**Chapter 1: Tourism in Nepal**

**1.1 Introduction**

Nepal with rich ancient cultures set against the most dramatic scenery in the world is a land of discovery and unique experience. For broad minded individuals who value an experience that is authentic and mesmerizing, Nepal is the ideal destination.

It is unsurpassed that the sheer diversity Nepal boasts, from steamy jungle and Terai to the icy peaks of the world’s highest mountains means that the range of activities on offer. Trekking, mountaineering, rafting in spectacular scenery are just three things Nepal is famous for. Activities as diverse as Elephant Polo and a micro-light flight through the Himalayas show that in Nepal, the only boundary is your imagination. With 15 National & Wildlife Parks (two are UNESCO Heritage sites) Nepal is one of the last places on earth you can spot the Asiatic rhinoceros and the Royal Bengal Tiger.

For many, Nepal’s greatest attraction is its people. The traditions and famous hospitality of its many different groups are indeed a major part of what makes Nepal so special. From remote mountain villages to medieval hill-towns and the ancient cities of the Kathmandu Valley, the people of Nepal are always welcoming.

Tourism is one of the mainstay of Nepalese economy. It is also a major source of foreign exchange and revenue. Possessing 8 of the 10 highest mountains in the world, Nepal is a hotspot destination for mountaineers, rock climbers and people seeking adventures. The Hindu, Buddhist and other cultural heritage sites of Nepal, and around the year fair weather are also strong attractions.

Nepal is the country of the Mount Everest, the highest mountain peak in the world, and the Birthplace of Gautama Buddha- Lumbini. Mountaineering and other types of adventure tourism and ecotourism are important attractions for visitors. There are other important religious pilgrimage sites throughout the country for the followers of various sects and religions.

According to statistics from Nepal Tourism Board (NTB), a total of 598,204 foreign tourists entered the country via aerial route in 2012. The government of Nepal declared 2011 to be Nepal Tourism Year, and hoped to attract one million foreign tourists to the country during that year. The tourist industry is seen as a way to alleviate poverty and achieve greater social equity in the country.

**Wilderness tourism**

Nepal’s major tourist activities include wilderness and adventure activities such as mountain biking, bungee jumping, rock climbing and mountain climbing, trekking, hiking, bird watching, mountain flights, ultralight aircraft flights, paragliding and hot air ballooning over the mountains of the Himalaya, hiking and mountain biking, exploring the waterways by raft, kayak or canoe and jungle safaris especially in the Terai region.

**Religious sites**

Nepal is a multi-religious society. The major religion in Nepal is Hinduism, and the Pashupatinath Temple, which is the world’s one of the main Hindu religious sites is located in Kathmandu, attracts many pilgrims and tourists. Other Hindu pilgrimage sites include the temple complex in Swargadwari located in the Pyuthan district, Lake Gosainkunda near Dhunche, the temples at Devghat, Manakamana temple in the Gorkha District, and Pathibhara near Phungling, Mahamrityunjaya Shivasan Nepal in Palpa District where biggest metallic idol of Lord Shiva is located.

Buddhism is another main religion. The World Heritage site Lumbini, which is the birthplace of Gautama Buddha, is an important pilgrimage site. Another prominent Buddhist site is Swayambhunath, the Monkey Temple, in Kathmandu. Dang valley is also a sacred place for Hindus as well as other religions. Kalika and Malika Devi in Chhillikot hill, Ambekeshawori temple, Krishna temple, Dharapani temple etc. are sacred place in Dang district. Muktinath is a sacred place for Hindus as well as Buddhists. The site is located in Muktinath Valley, Mustang district.

**Culture and Heritage Sites**

Kathmandu the capital city of Nepal is the city of temple and very rich in cultural heritage. Within 7 km radius there are 7 world heritage sites (Pashupatinath Temple, Baudhanath Stupa, Swayambhunath Stupa, Changunarayan Temple, Kathmandu Durbar Square, Patan Durbar Square and Bhaktapur Durbar Square) which cannot be found anywhere. Museums in Kathmandu have rich collections of archaeological, historical and artistic importance and galleries display art work of the past and present. Full of art, architecture and culture, the Kathmandu Valley is the prime destination for the tourists. As Nepal is a land of festivities and celebrations, visitors can experience how a culturally diverse and rich society of Nepal grooms in harmony.

**1.2 Major Tourism Activities in Nepal**

**Mountain Climbing**

The 800 km stretch of the Nepal Himalayan is the greatest in the world with eight peaks that rise above 8,000m including the highest in the world, Mt. Everest. Ever since the country opened its peaks to climbers in 1994, the Nepal Himalayan has become a great theatre of mountaineering activity

**Trekking**

The best way to experience Nepal’s unbeatable combination of natural beauty and culture riches is to walk through them. One can walk along the beaten trails or virgin tracks. Either way you are in for an experience for a lifetime. Along with forests of rhododendron, isolated hamlets, and small mountain villages, birds, animals, temple, monasteries and breathtaking landscapes, you will also encounter friendly people of different cultures offering a fascinating glimpse of traditional rural life.

**Bird Watching**

Nepal is a paradise for bird lovers with over 646 species (almost 8% of the world total) of birds, and among them almost 500 hundred species are found in Kathmandu Valley alone. The most popular bird watching spots in Kathmandu are Phulchoki, Godavari, Nagarjun, Bagmatiriver, Taudaha and so on.

**Rafting/Canyoning**

Rafting  is one of the best ways to explore the typical cross section of natural as well as ethno-cultural heritage of the country. There are numerous rivers in Nepal which offer excellent rafting or canoeing experience. So far, the government has opened sections of 10 rivers for commercial rafting. The Trisuliriver  is one of the most popular of Nepal’s raftable rivers. The Kali Gandaki winds through remote canyons and deep gorges for five days of intense rapids. The BhoteKoshi is 26km of continuous white water and the raging Marshyanghi is four days of uninterrupted white water. The Karnaliriver provides some of the most challenging rapids in the world. The Sun Koshi , 27km, requiring 8-10 days to complete, is a big and challenging river. Cannoning gives you the freedom to explore some of the most ruggedly beautiful, yet forbidden places in the world.

**Hot Air Ballooning**

Hot air ballooning is very popular with tourists for it affords the most spectacular bird’s-eye view of the Kathmandu valley and the Himalayan ranges towering in the background. On a clear day it’s a superb way to view the Himalayan (from over 6000m up), and the view of the valley is equally breathtaking.

**Bungee Jumping**

The ultimate thrill of a bungee jump can now be experienced in Nepal at one of the best sites that this sport can boast of anywhere in the world. Nepal’s first bungee jumping site is situated 160m. over the BhoteKoshi river.

**Paragliding**

Paragliding in Nepal can be a truly wonderful and fulfilling experience for the adventure seeking. A trip will take you over some of the best scenery on earth, as you share airspace with Himalayan griffins vultures, eagles, kites and float over villages, monasteries, temples, lakes and jungle, with a fantastic view of the majestic Himalayas.

**Ultra light Aircraft**

Ultra light aircraft take off from Pokhara and offer spectacular views of the lakes, mountains and villages. This is an ideal way to see life from a new perspective. The choice of Pokhara Valley for ultra-light aircraft is appropriate chiefly because of the proximity of the mountains, and the scenic lakes.

