

Traversing Myths: The Legendary Nagraj Trail connecting Southern Part of Kathmandu Valley with Panauti

On the occasion of World Wetlands Day 2026, with the theme “Wetlands and Traditional Knowledge: Celebrating Cultural Heritage,” we are releasing an illustrated story that celebrates the deep connection between wetlands, mythology, and living traditions.

The story explores how mythological narratives along the Nagraj Trail inspire festivals and cultural practices rooted in wetland landscapes, and how these stories act as a living repository of traditional knowledge—passed down through generations of communities who have long lived in harmony with wetland and waters.

If you are a community member, or if you have visited the Nagraj Trail and would like to contribute stories, memories, or insights, we would love to hear from you.



References

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