small Ducks. The endangered species of ducks is only found around the vicinity of the lake. The lake although small, is believed to be the habitat of the endangered ducks due to the presence of a particular grass which grows there. This lake is one of the protected lakes under the Annapurna Conservation Area. One can have a breathtaking view of Mt. Dhaulagiri and this is a reason this lake draws in visitors. The lake is connected with a dirt road and a two hour walk from Kalopani, Lete.

## Leopard Cave

The Leopard cave which is truly unique cave of Mustang is situated at 2,900m from sea level. In typical Thakali language the cave is known as Lhukkum. The cave has been occupied and abandoned alternately throughout the existence. It is believed that the famous monk 'Urgen Palsang' had meditated on this cave. Still, inside the cave there is a small meditation room. The area of the Thini is important habitat of rare and endangered fauna ranging from sub-alpine to alpine zone. The forest and high altitude pasture are home to the endangered Snow Leopard (*Panthera Uncia*). Already four Snow Leopard were videotapped around the pasture area of Thini on a camera trap project. So, it is a hub for researchers on rare Snow Leopard (Queen of the mountain). The name of this cave is declared as Leopard cave and it is managed by Jana Mukti Youth Club, Thini.





Ghami Village © Bobb Shah



Kagbeni © Fiona Chang





Jharkot from Ranipauwa © Unmid Shakya



Tiji Festival © Aadiya Chand



## Mustang districts tourism destinations and events

- Sekong Lake
- Narsang (Mahalaxmi) Monastery
- Dhumba Lake
- Tilicho Trek
- Charang Durbar, Monastery & Cave
- Gharapjhong Fort
- Marpha Village
- Mustang Eco Museum
- Luri Monastery
- Yharuzho Viewpoint
- Jhong Cave
- Chungsi Cave
- Nilgiri Mountain
- Pony Trek
- Mountain Biking
- Thini and Thakali Community Homestays
- Thorang Pass Trek
- Ghurshangboo (Padmasambhava's Meditation Place)
- Vuchutroo Lake
- Kalibaraha-Setibaraha Temple
- Ghasa-Kalij (Pheasant) Sanctuary  
(6 types of Pheasants are found)





- 
- Damodar kunda-Sareybhung Pass-phu (Manang) Trail
  - Chhushang-Ghami-Lomanthang-Chhonup-Chhosher-Chungchung circuit
  - Muktinath-Pairothapla Trekking Trail
  - Titi-Nupsang-Marche-Chokhopani Trekking Trail
  - Trail to Mount Annapurna Base from Deurali
  - Dhaulagiri Base Camp, Yakkharka
  - Lomanthang-Sumjung-Chhojung Gompa- Yaklam-Amka-Yaraghara-Dhe-Tyanga-Chhusang Trekking Trail
  - Kagbeni-Sangta
  - Thoranlha, Thunglha, Termi (Falgu Purnima)
  - Blood Drinking Fair, Thasang (Ragat Khane Mela)
  - Falo, Kumar Yatra
  - Tiji Fair (Tenpa, Chirim)
  - Yartung Fair (Ghode Jatra)
  - Fanyge Fair (Youth centric)
  - Lhosar Fair (Gyalbo and Sonam)
  - Sarka-Luka (Fair to mark the start of the agriculture season)
  - Rafting
  - Green Tangbay and Eco Grow Mustang Apple Farm
  - Rock Climbing
  - High Altitude Sports









Galeswor Shiwing © Tulsiram Sharma

# MYAGDI



**District Area**  
2,284.98 sq. km

**District Headquarter**  
Beni

**Political Boundaries**  
 East : Mustang, Kaski, Parbat  
 West : Rukum, Baglung, Dolpa  
 North : Dolpa, Manang, Mustang  
 South : Baglung, Parbat

**Population Census (2011)**  
 Total : 1,13,641  
 Density: 50 per sq. km

**Location**  
 Longitude: 83°06'08" - 83°52'27"  
 Latitude: 28°17'52" - 28°47'37"

**Temperature**  
 Maximum: 35.4°C  
 Minimum: 4°C

**Rainfall**  
1509.1 mm

**Weather**  
 Sub-tropical, Temperate,  
 Sub-Alpine & Alpine

**Accommodation Facilities**  
 Hotel, Lodge, Resort and  
 Community Home Stay

**Culture**  
 Lakhe, Maruni, Ghatu,  
 Salejo, Kheli, Thado Bhaka

**Access**  
 Pokhara to Beni- 80 km  
 by Bus

**Health Service**  
 Hospital, Health Post,  
 Clinic, Ayurvedic Centers

**Tourist Attraction Sites:**  
 Galeswor Abode (Dham)  Pulastya Pulhashram/Jagannath Temple  Pula Dholthana, Todkey Dhuri  Mount Dhaulagiri and Base Camp  Dhaulagiri Icefall  Poon Hill and Ghorepani  Malika Hill Top (Dhuri)  Ruptse Waterfall/ Andha Gorge  Singha Hotspring  Khopra Lake

**M**yagdi along with Kaski, Manang, Mustang and Baglung is a key destination for tourism in Gandaki province. As a key destination for tourist, Myagdi is home to Mt. Dhaulagiri, Mt. Gurja and Mt. Manapathi. Other attractions in the district include glaciers, hot spring lakes, sites of historical, cultural and religious significance and the famous Poon Hill and Ghorepani.

It was only in 1950 when mountaineering was first opened up with a French team reaching the base camp of Mt. Dhaulagiri at 5,300m. The team could not scale Dhaulagiri but went on to become the first to scale Mt. Annapurna. Being the first to scale the mountain, a pass was named after the French known as the French pass and starting base of the mountain as the French base camp. The Annapurna and Dhaulagiri circuits in Myagdi are among Nepal's famous trekking routes.

The district derives its name from the meandering Myagdi river around Beni whose source comes from Mt. Dhaulagiri. Dhaulagiri which stands at 8,167m is the highest peak of the province.







# KEY ATTRACTIONS

## Galeswor Abode (Dham)

The abode is situated 3.5 km north of the district headquarter Beni in Ghataan village. Galeswor is accessible by road and accommodation is easy to find. Galeswor is an abode and is considered a religious pilgrimage sites in the country. It is believed that it was formerly known as Jaleswor, then Jadeswor and combining the two names in present times it is known as Galeswor. It is situated on the confluence of the Kaligandaki and Rahu Ganga rivers. According to Hindu epics recounting of birth and deeds of Hindu gods, the temple is a devotional representation of Lord Shiva's radiant symbol (Jyotirlingum). Built in a pagoda style architecture, idols of Ganesh, Vishnu, Rabi and goddess are placed in corners inside the temple. There are huge festivities during Maha-Shivaratri and Bala Chaturdasi a religious event for Hindus and Buddhist to pray for deceased family member.

## Dhaulagiri Base Camp

The base camp also known as the French base camp is approximately 50km north west of Beni bazar. Situated at 3,575m above sea level, the base camp is the gateway for climber to Mt. Dhaulagiri and is a key attraction for trekkers. A three day walk from Beni via Darbang, Takam and Bagar is an attraction for trekkers. There is also a walking trail along the base of Mt. Dhaulagiri which falls in Mudi village to enter Mustang.

## Mount Dhaulagiri

The Dhaulagiri range is a key attraction of Myagdi district and there are six peaks by the same name. These mountains are of great interests for mountaineers as well as trekkers. The highest mountain in the range is Mt. Dhaulagiri I (8,167m), followed by Dhaulagiri II (7,692m), Dhaulagiri III (7,534m), Dhaulagiri IV (7,661m), Dhaulagiri V (7,618m) and Dhaulagiri VI (7,288m).



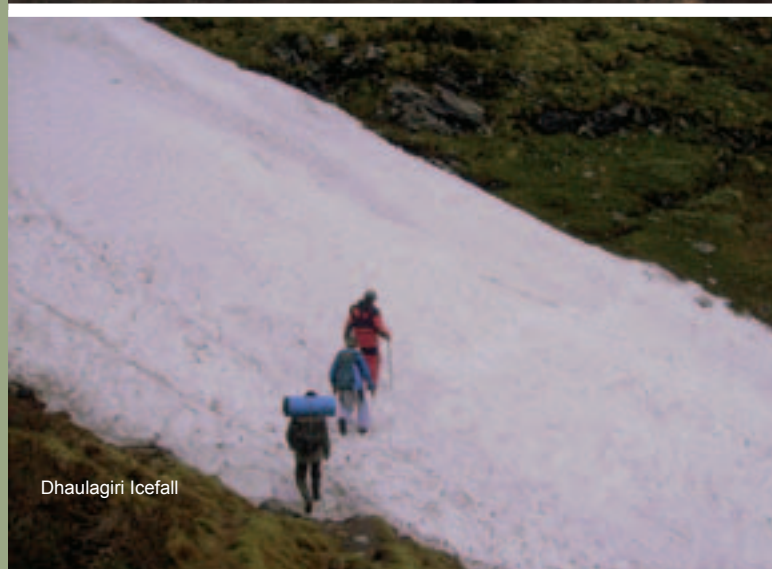
Galeswor Temple © Tulsiram Sharma



Galeswor Brahma Kunda © Tulsiram Sharma



Mt. Dhaulagiri © Santosh Gautam



Dhaulagiri Icefall





Ghorepani © Santosh Gautam



Malika Hill Top © Dr. Prem Sharma



Ruptse Waterfalls © Hari Krishna Acharya

## **Ghorepani/ Poon Hill**

Ghorepani is a beautiful small settlement within the Annapurna circuit trekking route. Located 2,800 m above sea level, Ghorepani is predominantly a Magar settlement which has an abundance of accommodation and facilities for tourists. There is a walking trail from Kaski Nayapul through Birethanti, Ghandruk to Ghorepani. Similarly, there is also a day long walking trail to Ghorepani from Beni bazar.

Another key site is Poon Hill in Sheekha rural municipality which is a three hour walk from Ghorepani. It is situated 3,200m above sea level. One gets an alluring view of Mt. Dhaulagiri and Mt. Annapurna from the view tower in Poon Hill. Poon Hill provides a 360 degree landscape view of Myagdi, Parbat, Kaski and Baglung districts. Also the scenic view of the Phewa lake can be seen.

## **Malika Hill Top (Dhuri)**

The 2,400m above sea level hill top is situated in Devasthan of Myagdi district. Area of Baglung, Dhorpatan and Myagdi are visible from this vantage point.

## **Pula Dholthana, Todke Dhuri**

Located close to Beni bazar, Todke mountain top lies between Pataleket and Kuhu village. From this vantage point one can get a bird's eye view of the Myagdi and Kaligandaki rivers, forests and spectacular landscape of the area.

## **Ruptse Waterfall/ Aandha Gorge**

The natural waterfall falls in Daana rural municipality and situated 1,800m above sea level. The waterfall which has been printed in Nepal's postage stamps is about 30 km north of Beni bazar. A walk from Beni bazar to the waterfall would be a day long trip.

Considered one of the deepest gorges in the world, Aandha gorge is a key attraction in Myagdi's Tatopani to Mustang trekking route and lies in Daana village. The gorge created by the Kaligandaki river is 6,967m deep and lies between Mt. Dhaulagiri and Mt. Annapurna. The gorge which is 30 km north of Beni bazar has a walking trail and takes approximately 7 hours to reach.

## Tatopani Hot Spring

Myagdi district is known for its numerous hot springs. Some renowned hot springs in use are Bhurung hot spring, Dagnaam hot spring, Gogar hot spring, Singha hot spring and Gurja hot spring. There is a belief that bathing in hot springs can cure diseases.

## Khopra Highlands

Surrounded by lush green vegetation of trees and a variety of grass, Khopra highland in Sheekha village rises 3,600m above sea level. Magnificent view of a range of mountain peaks namely Manaslu, Machhapuchhre, Annapurna, Nilgiri, Dhaulagiri, Gurja and others can be seen from Khopra. It has a natural beauty matched by a range of flora and fauna including more than 50 variety of Himalayan herbs. Himalayan Goral (Ghoral), Deer, Himalayan Monal or Impeyan pheasant (Danphe) are found in and around Khopra. Herds of Sheep and Yak are often seen grazing in the highland. There are many community managed accommodation in Khopra which falls under the Annapurna Conservation Area.

## Pulastya Pulhashram/Jagannath Temple

Situated at 1,530 m above sea level in Pulachaur village which is north-west of Myagdi's headquarter Beni bazar, it is a symbolic place of worship for Hindus. This place is believed to be the meditating grounds for the ancient sage Pulastya (Padmai) and Samkhyadarshan's Vedic sage Kapil. The sages are believed to have made celestial offerings at the Homkunda, a fresh water lake. There is also a myth that king "Ravana" of Lanka made his first religious journey from this area. According to ancient belief, Ravana is said to be the grandson of sage "Pulastya". Lord Shiva is worked in this place of religious retreat during events such as Mahashivaratri, Akshaya Tithiya and Krishna Janmashtami.



Hot Spring © Tatopani Kunda Development Committee



Khopra Highland



Jagannath Temple © Hari Krishna Acharya



## Myagdi district's tourism destinations and events

- Dhorpatan Area
- Mohare Danda Community Lodge
- Beni Shivalaya
- Maharani and Buddha Monastery
- Takamkot
- Histan Shivalaya
- Mandalisthan
- Rajdhang
- Nauli Baraha Temple
- Raghughat
- Gurja
- Mount Churen
- Mount Manapathi
- Chhonbarwan Glacier
- Malika Hill Top
- Histan's Peri Bharani Lake
- Bramha Kunda Baraha Pond
- Worlds' Largest Rhododendron Forest
- Ramche Pass
- Bhurung Hot Spring
- Kajibhumey
- Diverse Culture
- Annapurna Conservation Area
- Ekrate Waterfall
- Dagnaam Hot Spring
- Kaligandaki, Myagdi and Raghuganga Rivers
- Trekking Trails
- Bhagwati Palace Armory (Kot)
- Rakhu Bhagwati Temple
- Homestays
- Spices and Herbs: Timur, Nepali Lokta Paper, Seabuckthorn, Nettle Leaf Power
- Woolen Rugs and Carpet Production
- Yarsagumba (*Ophiocordyceps sinensis*), Love Apple (Satuwa)
- Khewang Magar Museum and Culture
- Raghuganga-Raeese Hill-Dhaulagiri Icefall Trail
- Swargashram Beldhunga

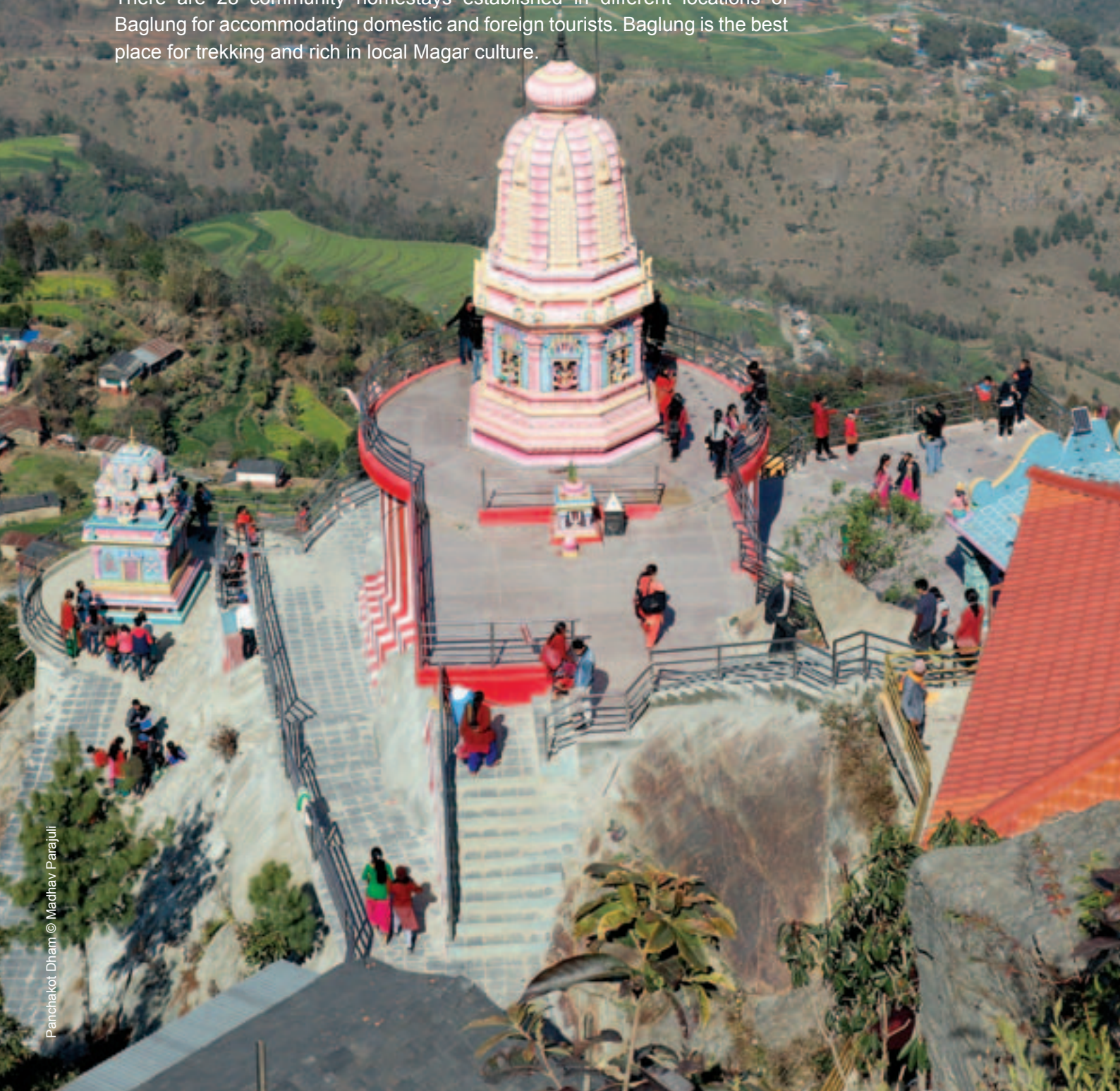




Historically Baglung was once known to be a business hub for Nepal's northern and southern areas. It now serves as a transit centre for those visiting the Annapurna, Dhaulagiri, Dhorpatan and Dolpo area. With the construction of mid hill highway, Kaligandaki corridor, Saljhandi-Dhorpatan road and many other strategic road networks, there are many possibilities to promote Baglung as one of the potential tourism hubs. It lies in the ring of Pokhara, Lumbini and Mustang, the most popular tourism destinations of Nepal. It is also becoming the entry point for the western part of Nepal through mid hill highway.