**Mountain Biking**

Nepal’s diverse terrain is a mountain biker’s dream adventure comes true. Mountain biking offers an environmentally sound way of exploring this magnificent country, its landscape and living heritage. There are plenty of dirty roads and trails in Nepal to meet every mountain biker’s wildest fantasy. Mountain biking is specially recommended if you wish to explore urban centers of Nepal such as Pokhara and Kathmandu as well as the countryside. Adventurous souls may plan extended trips to such exotic locals as Namche Bazaar, and western Nepal.

**Jungle Safari**

National Parks located specially in the Terai region in Nepal attract visitors from all over the world. A visit to these parks involves game- stalking by a variety of means-foot, dugout canoe, jeep, and elephant back. One is bound to sight a one – horned rhino or two at every elephant safari. Besides the rhinos, wild boars, samburs, spotted deer, sloth bear, four-horned antelope are also usually seen. A Royal Bengal tiger may surprise you by its majestic appearance.

**Mountain Flight**

Mountain flights offer the closest possible aerial views of Mt. Everest, Kanchenjunga and the Tibetan Plateau. Mountain flights appeal to all category of travelers and have become a popular tourist attraction of Nepal. For those who are restricted by time or other considerations from going for a trek, these flights offer a panoramic view of the Himalayan in just one hour.

**Rock Climbing**

Rock climbing has become a popular sport in Kathmandu, which offers some really terrific places for rock climbing. Nagarjun, Balaju, Shivapuri and Budhanilkantha are some of the places where we can try this sport.

**1.3 Domestic Tourism in Nepal**

Nepal remains one of the favorite tourist destinations for the entire world, because of its mountains, the Buddhist pilgrimage and historic sites, etc., but unfortunately, the same is not reflected when we think about domestic tourism. Domestic tourism in Nepal still cannot hold its own when compared to International tourism in revenue or in popularity. That’s the situation right now. Domestic travelers have certainly shown their credibility in recent years; name it the dark times after the devastating earthquake or the recent pandemic. They have always been there, keeping the momentum and shining ray of hope in dark times.

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The tourism statistics from the last few years also show that the impact of domestic tourism on the economy of Nepal is not as low as anticipated, and we couldn’t be so far from the truth. In reality, the domestic tourism income is still high compared to international tourism and the numbers of tourists are far greater (this point is obvious) than the international tourist.

According to a report by the World Travel and Tourism Council, spending by Nepal’s domestic tourists made up 56 percent of the industry’s total revenue of Rs 240.7 billion in 2018. The year after the devastating Gorkha earthquake, in 2016 as per the report by WTTC on Travel and Tourism Economic Impact 2017 in Nepal, domestic travel spending generated 65.6 percent of direct travel and tourism GDP in 2016 compared with 34.4 percent for foreign visitors spending. The data speaks for itself. Domestic tourism has always been there for Nepal, whether we acknowledge it or not.

The following are the areas of tourism that witnessed a sizeable number of domestic tourists in the last few years:

* Besides traditional leisure destinations such as Pokhara and Chitwan, the Annapurna Circuit trekking route has become a major attraction for domestic tourists, who throng to the destination in huge numbers.
* The number of sightseers by motorcycle has increased significantly in the Beni-Jomson region. The stretch becomes a favorite sightseeing destination after the construction of the road between the two points.
* Lumbini, the birthplace of the divine Gautam Buddha draws scores of Nepalis every year. Over 1.55 million tourists visited Lumbini in 2017, out of which 1.25 million visitors were domestic ones.
* Nepal’s biggest and deepest freshwater lake in Mugu, has also been attracting domestic visitors for the past few years. The destination has been recently gaining popularity among Nepalese.

And the trend has been increasing, and more and more people are traveling across the country. Social media is the biggest factor that has given domestic tourism a huge boost this year, especially during the pandemic. Nepal’s huge user base has made social media a very effective tool to promote destinations and properties. Once posts go viral on social media, they instantly start trending and everybody wants to go there. This has made it extremely important for us to be social media savvy to tap the domestic market. The recent examples being the likes of Manahukot in Tanahun, Teen Dhare Jharana (dubbed Bahubalki waterfall), Buddha hill, and the Norway Dhunga of Makwanpur.

In summary, we have been having good success with domestic tourism in the past years and we are seeing a massive surge in travelers this year and which is an excellent sign for the industry. Even though foreign tourism brings in much needed foreign exchange into the country, neglecting domestic tourism will have far-reaching consequences to the industry, especially during the crisis as we experienced during the earthquake and in the current scenario of the global pandemic.

* 1. **Purpose of the Research**

1. To identify that Nepal is really a place for tourists.
2. To encourage domestic as well as foreign tourism.
3. To highlight the best destinations for tourism in Nepal.
4. To encourage the responsible tourism.
5. **Literature Review**

The perspective of domestic tourism is not new to Nepal but yet to be commercialized. The attraction of different landscape of Nepal is equally stimulant to Nepalese people as well. The only thing needed is proper ignition to the stimulant.

There are few destination in Nepal like Pokhara, Janakpur, Chitwan, Lumbini, Kathmandu, Manakamna,  etc which are well known for Nepalese and receiving hundreds of thousands of domestic tourist as well but there are hundreds of place that need to be explored and brought to knowledge to Nepalese.

The taste of domestic tourist is changing from its traditional taste. They are oriented towards adventure sports like Bungee Jumping, Rafting, Paragliding, mountain cycling, trekking, hiking etc. The figures also speak as some 40 percent of total people going for rafting are internal tourists, according to various records. Not only in rafting, the number of domestic tourists going for other adventure tourism like trekking, bungee jumping, cycling, among others is also found very high. According to last resort, around 20 percent of the total people going for bungee jumping are domestic tourists. Some 400 people normally go for bungee jumping in a month of which 80 are Nepalese. Number of Nepalese going for trekking in various trekking trail of Nepal is increasing annually. However, the focus of the tourism industry has not been that much concentrated on domestic tourist, but this segment is offering hopes and has the potential to inject more life in tourism sector even in this gloomy political condition. This increase in movement of domestic tourism needs sustainable platform to keep on growing. The domestic visitors should be treated equally as foreign tourist in all sectors but the cost of hospitality needs to be lesser considering income level of Nepal.

Although the traveling culture in people of Nepal is developing slowly but it is hope for future thriving.  However, internal visitors already constitute a huge segment of the Nepalese tourism sector and this segment has further room to expand. Internal tourism has been continuously rising ever since the end of armed Maoist revolution. The political instability has less effect for internal tourists when compared with that for the external tourists. This sector should be given very high priority to establish tourism as a backbone of the nation’s economy and even in this gloomy political scenario internal tourism can thrive.

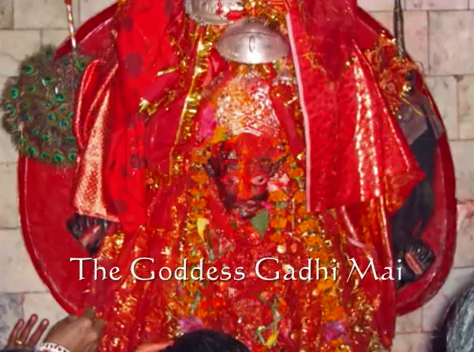
Rural cultural tourism is new potential market for national as well as international tourists. Homestay is a new concept in Nepal’s tourism, which can play an important role in rural development.

