

8848 Nepal

Phoolchowki Hill Hike



Trip Facts

Trip Duration: 1 Day

Difficulty Level: Moderate

Trip Area: Bagmai Province

Maximum Altitude: 2762m/9,061.68ft-Phoolchowki Peak

Best Season: September-November and March-May.

Meals: Breakfast at the hotel

Accommodation: Hotel in Kathmandu

Transportation: Car Jeep or Bus

Trip Start: Kathmandu

Trip End: Kathmandu

Itinerary Highlights

- Panoramic Views
- Rich Biodiversity
- Seasonal Beauty
- Cultural Significance
- Accessible Adventure
- Moderate Challenge
- Serene Environment
- Natural Beauty

Trip Overview

The Phulchowki hike offers a captivating adventure through one of the highest hills in the Kathmandu Valley, standing at 2,762 meters (9,061 feet) above sea level. Starting from Godawari, about 14 kilometers southeast of Kathmandu, this hike leads you through lush, dense forests rich in biodiversity, including a wide variety of birds, butterflies, and plant

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species. The trail provides a moderate to challenging trek, with a mix of gradual ascents and steeper sections, making it suitable for hikers with a reasonable level of fitness. At the summit, you are rewarded with panoramic views of the entire Kathmandu Valley, the surrounding hills, and on clear days, the distant Himalayan peaks. Phulchowki, meaning “Hill of Flowers,” is especially vibrant in spring when the rhododendrons bloom, adding to the scenic beauty of the hike.

Detail Itinerary

Day 1: Hike to Phoolchowki Hill and Back

07:00 AM: Pick-up from your accommodation in Kathmandu.

07:30 AM: Depart for the starting point of the hike at Godawari, located approximately 14 kilometers southeast of Kathmandu.

08:00 AM: Arrive at Godawari. Briefing by your guide about the hike, safety measures, and the day's plan.

08:15 AM: Begin the hike through the lush, dense forests of Shivapuri Nagarjun National Park. The trail starts with a gentle ascent, providing a good warm-up.

10:00 AM: Take a short break at a scenic spot halfway up the hill to rest, hydrate, and enjoy some light snacks. This is a good opportunity for bird watching and taking in the natural surroundings.

10:30 AM: Resume the hike, with the trail becoming steeper as you approach the summit. The forest becomes denser, and you may spot various flora and fauna unique to this region.

12:30 PM: Reach the summit of Phulchowki Hill (2,762 meters / 9,061 feet). Spend time exploring the area, visiting the small shrine dedicated to Phulchowki Mai, and enjoying panoramic views of the Kathmandu Valley and the distant Himalayan peaks.

01:00 PM: Enjoy a packed lunch at the summit, while soaking in the views and the tranquil atmosphere.

02:00 PM: Begin the descent back down the trail, retracing your steps through the forest. The descent offers different perspectives of the lush landscape and another chance to observe wildlife.

04:30 PM: Arrive back at the trailhead in Godawari. Take a short break to rest and refresh.

05:00 PM: Depart from Godawari and head back to Kathmandu.

05:30 PM: Drop-off at your accommodation in Kathmandu. End of the hike.

Cost Includes

- Professional guide
- Transportation (pick-up and drop-off)
- Permits and entrance fees
- Bottled water and light snacks
- Basic safety equipment

Cost Includes

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- Personal expenses
- Meals (breakfast, lunch, and dinner)
- Tipping
- Optional activities
- Personal hiking gear
- Travel insurance