Baglung bazar, the town is well connected with Myagdi's Beni bazar and Parbat's Kushma bazar. Baglung bazar is 272km west of Kathmandu, 13km south of Beni bazar and 12km north of Kushma and it is 72km west of Pokhara. Although there are currently no air links to the district, there is an airstrip in the district in Balewa.

There are 28 community homestays established in different locations of Baglung for accommodating domestic and foreign tourists. Baglung is the best place for trekking and rich in local Magar culture.







Magar Culture © Dr. Prem Sharma

# BAGLUNG



**District Area**  
1,835.90 sq. km

**District Headquarter**  
Baglung bazar

**Political Boundaries**  
East : Parbat  
West : Rukum, Rolpa  
North : Myagdi, Parbat  
South : Gulmi, Pyuthan, Rolpa

**Population Census (2011)**  
Total : 2,68,613  
Density: 146 per sq. km

**Location**  
Longitude: 82°52'47"-83°40'38"  
Latitude: 28°04'38"-28°38'06"

**Temperature**  
Maximum: 21.°c  
Minimum: 5°c

**Rainfall**  
1673.2 mm

**Weather**  
Sub-tropical, Temperate, Sub-Alpine

**Accommodation Facilities**  
Hotel, Lodge, Resort and Community Home Stay

**Culture**  
Dance-Lakhe, Maruni, Ghatu, Hanuman, Jogi, Ropai, Katuwal, Putali, Ghantakarna, Sisno, Khesnae, Bagh (Tiger), Mayur (peacock), Jhakri, Adi, Sorathi, Salejo, Kheli, Thado Bhaka, Cultural and religious fairs

**Access**  
Pokhara to Jomsom:  
72 km by Bus

**Tourist Attraction Sites:**

- ❑ Baglung Kalika ❑ Panchakot/Shaligram Museum and Rangwaykatesh Temple ❑ Dhorpatan
- ❑ Uttar Ganga Religious Site ❑ Ghumte Plateau Area (Ghumte Dhuri chhetra) ❑ Rudra Lake (Gaja Pond)
- ❑ Bhairabsthan Temple and Bhakunde ❑ Jaimini Dham, Gaithune, Maisthan and Handikot ❑ Satyawati Temple
- ❑ Ramkot, Jhuleni, Biunkot, Shivadhuri- Himalayan Range View Tower ❑ Gaighaat Waterfall

**Health Service**  
Hospital, Health Post, Ayurvedic Centers, Clinic





Shaligram Museum © Dr. Jagannatha Regmi

## UNIQUE BAGLUNG

### Panchakot/Shaligram (Ammonite) Museum and Rangvenkatesh Temple

This site of religious significance and abode for pilgrims is situated on the foothills of the Kalika and Malika mountains. The famous Tarajaalkot, Kaarikot, Maajhkot, Rangrangekot and Sansarkot come together to form what is known as the "Saarwasidhidham" also known as Panchakot. This area also has large idols of Garudharudh Narayan and Mahavir Hanuman, a decorated temple dedicated to Goddess Gandaki and a Mirror Maze (Sish Mahal) palace with intricate glass works and decoration. There is a 108 feet tall world peace Kalash and a 5,555 kg large bell being constructed in the area. The site which is 7 km north of Baglung bazar has been developed as a place of spiritual and tourism points with clear views of the Annapurna, Machhapuchhre, Dhaulagiri and Nilgiri mountains.

Situated in Kudulephedi, the Rangvenkates Muktinarayan temple has become a pilgrimage site for Tirupati Balaji for both domestic and external tourists. The temple has more than 10,000 artistic pebbles engraved with the word "Sri Ram" and the



Rangvenkatesh Temple © Dr. Jagannatha Regmi



Panchakot Kalash © Dr. Jagannatha Regmi



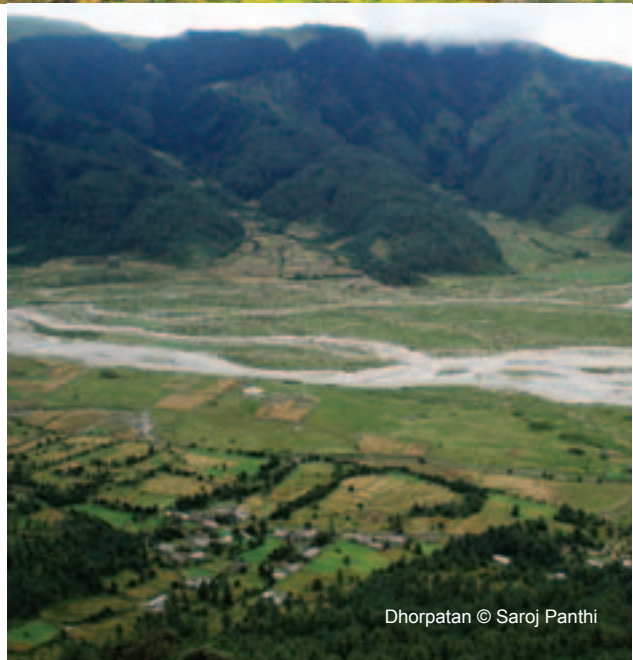


Dhorpatan © Dinesh Tiwari

woodwork in the temple is from Bhaktapur. There is a saying that the temple was built with clay from 108 pilgrimage sites in Nepal and India and has more than 10.25 million Ram-Naam name placed in the temple. In the vicinity of the pilgrimage site there is a 100 feet long and 11.5 feet wide tunnel formally opened to tourists. The museum has displayed very rare Shaligrams over 10 million in numbers and replicas of Gandaki's pilgrimage sites. There is also a residential Vedic school in the area. Panchakot has been enlisted as top 100 tourism destinations of Nepal by Nepal government.

## Dhorpatan

With a size of 1,325 sq. km incorporating Baglung, Rukum and Myagdi districts, the Dhorpatan hunting reserve is a key attraction not only for Baglung but for the entire Gandaki province. The hunting reserve which stretches up to the foothills of the Dhaulagiri Mountains is open for hunting for a certain period of the year. However, only those with hunting permits are allowed to hunt inside the reserve. The reserve which is 140 km from Baglung bazar was opened to hunting in the 1980s. Considered very rich in flora and fauna, there are rare herbs, 32 species of



Dhorpatan © Saroj Panthi

mammals and 130 species of birds. Wild animals such as Snow Leopard, Deer, Bear, Wild Boar and Langur are found in the hunting reserve. Dhorpatan has been enlisted as top 100 tourism destinations of Nepal by Nepal government.



## Baglung Kalika Bhagwati Temple

Situated inside a forest about 2km away from Baglung bazar, the temple as a monument holds historical and religious significance. Built around 1534 by king Mani Mukunda Sen of Palpa, the temple was said to have been built by the king on the wishes of his daughter Bishrawa Sen after her marriage. There is throng of people each Tuesday and Saturday and on Ashtami of the full moon calendar during the month of April. Every year, Chaite Dashai fair is organized in this temple area and huge number of people visit this temple. This temple has been enlisted in top 100 tourism destinations of Nepal by Nepal government.



Baglung Kalika Temple © Bishwas Sharma

## Jaimini Dham, Gaithune, Maisthan and Haandikot

"Jai" Rishi who was the writer of the "Mimamsa Sutras", an ancient Hindu philosophical text and the "Jaimini Sutras", an ancient Sanskrit text on the predictive part of Hindu astrology is said to have worked on his writing in this pilgrimage site in Baglung around 400-500 BC. Jai was the son of Rishi "Parasar" and a disciple of poet "Vedvyas". The place in Baglung therefore derives its name from Jai to be name the Jaimini pilgrimage and in the present day time a municipality by the same name. The Jaimini pilgrimage site is located along the confluence of the Kaligandaki river which flows from Muktinath and the Theule khola which flows through Jaimini municipality. The site which lies 17 km south of Baglung bazar has a temple dedicated to lord Shiva, a cave believed to be the meditation spot of Rishi "Jaimini" and the reminiscence of his cooking place. Inscriptions on stone which are mentioned in ancient scriptures are visible when the river's water level recedes. There is a Shiva temple 300 m south west of the Jaimini site and is believed to have been a place of worship by Rishi Jaimini. The Kaligandaki river and Kaligandaki corridor which connects China and is the midway spot between Nepal's northern-southern geography. There is a belief that bathing in this pilgrimage site during the Nepalese festival of Maghe Sakranti (mid January) and Bala Chaturdasi, sins committed during the previous life will be washed away.



Jaimini Dham © Tulsiram Sharma



Maisthan © Khimananda Kandel



Gaithune © Jaimini Municipality





Gaja Pond © Jaimini Municipality

Gaithuni which is situated within Jaimini municipality is considered a very holy site. Key attractions of this place is the temple dedicated to Radha and Krishna, the Kaligandaki river and Shaligram stones. From these destinations, Gaja pond can be reached by trekking.

### **Rudra Lake (Gaja Pond)**

Located approximately 2500 m above sea level, Rudra lake is a fresh water lake. The water is always crystal clear in the lake and it is hard to find any leaf on the surface of the water. There is a temple dedicated to Siddha Baraha and a community managed homestay has recently been opened inside Gaja forest. Deer, Wild Boar, Common Leopards, Peacocks and the Himalayan Monal (Danphe bird) are found in this area. The Damek area which is 5 km south from this site is another interesting place to visit. Gaja pond area is a strategic tourism location and it connects many tourism sites of Baglung, Gulmi and Myagdi districts.



Bhairabsthan Temple

In the northern side of Gaja Dhuri, there is another strategic location named as Beldhunga, a common tourism destination of Baglung and Myagdi, and the range from Gaja daha-Thamaneta-Ghodabadhe-Rijalchowk-Latekhoriya-Phaparkhet-Okhale Beldhunga is among the best trekking routes of Baglung district.

### **Bhairabsthan Temple/ Bhakunde**

The Bhairabsthan temple area is believed to have been ruled by Bhuretakure kings. This site is 15 km from the district headquarter and is in the upper part of the Amalachaur area. There is a palace armory and wood work artifact around the site. A view tower has been built from where one can get a bird's eye view of Baglung, Parbat and Myagdi districts. There are many homestays in the area for accommodation. North west of Bhairabsthan is Bhakunde village which has its significance for Magar culture and the local food and accommodation in homestays. Bhairabsthan temple/Bhakunde/Gaja pond area has been enlisted as top 100 popular tourism destinations of Nepal by Nepal government.



Ghumte Dhuri © Krishna K.C.



## Ghumte Plateau Area

The plateau area is considered an ornament of Baglung district due to the vantage point it stands on, providing 180 degree view of a range of mountains. There are two plateaus in the area by the name known as lower and upper Ghumte from where one can also get a view of numerous villages of Baglung and Myagdi. The area is located in the center of the district. Ghumte is considered as the heart of Galkot which is well famous from cultural and historical perspectives.

## Bihunkot, Shivalaya, Shivadhuri Jhuleni

Bihunkot has been divided into two kots or palace armories known as an upper kot and lower kot. The Shivalaya temple dedicated to lord Shiva is also known as Tripureswor Mahadev. It is also known as Ramkot amongst the local community there. The temple area is believed to have been constructed by "Bramhalin 1008 Swami Pramananda Saraswati" is a key pilgrimage site for domestic and external visitors. To cater to the influx of visitors there is a community managed homestay for accommodation where fresh local food is served.

In the upper range there is Shivadhuri and Jhuleni range. There is Shivadhuri Community Homestay for accommodating tourists. Rijal chowk, one of the strategic locations of Baglung also lies in this area and is the main entry point for Tarakhola rural municipality, which is popular for organic productions, rich in local cultures and war tourism.

## Satyawati Temple

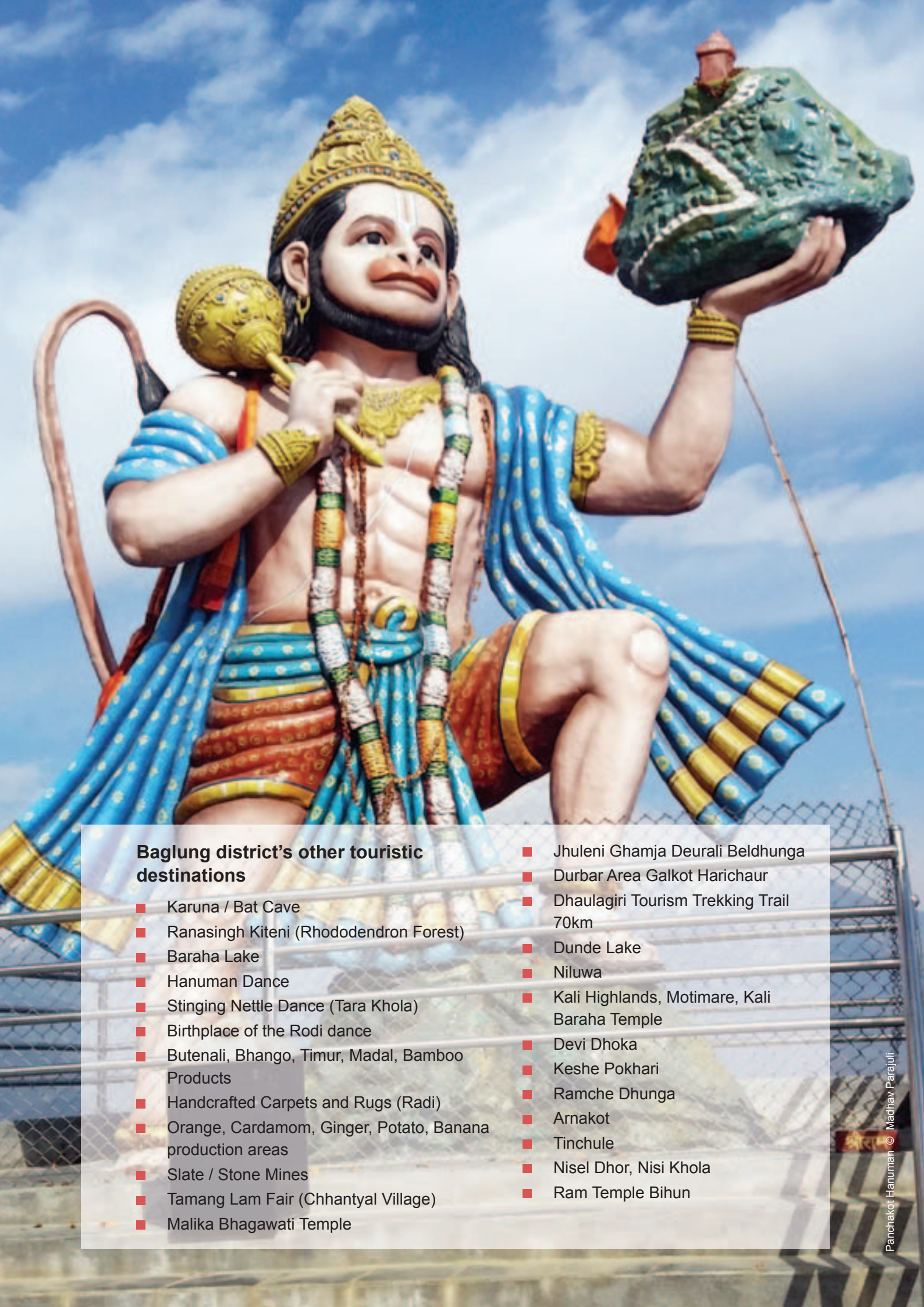
The temple which is situated in Bareng rural municipality is considered one of the holiest temples and pilgrimage site in Baglung district. Pilgrims come to this temple in the belief that their wishes will translate into reality by making offering to Goddess Satyawati. There is a belief that the goddess (Devi) is deaf and wishes will only be answered if pilgrims shout out loud, so that the Devi can hear. Most pilgrims come to the temple during the full moon night when there is a fair organized around the temple area. Upon darkness, devotee shout out loud their wishes so that the Devi will hear and grant their wishes. There is a Sagdi community homestay for accommodating tourists.

## Gaighat Waterfall

The waterfall is located in Tarakhola rural municipality and is a natural attraction for visitors. The waterfall has its source in the Daramkhola which flows through Amarbhumi village. With the development of roads, there are many access points from where visitors can reach the waterfall such as Rijalchowk, Galkot Hatiya Bazar and Harichaur. Many trekking routes are available from this waterfall area. There is a popular religious site known as Kalibaraha pond/Temple, locally known as Motimare at about 3 km uphill. Motimare connects Kalilekh, Shibadhuri, Latekhoriya and Jhuleni.







### Baglung district's other touristic destinations

- Karuna / Bat Cave
- Ranasingh Kiteni (Rhododendron Forest)
- Baraha Lake
- Hanuman Dance
- Stinging Nettle Dance (Tara Khola)
- Birthplace of the Rodi dance
- Butenali, Bhango, Timur, Madal, Bamboo Products
- Handcrafted Carpets and Rugs (Radi)
- Orange, Cardamom, Ginger, Potato, Banana production areas
- Slate / Stone Mines
- Tamang Lam Fair (Chhantyal Village)
- Malika Bhagawati Temple
- Jhuleni Ghamja Deurali Beldhunga
- Durbar Area Galkot Harichaur
- Dhaulagiri Tourism Trekking Trail 70km
- Dunde Lake
- Niluwa
- Kali Highlands, Motimare, Kali Baraha Temple
- Devi Dhoka
- Keshe Pokhari
- Ramche Dhunga
- Arnakot
- Tinchule
- Nisel Dhor, Nisi Khola
- Ram Temple Bihun









Meksar Sunrise View © Eriko Okawa

# PARBAT



**District Area**  
541.60 sq. km

**District Headquarter**  
Kushma

**Political Boundaries**  
 East : Syangja and Kaski  
 West : Baglung, Myagdi and Gulmi  
 North : Myagdi and Kaski  
 South : Syangja and Gulmi

**Population Census (2011)**  
 Total : 146,590  
 Density : 271 Per sq. km

**Location**  
 Longitude: 83°33'41"- 83°49'31"  
 Latitude: 28°00'19"-28°23'58"

**Temperature**  
 Maximum: 33°C  
 Minimum: 7.5°C

**Rainfall**  
 2,706.4 mm

**Weather**  
 Tropical, Sub-Tropical,  
 & Temperate

**Accommodation Facilities**  
 Hotel, Lodge, Resort and  
 Community Home Stay

**Culture**  
 Dance- Maruni, Lakhe,  
 Dhatu, Nachari, Kheli,  
 Salejo, Rodi, Gallai Lahurae,  
 Hanuman

**Access**  
 Pokhara to Kusma 2 hours,  
 Roads mostly dirt tracks

**Health Service**  
 District Hospital,  
 Primary Health Center,  
 Health Post, Clinic

**Tourist Attraction Sites:**

- ❑ Bhamarkot, Maate, Jaljala, Hampal (Kalanzar) mountains
- ❑ Panchase Panchadhaam
- ❑ Dahare Neelkanth Mountain
- ❑ Chisapani Kalika
- ❑ Painyukot Temple
- ❑ Mahashila
- ❑ Sedibeni Shaligram Shila, Religious Area
- ❑ Kushma Modibeni Area, Nepal's highest and longest bridges
- ❑ Mahabhir Waterfall Rappelling
- ❑ Bungee Jump, Sky Cycling and Adventure Swing



Despite being small in size, Parbat's geography is unique with its highland, varied landscapes and myriad climate. To the north of the district lies the highlands of Hampal and Kalanzar mountains, in the middle the Panchase and Dahare, and in the south the mountains of Chisapani and Golrang. This district is home to Nepal's highest hanging bridges the Kushma-Gyadi, Kushma-Balewa Yantrick Bridge and the Kurgha-Phalewas

bridges. Rides along the Kaligandaki river is a key attraction in the district. For history enthusiast, the Jumli post in Khaula, Painyukot of Hoshrangdi and the historical palace and forts of Dhunwakot are areas of interest. In recent times, the district has been able to carve a name for its Dhaka and Allo fabrics which have domestic and international markets. Various Nepali hog plum (Lapsi) products are another attraction of this district.