Despite of various backlogs and hindrance, Domestic tourism has enormous potential which can mobilize billions of rupees in positive direction. Nepal is very beautiful country with one of the world’s most diversified nature, climate, cultures etc in such short span of area. I travelled more than 50 districts of Nepal from north to south and from east to west for various reasons. The experience of travelling to such a diverse destinations and joy of learning cannot be achieved by any other means of life. It gives immense pleasure and eternal feeling of happiness when visiting the place where mountain kiss the clouds, Snow sparkles like diamonds, green farm land in Terai looks like heavens and many more for which I don’t have words. **I think, the best way to know own country is to travel through it.** Domestic hiking, trekking, tours and travel etc support to improved local's income source which in turn growth of country.

3. **Twenty Best Destinations for Domestic tourism in Nepal**

* 1. **Gadhimai Temple**

Gadhimai temple lies in Bariyarpur village of Mahagadhimai Municipality in the Bara district in Madhesh Province of Nepal which is about 100 miles or 160 kilometers from Kathmandu Valley. It is located in the southern part of Nepal. This part borders India because it lies near to Bihar. That is why, both Indians and Nepalese from both the countries visit this temple and offer sacrifices of different animals.

Both Bihari people from India and Madhesi from Nepal observe this festival by performing sacrifices of animals like buffaloes, goats, chickens, pigs and pigeons. By doing this, it is believed that the Gadhimai Goddess will be pleased and will shower everyone involved with her blessings. Gadhimai is the goddess of power. The location is popular as the motherland of the Bhojpuri people who are devoted to gadhimai. People from different religions visit here to worship the Gadhimai Devi, the goddess of power and strength.th.

The sacrifice of animals goes in such a large scale that an estimated 500,000 animals are sacrificed every time. In the year 2009, it was counted upto 500,000 animals that were slaughtered in this place for the purpose of pleasing the Goddess. The scale of slaughter and sacrifice looks so massive and grim that many social activists had been raising voices against this tradition. Finally, in the year 2015, the government legally prohibited such large scale sacrifice of animals during the Gadhimai Festival.

The goddess of Gadhi Mai is believed to have seven sisters, namely Gadhi Mai, Virta Mai (Birganj), Boudhi Mai (Madhuwan, Bara), Sansari Mai (Shiva Nagar, Pothiyahi), Kanhar Mai (SameeraBagadh) and Ghodashi Mai (Dharampur, Rautahat district). Every five years these seven sisters assemble in one place on the auspicious occasion of the Gadhi Mai fair. The Bariyarpur village becomes the marvellous scenic spot for animal sacrifice.

This fair provides a national and international forum for fraternity, brotherhood and mutual understanding among the devotees visiting it. This fair lasts for twenty days. During this festival, almost 4 million people both from Nepal and India participate to observe it. The sacrifice is supposed to end evil in order to bring prosperity. This is believed by the individuals who take part in this festival. This concept is so prevalent in the people who observe this ritual that they do not want to stop it even though the country and the legal system had banned it.

* 1. **BadimalikaTemple**

Badimalika temple is located in Triveni Municipality of Bajura District of Sudurpaschim pradesh. The location of the temple is itself very challenging and difficult but it has not stopped pilgrims to reach this temple. Set in the beautiful Triveni region, the temple has great religious and traditional significance in the Hindu religion. The temple is located on the summit of a hilltop (4,200 meters) in the Bajura district. This temple has a fair every year in the month of Bhadra (August). Pilgrims go there from all over Nepal in the hopes of having their desires granted if they worship at the temple. During Ganga Dashara and Janai Purnima, there are two big fairs. The temple is crowded by the pilgrims at these fairs. Many devotees from all over the world and neighbouring countries of India come here to offer their worship and prayers.

The temple has its significance in Hindu mythology. When Sati Devi's father Daksha Prajapati performed a Yagya, he invited all the gods to the event except Mahadev. However, Sati went to her father's Yagya ceremony and offered herself in the Yagya fire. Then Lord Mahadeva carried her dead body and travelled to different places. In this process, her left shoulder fell on the Mallagiri mountain. Her left shoulder got buried in Mallagiri mountain and became shakti peetha and place of devotion. This Mallagiri was then called as the Malika. 

It is also the major tourist attraction of Nepal as it offers the perfect trekking trail for them. To get to the temple, it is about one day of trekking. The trail is a narrow path in the vast green land. There are many ponds and small caves throughout the journey. The trekking to this temple will give you the harmonious and peaceful feeling to the mind, soul and heart. During this trek, travelers can get the glimpse of wild flowers and various domestic animals like sheep, goats, horses and buffaloes grazing on the green hill

**Highlights of the Badimalika Trek**

1. Tribeni, a sacred location, is a good place to stop.
2. Dadeldhura's historic Amargadhi Fort.
3. Beautiful views of Mt. Api and Mt. Saipal.
4. Seeing the Beautiful Dhawalpur Lake
5. The Grasslands are full of adventure.
6. During the flight, a breathtaking view of the Himalayas.
7. Visit the Sacred BadiMalika, Natyeshwori, and Silgadhi Temples.
8. Beautiful scenery, waterfalls, lush woods, and gurgling streams.
9. Discover the settlement's cultural legacy.
10. Beautiful scenery, tranquil streams, thick forests, and spectacular waterfalls.
11. Visit the temples of Nyateshwori and Shaileshwori.

## **Badimalika Trek Best season**

BadiMalika Trek may be done at any time of year, although the autumn season is considered to be the ideal time for BadiMalika Trek. The sky is clear throughout the months of September, October, and November. Peak climbing is also at its finest during this time of year.

Badimalika Temple can be reached by trekking for 2- 3 days from Martandi, the headquarter of Bajura District. The temple is at the remote location and the route to the temple is not well developed. There are not any restaurants, hotels and lodges so travelers have to take their own food and lodging equipment.

Because the region is new, hikers are advised to employ local guides since the path is devoid of signposts and other infrastructure.

* 1. **Bharat Taal**

**Bharat Taal** is the largest man-made lake in Nepal which is spread over almost 30 hectares of land and has depth of 35 feet. Bharat Lake is located in Bagmati Municipality of Sarlahi District.

Bharat Taal is gaining more tourist attractions in recent days. This lake has been named after one This lake has been named after the one of the honest and decent Mayor of Bagmati Municipality, Bharat Kumar Thapa.

It was dream of Bagmati Municipality to make this lake a model artificial and excellent lake of Asia. The local bodies and the villagers are confident that the promotion of this lake will not only help in the development of tourism but also help in the economic prosperity of the town.

Baharat Lake, located in Bagmati Municipality of Sarlahi District, is gaining more tourist attractions in recent days. This lake is not only limited to domestic tourists. Being located closer to Indian border, many Indian Tourists also visit this place day-to-day (mainly in summer) in order to observe the lake. Undoubtedly, Bharat taal has become the honour of the Sarlahi district.

