

# One day rock climbing



## Trip Facts

<b>Cost \$ (USD):</b>	<b>Elevation:</b>	<b>Accommodation:</b>	<b>Trip Grade:</b>	<b>Group Size:</b>
110	1,400m	Hotel	Hard	2-10 max

## Overview

One day rock climbing is considered the outdoor sport activities in [Nepal](#). In this program the participants have to climb up or across rock formations or end of pre defined route without falling. It is a demanding sport that tests the climbers' endurance, strength, grit and determination. For such adventure on the vertical cliff, you can visit the spot at Hattiban.

It is 15 kilometers South west of Kathmandu and the climb on limestone crags this climbing site is for the professionals, to enjoy top level climbing. Best months are January, February, March, April, May, September, October, November and December.

**If you have already done one day rock climbing then,we have some best for for you;**

[Kakani day hike](#), [Trisuli rafting](#), [Koshi tappu wildlife reserve](#), [Nagarkot day hike](#) might be your next favorite travel destination in Nepal.

# Itinerary

## Day: 01 Dive for rock climbing & Back To Kathmandu

Today, you start in the morning and go on an hour drive to arrive at Hattiban. You hike for half an hour to the rock climbing section. Then with the support of climbing guides and pre climbing lessons you begin to climb the rock ledges. Then you have lunch at 1:30 P.M. and then depart from Hattiban after rock climbing at 4:30 P.M. and arrive at the Hotel. Overnight in Kathmandu.

**Accommodation:** 3-star hotel

**Meals:** Lunch

**Duration:** 1 day

## What are included?

Guiding fees

All transportation during the trip

All meals: Breakfast, Dinner, Lunch

Professional equipment and gears for group climbing

All local staff fees and insurance

First aid kits.

## What are Not included?

Personal climbing equipment

National park fee

All personal expenses incurred.