## PARBAT'S ATTRACTION

### Bhamarkot, Maate, Jaljala, Hampal (Kalanzar) Mountains

These mountain ranges are known for their diverse flora and fauna, natural and serene beauty and for meditation spots with religious significance. Bhamarkot which lies in the middle of the Nayapul to Ghorepani walking trail provides an ideal spot to enjoy the mountain range. Spring is a perfect time to enjoy the flowering of Rhododendron trees and for birdwatchers to watch the Danphe and other birds. The trails continue to Ghorepani via Maate, Hampal, Jalajal and Mohoredanda. These routes and walking trails are alternatives within the Annapurna circuit and attract tourist due to the preservation of natural habitat and untouched by commercial road networks. Key attractions for tourist in this area are 1,200 ha forest that touches Parbat, Myagdi and Kaski, the stone quarry of Maate, White Rhododendron (Cheemal) that blossom in the month of June/July, the massive highland plains of Jaljala situated at 2,800m above sea level and the high vantage location at Mohare Danda. Yet another location which has religious significance and popular for pilgrims is the Hampal/Kalanzar areas.

### Panchase Panchadham

The area which is located in the shared border between Parbat, Syangja and Kaski district is known as the Orchid heaven. Due to the diversity of Orchids (Orchidaceae) found in this area, the place is also said to have a rich abundance of other natural habitats. Situated 2,517m above sea level, this area is home to five lakes, five rivers and five mountains. One study of the area found 113 species of orchids which are also known as perennial herbs.



Jaljala © Tulsiram Sharma



Hampal and Bhamarkot



© Tulsiram Sharma



Panchase Lake © Eriko Okawa





Dahare Deurali © Tulsiram Sharma



Sunset View from Chisapani © Tulsiram Sharma



Mahashila

This place also draws huge numbers of pilgrims on auspicious days for Hindus and Buddhist such as Balachaturdasi, Maha Shivaratri, Holi Purnima and Buddha Purnima (Buddha's birth day). The area which has separate temples devoted to Siddha Baba, Buddha, Baraha and lord Shiva is believed to have been the meditation grounds for "Chyawan Rishi" according to historical records.

### **Dahare Neelkanth Mountain**

This area has been vividly described as the Neelkanth mountain in the "Skanda Purana" which is a genre of eighteen Hindu religious texts. The area which is 2,251m above sea level gives visitors a breathtaking view of the Kaligandaki and Aandhikhola landscape area and lies in Phalewas municipality of Parbat district and Syangja's Aandhikhola rural municipality.

The area is easily accessible with numerous walking trails from Karkineta and Khuma villages in the district.

### **Chisapani Kalika**

Situated 2,266m above sea level, it lies between the borders of Phalewas municipality and Mahashila rural municipality. Key attraction for visitors is the view of the Annapurna and Dhaulagiri mountain range and the sunset sky. The Chisapani Kalika temple which is believed to have been constructed two and half century ago is a pilgrimage site for Hindus and large numbers of worshippers congregate the temple on Tuesdays, Saturdays and on Navaratri (Ninth days of the Dashain festival) along with animal sacrifices.

Landscapes of Phalewas village which lies north west of Chisapani, Kurgha and Pangrang villages and the Kaligandaki river are visible from this point. The 360 ha dense forest lies in the middle of the Chisapani highlands. The forest area extends to vicinities around Lunkhu, Pangrang and Kurgha villages.



## Mahashila

The huge Mahashila plateau which approximately covers a volume of 1,30,000m<sup>3</sup> is situated in Mahashila rural municipality. The Mahashila is considered to be the single largest rock in Nepal and is worshipped as symbol of lord Shiva. The Mahashila is about 3 km from Lunkhu bazar and has recently been placed in the top hundred touristic destinations of Nepal.

## Sedibeni Shaligram Shila

The Shaligram Shila which is located between Parbat's Bihadi rural municipality and Syangja's Galyang municipality is worshipped as a symbol of lord Vishnu. Pilgrims visiting the district consider this area as a must visit site. Scores of pilgrims visit this area during auspicious days in the Hindu religious calendar such as Balachaturdasi and Maghe Sankranti. The Vedvedang Pathshala (school of Ved learning) and temples dedicated to Ganesh and Shiva are also located in this area.

## Kushma Modibeni Area

The area is known for the Modibeni Dham and the many caves in the area and is important site for pilgrims and worshippers. This place is also famous for having the four highest and longest suspension bridges in the country. With reference to religious places of worship, this place is noteworthy for the Modibeni Dibya Dham, Narsimha, Ram and Shivalaya temples, monasteries and the Sahasradhara or thousand fold spring. There are also caves such as Gupteswor, Alapeswor, Laleswor and Parbati which are fascinating and have religious connotation for pilgrims.

This area is also a key attraction for adventure sports including bungee jumping and sky cycling. Situated 10km north of the district headquarter Kushma, adventure enthusiasts come here to rappel down the Mahabhir waterfall in Durlung.



Sedibeni Shaligram Shila © Tulsiram Sharma



Modibeni Narsimha Shaligram © Eriko Okawa



Gupteshwor Cave © Tulsiram Sharma



Durlungkot © Diwakar Paudel





Kushma Modibeni Area © Dinesh Tiwari



Painyukot © Tulsiram Sharma



Gorhyang © Tulsiram Sharma

## Painyukot Temple

This place has historical significance as a place for tourism. The Painyu state was once under the protectorate of the Licchavi kings of Kathmandu. Following the fall of the Licchavi era, it came under the control of the king of Baldengadhi and was later annexed by Mukunda Sen. Following the annexation by Mukunda Sen, Painyu as a state started to lose its identity. Later Painyu was ruled jointly by Rana, Ale, Thapamagar and Chitaura but could not hold their fort in managing the state. Following this failure to run the state, they made a decision to hand it over to the Rajput of Ghaaspani King Ram Singh of Banaras. The Singh dynasty then ruled Painyu for 340 years from 1502-1842 B.S. with the last king being Akbar Singh Sen. It is in this context that this history of Painyu holds significance for Parbat. There are historical

records to substantiate the presence of Painyu as a state from the 16<sup>th</sup> to the 19<sup>th</sup> century which was linked to Painyukot, Nana Saheb and LadhYangkot states. The Painyukot is now managed by a local committee with donations from pilgrims who visit the area. Painyukot today falls under Mahashila rural municipality. Similarly, the Phulbari palace area and the Nayab Saheb area fall under Painyu rural municipality.

Painyukot is a scenic place from where visitors can see the Gorhyang peak which lies to its north west. There is also a temple dedicated to Goddess Rudra Devi where large numbers of worshippers visit during the ninth day of the Dashain festival or Navaratri.





### **Bungee Jump, Sky Cycling and Adventure swing**

The bungee jump spot which lies between Kushma and Balewa over the Kaligandaki river is the highest in Nepal and the second highest in the world. The jump is 248 m fall from a bridge over the Kaligandaki river. The sky cycling link is connected between Kushma and Balewa at a height of 248m, and is 300m long along the western banks of the Kaligandaki river. Steel cables connect the two points of the 300m stretch lines over which cycles roll. There are two cables along the 300m link which allows adventure enthusiasts to cycle simultaneously. And cable harness is linked to a harness tied around the cyclists which guarantees full safety from a fall.

### **Mahabhir Waterfall Rappelling/ Canyoning**

The waterfall is the highest in Parbat district and its name is believed to have derived after the beehive (Mahuri in Nepali) on the right side of the fall. The waterfall is situated in ward no. 3 of Kushma municipality and is accessible on foot (45 min walk) from Ambot which lies long the Pokhara-Baglung highway. There is also a 7km dirt track road for those wanting to use vehicles to reach the waterfall site. Rappelling over the waterfall was introduced on 15<sup>th</sup> January 2018. Mahabhir waterfall is listed as one among the 100 must visit tourism destination of Nepal. Preparations are underway to introduce canyoning once the development of necessary infrastructure around the waterfall is complete.





## Other tourism destinations in Parbat

- Gupteshwor Cave
- Alpeshwor, Parvati, Laleshwar, Gangadhar, Chamere and Shital Caves
- Khaniyaghat Shukleshwor Mahadev Temple
- Mohore Danda Sunrise and Mountain View
- Deupurkot, Kalika Temple
- Gorlang Rudravevasthan
- Kushma-Balewa Yantrik Bridge
- Sahashradhara Divyadham
- Sahashradhara Barahi and Janai Purnima Fair
- Batulechaur
- Allo Fabric
- Jumlihana – the fort of the 24 principalities
- Fulbari Durbar
- Chhatiwan Tree
- Sang Dang Dorje Chholing Monastery, Arthur
- Thulipokhari (biggest man made pond in the province)
- Chuchen Deurali Devi & Jimire Devi Temple
- Durlang kot- fort of the Malla king of Parbat
- Ramja Kot – fort of the King of Kaskikot
- Purna Gaun Barah Pond and Temple
- Phalame Danda
- Kwangko waterfall – 500 meter height
- Bachchheshwar Tourism Area
- Lungryang Deurali Danda
- Saatmule Baraha Temple and Waterfall
- Dangsing Tourism Botanical Garden
- Limikot, Purkot, Khurkot, Maulakot and 12 other Kots
- Food items made from Nepali Hog Plum (Lapsi)
- Homestay
- Kushma Gyadi-Karkineta-Dahare Trek
- Ghhumaune lake-Baanskharka- Naagi-Hampal Trek
- Nayapul-Tangle-Bhamarkot-Hampal-Ghorepani Trek
- Panchase-Paatichaur-Bhamarkot-Ghorepani Trek
- Panchase-Arthur to Sedibeni Trek via Karkineta
- Andha Andhi- Batulae Chaur Religious Trail
- Charpala Trek
- Shahashradhara-Banau-Thulideurali-Hampal Trek
- Temples and Monasteries around Kushma
- Iron Mine Observatory and Mining Tunnels
- Maruni, Ghatu, Nachari and Other Indigenous Cultures
- Salejo, Rodi, Kheli, Sorathi and other Music
- Nirgun Bhajan (hymns) and Stories
- Batuk and Birimla (Cuisines of the Magars)
- Engineering education tours around the Modi River



Panchase Gumba © Tulsiram Sharma



Sahasritha Dhara © Tulsiram Sharma



Rafting



Parbati Cave © Tulsiram Sharma









# SYANGJA



**District Area**  
1,037.57 sq. km

**District Headquarter**  
Putali bazar

**Political Boundaries**  
East : Tanahu  
West : Gulmi and Parbat  
North : Kaski  
South : Palpa

**Population Census (2011)**  
Total : 289,148  
Density : 279 per sq. km

**Location**  
Longitude: 83°23'32"- 84°02'04"  
Latitude: 27°52'4.5"-28°13'17"

**Temperature**  
Maximum: 36.2°C  
Minimum: 4.4°C

**Rainfall**  
2,528.3mm

**Weather**  
Tropical, Sub-Tropical, & Temperate

**Accommodation Facilities**  
Hotel, Lodge, Resort and Community Home Stay

**Culture**  
Dance- Maruni, Lakhe, Ghatu, Nachari, Kheli, Salejo, Rodi, Gallai Laurae

**Access**  
From Pokhara to Syangja on the Siddhartha highway 42 km

**Health Service**  
Hospital, Health Post, Clinic, Ayurvedic Centers

**Tourist Attraction Sites:**

- ❑ Salme Danda (Gurkha Memorial) and Nuwakot Kala Bhairab Temple
- ❑ Sirubari
- ❑ Aalam Devi Temple
- ❑ Sworek Maidan Paragliding/Sworek Kot and Cave
- ❑ Sataun Chandi Temple
- ❑ Garhaun Kalika
- ❑ Andha-Andhi Pond
- ❑ Chhaya Chhetra Temple (Chhangchhangdi)
- ❑ Ramdhi Dham,
- ❑ Mirmi-Sedibeni High Barrage and Steamer Transport





**S**yangja's district headquarter Putali bazar is 265km from Kathmandu through Pokhara. The Siddhartha highway runs through Syangja which has a diverse culture with many languages, indigenous people and representation of an inclusive society. The district is connected to Nepal's southern border town of Bhairahawa and northern town of Pokhara by the Siddhartha highway. While the Brahmins and Chhetris of the district are synonymously linked to the country's government services and bureaucracy, the Gurungs and Magars are either linked to the British or Indian armies. Syangja as a district is known as a place with the highest literacy rate in Nepal.

### **Sirubari**

Sirubari as a tourism destination lies in the western hills of the district in Aandhikhola rural municipality. The area which is predominantly inhabited by Gurung settlements is a representation of traditional culture, practices and the way of life. Sirubari is one of the pioneers to introduce the concept of community based homestays to sustainable tourism development in Nepal. Being one among the top 100 tourism destinations promoted by the government of Nepal, all 60 houses in the village have homestay arrangement for accommodation and food. The Naagdanda bazar is the exit point in the Siddhartha highway to reach Sirubari.







Salme Danda © Prof. Dr. Chandra Bdr. Gurung

## Salme Danda (Gurkha Memorial) and Nuwakot Kala Bhairab Temple

The contribution of the Gurkhas in the British army during the first and second world wars and in regional wars is a universal fact. More than 60,000 Gurkha soldiers lost their lives fighting for peace and stability in these wars. In recognition of their bravery and contribution to peace in the world, the Gurkha Memorial Trust 2061 B.S. was established on a 15 ha space at Salme Danda in Phedikhola rural municipality.



Kala Bhairab Temple © Shree Gurung

The memorial site which is 1,350 m above sea level is largely inhabited by indigenous communities. This place serves as a vantage point for a view of mountains ranges from Dhaulagiri in the west to Langtang in the east. It also provides a spectacular view of the southern landscape of lush green hills, highlands, rivers and settlements of indigenous communities. It makes an immediate impression on visitors.

South of Salme Danda lies Nuwakot which carries religious, historical and touristic importance. This area has a history of being ruled/governed by the kings of 22/24 principalities. As a vantage point, a large area of Syangja, Kaski, Parbat, Tanahu and Palpa districts can be seen from here. Nuwakot is a half hour bus ride from Phedikhola bazar along the Siddhartha highway. There is a Kala Bhairab temple here where scores of worshipper throng the temple on Tuesday.



Sataun Chandi Temple © Shree Gurung

## Sataun Chandi Temple

The temple is located in a place called Sataun in Putali bazar and is listed in the 100 tourism destinations of Nepal. The temple is 9 km from the Siddhartha highway through Bandkhola bazar. The temple has a constant flow of worshippers but more on two auspicious occasions which are Chaite Dashain and Bada Dashain.



Aalam Devi Temple © Mohan Gurung

## Aalam Devi Temple

The temple which is situated in Kaligandaki rural municipality has been gaining attention for its religious significance. The temple is the main god of the Shah dynasty of Nepal's former kings. Galyang bazar is the diversion point on the Siddhartha highway to reach the temple site.



## Chhaya Chhetra Temple (Chhangchhangdi)

The temple which is located in chhangchhangdi of Bhirkot municipality and religious mythology is connected to it. It is believed that lord Shiva while taking his deceased spouse Sati Devi's body around the world, a part of her body is said to have dropped in this temple area. Linked to lord Shiva, the temple is specially thronged with worshippers on the day of Maha Shivaratri.

## Ramdhi Dham (Abode)

The Ramdhi Dham in Galyang municipality is a famous place of worship along the banks of the famous Kaligandaki river. The temple which lies on the borders of Palpa and Syangja district and is situated along Siddhartha highway's last point of the district. With the popularity of the temple, there are potential to introduce water transportation in the area.

## Kaligandaki Barrage

Water transportation has been developing in the Mirmi Aandhimuhan area of Kaligandaki rural municipality as a result of the Kaligandaki barrage and reservoir. The reservoir which holds the waters of the Kaligandaki and Aandhikhola rivers allows water transport stretching 5 km. Watersport in the form of rafting is a key attraction for adventure enthusiasts. Starting from Nayapul in Parbat district, rafting from there to Mirmi is a three day adventure trip. Considered challenging and the second most dangerous river due to strong rapids, there is high demand for rafting on this stretch of the river. Peak season for the water sport starts from October to May and the rafting route touches Parbat, Baglung, Syangja and Gulmi district.

## Sworek Maidan Paragliding/Sworekkot and Cave

The Sworek paragliding sport area is in Bhirkot municipality and has been promoted as a key tourism destination. It has been accounted as one of the most attractive spots for paragliding in Nepal. With the kind of adventure it offers, a paragliding world cup championship 2018 had been held in this area. The site can be reached through a half hour dirt track bus ride from Bayarghari bazar on the Siddhartha highway.



Chhaya Chhetra Temple © Shree Gurung



Ramdi Dham © Mohan Gurung



Kaligandaki Barrage © Tulsiram Sharma



Sworek Maidan © Ghanashyam Pandey





Andha-Andhi © Tulsiram Sharma

## Andha-Andhi Pond

The Andha-Andhi pond is the source of the Aandhikhola river and has religious and historical events attached to it. According to ancient epic the pond came into being following the death of "Shraavan Kumar" a mythological character whose life was short lived in the "Ramayan". His death is reported to have caused immense grief to his family that their weeping resulted in pond. According to local residents, it is because of this mythology that the salty taste of the pond water resembles that of human tears. The pond water is the source of the Aandhikhola river which is a tributary of the Kaligandaki river. There is a statute idol of Shraavan Kumar carrying his blind parents on two baskets over his shoulders in this area. There is a flight of steps leading from the main road which is 2 km from the pond area.