Bagmati Entertainment Pvt. Ltd. had launched two motorboats in the lake from last April. Likewise, the jet boat has also come into operation since June 24, 2021. So, now the whole trip to the lake can be done either in motor boats or jet boats, which are lined by Nepali national flags. Every people feel happy to ride the boats, where flapping national flags on the corner give different aura. Beside boating, they can also enjoy picnic and swimming in nearby Bagmati river.

Sarlahi is 192 km away from Kathmandu. Travellers can easily get access to local buses from Gaushala, Kalanki, and Jorpati in Kathmandu. It takes around 9-10 hours to get there via local bus. So, I recommend you to drive through a private jeep as it takes only about 5-6 hours and also, provide a comfortable journey. From Bagmati, Sarlahi, Bharat Lake is only a few km away. One can walk to this lake by exploring the traditional villages and plain lands throughout the way. Otherwise, they can also take a bus and get there.

Travellers don’t need to worry about the accommodation services.

* 1. **Halesi Mahadev**

Halesi Mahadev is the most famous holistic & herbal cave in Khotang. Halesi Mahadev is one of the popular pilgrimage site as well tourist destination among Nepalese.It is believed that Halesi Mahadev had been the homestead of Mahadeva while hiding away from the monster Bhasmasur. It is an vital pilgrimage centre located in east Nepal for both Hindus and Buddhist. This cave is 67 feet below the surface and 3100ft-4734ft above sea level at the eastern part of Nepal. The cave is nicknamed 'the Pashupatinath of the east'. Well attended religious fair are found here to be observed on Shivaratri and Bala Chaturdashi.

The caves of Halesi-Maratika are refered to Himalayan literature as far back as 12th century. Kathang Zanglingma, a biography of Padmasambhava, a term found out and transmitted by Nyangrel Nyima Ozer, describes the original occasions which made the Maratika caves a sacred region for Vajrayana practitioners. In historic instances, the ancestors of the Kirati Rai, Khokchilippa/ Raechakule are cited within the legend of living inside the Halesi cave. In Buddhism, Mandarava and Padmasambhava realised some of term that had been elementally encoded within the cave through dakini Sangwa Yeshe. These term quantity most of the longevity teachings of Buddha Amitabha, and had been given on the behest of Bodhisattva Avalokiteswara. It is here, at the cave, that Mandarava and Padmasambhava attained the Vidyadhara of longevity (or long existence). In Hinduism, Hindus from India come to go to right here after mountain climbing many hills. Many humans come here from places like Ladania and Jayanagar at some point of the month of Shrawan to pray to Haleshi Mahadev. It is believed that Lord Shiva concealed from the demon Bhasmasur for 6,000 years on this cave. During the holidays of Bhasmasur, Rama Navami and Ganesh Chaturthi, festivals and festivities are held in the location. Due to what Halesi is considered as the relation of various religion.

Halesi Mahadev is also considered as the adventure Himalayn travels and trek is proud to arrange brief 6-days long Halesi Mahadev tour package that leads tourist know through the ancient& revered region of Halesi Mahadev. After descending through the stairs at the walls of the cliff, we will arrived to the bigred stone, reverved as the image of Lord Shiva and his consert Parvati.Besides this We can see Mahadev Gufa, Bhairava Gufa and Dungdelo Gufa which also conclude the three eyes of Mahadev (Treenetra) and others major tourist attractions in Halesi.

Numerious of Tourists and pilgrims come to visit Halesi Mahadev to get the blessing of Lord Mahadev.Due to its vast tropography there is no good hotels and lodges established nearby it. So the who come from far away of that area have to homestay on the houses of the local resident and get chance to enjoy the great hospitality of here. This site is also known for its natural beauty and its geographical structure which encourage the local people of that area to preserve.

* 1. **Janakpur**

Janakpur is the city of religious site and various Hindu festivals of colors, the arts, and paintings of Mithila cultures renowned around the country. It is located in Dhanusha district of Madesh Pradesh. Janakpur is the headquarter of Madhesh Pradesh. Janakpur is famous for temples, pond, Janakpur railway ,Mithila arts and vibrant festivals.

The prime attraction of Janakpur is the magnificent Janaki temple dedicated to the goddess of purity *mata Sita* called Janaki . It is anciently called Mithila (present Janakpur) is the kingdom of ascetic king Janak and the birth place of Sita, an ideal lady symbolical to purity and chastity .We can get the description of Janakpur in Ramayan as Mithilapuri. As lord Ram and Mata Sita got married here there is also the Ramjanaki temple. Janaki temple is the proud of Madhesh Province due to its cultural and religious value and its popularity. Janaki temple located at the mid of Janakpur covers the total area 4860 sq. feet (1480m). The temple has its own uniqueness and identity. This temple is totally made of stone, marble, and the tiles over there are joined with the pills of pulses. It is made in Rajasthani architectural style also called Mugal style . Image of two lions have been decorated above the northen gate of Janaki temple which is the best example of stone sculpture.

During the Ram Navami, Vivaha Panchami and Daishain, the crowd of pilgrims and tourists come to worship and enjoy the Maithili culture and tradition at these temples. So it is considered as the best time to visit Janaki temple although tourists and pilgrims come to visit Janaki temple whole the year. At northern west of Janaki temple Vivahah Mandap is located. Besides this Temple of Lord Ram is situated near by it. The northern east of it, there is Laxman temple and also a mosque which is located in the premise of Janaki temple towards the south west of the Temple. It represents the unique example of religious tolerance. Nearby Ram Mandir there is a pond named Gangasagar which has its own cultural beliefs .

Most of the local resident of Janakpur are Madhesi with their rich and diverse culture and tradition. Due to this variation Janakpur got popularity. It reflects the pride and identity of the local residents. Janakpur is also known as the center of intellectual discourse. Tourist and pilgrims enjoy their journey of Janakpur on foot . Tourist may enjoy the beautiful night view of Janaki temple . There are different five star hotels and lodges in Janakur to spend the nights for tourists. Students from different part of Nepal come to Janakpur for different archeological, cultural and historical researches due to its rich and unique identity.

**3.6 Manakamana**

Manakamana temple is the famous temple of the wish fulfilling Hindu goddess Durga Bhawani , situated at about 1300 m at a top of hill surrounded by a small village community in Gorakha district of Nepal . It is about 9km north east of the town of Munglin and at about 90km west Kathmandu and east from Pokhara.

It is believed that Goddess Manakamana fulfills the wishes of ones who worship her with pure heart. It is very true when someone wish something from the pure heart; it is fulfilled by the god. Tourist and pilgrims visit this place for religious purpose. Local resident of this place believed that the Manakamana Devi fulfills the wishes of their devotees if they sacrifice animals for her.

It is believed that married couples usually visit the temple to take blessings for their longer life together. People also believe that unmarried couples will break apart if they visit the temple. It is also believed that the couples who marry here never get separated. This trend is started by Newari culture.

Every year millions of tourists visit Manakamana from all over Nepal. Apart from the religious reason, Manakamana temple also gives the mesmerizing view of mountains range and tourists also get Manakamana cable car service to reach the hill top of Manakamana. Manakamana cable car is the first cable car service in Nepal. It can carry six people at a time.

