

Dear readers

A tale tells about a Brahmin and a Gwala (a cow herder) from **Changu Narayan**. They both got angry when they saw a small boy drink the milk of their cow, and rest in the shade of a champak tree every day at noon. When they took revenge and cut down the champak tree, fresh human blood came out of the tree. They believed they had committed a crime, but Lord Vishnu emerged from the tree at that moment. He told them that they beheaded him when they cut the tree and thus set him free from his sins. After hearing this, Brahmin and Gwala established a small temple in the name of Lord Vishnu in the place of the champak tree.

Embark on a breathtaking **3-day trek from Sundarijal to Changu Narayan via Nagarkot**. This journey offers stunning mountain views, including Everest and Annapurna, and takes you through lush forests and traditional villages. Begin with a scenic drive, trek through the beautiful Shivapuri National Park, and end with a visit to the ancient Changu Narayan Temple. Enjoy sunrise in Nagarkot and immerse yourself in Nepal's rich cultural and natural beauty.

Day 1: Journey to Chisapani

Day 2: Trekking to Nagarkot

Day 3: Sunrise in Nagarkot and Trek to Changu Narayan

Thank you for reading. I hope you feel inspired again to explore Nepal. - Thanks for visit soon.



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