Garhaun Kalika Temple

## Garhaun Kalika

Prior to Nepal's unification, there were 24 principalities which included Bhirkot, Sataunkot, Nuwakot, Garhaunkot, and Painyukot. The then king Shri Dasharath Khand was the first to rule Garhaukot and reigned for 36 years (1510-1536 BS). There is a Kalika temple in the area where worshipper come in huge numbers during Navaratri to make their offering including animal sacrifices.







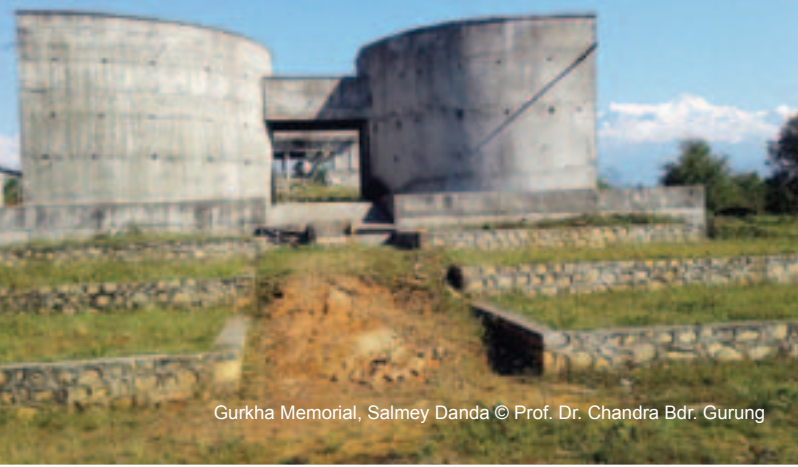
### Syangja's other tourism destinations

- Sheetala Devi Temple
- Juri Temple
- Suntala (Orange) Village Homestay
- Dahare Deurali
- Ramkot and Baghe Gaun Homestay
- Bear Hill (Bhalu Pahaad)
- Ramche Devi Temple
- Shivalaya Temple
- Khamu Hale Village Trek
- Khilung Deurali Paragliding Spot
- Panchase Religious and Conservation Area
- Ramdi Ghat Rafting
- Kailash Cave
- Manakamana Temple
- Nepal Nimwark Peeth
- Sundar Chaur Vegetation Information Center
- Gunikhola Religious Site
- Bhirkot Paragliding Station
- Girekot Tourism Area
- Shirshekot Maidan Paragliding Station
- Tamkikot Historic and Tourism Area
- Harinash Tourism Area
- Radha Damodar Keladighat Religious Area
- Mattikhan Tourism Area
- Shiva Temple
- Purkot Tourism Area
- Ramdanda Tourism Area
- Pitlek
- Siraunsa Agri Tourism (Orange)
- Udiyachaur Agri Tourism (Vegetable)
- Kaulesirshakot
- Satra Pokhari
- Majhkot, Budhakot
- Keore Bankata
- Lankakot
- Danisaya
- Aandikhola Rafting
- Kolmakot
- Kyuthum
- Khasruko Lek (Oak Highlands)





Sedibeni © Tulsiram Sharma



Gurkha Memorial, Salmey Danda © Prof. Dr. Chandra Bdr. Gurung



Andha-Andhi Pond © Eriko Okawa



Sunatabari Village © Mohan Gurung









Taalbarahi temple © Nirmala Devkota

# KASKI



**District Area**

2,084.55 sq. km

**District Headquarter**

Pokhara

**Political Boundaries**

- East : Lamjung
- West : Parbat and Myagdi
- North : Manang
- South : Parbat, Syangja and Tanahu

**Population Census (2011)**

Total : 492,098  
Density : 236 per sq. km

**Location**  
Longitude: 83°42'11" - 84°16'53"  
Latitude: 28°04'39" - 28°36'48"

**Temperature**  
Maximum: 32.2°C  
Minimum: 7.1°C

**Rainfall**  
3,941.1 mm

**Weather**  
Tropical, Sub-Tropical, Temperate, Sub-Alpine & Alpine

**Accommodation Facilities**  
Star Hotels, Small Hotels, Lodge, Resort and Community Home Stay

**Culture**  
Dance- Lakhe, Maruni, Ghatu, Salejo, Thado Bhaka, Lhosar, Dhan, Sakela, Kheli

**Access**  
Kathmandu to Pokhara  
200 km by Road and Air

**Health Service**  
Hospital, Health Post, Clinic, Ayurvedic Centers

**Tourist Attraction Sites:**

- Phewa Lake, Taal Barahi Temple
- Begnas Lake, Rupa Lake and other lakes
- Bindabasini Temple
- Sarangkot
- Annapurna Base Camp
- Devis Falls
- World Peace Pagoda
- Kahun Danda
- Caves (Gupteshwar, Bat, Mahendra, Indra, Shanti)
- Armories (Rupakot, Pumdikot, Kaskikot, Shyalungkot, Thulakot)



Known as the lake city, Pokhara is the capital of Gandaki province and also the district headquarter of Kaski district. Pokhara stands out as the most popular tourism destination in Nepal. It is connected by a network of road and air transport and lies 200km west of Kathmandu.

The city is also the starting point to the Annapurna Conservation Area which is one of the main tourist attractions in Gandaki province. Similarly, it also

serves as an entry point to Manang and Mustang. It is easy for visitors to lose themselves being surrounded by Pokhara's natural beauty, its lakes and the incredible view it offers of mountain peaks. At one time, the city was a key hub for trading and business with China and India. The inhabitants of the city are predominantly Gurung and Magar who are renowned for their bravery and links with the British and Indian armies as Gurkha soldiers.

### **Phewa Lake, Taal Barahi Temple (Lakeside)**

Situated on the southern side of the Pokhara valley, the Phewa lake is the main attraction that draws the attention of tourists, and this make the lake synonymous with Pokhara. The lake covers an area of 4.43 sq. km and a magnificent site on the lake is the reflection of the Machhapuchhre mountain at dawn, dusk and afternoon. It would be rare not to find a visitor who would not take a boat ride in the lake.

The Taal Barahi temple is another attraction on the lake which is the main religious site in Pokhara. The temple which is situated in the middle of the lake would require a boat ride to reach there. The temple is considered to be an abode of Goddess Durga Devi Ajima. It is a pilgrimage site for both Hindus and Buddhist. According to historical records, the Taal Barahi temple was constructed by the then king of Kaski Kulmandan Shah.

The lakeside area around the Phewa lake offers a wide view of Pokhara's beautiful mountain landscape. Food around the tourist hub caters to both western and eastern taste and it is a reason for visitors to adore this place. The city is an example to demonstrate how economic pursuits lead to the development and growth of a place and its people.

### **World Peace Pagoda**

Situated on a hill top south of the Phewa lake, the stupa which is built in pagoda architecture is another appealing destination for visitors. On reaching spot of the stupa, the panoramic view of Mt. Annapurna appears up close. The stupa standing at a height of 115m and 344m in circumference has been listed as one of the key attractions in Pokhara by Tripadvisor, the world largest travel site.



Fewa Lake © Yajju Shrestha



Taal Barahi © Lakeside Video Production



World Peace Pagoda © Abhash Karmacharya





Devis Fall © Lal Prasad Sharma



Gupteswor Cave Entrance Gate © Tulsiram Sharma



Bat Cave © Lal Prasad Sharma



Bindabasini Temple © Tulsiram Sharma

The stupa was built by Nipponzan-Myōhōji monk Morioka Sonin with local supporters under the guidance of Nichidatsu Fujii, a Buddhist monk and the founder of Nipponzan-Myōhōji.

### **Devis Fall (Pataale Chhango)**

Locally known as Pataale Chhango (approx. 100m long & 30m below ground) is a underworld water fall in Pokhara which draws in scores of visitors. On 31<sup>st</sup> July 1961, a Swiss couple went on swimming but the woman named "Devis" being swept away in the Paardi river when the barrage blocking the river was suddenly opened without notice. Unfortunately she never returned and the waterfall continued to be linked to her name. On her reminiscence, her father wished to name it "David's falls" after her but it was changed to "Devi's Fall".

### **Caves (Gupteswor, Chamere (Bats), Mahendra, Indra, Shanti)**

2km south west of Pokhara airport is Gupteswor cave which is popular amongst visitors. The cave whose entrance is close to Devis fall is almost 3 km long. There are areas inside the cave which resemble large rooms while there are places where visitors have to scrape between two walls to continue walking through into the cave. While excavating the cave, idols and symbols of lord Shiva were found. Since then, the cave has become a symbolic and holy site for Hindus.

The Mahendra cave in Pokhara which is covered with limestone is reported to have been discovered by a girl shepard in the 1950s. The cave which was named after the late king Mahendra was officially opened to visitors in 1976 after it was researched by geologists from the United Kingdom. The cave is very dark and visitors are required to carry torches when entering the cave.

### **Bindabasini Temple**

The Bindabasini temple dedicated to Devi Bhagwati is in the old part of Pokhara bazar. Thousands of worshippers visit the temple on Saturdays and other auspicious days linked to goddesses. The temple is believed to have been constructed prior to Nepal's unification by king Siddhi Narayan Shah of the then Kaski state. King Siddhi Narayan is reported to have the temple as a replica of Vindhyanchal's Bindabasini temple in the Indian state of Uttar Pradesh.



## Annapurna Base Camp

The trekking routes and walking trails along and around the Annapurna region is amongst the world's renowned places for tourism. The routes have their starting points in Kaski, Myagdi and Lamjung districts. In Kaski, the entry point to Mt. Annapurna base camp is from Ghandruk village. Due to the relative ease with which Mt. Annapurna can be climbed, this mountain attracts many climbers as well as visitors who enjoy the breathtaking environment at the Annapurna Base Camp.

## Sarangkot

Standing at 1,592 m above sea level, this hill top overlooks the Phewa lake to the south which is only 5 km between them. Sarangkot is best known for their vantage point to experience the morning sunrise and evening sun set and to view the mountain ranges of Machhapuchhre, Annapurna, Lamjung, Himchuli and other mountain peaks. This is also a spot for adventure sport which is very popular for paragliding.

## Begnas and Rupa Lakes

Begnas lake is on the outskirts of Pokhara but falls under Pokhara metropolitan city. The lake which covers a 3.73 sq. km area is known for its serene and cleanliness relative to other lakes. The Annapurna range and the Machhapuchhre peak is closely visible from the lake area.

## Kahun Danda

The hill top is located north-east of Pokhara and is about a half hour bus drive from Prithivi Chowk. Standing at 1,444 m above sea level this place provides spectacular views of the different shades and colors of Annapurna during sunrise and dusk. A tower has been built to give visitors higher grounds to view the mountain landscape. Paragliding can also be done for adventure sport enthusiast.

## Armories (Rupakot, Pumdi, Kaski, Shyanglung and Thula)

Kaski is also home to forts set up by the then kings of 22 to 24 to protect their principalities. Among them the famous one are Rupakot, Pumdikot, Kaskikot, Thulakot and Shanglungkot. These areas of armories all have temples built around them. Since they stand at hill tops and vantage points providing great views of mountain ranges and landscapes, these places have also transitioned into destinations for tourism in recent times.



Annapurna Base Camp © Binita Karki



Sarangkot

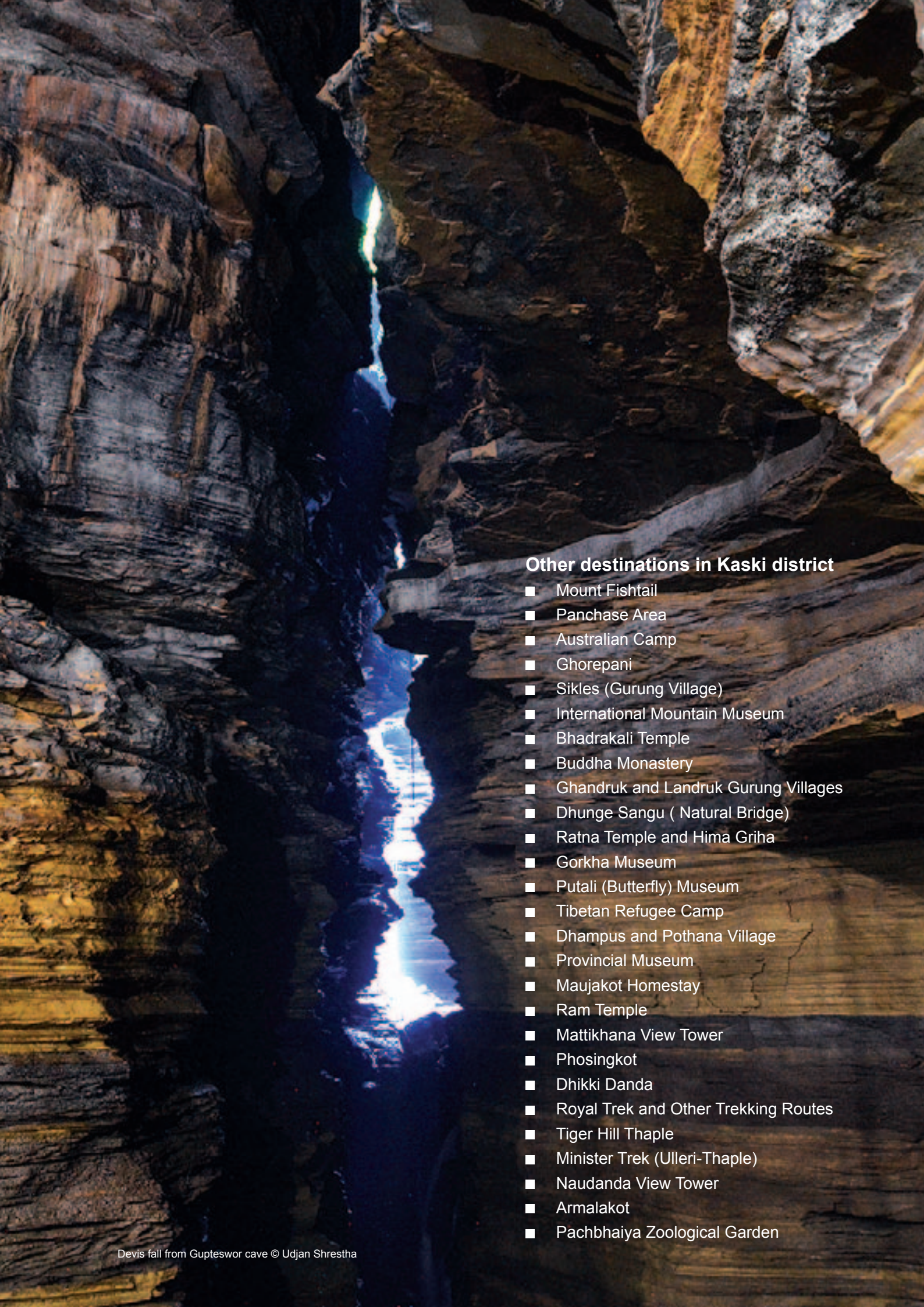


Begnas Lake © Lal Prasad Sharma



Pumdikot Tower © Dimanath Baral





### Other destinations in Kaski district

- Mount Fishtail
- Panchase Area
- Australian Camp
- Ghorepani
- Sikles (Gurung Village)
- International Mountain Museum
- Bhadrakali Temple
- Buddha Monastery
- Ghandruk and Landruk Gurung Villages
- Dhunge Sangu ( Natural Bridge)
- Ratna Temple and Hima Griha
- Gorkha Museum
- Putali (Butterfly) Museum
- Tibetan Refugee Camp
- Dhampus and Pothana Village
- Provincial Museum
- Maujakot Homestay
- Ram Temple
- Mattikhana View Tower
- Phosingkot
- Dhikki Danda
- Royal Trek and Other Trekking Routes
- Tiger Hill Thaple
- Minister Trek (Ulleri-Thaple)
- Naudanda View Tower
- Armalakot
- Pachbhaiya Zoological Garden





Mt. Fish tail © Merit Maharjan



International Mountain Museum © Susheel Shrestha













View from Lipedanda © Chandra Bdr. Ale

# LAMJUNG



**District Area**  
1,662.54 sq. km

**District Headquarter**  
Besisahar

**Political Boundaries**  
East : Gorkha  
West : Kaski  
North : Gorkha and Manang  
South : Tanahu and Gorkha

**Population Census (2011)**  
Total : 167,724  
Density: 101 per sq. km

**Location**  
Longitude: 84°11'22" - 84°41'51"  
Latitude: 28°03'10" - 28°30'36"

**Temperature**  
Maximum: 33.2°C  
Minimum: 1.8°C

**Rainfall**  
2,070.3 mm

**Weather**  
Tropical, Sub-Tropical,  
Temperate & Sub-Alpine

**Accommodation Facilities**  
Hotel, Lodge, Resort and  
Community Home Stay

**Culture**  
Dance- Lakhe, Maruni,  
Ghatu, Kauda, Sorathi,  
Salejo, Kheli, Thado Bhaka,

**Access**  
Dumre - Besisahar 42 km,  
Dumre - Sundar Bajar 30 km

**Health Service**  
District Hospital,  
Primary Health Center,  
Health Post, Clinic

**Tourist Attraction Sites:**

- Lamjung Durbar (Palace) □ Raainaskot □ Ilam Pokhari □ Ghale Gaun SAARC Village □ Ghan Pokhara □ Ishaneshwar Mahadev, Karaputar
- Bhujung Village □ Dudhpokhari (between Gorkha and Lamjung Border) □ Siurung Village □ Kaulepani Village



Lamjung is one of Gandaki Province's eleven districts which has its own distinct history and unique tourism destination. Being located in the mid hill regions of Nepal, its geography extends to the foothills of the Himalayas. The district's name Lamjung derives from two separate words "Lama and Jong" meaning the palace of the monks. Its headquarter Besisahar is 175 km west of Kathmandu. On its northern border lies the Annapurna II, Lamjung, Manaslu and Himchuli mountains. Cutting through the middle of the district, the Marsyangdi river flows south with small tributaries such as the Madi, Khudi, Daandi, Dordi and Chepe rivers joining Marsyangdi. While the northern belt of the district is predominantly inhabited by Gurungs, the southern part has a large population of Brahmins and Chhetris.