Tourists who want adventure might challenge themselves to reach Manakamana by walking uphill. Tourists may get chance to experience panoramic view, local food, local culture and legend of Manakamana temple. Every tourist’s desire is to take photo on Manakamana as the symbol of Manakamana (commonly famous as MANAKAMANA KO CHINO). Every year student from different part of Nepal comes to Manakamana for educational tour and research. There are several hotels for home stay.

On the way to the temple, there is a village which is full of shops with souvenirs and gifts. Tourists and devotees can buy various gifts, sweets and *prasad* for their family and friend.

* 1. **Muktinath**

Muktinath temple is one of the famous religious, tour package among Hindus and Buddhists. It is situated in an extreme environment at an altitude of about 3750m and surrounded by snow-clad mountains. Muktinath temple, a sacred place is situated in the middle of the Himalayas in Annapurna conservation area of Nepal. It is also known among the Hindus as Mukti Chhetra or the “abode of Salvation”. It is also one of the temples situated at world’s highest altitude of about 13000 feet. It is located at the river bed of Gandaki river which has shaligram stones that are used to worship Lord Vishnu.

Muktinath temple is the symbol of the religious between both Hindus and Buddhists. The Hindu believes that Lord Vishnu got salvation from the wife of Brinda (wife of Jalandhar) here. Therefore, he is worshipped as Muktinath. According to Hindu myth, it is believed that this world is an illusion (Maya) of a life cycle of birth and rebirth. Everybody seeks to get rid of this cycle and get moksha (salvation) and the tourists and pilgrims believe that a visit to Muktinath will help to achieve moksha.

March, April, May, June ,September, October and November are considered as the best time to visit Muktinath . During these months the weather will be clear and snow­-capped mountain can be observed closely.

It is considered that Muktinath as gifted by lord Vishnu to get divine presence ( darshan ) so that about 500 domestic tourists visit the district daily in order to travel to Muktinath.

Students visit there for various religious and cultural research. Tourist and Pilgrims reach Muktinath by Helicopter, by road and flight.Tourist who love motor biking also reach to Muktinathas making adventure. There are different hotels, lodges and guest houses to spend night over here or tourists may live here in Inn (Dharmasala )near by it. It’s just a 2-3 days tour. It is also one of the best destinations for photography and film shooting because of its beautiful scenery around it.

* 1. **Pathivara**

The Pathivara temple is a tempe of Pathivara Devi or Mukkumlung. Pathivara temple is famous religious place for Hindus and Buddhists. Pathivara Mata is also known as the goddess of faith and purity. Pathivara temple is located at the headquarter of Taplejung district at the altitude of 12,000 feet (3794m) in the top of eastern part of Nepal. It is 19.5km from Fungling. It is one day walk from Fungling market. This temple is frequented by devotees throughout the year. The goddess’s name is called Pathivara Devi with it beautiful, adorable shape as like full of rice. Most of the local residential nearby this temple are Limbus.

Pathibhara is also one of the 'Shakti Peeths'. Shakti Peethas are the places where parts of Goddess Sati had fallen while Lord Shiva was carrying her dead body. Worshippers from different parts of Nepal and India flock to the temple during special occasions, as it is believed that a pilgrimage to the temple ensures fulfillment of all that the pilgrim desires. It is also considered one of the holy places for the Limbu people.

From the Pathivara hill , which is also being developed as a natural lookout tower , the view of the beautiful gorges formed by the silver shining mountain range to the north is breathtaking . Mt. Kanchenjunga and Kumbhakarna can be viewed right in front of the eyes, while the mountains like Mount Everest, Lhotse, Choyu, Makalu etc can be seen from a height of eight thousand meters. Similarly, most of Panchthar and Ilam, Tehrathum, Sankhuwasabha and Solu including Fungling Bazaar as well as various parts of Sikkim and West Bengal of India can be seen from there.

Pathivara Temple is one of the best places for domestic tourism . Students from all over the Nepal come to Pathivara for educational tour and as well as for research on various cultural and religious topics. There are many hotels for home stay in Pathivara .

All the people of Nepal should at least visit this place once in their life. Pathivara temple is the second Heaven in the world.

* 1. **Pokhara Valley**

Pokhara Valley is the second largest valley in the hilly region of Nepal. It is one of the most popular destination for tourists in Nepal. Pokhara is famous for its cultural, religious, historical, natural and adventure purpose. It is located in the western part of Nepal of Gandhaki province of Gandhaki zone . It is situated at an altitude of 827m above from the sea level. It lies in the Kaski district which is also known as the district of Garden city of seven lakes.

Pokhara is well known for its adventure activities such as motor biking, boating, ultra light flights, fishing, rafting, bungee jumping, zip flying, sky diving, extreme sports, paragliding, canoeing and trekking. Tourists visit Pokhara valley due to many reasons . There are more than 25 beautiful destinations to visit in Pokhara valley .They are

* Phewa Lake
* Begnas Lake
* Rupa Lake
* Devis Fall
* Tal Barahi Temple
* International Mountain Musuem
* Shree BindyaBasini Temple
* GupteshwarMahadev Cave
* Mahendra Cave
* Pokhara Lakeside
* Gorkha Memorial Musuem
* Seti River Gorge
* MatepaniGumba
* Bhimsen Temple
* Bat Cave (ChameroGupha)
* Basundara Park
* Pokhara Shanti Stupa
* JangchubChoeling Monastery
* Annapurna Butterfly Museum
* Kamal Pokhari
* Big Spash Waterpark
* Old Bazzar
* Tibetan Refughes Center
* Shree GadenDhargay Ling Monastery
* World Peace Pagoda

Besides this all you may also observe the 3 major highest peaks of the world i.e Dhaulagiri, Annapurna and Manaslu. The view of Machhapuchre Mountain from Phewa lake which has become the icon of the city is always heart touching.

Spellbinding beauty of Pokhara makes this destination the Jewel of Himalaya. About 2.5 Lakhs of tourists all over the Nepal come to visit Pokhara Valley every year to spend their vacation by forgoting every their sufferings. Many tourists visit Pokhara Valley to see the Himalayan range and lakes. Pokhara becomes an ideal & energetic destination for all tourists, no matter what is their age group or what type of entertainment they are expecting. Pokhara has its all to offer. Due to its spellbinding beauty, Pokhara is considered as the best destination for natural photography and film shooting in Nepal .

Due to its rapid increase of tourism the city has been expanding rapidly with a few dozen luxiours hotels and resorts in recent year.

Different national organizations & educational institutions visit Pokhara Valley for conductingprogrammes, trainings, educational tour and researches which encourage the local government of Pokhara to promote domestic tourism.

* 1. **Rani Mahal**

Rani Mahal or Rani Ghat is a historic Rana palace located on the banks of Kali Gandaki River nestled against the mountains in Palpa district in Lumbini Province of Nepal. It also referred as the “Taj Mahal of Nepal” and the famous place for those who want witness love bonds. It is located in the southwestern in the palpa region of Nepal. It covers an area of about 30 ropanies of land. It is famous for the fusion of European and neoclassical styles of architecture. A prayer room of khadga Shumsher lies at the eastern front of the palace.

