



Never mind the weather, pollution or chaos of {tooltip} **Kathmandu** {end-texte} 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. {end-tooltip} the outskirts of this valley are as exhilarating as any outdoor adventure spot. If Nepal is the world of adventures, its capital city is no less. Surrounded by hills all over, the {tooltip} **Kathmandu valley**, {end-texte} 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. {end-tooltip} is a place to be in, especially if you count yourself among those who long to get into their hiking shoes to explore the outskirts of the valley.

Hiking around the valley is also the best way to escape from the noise of the city. It also gives you an opportunity to glance the country life. You will be amazed to observe that just outside the city, tranquility exists.

You can join various clubs and run through the outskirts every weekend. Members of these clubs meet at different places and your tour operator can arrange one. People run on and off road for couple of hours and this is a cheap yet exhilarating experience that any adventurer would not want to miss.



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