During the 16<sup>th</sup> century, the district was ruled by the Shah dynasty's King Yashobramha Shah. There is a belief that Lamjung was the birth

place of the Shah dynasty's power center in the country's political landscape. This mountainous district has many natural, cultural, social, religious and historical monuments and places that have relevance to tourism. The district falls under the popular Annapurna tourism area. The district takes pride in its people's way of life and culture and promotes community managed accommodation, animal husbandry and collective labor in farming activities. Attractions in the district include witnessing the Ghatu and Arghau dance, observing marriage ceremonies of the Gurungs, Tamang and other indigenous communities and the practice of "Rodhighar" which is a communal living of young girls and boys (club) under the supervision of adults. Ghale Gaun (village) which is renowned to represent Gurung heritage is one of Lamjung's best tourism destinations. It lies north west of the district which is a part of the cultural belt up to Pokhara that depicts Gurung heritage.



Lamjung Palace © Shanta Kamali

## LAMJUNG'S ATTRACTIONS

### Lamjung Palace / Gaun Shahar

Gaun Shahar is a place of historical significance which is accessible by road and walking trails from the district headquarter Besisahar. The place is also accessible via Lamjung palace and the district's Kalika temple. Lamjung palace was once considered to be the power base of Shah Dynasty's king Yoshobramha Shah. Although Gaun Shahar

has a large population of Gurungs, there are other communities such as Newars and Brahmins who practice their traditional craftsmanship, culture and social norms. The district's first high school Lamjung High School which is in Gaun Shahar was established in 1949. There are also homestays available at Patle Gurung village for visitors. Key areas to visit in the area are Kaulepani Devi temple, Baachaur, Bainse Odar, Bauhuni Pandhero and Kusunde Odar.





Ghale Gaun © Shiva Pariyar



Ghale Gaun Tower © Khimanand Kandel



Ghatu Dance © Dr. Prem Sharma



Rainaskot © Madhav Paneru

## Ghale Gaun

Ghale Gaun (village) holds a special place not only in Nepal but also in Asia for being one of the pioneers to promote village tourism. This village in the truest sense introduces and portrays the Ghale community and their way of life. A two hour ride on a vehicle or a six hour walk will take you to Ghale Gaun from the district headquarter Besisahar. The walk up to the village on cobbled stones is exhilarating. Half hour away from Ghale Gaun is a steep rocky cliff which is a prime and picturesque area for visitors who love wild bee honey hunting.

Always welcoming and warm, the village is predominantly a Gurung settlement which promotes village tourism with the concept “One house, One guest”. Even with the influx of tourists through the homestay arrangement, the village continues to maintain its cultural practices and social values. The SAARC village tourism museum which was established in the village in early 2017 has also helped attract visitors from regional countries in South Asia. Activities to experience in the village which fall within the Annapurna Conservation Area are Gurung culture, metal craft, unique tea gardens and organic farming.

## Ghanpokhara

Ghanpokhara village is another scenic village like Ghale Gaun. The village which can be reached from Ghale Gaun is said to be the bastion of the Ghale kings. Both Ghanpokhara and Ghale Gaun hold significance for providing striking views of Machhapuchhre, Annapurna and Lamjung mountain peaks. The Marsyandi, Khudi and Midi rivers flow through the base of these villages. Other areas that draw attraction of visitors are highlands around the area, the Kanya temple, Pempro waterfall, the Khudi hydropower and its barrage.

## Rainaskot

This area is regarded as the administrative base of Nepal's former Shah Dynasty king Drabya Shah. The place is accessible by road through Paundi - Nepal Danda. When the sky is clear, areas of Dudhpokhari, Tarkughat, Alkatar, Gorkha, Dhading, Kaski, Tanahu and Manang are visible from Rainaskot along with various mountain peaks. The Rudra Devi temple and the ancient



Siddhasthan temple built with rocks are located in this area. Reminiscence of the fortified entrance to protect Rainaskot are still present even today. On Rainaskot's hill top rests the Kalika Devi temple which are worshipped by the kings of the Shah Dynasty. The dietary health supplement Chyawanprash is said to have first been used here according to text mentioned in the "Puran".

Activities to observe in Rainaskot include the daily life in the village which pronounce Gurung culture and society, traditional dances such as the Chutka, Shyarka, Ghyabre, Lama and Jhakri dances.

### **Ilampokhari (Pond)**

The pond which is located 2,157 m above sea level has a history dating back to the 16<sup>th</sup> century. The pond is located close to the cross road between Gaunda and Pyarjung Bhanjyang. The pond which measures 50 m long and 40 m wide is surrounded by jungle. What is very phenomenal about this pond is the way it is kept clean by birds who pick up any leaf and waste that falls into the pond. Key activities to see in this place are the Sorathi and Syarka dance of the Gurung community and recitals of Hindu hymns by the Brahmans.

### **Siurung**

Siurung village falls within the Annapurna Base trekking circuit. Tourism promotion in the area is actively led by the village tourism development committee and the mother groups. Manaslu and Lamjung peaks are clearly visible from Siurung which makes it interesting for visitors. While residing at homestays in this village, key activities to observe are the Gurung community's culture and various forms of dances.

### **Bhujung**

Bhujung village is one among the many settlements which are predominantly inhabited by the Gurung community and the one that also falls under the Gurung cultural heritage belt in Lamjung. The village has tea gardens, water mills, micro hydropower generation from its water resources (Midim Khola) and also ropeway for transportation. Lamjung peak appears up close and the Namuna mountain pass is close to the village. Toche Danda serves as an observation point to see Mt. Lamjung, Pokhara,







Bhujung Village © Manish



Ishaneswor Mahadev Temple © Madhav Paneru



Kaulepani © Shanta Kamali

Sikles and Taanting village. Wild bee honey hunting is a phenomenal attraction in the area around Ghimje waterfall, Komdo waterfall and Fhanyu waterfall. There are many species of birds found in this area. There is a famous temple known as Ajomo Santaneswor Mahadev which is believed to grant children as the wishes for bare couple. There is a belief that conception will take place if one takes a stone from the temple and sleep with it overnight. There is a practice of worshipping the Sildo Devi goddess, the guard gods and the Yumhapo god by local residents. Phajau, the traditional language of the Gurungs, continues to be used here. The simplicity of Bhujung is its dense cluster of houses, one ward (lowest administrative unit) covering the entire village, stone paved lanes, the production of its local rice breed and electricity production. A green belt connecting Bhujung and Ghale Gaun is currently under construction.

### **Karaputar / Ishaneswor Mahadev**

The Ishaneswor Mahadev temple devoted to lord Shiva in Karaputar is more than 600 years old. Approximately 50,000 people visit the temple on the auspicious day of Maha Shivaratri. Due to its religious significance, listening and singing hymns is its uniqueness. Accommodation for visitors is available and there is good communication facilities here.

### **Kaulepani**

Being a tourism destination, Kaulepani village is known for promoting Nepal's first environment friendly homestays. It was also awarded for having the best environment friendly homestays during the 35<sup>th</sup> World Tourism Day in 2015. The village has set 18 key indicators to make sure homestay owners meet environmental friendly standards for their operations.

Some initiatives that underscore the villagers commitment to the environment are having toilets in all houses, separation of biodegradable and non-biodegradable waste, animal waste management, the use of clean cooking stoves (smokeless) and plantation of fruit trees. Of the 25 houses in the village, 21 households have been engaged in operating their homestays since the last five years. Situated 1,600 m above sea level, the village





provides a clear panoramic view of sections of the Himalayas namely Machhapuchhre, Manaslu, Annapurna and Harka Gurung peaks. Women in the village are active and the Sheer Khola mother's group have built a community building. Visitors to the village are welcomed through song and dances as well as by placing an amulet which is prayed for good luck and security around the neck.

Kaulepani and its surroundings are famous for their natural environment including the Kaule river, historical monuments as well as archeological sites. A package for visitors which include accommodation, three meals and cultural activities would approximately cost nine hundred Nepalese rupees (US\$ 9).

### Dudhpokhari

Dudhpokhari (Milky Pond) is another tourism destination in Lamjung and it is located within the rural municipality by the same name. Situated at 4,560m above sea level, the Dudhpokhari pond appears to be milky in appearance and derives

its name in Nepali as a "Milk Pond". The area draws in visitors on the day of Janai Purnima (full moon day in the month of August) which is an auspicious day for Hindus to change their sacred thread. The Dudhpokhari area is also considered the base camp for Thorju peak (5,560 m) also known as Dudhpokhari Naamun-La. Gurungs are predominant inhabitants around this place.

### Lamjung district's other tourism destination

- Besisahar, the starting point for the Annapurna Trekking Circuit
- Jagat, Shyage Natural Waterfall
- Ghermu Rock Garden
- Pas Village, Khasur, Bhalamchaur, Khanche, Hiletaksar Homestay
- Sandu
- Tanje Homestay Hydro Corridor
- Gurung Cultural Route (Khudi-Ghale Gaun-Pas village)
- Rainas-Lipe-Nauthar Trek





Dudhpokhari © Bikram Neupane



Rainaskot Periphery © Madhav Paneru

- Marsyangdi Hotspring Bahundanda
- Marsyangdi Village
- Sindhure Dhunga – Yaso Brahma was given Sindoor Jatra
- Jeetakot
- Kunchhagadhi (Old district Headquarters)
- Gaudakot Mauladevi
- Ulikot
- Hiletaksar Chisapani
- Puranakot
- Ghopte (main honey hunting spot)
- Jimdu
- Harisingh Danda
- Bahundanda (Birthplace of national poet Pustun)
- Nyadi Tanglichowk (Birthplace of Harka Gurung)
- Bhulbhule Hamkhola Waterfall
- Chyamche Waterfall
- Khudi (Designated Smart City)
- Naruwal-Magar Cultural Homestay Village
- Tarkukot, Bazarkot Observatory
- Gahate-Gurung Cultural Homestay
- Nalma Laddi Devi
- Udipur Kalika
- Sunkot
- Sulikot
- Lipelek (Vantage point to View both Pokhara and Kathmandu Landscape)
- Jhankrithan
- Gaunshahar
- Gurdhumpokhari and Mahendreshwor Mahadev
- Sotipasal
- Ramghatar (Duipilpe)
- Sami Bhanjyang (Old Hatiya)
- Tandrankot Gadhi
- Gilung
- Ghamrang
- Nayagaun
- Bhote Odar









Tilicho Lake © Tashi Ghale

# MANANG



### District Area

2,320.80 sq. km

### District Headquarter

Chame

### Political Boundaries

- East : Gorkha
- West : Mustang
- North : Mustang, Gorkha and Tibet
- South : Myagdi, Kaski and Lamjung

### Population Census (2011)

Total : 6,538  
Density: 3 per sq. km

**Location**  
Longitude: 83°47'30" - 84°34'24"  
Latitude: 28°26'4" - 28°54'01"

**Temperature**  
Maximum: 20°C  
Minimum: 19.3°C

**Rainfall**  
1,842.8mm

**Weather**  
Temperate,  
Sub-Alpine & Alpine

**Accommodation Facilities**  
Hotel, Lodge, Resort and  
Community Home Stay

**Culture**  
Yarthing, Holi

**Access**  
Pokhara-Besi Sahar-  
Chamae 170 km,  
Manang 34 km

**Health Service**  
Hospital, Health Post,  
Clinic, Ayurvedic Centers

**Tourist Attraction Sites:**

- Tilicho Lake
- Pongkar Lake
- Dona Lake
- Gangapurna Lake
- Mount Annapurna I, II, III and Annapurna Trek
- Chho Karna Lake
- Thochhae Larkae Trek
- Manang -Thorangla Pass Trek
- Narphu Kangla Pass Trek
- Tibetan Khampa Bunker





Tibetan Khampa Bunker © Nabin Lamichhane

**K**nown as the district across the Himalayas, the district is 50 km north of Pokhara city. The road from Lamjung to Manang's district headquarter Chame is under construction. Air links to the district are from Pokhara to Manang's Humde airport but flights are not regular because of the unpredictable weather. The specialty of Manang is its environment and weather. There appears to be mix of cold wind, the sun and the clouds seeking their presence in the environment. Manang's world famous Tilicho lake situated 4,919m above sea level is the highest lake in the world and is a key destination for tourism.

In earlier days Manang was known as Manang Bhot. The remnants of the palace of the Ghale king of Manang are still present in the then Daawal Village Development Committee. Located close to the Tibetan border, the entrance into Manang's Narpa Bhumi rural municipality has tall gates made of wood and security barriers made of stone and mud. According to historical records, these structures were built to repel attacks from the "Khampa" of Tibet. The biggest village in Manang is named by the same name and the district's name is said to have been derived from the village.





### **Tibetan Khampa Bunker**

The ancient fort in Narko Neta with bunkers is also known as Tibetan Khampa Bunkers. This area is believed to be the original settlements of the Ghale community. According to historical legends, the Khampas of Tibet after entering Nepal set up these bunkers for security after making this area as their settlement. Likewise, there are also historical records stating the Gurungs came from Tibet and settled around this place.

Manang which lies within the Annapurna Trekking circuit is an exciting place for visitors from around the world. Tourism is the biggest contributor to

the local economy. North of Manang's district is Mustang and the shared border between the districts is where the Thorang-la pass is situated at 5,416 m above sea level. Rightly known as the district across the Himalayas is surrounded by mountains to the east as Manaslu (8,163 m), to the west Damodar and Muktinath mountains (5,977 m), to the north mountains of China and to the south the Annapurna range. Due to its harsh geographical terrain, dry weather condition and land mass largely covered with rocky cliffs with little or no vegetation, the north part of the district is known as the mountain desert. The lower belt of the district is covered with pine forests.





### **Gangapurna Lake**

The Gangapurna Lake is about 27 km from the district headquarter Chame and about 1 km from the upper Manang area. As an attractive destination for both domestic and external visitors, it is rare for people not to visit the scenic lake when they are in Manang.

### **Chho-Karna Lake**

Located in Phu within Narpa Bhumi rural municipality, the Chho-karna lake is in the shape of a circle. An attractions for tourists and trekkers, it takes approximately three days to reach the lake from the district headquarter Chame.

### **Kang-la Pass Trekking**

The trekking circuit is limited area within Manang district. Starting from Chame, the route goes on to Chyakhu, Meta, Nar, through Kang-la pass and to Nangwal in Ngisyang rural municipality. The time to cover the short circuit takes about three days.

### **Pankar Lake**

This lake which is in Nasong rural municipality is about two days walk from the district headquarter. The lake is a renowned tourism destination, and is located on the world famous trekking route to Larke pass. Although the lake is situated at 4,200 m above sea level, there are good logistic arrangements for accommodation and food for visitors.

### **Dona Lake**

The Dona lake which is in the form of the English alphabet C has links to religious belief systems and is located in ward 2 of Nasong rural municipality. The lake's water source is from Mt. Manaslu. It is a beautiful C shaped natural lake which draws in pilgrims who come to the lake to bathe in the stone water sprouts. It would approximately take a day and a half to reach the lake from Naachai village passing through Nasong Dharapani.





Tilicho Lake © Ritesh Shrestha

## **Tilicho Lake**

The lake which has religious significance from tourism perspective is the highest lake in the world. Its attraction in recent times has grown both for domestic and international visitors. The lake is situated in Ngisyang rural municipality of Manang district and falls enroute to the Annapurna trekking circuit. To cater to an increasing number of visitors, there are many hotels and restaurants around the Tilicho base camp. The distance to the lake from Chame is 55 km and would approximately take a two day walk. Recent transport facilities have eased the way people are getting to the lake. A journey by vehicle from Chame to a Tilicho base camp takes about 8 hours and the remaining section from the base camp to the lake has to be walked (four hour walk).

## **Thonchhe-Larke trekking**

This is a walking route between Manang and Gorkha districts which is a high altitude walking trail that provides scenic view of Himalayan peaks

along the two districts. Along the walking circuit lies the 5,000 m Larke pass which is why the trail is called the Thonchhe-Larke trekking circuit. The circuit can be completed within three days.

## **Mount Annapurna**

Mount Annapurna is one of the most recognized tourist attractions in Manang district. The height of 13 peaks in this mountain range varies from 6,000 m to 8,000 m and stretches 55 km. The mountain range touches the Kaligandaki river gorge to the west, the Marsyangdi river to the east and north, and Pokhara valley to the south. To the end of the western part of the mountain range is the Annapurna Sanctuary which is a high glacial basin lying 40 km directly north of Pokhara. This oval-shaped plateau sits at an altitude of over 4000 m. Mt. Annapurna I is the world's 10<sup>th</sup> tallest peak and Nepal's 9<sup>th</sup> tallest standing at 8,091 m above sea level.





## Thorang-La pass


The trekking circuit to Thorang-La pass is a two week trek which runs through Lamjung, Manang, Muktinath and Andha gorge. Known as one of the best and adventurous trekking routes, visitors are provided with a diverse experience of its natural heritage, cultural sites of local communities, wide range view of diverse mountain peaks, hill terrain and biodiversity of flora and fauna. The trekking route includes the world's highest mountain pass the Thorang-La Pass (5,416 m), Kaligandaki's deepest gorge known as Andhagalchi and the famous Muktinath temple.

Thorang-La Pass © Prashant Achikari



Bhrakha Village © Dinesh Tiwari





## Manang's key tourism destinations

- Ice Lake
- Julu Peak
- Pisang Peak
- Mount Kanjaru
- Mount Himlung
- Himlung Lake
- Mount Chyo
- Timang- Danfe- Dudhpokari Trekking Trail
- Mount Lamjung basecamp-Chame Trek
- Homestay at Odar and Tanche
- Milareppa Bhraka (Meditation centre)
- Sikles- Kori-Thuli Lake-Dudhpokhari-Timang Trek
- Hotsprings
- Ghyaru Village
- Nangwal Village
- Khangsar
- Kajin Sara Lake
- White Snow Vultures
- Snow Leopard
- Apple Farm









Artifact of Gorkha Durbar © Tulsiram Sharma

# GORKHA



**District Area**  
3,646.18 sq. km

**District Headquarter**  
Gorkha bazar

**Political Boundaries**  
 East : Dhading and Tibet  
 West : Tanahu, Lamjung and Manang  
 North : Tibet  
 South : Chitwan, Tanahu and Dhading

Population Census (2011)  
 Total : 271,061  
 Density : 74 per sq. km

**Location**  
 Longitude: 84°24'17" - 84°12'03"  
 Latitude: 27°47'40" - 28°45'08"

**Temperature**  
 Maximum: 33.5°C  
 Minimum: 2.3°C

**Rainfall**  
1,628 mm

**Weather**  
 Tropical, Sub-Tropical,  
 Temperate, Sub-Alpine  
 & Alpine

**Accommodation Facilities**  
 Hotel, Lodge, Resort and  
 Community Home Stay

**Culture**  
 Dance- Lakhe, Maruni,  
 Ghatu, Salejo, Lekhi,  
 Thado Bhaka

**Access**  
 Pokhara - Abu Khaireni 84 km  
 Abu Khaireni - Gorkha 26 km

**Health Service**  
 District Hospital,  
 Primary Health Care,  
 Health Post, Clinic

**Tourist Attraction Sites:**

- ❑ Gorkha Durbar (palace) and Gorkha Museum
- ❑ Manakamana Temple and Cable Car
- ❑ Dona Lake
- ❑ Srinathkot Mandali
- ❑ Ajirkot
- ❑ Gorakhkaliika
- ❑ Barpak and Larpak (2015 Earthquake Epicenter)
- ❑ Mount Manaslu and Conservation Area
- ❑ Larke Pass
- ❑ Chhekampara
- ❑ Ligligkot



The identity of Gorkha is always linked to the history of wars and bravery the world over. More than 250 years ago, Gorkha which was ruled by king Prithivi Narayan Shah was the starting point for the unification of small states and principalities to form the present Nepal. Due to his leadership role in unification of Nepal, king Prithivi Narayan Shah is also known as the founder of the nation. King Prithivi Narayan Shah's palace continues to stand on top of a hill in Gorkha, symbolically representing the bravery and pride of the Gurkha soldiers.