Rani Mahal was built as the symbol of love for the beloved late wife of General Khadga Shumsher Jung Bahadur Rana. As Khadga Shamsher abandoned the palace and fled nto India, Rani Mahal was left behind without any proper owner or caretaker. Rani Mahal was largely turned into rubble by the end of 20th centry. The condition of the Palace became a concern of the government of Nepal and Locals. In 2017, the Government of Nepal restored the palace to its original state and set up a museum in the building. It can be a great tourist destination as it has lots of features and unique architecture. It is surrounded by full of natural beauty. It is regarded as one of the most beautiful and visted place in Nepal.

Millions of witness lover tourist come to visit at Rani Mahal every year from the whole Nepal. It is mostly famous its mystirious beauty & its beautiful natural scenery around it. It is the destination of love & determination. Tourist who come to visit Rani Mahal also get a great opportunity to visit the following places & hikings:

* Hiking in Palpa
* Hike to Aryabhanjyang
* Hike to Bhariab Temple
* Hike to view Tower of Shree Nagar Hill
* Visit of Coffee Farm
* Sightseeing in the old rown of tansen Palpa
* Palpa Durbar Musuem

Besides this all the long swing bridge , just a short walk from the river is nice to cross specially for the beautiful & complete view of Rani Mahal. Tourist will get chance to stay with Local’s in Community Home Stay. Community Home Stay is the biggest home stay and community experiences in all over Nepal.

The Palace was old but still stands as the Royal part of Palpa. Ranimahal looks magical; it is a Jewel of Palpa and true epitome of Love. Due to the various reasons it is also known as the gem of Palpa. Nature ambiance around this palace is loved and a short hike and visit to Rani Mahal must be recommended.

* 1. **Rara Lake**

Rara lake also known as Mahendra Lake is the largest fresh water lake in the Nepalese Himalayas. It is the main feature of Rara National Park, located in Jumla and Mugu Districts of Karnali Province in Nepal. Rara National Park stretches over 106 square km. Rara Lake lies at an elevation of 2,990 m. It has a water surface of 10.8 square km ,a maximum depth of 167 m and 5.1 km long and 2.7 km wide. It drains into the Mugu Karnali River via the Nijar River. Its water quality is characterized by high PH conductivity and total hardness. The lake changes its colour for 5 times a day depending on the climate.

The chief attractions of Rara lake are scenic surroundings, pristine water and various indigenous fish species. Tourism is flourishing in Karnali Province in recent years. Domestic visitors, in particular, are flocking to the region, attracted by its stunning scenery and unspoiled environment. Three types of Himali Asala fishes can be found in lake. Apart from sightseeing and boating on the lake, visitors can also enjoy horse riding around the lake areas. Locals have been rearing horses in order to provide rides for tourists, which is also the way for them to earn some extra money.

Rara lake is a part of Rara National Park ,and according to park officials 224 kinds of plants , including medicinal herbs , 272 types of birds , and 51 types of mammals , including the endangered red pandas, can be found in the park. From mid-March to mid-April, visitors can visit there and can also see the blooming beauty of forest of rhododendron.

There are various different hotels where tourists can spend their nights along with various delicious and local foods. Students from all over the Nepal visit there for different kinds of Zoological research and to have depth knowledge about nature .

Everyone has to visit Rara lake at least once in their life for having the experience of life.

**3.12 Lumbini**

Lumbini is a Buddhist pilgrimage site in the Rupandehi District of Lumbini Province in Nepal. It is the place where, according to Buddhist tradition, Queen Mahamayadevi gave birth to Siddhartha Gautam at around 563 BCE. Gautam, who, according to Buddhist tradition, achieved Enlightment sometime around 528 BCE, became the Buddha and founded Buddhism.

Lumbini is one of many magnets for pilgrimage that sprang up in places pivotal to the life of the Buddha. Lumbini has a number of older temples, including the Mayadevi temple, and various new temples. Many monuments monasteries and a museum, and the Lumbini International Research Institute are also within the holy site. Also, there is the Puskarini, or Holy Pond, where the Buddha's mother took the ritual dip prior to his birth and where he had his first bath. At other sites near Lumbini, earlier Buddhas were, according to tradition, born, then achieved ultimate Enlightment and finally relinquished their earthly forms.

Lumbini was made a World Heritage Site by UNESCO in 1997. It represents an outstanding universal value in terms of religious importance, cultural spirituality and archaeology.

* 1. **Sahalesh Fulbari**

SahaleshFulbari also Known as FulbariMela, is a garden of historical and cultural significance to the south of east west highway in Lahan Municipality, Siraha district, Madhesh Province in Nepal. It is a garden of thousands of trees, animals, birds,insects, etc.

It is famous for an Orchid that is believed to be bloom like a garland-shaped white flower on the branch of a tree called Haram, only on the eve and first day of the year, Baishakh, the first month of the Bikram Sambat Calendar. And surprisingly, the flowers wither in the evening. This funfair is held at 4km west from the City of Lahan at the area of 14 acres. The orchid grown at the tree is taken as a token of love between Sahalesh and Malini.

The garden only opens on the New Year’s Eve. It is said that all the other days except than New Year day, the garden is filled with animals magically. Hence, no one is allowed to get into the premises on other days. According to priest, unlike other flowers, the leaves of this flower never fall on the ground, adding to the flowers intrigue. So that, a lot of people from Nepal and India arrives to this funfair at 1st of Baishakh.

It is a cultural and magical place of which many of the people does not know even it has a huge importance in generating income for the development of local people and spreading name of the Nepal all over the world being enlisted in one of the most interesting place. It is the symbol of love that must be spread all over the world.

Not only for the nation, it has also contributed for the nature. It is actually a great place for the tourist attraction and In my point of view, it must be protected and preserved for the welfare of people residing nearby it, unlike other heritages.

* 1. **Shey Phoksundo National Park**

Shey Phoksundo national park is the largest and only trans-Himalayan national park in Nepal. It was established in 1984 and covers an area of 3,555 km² in the districts of Dolpa and Mugu in the mid-western region, Nepal. The protected area ranges in elevation from 2,130 to 6,885m (6,988 to 22,589ft). Phoksundo Lake is the park's prominent feature, located at an elevation of 3,612m (11,850 ft). It is surrounded by glaciers and famous for its magnificient turquoise colour. Near the lake's outlet is the country's highest waterfall, Hyatung Waterfall.

Shey Phoksundo National Park provides a diversity of spectacular landscapes and ranks among the most scenic mountain parks in the world. The main attractions of Shey Phoksundo National Parks are Shey Phoksundo lake, Kang La Pass, Great Himalayas, Shey Goma, Upper Dolpa, Kanjiroba, Kanjiroba Himal, Bala Tripura and Sundari Mandir.

The park provides important habitat for endangered species including the snow leopard, grey wolf, musk deer, and blue sheep, goral, great Tibetan sheep, Himalayan tahr, Leopard, Jackal and Himalayan black bear are also found in the Park. The park is the home to six reptiles and 29 species of butterfly including the highest flying butterfly, paralasa nepalaica. It provides home for over 200 species of birds. The flora found within the park is extremely diverse. It consists of Rhododendron, caragana shrubs, salix, juniper, white Himalayan birch the occasional silver fir, blue pine, spruce, hemlock, cedar, poplar and bamboo. Less than five percent of the park is forested, with much of it lying in the southern portion. The park also contains 286 species of ethno-botanical importance.

