



The **Kathmandu valley** Once a lake, Kathmandu valley is the union of three Newar sister cities namely Kathmandu, Lalitpur and Bhaktapur. Surrounded by hills on all the sides, Kathmandu valley has always remained the center of Nepalese civilization and current modern urbanization of Nepal. The Newar community is the ethnic inhabitants of this valley with evidential history of 2000 years. All the 3 cities have an integral role in the development of cultural and traditional heritage as well as national economy. is a world famous pilgrim destination. It boasts its cultural heritage, temples and monuments which display its historic and artistic feats. These cultures, temples and monuments, surprisingly, even with the evidential history of more than 2000 years, have been kept preserved.

Along with the temples, preserved are their tales, myths and legends. The legends swathe **Kathmandu** The capital city of Nepal is a historic and cultural city of Newars. This largest metropolitan city of Nepal hosts numerous display of magnificent Newari art work in the form of ancient temples as well as traditional festival celebrations all year round. Kathmandu is also the core of urban infrastructure development of Nepal and the only gateway to the tourism adventure in Nepal. This blend of ancient culture and modern development makes it a unique tourist destination worth a visit. when the Gods roam through the streets in processions carried from elaborate temples and shrines in caparisoned palanquins. As the legend goes, the very reason for the existence of Kathmandu is the 5th century **Swyambhu Nath**

The 1,000 years old Swayambhu Nath temple is one of the religious destination of the Kathmandu valley located 3 kms west to Kathmandu city. According to Nepalese belief, this temple self existed in the form of a lotus emitting brilliant light in the center of a lake before the birth of Kathmandu. The modern round structure of the temple was created in due time only to cover the intense light emitted from the center of the temple. Situated on top of a hillock, large crowds gather in this temple everyday to view the overall site of Kathmandu valley. Swayambhu Nath temple was also enlisted in the UNESCO world heritage monument list in 1979 AD. This is also one of those few Hindu temples where foreigners are allowed. temple that stands tall today as one of the most popular Buddhist places of worship in the country. Visit the temple late in the evening when the place is lit with spotlights and oil lamps and just sit back and enjoy the calmness and also the legend from any local who would be more than happy to share it.



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