The district headquarter of Gorkha district is Gorkha bazar which falls under Prithivi Narayan municipality. It is 25 km north along a section of the

Prithivi highway which links Kathmandu to Pokhara. There is a statue of king Prithivi Narayan Shah in the town center in recognition of his leadership role and contribution to Nepal's identity.

According to historical records, king Prithivi Narayan Shah is reported to have taken with his Newari artisans and craftsmen when he first visited the Kathmandu valley. These craftsmen were instrumental in the many Newari style architecture, houses and monuments that were built in Gorkha which are still present today. Other historical places in Gorkha include the palace of King Drabya Shah, Ligligkot, Srinathkot and the 22 armories and forts in the district.

## GORKHA'S KEY PLACES

### Gorkha Palace/Gorkha Museum

Standing tall on a hillock in the middle of Gorkha bazar, this historical 18<sup>th</sup> century place was known as the Gorkha palace (Durbar) even much before the Shah Dynasty kings occupied it during their rule of Gorkha. It is also known as Tallo Durbar and lower palace amongst the local community. Standing on a hillock overseeing the district headquarter, it is at a strategic location from a warfare point of view. The palace can only be reached by climbing 1,700 stonned steps from the main road which approximately takes about 40 minutes to each from the base to the palace top. Once on top, visitors can have a panoramic view of mountain peaks of Dhaulagiri, Annapurna, Manaslu, and Ganesh Himal from the east to the west. Likewise looking south, there are the hills of the Mahabharat range. Known as the fifth highest peak in the world (8,156 m), Mt. Manaslu falls in Gorkha district.

Situated within the palace premises, the Gorkha museum has 12 sectioned rooms which houses historical documents and information. The museum was only opened to the public in 2008. Historical artifacts such as the weapons used during Nepal's unification process, utensils used during that period, mannequins with clothes worn by various indigenous people, oil paintings and musical instruments are some of collections visitors can see. There are also portraits of kings of the Shah Dynasty from Drabya Shah, Prithivi Narayan to the last king of Nepal Gyanendra Shah. The establishment of the museum was commissioned



Gorkha Durbar © Hariram Upreti



Gorkha Museum © Hariram Upreti





Manakamana Temple © Bhim Lal Shrestha



Manakamana Cable Car © Manakamana Tours



Chhekampar © Hariram Upreti



Barpak Village © Hariram Upreti

in 1816 by the then king Rajendra Bikram Shah according to historical documents. The building which houses the museum is reported to have been constructed for king Rajendra's son Surendra Bikram Shah. The buildings court in a courtyard shaped architectures which was prevalent during the reigns of the Malla kings. Key attractions of the museum building are the woodworks that decorate it.

### **Manakamana Temple / Cable Car**

The Manakamana temple which is dedicated to the Hindu Goddess Devi Bhagawati and built in ancient times is a very famous pilgrimage site for Hindus in Nepal and around the world. There is a belief that the Goddess Bhagawati is believed to grant wishes of pilgrims come true if they make their wishes in the temple premises. The temple is about 125 km from Kathmandu. There is an option to do a 3 hour walk through uphill terrains from Abu Khaireni which lies along the highway or visitors could take a 10 minute cable car ride from Kurintar.

The temple which is located in Shahid Lakan rural municipality was damaged during in 2015 mega earthquakes and it took 43 months to restore the temple.

### **Chhekampar**

Situated in the most northern part of the district, it shares its border with Tibet and is close to the base of the Himalayas. Mt. Manaslu which also lies in the district can be viewed up-close from this place. In recent times, Chhekampar's Tsum valley which falls under the Manaslu Conversation Area has drawn the interest of visitors as a key destination in the district. The trek to Tsum valley from the district headquarter is approximately a five day walk.

### **Barpak / Larpak**

Barpak which was at the epicenter of the 2015 (April 25) mega earthquake is a key tourist destination. It was an attractive destination for tourist even before the earthquake. The roof of the more than 1,400 houses in the village were uniform in appearance, all covered with slate (thinly sliced metamorphic rock) and their walls were built of stones. However, following the reconstruction of the village after the earthquake, most rooftops of houses have been covered with corrugated tin sheets. Homestays in Barpak are popular accommodation options for visitors which is predominantly a Ghale community village.



## Larke Pass

Getting to Larke pass which fall within the Manaslu Conservation Area is a key destination for visitors in the district. The pass is located in Sama Gaun in Tsum Nubri rural municipality. The pass is fascinating for visitors to be amidst the monasteries and temples against the backdrop of the Himalayas. The Tsum valley and Nubri inside the Manaslu Conservation Areas are captivating places for visitors.

## Srinathkot Mandali

Situated at 1,974m above sea level, Srinathkot and Tarkukot are places between Siranchowk and Sulikot rural municipalities. Historical documents mention Siranchowk being a congregation point for parayer and worship for the “Nath” Yogis group, and it is for this reason that this place is known as Siranchowk Mandali and the rural municipality as Siranchowk. The Srinath Mandali was considered by the then kings of the Shah Dynasty as being their protector.

It is also believed that Shringi Rishi (yogi) meditated in this place. The area is also famous and has history attached to it for being the birth place of Amar Singh Thapa, the mid 17<sup>th</sup> century commander of the Nepal Army and Prime Minister who was hailed at the “Living Lion of Nepal”.

## Gorakh Kalika / Gorkha Cave

The Gorakh Kalika temple is considered to be the main power center of religious worship for the Shah Dynasty. They consider the goddess as their main protector and deity. There is a huge religious and prayer event held at the Kalika Bhagwati temple on the ninth day of the Dashain festival or Navaratri. This temple has both religious and historical significance attached to it.

## Ligligkot

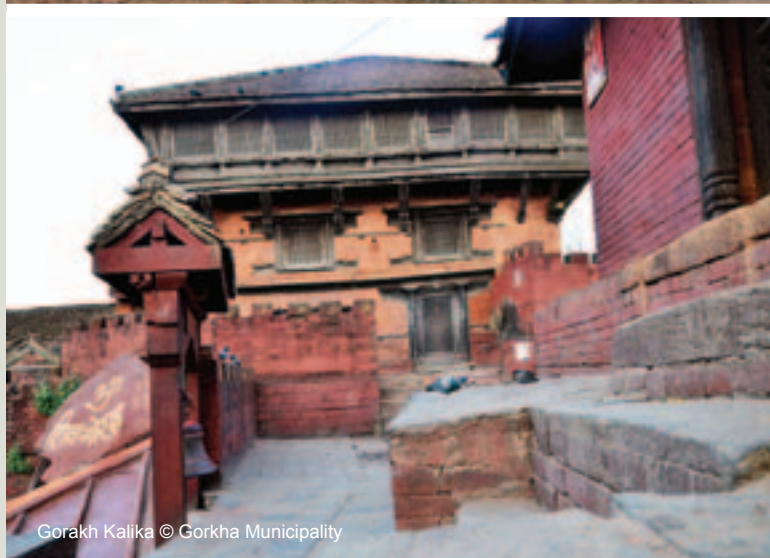
Ligligkot which falls under Palungtar municipality has historical significance as well as a destination for tourism. The place is situated 1,437 m above sea level and can be reached walking from the district headquarter Gorkha bazar (4 to 5 hours). Ligligkot is the place where king Drabya Shah had his palace; he is said to have first initiated Nepal’s unification process. There was a traditional practice that the person who would win the race



Larke Pass © Hariram Upreti



Srinathkot Mandali © Siranchowk Rural Municipality



Gorakh Kalika © Gorkha Municipality



40 feet tall National Flag © Palungtar Municipality





Camping at Manaslu Circuit © Bharat Bandhu Thapa

### Mount Manaslu / Conservation Area

The mountain which is in Sama Gaun in Tsum Nubri rural municipality at 8,163m above sea level. It is very popular for mountaineers seeking cutting edge adventure in the Himalayas. The mountain gained popularity and recognition as a difficult peak to scale following its first conquest by the Japanese mountaineer Toshi Emanoshi on 9 July 1956.

from Chepeghat, the confluence of the Marsyandi and Chepe rivers to the Ligligkot would be selected as the Ghale king. Although no one is crowned king, the 13 km race from Chepeghat to Ligligkot is held annually even today. As a mark of national pride, there is a 40 feet Nepal's flag that flutters on Ligligkot's hilltop.

### Ajirkot

Ghyaachowk, Kharibot, Hangsapur, Simjung, Muchok villages are part of Ajirkot rural municipality. The area provides a 180 degree clear view of the Himchuli, Manaslu and other mountain peaks due to its alleviation. The Ajirkot Kalika temple there is devoted to Goddess Kalika and is sacred to Hindus.

### Other key attractions in Gorkha district

- Ramshah Chautari
- Palungtar Airstrip
- Birendra Lake
- Khoplang Hotspring
- Ligligkot and Sixteen other Kots
- Takukot
- Shulikot-Rupakot
- Chepe Ghat
- Boksiraha – Chepe River- Ekadashi Fair
- Bhimsen Park, Bakreshwari Temple
- Sita Cave
- Lakhan Cave
- Ram Shah Ghat, Weekly Fair
- Laprak Monastery
- Gorakh Nath Cave
- Budhi Gandaki Rafting
- Narad Pokhari
- Bhimsen Thapa Garden
- Manaslu-Dharche Trekking trail
- Rubinala-Manaslu Trek
- Manaslu Circuit
- Tsum Valley
- Kalpa Lake
- Sirdibas
- Udiya Hot Spring
- Ganesh Himal Trekking Trail
- Bhume Temple
- Bhachchek
- Aarughat





Camping at Manaslu Area © Bharat Bandhu Thapa



Manaslu Trekking © Bharat Bandhu Thapa





Gorkha Sama Village © Bharat Bandhu Thapa



Faces of Manaslu © Bharat Bandhu Thapa



Manaslu Base Camp © Bharat Bandhu Thapa



Local People of Manaslu Circuit © Bharat Bandhu Thapa



Samdo Village Manaslu Circuit © Bharat Bandhu Thapa









Devghat Dham © Ashmita Khanal

# TANAHU



**District Area**

1,571.98 sq. km

**District Headquarter**

Damauli

**Political Boundaries**

- East : Gorkha and Chitwan
- West : Syangja
- North : Kaski, Lamjung and Pokhara
- South : Nawalpur and Palpa

**Population Census (2011)**

Total : 323,288  
Density : 206 per sq. km

**Location**  
Longitude: 83°56'21" -84°33'42"  
Latitude: 27°44'27"-28°07'46"

**Temperature**  
Maximum: 37.5° C  
Minimum: 7.5° C

**Rainfall**  
2,063.9 mm

**Weather**  
Tropical, Sub-Tropical, & Temperate

**Accommodation Facilities**  
Hotel, Lodge, Resort and Community Home Stay

**Culture**  
Dance- Lakhe, Maruni, Ghatu, Kauda, Sorathi, Salejo, Kheli, Thado Bhaka

**Access**  
Pokhara to Damauli 51 km along the Kathmandu Pokhara Prithvi Highway

**Health Service**  
District Hospital, Primary Health Center, Health Post, Clinic

**Tourist Attraction Sites:**

- Bandipur □ Dev Ghat Dham □ Dhor Barahi, □ Chhabdi Barahi □ Vyas Cave Tourism Center, Ghansi Kuwa,
- Tanahusur Kalika and Durbar Area □ Bhanubhakta Birth Place □ Chhimkeshwori Temple/Budhi Devata Temple □ Andhimul Barahi Mirlungkot





The areas within Tanahu district fall in the Mahabharat hills and Nepal's mid-hills geographical belt. The district headquarter Damauli is 49 km east of Pokhara. On two side and in the middle of the district flows Nepal's famous rivers, Marsyangdi and Trishuli on the east side, Kaligandaki to the south and Madi and Seti rivers in the middle.

## ATTRACTIONS OF TANAHU

### Bandipur

Known as the queen of the hills, Bandipur was once the headquarter of Tanahu up until 7 February 1969. Thereafter, the headquarter was shifted to Damauli. Bandipur became a trading town during the 18<sup>th</sup> century when the Newars of Bhaktapur and Banepa settled down here to trade with Indian towns and cities and also served as a transit point for trade between India and Tibet. Bandipur which stands on a high hill top provides a wide range view of mountain peaks; namely Dhaulagiri, Annapurna, Manasu and Buddha mountains to the west and Ganesh Himal, Langtang and dozens others to the east. Bandipur is 7 km south of Dumre bazar and driving on the black topped road would approximately takes 20 minutes to reach.

Situated at 1,030 m above sea level, Bandipur is home to traditional Newari heritage and culture, traditional Newari handicraft and is best known for its stone paved lanes. The town is also famous for the many temples such as those built during the 18<sup>th</sup> century Khadgadevi temple, Bindabasini, Thaanidevi, Mahalaxmi, Narayan temple, Parpani Mahadev, Teendhara Mahadev and Mukundeswori temples. The queen forest area is a heaven for bird watchers. With Bandipur at the center of tourism, it has helped promote tourism for neighbouring villages namely Bimalnagar, Chhap, Aandhimul, Jhaar Gaun, Heelekharka, Ramkot, Sukhaura, Keshavtar, Dharampani and Chhimkeswori. Exciting and adventurous activities in and around Bandipur are rock climbing, canyoning and paragliding. The Keshavtar to Damauli route has been developed as a mountain biking track for cyclists.



Being an ancient Newar settlement, cultural practices and social norms continue to be reflected in everyday life and annual events such as Khadga Jatra, Gai Jatra, Ropai Jatra (marking plantation season), Baag Jatra and the Lakhey dance. Close to the town are settlements of Magar and Gurung community who have their own distinct culture and dance such as Ghaatu and Kaura. Visitors have a wide range of traditional Newari and Nepali cuisine to choose from in Bandipur.

### **Vyaas Tourism Area, Cave**

The Vyaas cave lies at the confluence of the Shukla (Seti river) and Mahendri (Madi river) is one of the main tourist attractions in Tanahu. Vedvyas, who is known as the author of the Hindu epic "Mahabharat" and who classified the Vedas is believed to have been born here and it's the reason this place holds special significance for Hindus. It is considered to be the meditation grounds for Maharishi Parashar. Considered a sacred pilgrimage site by Hindus on auspicious days according to the lunar calendar such as Haribodhini Ekadashi, Shrawan Sakranti and Makar Sakranti draw thousands of visitors to the area.

### **Mirlungkot**

Mirlungkot was the place in Tanahu where rulers of the 22 and 24 principalities of Nepal had their palace, the reminiscence of which are still visible. Standing up top of a hillock at 1,653 m above sea level, the landscape of nine districts are visible from this point. Visitors can reach Mirlungkot from Dumbre which is a 24 km drive, but the last part of the 2 km journey has to be walked. There are health centers, police posts and a tourist

information center in Mirlungkot to cater to the needs of visitors.

### **Devghat**

From ancient times Devghat has been a sacred place with reference to religious beliefs and practices as well as a place of for meditation and spirituality. The place is also synonymous with Shaligram, Ashrams, and as a learning center of the Vedas (Ved Gurukuls). It is for this reason that Devghat is also known for religious tourism.

Devghat is located 5 km north around the middle section of Nepal's east-west highway. The geographical location is such that this happens to be the meeting point of Chitwan, Tanahu and Nawalpur districts. Spread over a joint ownership of the three districts at 5,434 ha, Devghat is a key religious tourism destination for pilgrims. There is a huge religious fair held annually around February call "Maghe Sakranti".

### **Chhabdi Barahi Temple**

The temple is located 7 km east of Damauli. There is a belief that if worshippers come and pray in this temple dedicated to Goddess Chhabdi Barahi, their sins will be washed away. With the exception of few days in the lunar calendar such as Ekadasi, start of the new moon (Aausi), the Nepali month of Shrawan (July-August) and lunar eclipses this temple always has pilgrims coming in to worship. The guardians of the temple (priests) who perform all religious offering on behalf of worshippers is always from one particular generation of the Magar indigenous group.



Mirlungkot © Mirlungkot Tourism Committee



Chhabdi Barahi © Ashmita Khanal





Chhimkeshwori Temple

## Chhimkeswori

From medieval times, Chhimkeswori has been known for its religious and cultural heritage amongst Hindu pilgrims. There are various routes to reach Chimkeswori; from Abu Khaireni, Dumre or Bandipur. This is a place with indigenous and cultural diversity which reflect representations of the Gurungs in Dharampani, Jhar Gaun, Laabdi and Hilekharka and also showcase the cultural centers of the Bhange Magars and Aklaang Bhujels. From the highlands of Chhimkeswori (2,134m) which is amongst one of the highest hills in the Mahabharat range, Himalayan peaks between Dhaulagiri in the west to Langtang in the east can be seen up-close from this point.

There are two temples in the area devoted to Chimkeswori Mai and Budhidevi Mai, both goddess worship by Hindus. Among the seven goddess known to locals in the area, the eldest Budhidevi and the second Chimkeswori are worshiped by people. The others, Gorakhkali Mai, Manakamana Mai, Eikchhyakamana Mai, Annapurna Mai and Akala Mai are the other five sister goddesses.