The park contains many gompas and religious sites, many of which have been renovated. Te people around Shey phoksundo are generally Buddhists and practice Bon. Their life style is typically Tibetan. Local accommodations are available in Dunai, sangta, chhhepka, and Ringmo. Campsites with rubbish pits, toilets, and shelters are available throughout the park. Trekking lodges are located in Dunai, chhepak and ringmo and provide food and limited supplies. Park offices are located at suligad, Chhepaka, palam Ringmo and toijem, At the headquarters in palam there is a small visitor center.

* 1. **Sinja Valley**

Sinja valley is one of the important historical places of Nepal. Since the origination of Nepali Language had been here, it is also known as the motherland of Nepali language. Anciently the place of Khas it known as Khas empire. It is located in the Jumla district in Karnali Province of Nepal having the altitude of about 2167.751m above sea level. The founder of Sinja Valley was Nagraj.

Sinja Valley contains the archeological evidence of the capital city of the well organized and influential western Malla or Khasa kingdom of the 12thto 14th century. Khas kings ruled over Nepal by making Sinja valley as their capital.

Sinja Valley is one of the under developed remote places of Nepal. We can still get old culture and traditional practice over here. Most of the local people are engaged in agriculture and poultry farming. Most of the people of this region are illiterate and even now believe in the superstitions .People of that area worship Masta which is considered as the main god of that region. Local resident of Sinja are still found practicing Chaupadi Pratha .

On January 30,2008 under the cultural category Sinja valley is listed under the UNESCO World Heritage Sites where ruins from ancient settlement tells the story of the cities glourious past on January 30, 2008 under the cultural category. The valley offers rich archeological evidence and facts that relate to the origin of the “Khas” language.

Sinja Valley is mostly Famous for its historical background. The wooden king and Queen Bridge is surprisingly old and known for its unique wood carving.The ancient Inscription on stone Destroyed Darbar, Monument & Pillars etc. Besides this tourist will get chance to visit PandavsGufa of SinjaValley .PandavsGufa has its own historical and religious importance as we get its description in Mahabharat.

Due to these reasons Now people of here are more active for the preservation and conservation of the historical and archeological Site. It is a very popular tourist destination. Many kinds of developmental activities have been carried out to promote tourism in this area. The activities like trekking, camping, archeological researches, etc are very popular in this historic valley.

The local people of here are so kind hearted. Visitors may not miss the local cuisine and enjoy kala Marsi rice, local legumes, potato curry, Millet & wheat breads. Tourist may enjoy picturesque ,Landscapes, rich wildlife & the warm hospitality of the locals.

And I will suggest the government to make the visionable and effective policies for the conservation and preservation of Sinja Valley.

* 1. **Swargadwari**

Swargadwari is a hilltop temple and pilgrimage site in Pyuthan District, lumbini province, Nepal, commemorating the special role of cows in Hinduism. Swargadwari is counted among Nepal's top pilgrimage sites and is listed in a National inventory of cultural and historic heritage sites. It is one of the popular Hindu's place. Main visitor of this place are Nepalese and Indians. It is said to have been founded by Guru Maharaj Narayan Khatri (Swami Hamsanana).

According to older people of the locality, he came from Rolpa to the present temple site and asked the owner of that land to donate that land to him. He dug the land and obtained curd mixed rice and fire. He had explained that these things were those buried by the Pandavas in Dwapar Yuga, when they worshipped in this place before departing to heaven. The landlord was antoished. He agreed to handover the land instantly. There after the holy fire is burning continuosly till then. Bivut (Ash) of the firewoods burnt by the holy fire is believed to cure different physical disorders. The temple is also considered as the door of heaven in Hinduism and people believe that their door to heaven will be opened after visiting this place after their death.

**3.17 Dolakha Bhimshen Temple**

***Dolakha BhimshenTemple*** is located in the Bhimeshwar Municipality of Dolakha, in Bagmati Province in Nepal, approximately 4.5 km east to Charikot. The exact date of its establishment is unknown.

The temple is roofless in the centre and it houses a triangular-shaped stone of idol of Bhimshen. The idol is believed to resemble three deities: Bhimeshwar in the morning, Mahadev throughout the day, and Narayan in the evening. The temple attracts around 5,000 worshippers every week. The temple is believed to signal any bad fortune before it takes place. It is a temple of Hindus.

According to Myth, The temple is devoted to Bhimshen, the second brother among the Pandavas depicted in the Hindu mythology of Mahabharat. It is also belived that when the three travelers were passing by Dolakha, they felt hungry and started to cook food by making a temporary stove of the three triangular stones and put a pot filled with water and rice to cook but when they opened the cap of pot after sometime of cooking only the one of the third portion rice was cooked, then of the traveler angrily threw the Pinnacles towards one of the stone and magically it started to bleed the white milk blood from that day it was considered as the statue of Bhimshen and they built a temple at that place named Dolakha Bhimshen.

The Bhimshen’s statue perspires in the form of fluid like drops from time to time. The persipiration is considered a bad omen for the country. It is believed that Bhimshen himself tries to protect his people by warning them through sweating. Historically, it had happened so many times which includes:

* During the change of the Rana Regime in 2007, the statue is believed to have sweated.
* The idol sweat in 1934 before a devastating earthquake that killed 8,500 people.
* It was reported that the idol sweated a few days ahead of royal massacre that killed King Birendra and his family.

It is a religious, cultural and national site too. It must be promoted to the International level for the development of tourism sector in this area by which the people nearby it also can be developed. It can be a great tourist destination due to its huge history and importance for the nation and people of Nepal. The infrastructure for getting there, residing and travelling should be available.

**3.18 Parsa National Park**

**Parsa National Park** is the protected area in the inner Terai lowlands of south-central Nepal. It is situated at the altitude of 435m (1427ft.)to 950m (3120ft.)in the Siwalik Hills covering the total area of about 627.39km2 (242.24 sq. miles )in the Parse, Makawanpur and Bara district. It was established as a Wildlife Reserved in 1984 A.D. a Buffer zone declared in 2005 A.D comprises 285.3sq km. In 2015 AD the protected area has been extended by 128sq. km. and It was declared as National Park in 2017A.D.

Every year lakhs of nature lover, Botanist, Researchers , Photographers , students & other tourists from all over the Nepal come to visit Parsa National Park for various researches, adventure and to explore different wildlife.

Tourist mainly come to experience the following activities:

* Jungle Safari within the Park
* Canoe Ride
* Visit the Elephant Camp at Amlekhgunj
* Enjoy the Village walk
* Experience the Tharu Culture from up close

Parsa National park has tropical & sub tropical 90% covered with sal forest, while hills are covered with chir pine, khair, sissoo & silk cotton.

