

NEPAL  
BANEPA



## CONTACT

- **Mr. Mahesh Baral**
- e-mail : maheshbaral@hotmail.com

### **Geographical Location and Population**

Banepa (Nepal Bhasa: भोँत) is a municipality situated in a valley at about 4800 ft above sea level in central Nepal. Banepa, the historical town, is about 25 km east from Kathmandu. At the time of the 2011 Nepal census, it has a population of 24,764. The main attraction of Banepa is the temple of Chandeshwori, located approximately 1 km northeast of the town along the Rudramati River. The Dhaneshwor Temple is 1 km south of the town. Banepa is also well known for its eight different temples of Lord Ganesh, Narayanthan, the temple of lord Narayan, Bhimshenthan, the temple of Lord Bhimshen and eight different ponds.



## History

Anandedeva united the scattered villages and made modern Banepa surrounded by eight gates with a Ganesh (the elephant - headed god of good omen) at each of the gates in eight different directions in kaligat year 4197 (around 1153 B.S.). He also built a temple of Chandeshwari and arranged a trust fund for the goddess. It is also believe that when entire Kathmandu Valley was covered with lake, there was a small kindgdom in Banepa.



## Intangible Cultural Heritage Kathmandu Valley

The cultural heritage of the Kathmandu Valley is illustrated by seven groups of monuments and buildings which display the full range of historic and artistic achievements for which the Kathmandu Valley is world famous. The seven include the Durbar Squares of Hanuman Dhoka (Kathmandu), Patan and Bhaktapur, the Buddhist stupas of Swayambhu and Baudhanath and the Hindu temples of Pashupati and Changu Narayan.

## Sagarmatha National Park

Sagarmatha is an exceptional area with dramatic mountains, glaciers and deep valleys, dominated by Mount Everest, the highest peak in the world (8,848 m). Several rare species, such as the snow leopard and the lesser panda, are found in the park. The presence of the Sherpas, with their unique culture, adds further interest to this site.

## **Chitwan National Park**

At the foot of the Himalayas, Chitwan is one of the few remaining undisturbed vestiges of the 'Terai' region, which formerly extended over the foothills of India and Nepal. It has a particularly rich flora and fauna. One of the last populations of single-horned Asiatic rhinoceros lives in the park, which is also one of the last refuges of the Bengal tiger.

## **Lumbini, the Birthplace of the Lord Buddha**

Siddhartha Gautama, the Lord Buddha, was born in 623 B.C. in the famous gardens of Lumbini, which soon became a place of pilgrimage. Among the pilgrims was the Indian emperor Ashoka, who erected one of his commemorative pillars there. The site is now being developed as a Buddhist pilgrimage centre, where the archaeological remains associated with the birth of the Lord Buddha form a central feature.