Birth place of Bhanu © Ashmita Khanal





### **Ghasikuwa, Birth place of Bhanu**

Nepal's famous poet Bhanu Bhakta Acharya was born in Chundi Ramgha, Ghasikuwa and his birth place draws many poets, literatures and writers. His birth place is also known by the name Shikharkateri. He first translated the famous Hindu epic "Ramayana" from Sanskrit to Nepali. As a poet and writer, he inspired many with his literary work and has been recognized for his unparalleled contribution to promoting Nepali literature and language. He has been honored with the title of Aadikavi (The first poet) for his contribution. As a result of Tanahu being his birth, the district has been an interest of researchers and study teams who have an interest in the Nepali language and literature. As much as Chundi Ramgha is famous for being the birth place of Bhanu Bhakta Archarya, it is equally famous for its green paddy fields and their yields. Bhanu Bhakta's birth anniversary is marked with pomp and show annually along with rice day which brings in many visitors to the area. Chundi Ramgha is easily accessible from Thanikothan, Mirlungkot and Tanahusur; and by bus and jeep from Dumre bazar. The nearby village of Rana Gaun is used for large events and there

are homestays for accommodation at Naaurung which is also in close proximity of Chundi Ramgha.

### **Dhorbarahi Temple**

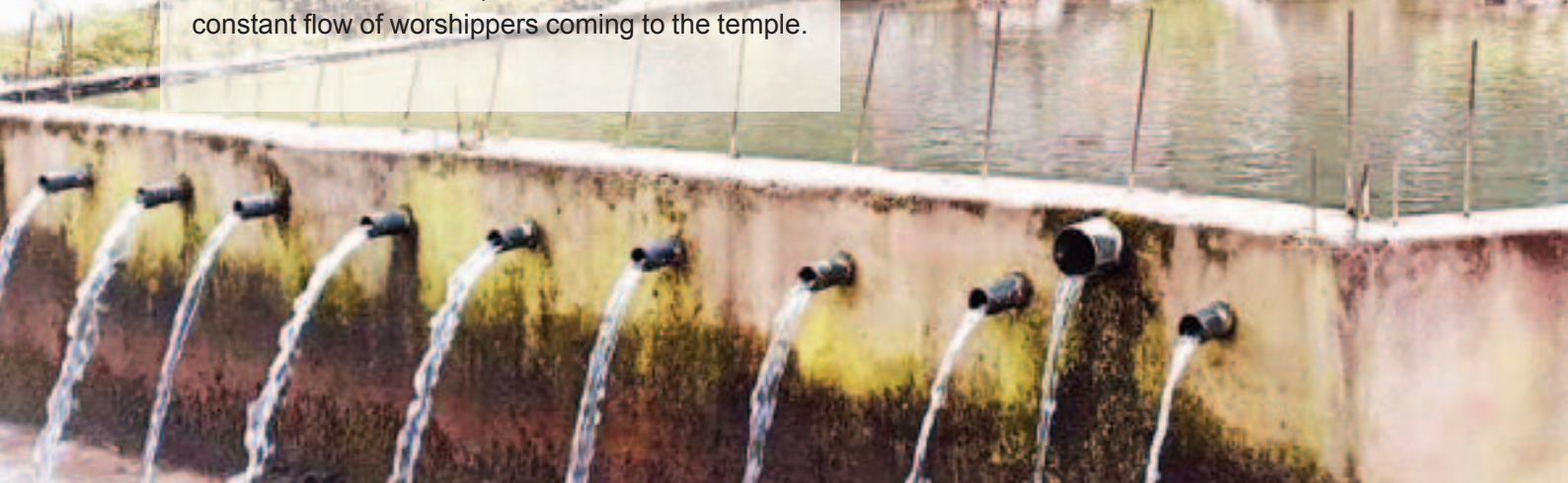
The Dhorbarahi temple is devoted to Goddess Barahi and is located in Baajsthal in Suklagandaki municipality. One of the main attractions of this temple is a small pond with fishes whose water level mysteriously raises and falls. Every fifteen minutes fresh water gushes out from between the rocks and then subsides which is fascinating for worshippers who come to make their offerings at the temple. References to this temple have been mentioned in verses 22 to 30, chapter 5 in the "Skanda Puran" which is a genre of eighteen Hindu religious texts. Visiting and making offerings at this temple is believed to make your aspirations turn to reality. People come and worship at the temple believing that there is the third reincarnation of lord Vishnu in the temple. Main events in the lunar calendar that bring in hundreds of worshippers are Shreepanchami, Chaite Dashain and Bada Dashain. Located 5 km from the Prithivi highway, a vehicle journey to the temples would take 20 min from the highway at Dulegauda or an hour walk.



## Aandhimul Barahi

Aandhimul is among the potential destinations that can promote religious tourism in Tanahu district. The Aandhimul Barahi temple is located in Abu Khaireni rural municipality which is located amidst natural surroundings. Although there are no records of when the temple was built, it is believed to have been a place of worship from ancient times. People come here to worship at the Aandhimul Barahi temple as well as to the fishes in the pond near the temple. As with Chhabdi Barahi and Dhorbarahi, this temple is also considered to be an abode of the Barahi Goddess and named Aandhi Barahi. There is a grand fair held around the temple on Haribodhani Ekadasi, a calendar event in the lunar calendar. With the exception of Ekadasi, there is a constant flow of worshippers coming to the temple.

Aandhimul Barahi © Radio Bandipur



## Tanahusur

Tanahusur is said to be the last principality to be ruled by the Sen Dynasty of kings who governed the 22 and 24 principalities in Nepal. Harkumar Dutta Sen was the last king of the Sen Dynasty to rule here. Located at 1,242 m above sea level, Tanahusur is situated at an elevation which has 3 distinct hilltops known to the people as Tritung. Tanahusur is an ideal place for village tourism which provides visitors with religious, historical and cultural context of the region. The predominant Newar and Magar village has seen a steady flow of domestic and external visitors to the village which has many homestays to cater to the demands for accommodation. Once in Tanahusur, there are many stories to be listened to, cultural and historical heritage sites to explore, and also to enjoy nature and the environment there. One of the most interesting facts of this village is the blooming of the 500 year old “Shelinge” flower which happens two times a year in April and September. The flower is believed to be only found in Tanahusur. Other attractions in the village are Aena Bhir, the well where the queen is said to have bathed and the royal store house of Sen kings.







Shivalaya Temple



Lakhe Dance © Bishal Shrestha

### Other destinations in Tanahu

- Millennium Cave
- Siddha Cave, Bimalnagar
- Thaniko Than
- Ghiring Kot Durbar (Palace)
- Bhujikot
- Rock Garden
- Akala Temple
- Cyamin Kalika
- Bimalnagar Rock Climbing
- Manhokot and Paragliding Spot
- Rishing Rani Pokhari
- Siddha Cave, Bhimad
- Martyr and Peace Park
- Shivalaya Temple
- Patal Dhand Cave and Ram Sita temple
- Ghantachuli, Devghat
- Krishna Pranami Temple, Abu Kheireni
- Damauli
- Dhor Durbar (Palace)
- Rahastal Homestay (starting point of millennium trekking)
- Gadhimai
- Ne-Muni
- Chandani
- Mukunda Sen Durbar (Palace)









Tharu Dance © Dr. Prem Sharma

# NAWALPUR



### District Area

1,425.94 sq. km

### District Headquarter

Kawasoti

### Political Boundaries

East : Chitwan

West : Palpa and Parasi

North : Palpa and Tanahu

South : Chitwan, Parasi and India

### Population Census (2011)

Total : 311,604

Density : 219 per sq. km

**Location**  
 Longitude: 83°40'46" -84°26'02"  
 Latitude: 27°16'15"-27°52'11"

**Temperature**  
 Maximum: 37.5°  
 Minimum: 7.5°

**Rainfall**  
 2,321.7 mm

**Weather**  
 Tropical & Sub-tropical

**Accommodation Facilities**  
 Hotel, Lodge, Resort and  
 Community Home Stay

**Culture**  
 Dance- Lakhe, Maruni,  
 Ghatu, Kauda, Dampfu,  
 Golyani, Latthi (Stick), Bhajan  
 (hymns), Salejo, Badaka Itbar

**Access**  
 Pokhara to Kawasoti  
 160 km by bus

**Health Service**  
 Hospital, Health Post,  
 Clinic, Ayurvedic Centers

**Tourist Attraction Sites:**  
 Maula Kaliika  Devchuli and Barchuli Peaks  Triveni Gajendra Mokshya Dham  Daunne Devi and Kailash Mountains  Ghumari Ghat,  
 Kamdhenu Area  Lhosae Dhara  Kailash Ashram  Shashwat Dham  Akala Devi (Dedh Gaun)  Madyabindu (mid point)





Following the delineation of administrative and political boundaries in the state restructuring process, the Nawalparasi district was divided into two districts, namely Nawalpur and Parasi. Nawalpur is a district within Gandaki province whose geographical boundary stretches from Bardaghat to the eastern part of the Susta area.

### Maula Kalika Temple

The temple is said to have been built by king Mukunda Sen of Palpa more than 200 years ago. The Temple is reported to have been built on an elevation for strategic and security concerns for the then state ruled by Mukunda Sen. More recently, with the support of the local community the temple has been renovated and today stands as a three story pagoda style architecture temple where hymns and prayers are routinely taken place.

### Kailash Sanyash Ashram (Mahadevsthan)

The Kailash Sanyash Ashram is located 20 km west of Devghat Dham in Gaidakot municipality. This place is revered as a place of asceticism. This area is located close to the banks of the Narayani river to the south from where a wide angle view



Kailash Sanyash Ashram

of the Chitwan National Park can be seen. To its east is the Kailash park and a large playground. Inside the ashram there are many old natural forest resources such as Sal (*Shorea robusta*), Willow, (*Salix caprea*), Rudrakshya (*Elaeocarpus sphericus*) and Red Sandalwood (*Pterocarpus santalinus*).

There are many artifacts and manuscripts that have historical, archeological and religious significance inside the ashram. The Department of Archeology has classified this area as an archeological site. Upon excavation of the site by the archeological department, a stone Jyotirlinga (sign/image of lord Shiva), statue of lord Ganesh and two stone carved lions.





Sashwat Dham © Chaudhary Group



Sashwat Dham © Chaudhary Group

### Sashwat Dham (Dev Chuli)

The meaning Sashwat refers to truth and the Sashwat dham is believed to have been built to provide positive knowledge. The place which is considered spiritual and religious by the followers of "Sanatan Dharma", a term used to denote religiously ordained practices incumbent upon all Hindus regardless of class, caste or sect.

Located at the foothills between the Devchuli and Varchuli hills, the inscription mantra in the Sashwat dham states that if religion is protected, it will also protect people. The pilgrimage site which is spaced in just over 1 ha of land has a

temple dedicated to Ekambareswar Mahadev and has been built in the architecture of the famous South Indian Khajuraho temple. The temple is surrounded on all sides by water. The water in the lake is mixed with the sacred waters from Badrinath, Kedarnath, Haridwar, Muktinath, Pashupatinath and other sites with religious importance. Due to the sacredness of the water inside the lake, it is known as "Sarwotirtha Sarowar".

The government of Nepal has listed Sashwat Dham as a key center for tourism in its list of 100 destinations. In addition to the temple, the pilgrimage site also has a Gurukul, Dharmashala, Buddhist monasteries and a Buddhist center. Other images and symbols that represent the Hindu religion such as the chariot of Arjun, Sri Krishna Leela, Akhanda Agni kunda, Yagya kunda, Hanuman temple, a museum, a library and a Gaushala (shelter for cattle). It also has a residential program for yoga and meditation that can accommodate 45 people.





### **Kamdhenu Area (Ghumarighat)**

The Kamdhenu area also referred to as Ghumarighat is in Bulingtar rural municipality. The area lies in the northern foothills of the Mahabharat hills and is about 36 km north from Daldale bazar. Likewise, it is a 20 min walk from Aatreli bazar. The geographical location of Ghumarighat is amazing and fun to experience nature works its way. The Krishna Gandaki river surrounds the Ghumarighat on most part with the exception of the land mass that links it to the mainland. Due to its shape which is almost a circle, it derives its name Ghumarighat in Nepali.

### **Akaladevi Temple (Dedh Gaun)**

The Akaladevi temple is of key interest in the Dedh Gaun area due to its religious significance. Local legend has it that the place where the temple is located has a boulder alongside it. The boulder was thrown by a shepherd across to a field down below but the next day the boulder was back to where it was. Believing that the boulder came back due to a form of super natural power, legend has it that the temple of Akaladevi was constructed to honor the super natural power in the Dedh Gaun area. The temple which is only confined to the four wall does not have a roof and is believed to be more than 200 years old. The temple has a 45 kg bell in its premises. A special prayer is held annually on the full moon night during the month of April locally known as Gujeri purnima. Believing that wishes and aspirations will be fulfilled if people worship and make offerings at the temple, people from across Nepal but mainly from neighboring districts of Kaski, Tanahu, Syangja, Palpa, Chitwan and Gulmi come to this temple.



Akaladevi Temple © Bundikali Rural Municipality





Gajendra Mokshya Dham © Binay Triveni Rural Municipality

### Gajendra Mokshya (Triveni) Dham

Gajendra Mokshya (Triveni) Dham lies in the south of the district and is 25 km from Bardaghat and 34 km from Parasi. This place is a spiritual and holy confluence of three rivers: Sano, Tamsa and Saptagandaki rivers. It is considered to be as sacred as "Prayag" in the Indian city of Allahabad, where the river "Ganga" and "Yamuna" meet. In the vicinity of Triveni there is the Balmiki Ashram with statues of Rishi Balmiki, Sita, Luv and Kush and lord Ganesh. This place is considered to be the area where Sita first entered the earth, where she ate her fruits, the site of the immortal well, the place where the twins Luv and Kush tied their horses on a stone pillar and also where the two got their education. Although this place falls in Chitwan district, visitors can reach here going through India (land route) or by taking a boat across the Narayani river. Across the river, there are temples dedicated to Radha / Krishna, Hanuman, Shiva and Parvati, Durga Bhawani, Gajgraha and Laxminarayan. A three day religious fair is held annually during the month of January (Maghe Aushi) when pilgrims from India and Nepal come to take a holy dip in the confluence of the three rivers.



Devchuli Barchuli Danda © Devchuli Rural Municipality

### Devchuli Barchuli Danda

Devchuli and Barchuli are hills that fall under the Mahabharat range and are considered the highest in the range standing tall at 1,936 m. From these hill tops, a 360 view of the Himalayan mountain range to the north and the southern plains (terai) can be seen. At 1,800 m on the hill there is a 30 meter deep cave with 11 feet of stairs into the cave from the entrance. According to Hindu narratives, during the Dwapar yug (third of the four ages described in the scriptures of Hinduism) the five "Pandav" brothers along with "Draupadi" has taken refuge inside the cave when they were temporarily banished from their home. During the full moon in the month of April, there are prayers offered to three virgin goddess (Kanya Mai).





### Daunne Devi Temple

With the development and access of transport services, the Daunne Devi temple has a lot of movement of people. Situated in the Daunne hill at 1,023m along the Mahendra Highway, the temple is said to have been built by a person name Prabhakar in 1880. However, the idol of Daunne Devi was placed in the temple by the Rana regime Prime Minister Junga Bahadur Rana.

### Madhyabindu (Middle Point)

The Madhyabindu is the exact middle point of Nepal's east to west length. The point falls in Nawalpur's Madhyabindu municipality. The place as well as the municipality have been named with this reference.



Madhyabindu Pillar © Madhav Parajuli



Taruwa Lake © Lake Development Committee



## Lhose Dhara Babadham Temple

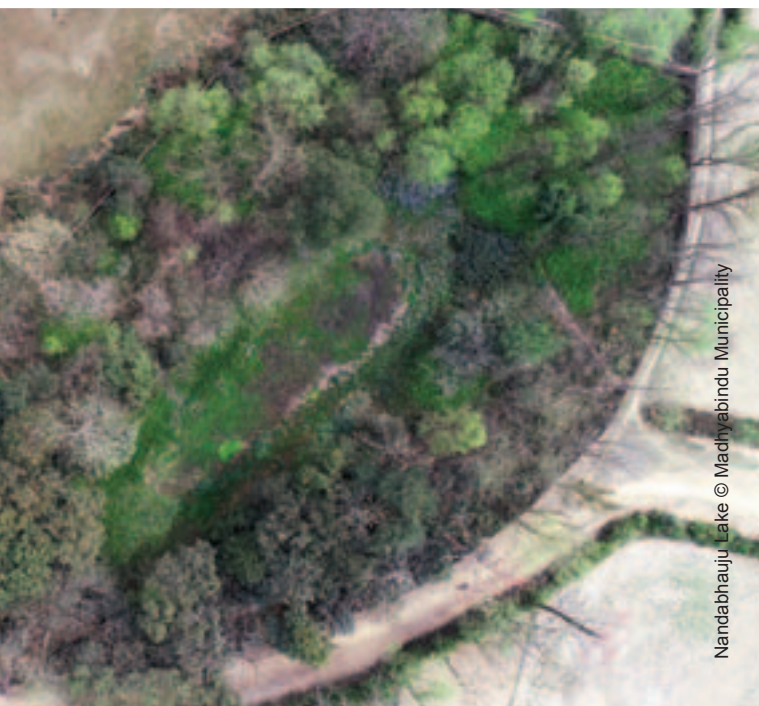
This temple is in Bhagrama and falls within Madhyabindu municipality. Since ancient times, the temple has been sacred as well as a place of faith for Hindus. This temple has special significance for couples wanting to conceive. There is a belief that praying at the Gosai Baba temple which is located nearby will result in conception for couples.



Lhose Dhara Babadham Temple © Madhyabindu Municipality



Balighat © Bundikali Rural Municipality



Nandabhauju Lake © Madhyabindu Municipality

## Other key attractions in Nawalpur

- Rudragadhi
- Taruwa Lake
- Balighat
- Mukunda Sen Dubar (Palace)
- Laxmi Narsingh Dham
- Kali Gandaki Rafting
- CG Buddha Center
- Pokhari Taal
- Namuna Madhyabarti Wildlife Conservation (Jungle Safari)
- Nanda Bhauju Taal
- Amaltaari-Tharu Homestay
- Narayani Nauka Bihar
- Maharaja Thaan
- Pithauraghat
- Susenigaun- Magar Homestay
- Bungdikali, Bagubanlapha Homestay, Kuwakot
- Bulingtar Magar Cultural Trek
- Durga Temple and Shivalaya Temple, Mid Point
- Bishwokarma Baba Temple
- Chisapani Homestay- Kumal Cultural Center



# ADVENTURE SPORTS

Paragliding © Parishad Sharma



Ultralight Air Craft



Rafting

## Ultralight

One of the glammers of Pokhara as the capital of Gandaki province is to experience and watch ultralight flights over the valley and flying close to the mountain ranges. Limiting their flight height to 5,000m, flights in ultralight aircraft provide visitors and adventure enthusiast a bird's eye view of lakes, villages and the majestic and gigantic mountains of the Himalayans. The operation of ultralights depend on weather conditions but they do operate routinely between September to June from Pokhara airport. In addition to Pokhara, ultralight flights are also available from Balewa in Baglung and Palungtar in Gorkha districts.