Commonly the following major attraction of the Parse National park are:

* Residential Asian Wild Elephant
* Royal Bengal Tiger
* Bison
* One Horned Rhinoceros
* Common Leopard
* Sloth Bear
* Wild Dog
* Sambar Deer, Barking Deer, Hog Deer, Spotted Deer etc.
* 490 Species of Birds
* Halkhoria, Kamini, Kali Daha & lauki daha/lake
* Churia/Siwalik, Bhabar & low-land Tera

Besides this all tourist also get chance to visit Park Ban Jantu Arakachh, Pathlaiya Park, Dugdeswor Mahadev Tample dedicated to the Hindu gods Shiva and Parbati and the best sunset view from Bhada khola in nearby Parse National Park.

October,March,April,June,July and September are considered as the best season to visit Parsa National Park. It will charge NPR 50 only for entry of domestic tourists. Tourist might not forgot to go to view tower which is present close to the Headquaters, which gives them an excellent opportunity to catch a view of the Parse national Park & its Wildlife. Never miss your next dream holiday to Parsa National Park

* 1. **Kathmandu Valley**

***Kathmandu valley*** is the most popular & developed valley. It is also known as the Nepal Valley or Nepa Valley. Kathmandu valley is bowl-shaped. Its central lower part stands at 1,425 metres (4,675 ft) above sea level in Bagmati Province which includes the main three cities of ( Kathmandu,Bhaktapur, Lalitpur)of Nepal. This valley was historically called the Nepal Mandala and has been the home the home of the Newar people , a cosmopolitan urban civilization in the Himalayan foothills.

Kathmandu Valley is the centre of Nepal’s historic, arts, cultures, natural beauty and economy. It houses various temples of gods & Goddess, which makes Kathmandu as the City of Temples. Kathmandu Valley acts as the magnet of attracting tourists and pilgrims. Kathmandu Valley has about 130 monuments, including several pilgrimage sites for Hindus & Buddhists.

According to Swayambhu Puran, the Kathmandu Valley was once a lake. The hill where the Swyambhu Stupa rests had lotus plants with flowers in bloom. One story says that [Manjushree](https://en.wikipedia.org/wiki/Manjusri) cut a gorge at Chobhar with a sword and drained away the waters in order to establish a habitable land.

Kathmandu Valley is also known as the Heaven of Earth due to the existence of such holistic tourist destination & pilgrimage sites in the three main cities.

Bhaktapur District

* Balkumari Temple
* Bhaktapur Durbar Square
* Changu Narayan Temple
* Doleshwor Mahadev Temple
* Kailashnath Mahadev Statue
* Suryavinayak Temple

Kathmandu District

* Akash Bhairav Temple
* Ashok Binayak Temple
* Adinath Temple
* Bajrayogini Temple
* Boudhanath Stupa
* Budhanilakantha Temple
* Chandragiri Hill
* Dakshinkali Temple
* Dharahara
* Ghantaghar
* Gokarneshwor Mahadev Temple
* Kathmandu Durbar Square
* Narayanhiti palace
* Pashupatinath Temple, and many more

Lalitpur District

* Balkumari Temple
* Krishna mandir
* Naagdaha Lake
* Patan Durbar Square
* Kumbheshwar Temple Complex
* Rato Macchindranath Temple, and many more.

Kathmandu has been the hoards of trekkers and adventure lovers. So millions of tourists visiting come from all over the Nepal not only for worshipping god and Goddess rather for adventure purpose too. Kathmandu has becomes the icon for Nepal and Nepalese.

Tourists will get many more facilities and services over here. There is the availability of good five star hotels, lodges and restaurants. Kathmandu is considered as the best place for students’ educational tour. As this is the historic place, archeologist can do various researches. Tourist and pilgrims can reach the Kathmandu Valley by road or by air. Tourist might get chance to learn various culture and tradition over here as it is a multi religious place and intellectual resources. It is also considered as the best place for nature photography and film shooting.

**3.20** **Shuklaphanta National Park**

Shuklaphanta National Park was established as Wildlife Reserve in 1976 with an area of 155 sq km. This wildlife reserve got its status as a National Park in 2016. The grasslands, waterholes, and wetlands formed by the floodplain of the Mahakali River are the main specialties of this National Park.

Shuklaphanta National Park is located in Kanchanpur district. It’s a southern and western boundary is connects with India. In the north, it is extended up to the east-west highway. The eastern boundary of this national park is formed by the Chaudhar River by the International boundary pillars in the forest and partly by the Mahakali River. Also, it is connected to an Indian Tiger Reserve Kisanpur Wildlife Sanctuary to the south.

Shuklaphanta National Park can be reached by heading towards Mahendranagar, from where the park is only eight kilometers away. From Kathmandu Suklaphanta National Park can reach through Dhangadi to Mahendranagar.

The large grasslands, wetlands, and lakes of the park are home to a wide range of fishes, birds, and animals. More than 53 species of mammals including protected species such as swamp deer, Bengal Tiger, Sloth bear, elephant, Indian Leopard, Hispid Hare, Great one-horned rhinoceros, etc. This youngest national park of Nepal is also famous for swamp deer. As of 2014, the swamp deer population was 2301. Similarly, around 20-25 wild elephants and 16 Bengal tigers were recorded on the 2018 census.

The rivers, lakes, and ponds of the park house 28 species of fish, 12 reptiles, and amphibians. Also, a total of 424 bird species have been recorded which includes Bengal floricans, dusky eagle owl, great slaty woodpecker, chestnut-capped babbler, Sarus crane, rusty-tailed flycatcher, etc.

Places to visit in Shuklaphanta National Park

* Grasslands in Shuklaphanta
* Rani Taal
* Mahakali River and Bridge
* Ghodaghodi Taal

Things to do in Shuklaphanta National Park

* Jungle Walk
* Bird watching
* Jeep Safari
* Sightseeing
* Tharu Cultural Dance and Dinner

1. **Conclusion**

Tourism is one of the mainstay of Nepalese economy. It is also a major source of foreign exchange and revenue. Possessing 8 of the 10 highest mountains in the world, Nepal is a hotspot destination for mountaineers, rock climbers and people seeking adventures. The Hindu, Buddhist and other cultural heritage sites of Nepal, and around the year fair weather are also strong attractions.

Nepal is the country of the Mount Everest, the highest mountain peak in the world, and the Birthplace of Gautama Buddha- Lumbini. Mountaineering and other types of adventure tourism and ecotourism are important attractions for visitors. There are other important religious pilgrimage sites throughout the country for the followers of various sects and religions.

Some of the major tourism activities in Nepal are **mountain climbing, trekking, paragliding, rafting, bungee jumping, mountain flight, rock climbing, mountain biking, jungle safari, rock climbing, bird watching and sightseeing**

As one of the world’s largest economic sectors, travel and tourism creates jobs, drives exports, and generates prosperity across the world. So it continues to make a real difference to the lives of millions of people by driving growth, reducing poverty and fostering development.

Tourism has become one of the main income sources for many developing countries like Nepal. Nepal has great potential to become a top destination for tourists as as the nation is famous for its snowcapped mountains, abundant flora and fauna, exciting trekking routes and rich cultural and religious diversity. The domestic tourists need not worry to find any place of interest if they want to travel the best place in the world because they can travel a variety of places in Nepal .