## Rafting

Rafting is an adventure sport which is popular in some rivers in Gandaki province. Rivers like the Kaligandaki, Setigandaki, Marsyangdi, Madi and Trishuli are key attractions for those seeking water adventure. Among the popular rafting activities is the three day trip from Nayapul in Parbat district to Mirmi in Syangja district. For solo and twin adventurer, kayaking and canning are popular sports that are gaining popularity in Gandaki.





## Pony Trek

Riding on horseback in and around remote villages and mountain terrains is a unique and novelty experience. Due to challenging mountain trails and the absence of road, horses are still used for transporting goods and people. The experience of horseback are available along most mountain trails namely on the Mustang-Muktinath walking route, Damodar Kunda, the Lakeside in Pokhara to Sarangkot, and in Manang, Mustang and Lamjung districts within the Annapurna Conversation Area.



## Skiing

Skiing as a sport has gradually gained popularity amongst adventure enthusiast in the high altitudes of mountains in Gandaki province. Although skiing is possible only when it snows, skiing is possible in high altitudes even when it's now snowing. Skiing events and competitions are organized in Mustang district.





Bungee Jumping

## Bungee Jump

The adventure sport of Bungee jumping is very popular amongst domestic and international visitors in Nepal. First started in Sindhupalchowk by the Last Resort tourism company, bungee jumping is also in operation in Hemja in Kaski district. A 30 minute bus ride from Pokhara, the bungee jump in Hemja is a 70m fall from an iron/steel structure like a crane to the river below. A bungee jump area is also constructed in Parbat due to the popularity of the sport amongst adventure tourists.

## Adventure Swing

The swing is considered to be the only one of its kind in Nepal at a height of 248 m over the Kaligandaki river between Kushma and Balewa. It is also considered to be the highest swing in the world with the sport being an individual adventure sport. Upon completion of the swing over the river, a winch is used to pull the person on the swing.

## Canyoning

Rappelling down natural fresh waterfalls or climbing those using ropes and harnesses is becoming a key attraction for adventure enthusiasts. Known as Canyoning, the adventure sport allows people to be carried in high speed on downstream waterfalls. In close proximity of the Pokhara valley, a popular site for the sport is in Mahabhir (honey cliff) in Durlung in Parbat's Kushma municipality. Rappelling down this waterfall cliff is very popular amongst foreign tourists due to the presence of wild beehives on the right side of the cliff. Due to its popularity as an adventure sport, the government of Nepal has listed this spot in the 100 key tourism destinations.

Other canyoning is in Lwang Ghalel Guan in Kaski district which is situated 1,350 m above sea level. The rappel down distance in the waterfall is about 45 m.





Hot Air Ballooning

## Hot Air Balloon

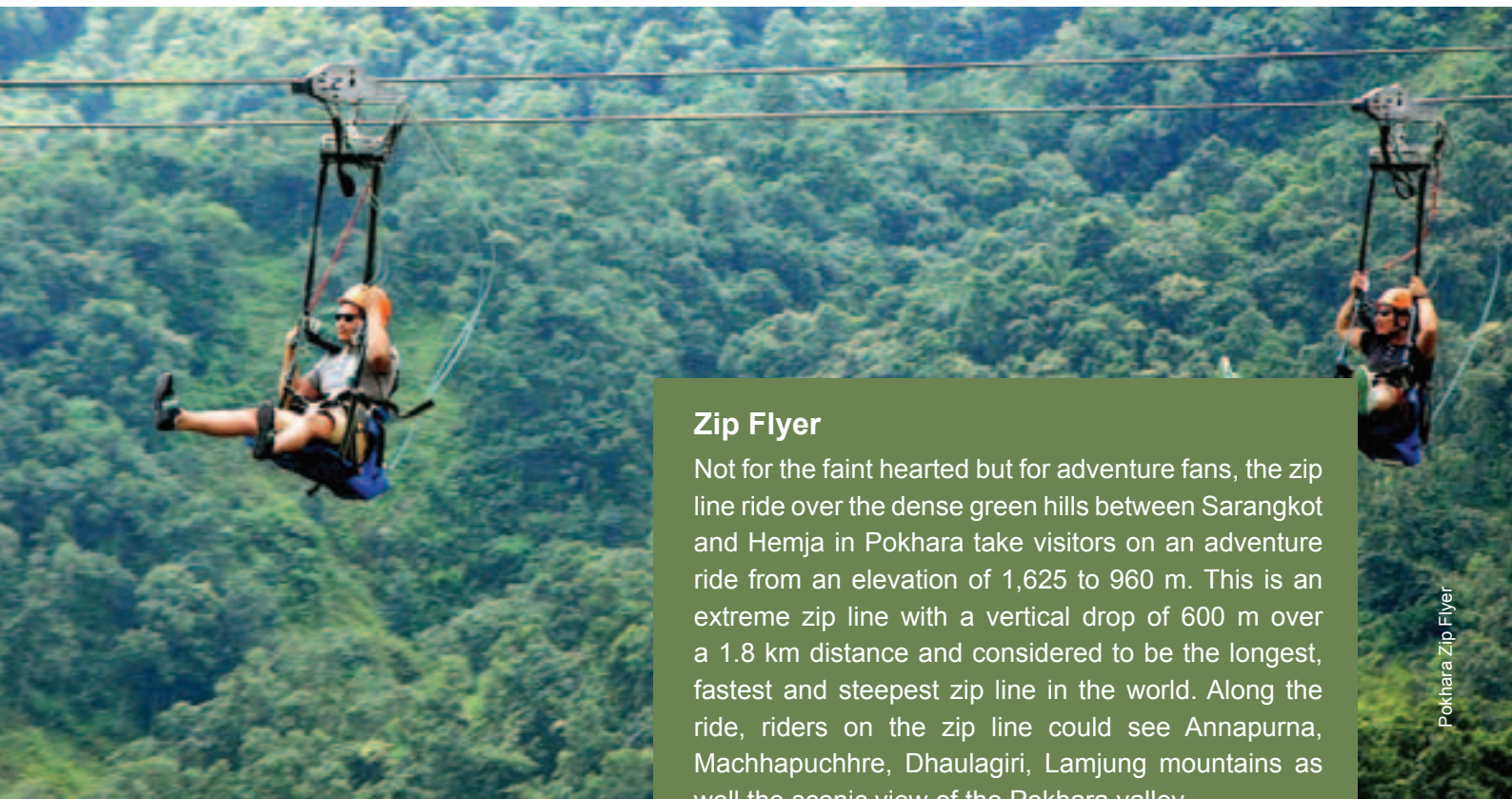
Providing a 360 degree view from above Pokhara valley, hot air balloons have made their mark as a collective adventure sport. Rising up to no more than 500 m above the valley, it's a half hour ride which provides a bird's eye view of the valley as well as a sweeping view of the Annapurna range, Machhapuchhre peak, Dhaulagiri, Himchuli, Lamjung mountains, lakes, forests and other landmarks around Pokhara. The balloon ride ends with landing around the banks of the Madi Khola river.



Pokhara Paragliding

## Paragliding

There are 19 adventure sports companies that are providing their paragliding services to visitors in Pokhara alone. It is said that the world's five renowned paragliding sites are in Pokhara. The sports have gained popularity amongst domestic and international visitors alike. In addition to Pokhara there are other sites in Gandaki province which have paragliding sports such as Bandipur in Tanahu and Sworek in Syangja district. The sport which takes to the sky can be done individually or in tandem with experienced and certified pilots. The 15 minutes in the air on these paragliding rides is exhilarating with view of Mt. Machhapuchhre to the north and the scenic Phewa lake below.



## Zip Flyer

Not for the faint hearted but for adventure fans, the zip line ride over the dense green hills between Sarangkot and Hemja in Pokhara take visitors on an adventure ride from an elevation of 1,625 to 960 m. This is an extreme zip line with a vertical drop of 600 m over a 1.8 km distance and considered to be the longest, fastest and steepest zip line in the world. Along the ride, riders on the zip line could see Annapurna, Machhapuchhre, Dhaulagiri, Lamjung mountains as well the scenic view of the Pokhara valley.

Pokhara Zip Flyer





Jungle Safari © Namuna Madhyaworti Community Forest

## Jungle Safari

The thick forest area in the middle of Nawalpur district provides an ideal spot for jungle safari. The safari within the community forest provides visitors with the opportunity to see Tiger, Deer, Wild Elephant, Rhino and other animal. This area is also known for being Nepal's largest grassland providing managed grazing grounds for deer's, elephants and rhinoceros. Likewise, the wetlands in the region provide sanctuary to rhinoceros and gharials which are managed and protected under the national parks.



# HISTORICAL, ARCHEOLOGICAL AND CULTURAL MONUMENTS IN GANDAKI PROVINCE

District	Historical, Archeological, and Cultural Monuments
Gorkha	Muralidhar Narayan Temple, Manakamana Temple, Rameshwor Temple, Ligligkot, Gorkha Durbar, Bajra Bhairav (Upallo kot), Ganesh Temple (Satyarupeshwor Siddhi Binayak), Tallokot, Srinath Mandalasthan and Siranchowkkot, Bakreshwor Mahadev Temple, Biremkali Bhimsen Temple, Chaudera Bhawan, Bhimeshwor Temple, General Dhara, Raj Ganesh Temple, Gorakhnath Temple, Rajen Monastery Rajen Jhyangchhuyu Chhyoling Monastery), Shringi Gumba (Sangchen Raptan Norbuling Monastery), Karyu Chholing Monastery (Pema Chholing Gumba), Radha Ballaveshwor Temple
Lamjung	Bhimsen Temple, Laxmi Narayan Temple, Turlungkot, Chindreshwor Mahadev, Lamjung Durbar (palace), Kapureshwor Mahadev, Kalika Temple, Puranokot, Tripureshwor Mahadev, Shivalaya Temple
Tanahu	Mahadeve Temple, Bindhabasini Temple, Mahalaxmi Temple, Khadga Devi Temple bhajan pati (Currently library), Ganesh Temple, Dhorbarahi, Kripeshwor Mahadev, Chhabdi Barahi, Chandrawati Shivalaya, Andimul Barahi, Thanimai Temple , Thalimai Temple, Luti Barahi, Ranamukteshwor Panchadeve, Kalyanidevi Temple, Bhimsen Temple, Mani Mukundeshwor (Chakreshwor) Mahadev, Risingkot Durbar (Palace), Tanahusuraki Khangdevi Temple, Bishnu Temple, Rani Pokhari, Bhagwati Marya (Bhagwati) Temple, Shiva Temple, Kyammin Kalika, Gangeshwor Mahadev
Syangja	Aalamdevi, Fulbari Mahadev (Indreshwor Mahadev), Shri Dhanusheshwor Mahadev, Radhakrishna Temple, Aarukharka Shivalaya, Aarukharka Durbar (palace), Chandi Temple (Chandithan), Chhang Chhangdi (Chhapa Area), Bal Kanyadevi, Shri Nainadevi Temple, Boudhha Sadan Monastery, Shri Limbark Sangashram, Hungi Ghaat, Shiva Temple, Bishnu Temple, Bhriga Tugeshwor, Bhiravsthan, Radha Damodar Temple, Moulathan Devi, Ramche Devi Temple, Bhimsen Temple, Seti Devi Shiva Temple, Shiva Temple, Sita Cave
Mustang	Ghasa Monastery, Kuldim Monastery, Kobang Cave, Lha Chhyurin Ghyalmo Temple, Lyang Wangchhurpu (the main God of the Gauchans), Pomba Monastery, Dhang Monastery, Bhujungkot, Bhattachan Than, Sherchan Temple, Mthekeyi, Laha khang Monastery, Narsang Monastery ,Chokopani Caves, Bhir Monastery, Chhairo Monastery, Samtenling Monastery, Tashi Lakhang Monastery, Urgen Chhyokoling Monastery, Anni Monastery, Bhompo Monastery, Gaarbajong, Kutsab Ternga Monastery, Thupten Sampheling Monastery, Kagbeni Durbar (Fort), Chhorten,Manae Wall, Khingar, Jharkot Durbar (Palace), Jharchhyodi Phunsaling Monastery, Muktinath Temple, Narsing Monastery, Samba Monastery, Ranipouwa, Jhong Durbar (Palace), Jhong Caves, Jhong Chhodeling Monastery, Mebrek, Ghar Monastery, Lomanthang Durbar (Palace), Lomanthan Wall, Jhyampa Monastery Pupbachen Monastery, Chhodae Monastery, Ghami Monastery, Charang Durbar (Palace), Ne-Phuk Cave, Nhupchok Cave, Rijling Cave, Gadeling Cave, Jhong Kyare Cave, Ghami Cave, Jhong Ihumba Cave, Konjholing Cave, Chailae Cave, Chhungsi Cave, Mharjhong Cave, Guguma Cave, Meng Khang Monastery, Chhuksang Monastery, Menche Lahara Bang, Chognam Monastery, Tashi Chhyoling Monastery, Namgyal Monastery, Gharfu Monastery, Niphuk Namdol Monastery, Charang Thupten Sedup Dharkeling Monastery, Logeker Monastery, Palsangor Tashi Chholing Monastery, Garwang Monastery. Seduk Dharkaeling Monastery, Ghami Durbar (Palace), Aani Monastery, Remnant of Chhodup and Lomanthan Forts, Dhakar Durbar (Palace), Dhakar Caves, Remnants of Chhodae Monastery, Charang Chhorten, Ghami Chhorten, Ghara Monastery/Cave, Samar Chhorten, Ghami Manae wall, The lost settlement, Jwalaji Monastery (Anni Monastery), Fujling



Kaski	Harihar Cave (Sanyasashram), Baan Lingeswor Shiva Temple, Thulakot (Bhairav Bhawani Temple), Bindhabasini, Bhadrakali Temple, Ganesh Temple, Bhimsen Temple, Shiva Temple, Sada Shiva Harihar Temple, Bhirav Ghar, Bhagwati Temple, Laxmi Narayan Temple, Maitri Stupa, Taalbarahi, Laxmi Narayan Temple, Sipali Bukyani Bhumethan Guptakalika Temple (Kaskikot Durbar), Suratheshwor Mahadev Temple, Akaladevi Temple, Shitaladevi Temple, Kalika Bhagwati, Manokangchhya peeth, Bhadrakali, Sarveshwor Shivalaya, Jamae Mosque, Khadga Gaunkot Paaundurkot, Kalikasthan, Thumki Barahi, Siddhabarahi, Ganesh Temple, Ajimala Devi, Kola Archeological Site
Manang	Ghichen Pema Holing Monastery (Thochae Monastery), Sangkha Chhyoling Monastery, Pisang Urgen Chholing Monastery (old), Thali Lama Monastery, Orgen Thekchhyok Lingi Monastery, Karma Samteling Monastery, Kundi Monastery, Bhocho (Bojho) Monastery, Manang Monastery, Tarae Monastery, Tashi Lakang Monastery, Deki Chhyoling Monastery, Mada Monastery (Hosar Saang Chhyoling Monastery), Tortae Chhegi Laemba Monastery, Manmae Monastery (Mayai Monastery), Ghalae Durbar (Palace), Ngawal Syaagu Monastery( Milrepa)
Myagdi	Beni Shivalaya, Bal Mukteshwor Mahadev Temple and Laxminarayan Temple, Benikot Bhandar, Maharanasthan, Kamal Jaisi Temple, Myagdi Bouddha Stupa, Rakhu Bhagwati Temple, Galeshwor Shivalaya Ghatankot, Dholsthan, Pulastyashram, Barnath Cave, Pulakot, Jagannath Temple, Takamkot
Parbat	Narayan Temple, Satya Narayan Temple, Kalaeshwor Mahadev Shiva Temple, Devikothan, Shri Narsingh Temple, Shiva Temple, Dhaneshwor Mahadev Temple, Gupteshwor Mahadev Cave, Ganesh Temple, Shri Bhimsen Temple, Shri Narayansthan Temple, Rameshwor Shivalaya Temple, Durlungkot Temple, Bhumeshwor Temple, Shukleshwor Shiva Temple, Colonel's Durbar (Palace), Mallaj Maajphaant Cave, Giddaeshwor Mahadev Temple (ka) and Giddaeshwor Mahadev Temple (kha), Durga Bhawaneshwori Temple, Laleshwor Shivalaya, Alpeshwor Cave, Purneshwor Shivalaya Temple, Shri Kalika Bhagwati Shiva Temple, Narayansthan Temple, Devisthan Temple, Shivalaya Guthi, Painyukot Durbar (Palace), Purnakot Rambawati Devi, Balarani Durga Temple, Dhunwakot, Bheshraj Pandey Kaji's House, Laxmi Narayan Temple (ka), Laxmi Narayan Temple (kha), Narvadeshwor Shivalaya Temple, Baanling Shivalaya Temple, Shri Jaya Durga Jimire Durga Bhagwati Temple, Shakti Peeth Narayan Temple, Dhunwakot Durbar (Palace), Setibeni Shila, Paang Archeological Site, Parvati Cave
Baglung	Kalika Bhagwati Temple, Majhkot Bhume, Upallachaur Durbar Area, Jungeshwor Mahadev, Laxminarayan Temple, Bhimsensthan Temple, Jor Ganesh Siddhibinayak Temple, Hanuman Temple, Dev Ganesh Temple, Shivalaya Temple, Balewa Bhiravsthan Temple, The palace of king Bhur-Temple Area, Thanthaapimai Bhagwati Temple, Shivalaya, Galkot Durbar (Palace), Khadgakot, Dhorbaraha, Narsinghkot, Kalika Bhagwati Devi.
Nawalpur	Daunne Devi, Remnants of Fort, Remnants of Mahadevsthan, Maula Kalika, Laxmi Nrisingh Divya Dhaam, Devghaat, Kailash Sanyash Ashram (Mahadevsthan), Laxmi Nrisingh Dhaam, Shashwat Dhaam, Buddha Center, Kawasoti Historical Taruwa Lake, Lhosedhara Babadhaam Temple, Gajendra Mokshya (Triveni) Dhaam, Daunne Devi Temple, Rudrapur Fort, Kuwakot, Akaladevi Temple, Balighat, Kaamdhenusthan (Ghumarighaat)

Source: Government of Nepal, Department of Archeology







