

## Overview

### Nepal Buddhist Spiritual & Pilgrimage Tour

Nepal, being home to the majestic Himalayas, matchless natural and cultural diversity but also the land of divinely blessed sacred sites, Lumbini Birth Place of Lord Buddha, lands of Bodhisattvas (Buddhas) who meditated here and achieved enlightenment of Buddhahood. There are many places where Padmasambhava (Lit' Lotus Born) also known as the Second Buddha and Jetsun Milarepa-generally considered one of Tibet's most famous yogis and poets mediated in Nepal and gained top level of enlightenment. The country is the shelter for many spiritual teachers and Guru's, this truly holy land is awash with spiritual treasures as well as awe inspiring natural beauty.

Boudha Stupa (Kathmandu) - A most blessed place of peaceful and loving energy. Hundreds of thousands of visitors circumambulate this stupa each year to purify themselves towards enlightenment and Buddhahood.

It is believed that we can gain purity and deeply healing energies to wash over us as we prepare for a vast array of spiritual and healing adventures throughout the country. Starting off in the areas surrounding the Kathmandu Valley, we will visit a wide range of different spiritual sites such as Swayambuanth, Boudhanath, Holy Buddhist monasteries and temples in Kapan, Namobuddha, Nagi Gompa, Pharping and Leaving Kathmandu now and we travel to the very sacred land of Lumbini - the birthplace of the Buddha. And it is here that we can allow the energy and the love of Lumbini to fill up and merge with our own energy field as we go about exploring through the many monasteries and ancient ruins within the region. As we were told by our spiritual guides when we were there on our pilgrimage "this is the birthplace of love" and it is here in this immense vibration that we will also be offering individual attunements to all who wish to receive them at the site of Maya Devi Temple.

Lumbini-the Birth Place of Lord Buddha spanning through both city areas as well as in the surrounding rural areas. Having experienced many of these sites ourselves and through the assistance of local tour guides, our aim is to provide you with the opportunity to visit these sacred places and to absorb their true meaning whilst allowing plenty of time for exploration and self reflection.

Thangu Tashi Yangtse Monastery in Namobuddha - Enjoy the peace and bliss of this sacred land surrounded by views of the mountain scenery.

As we go onwards on our tour, we will experience the delights of Pokhara, famous for its amazing views of the Annapurna range and for the peaceful and loving Phewa Lake. Our time here allows us to take in the sights, take some time to do some shopping or perhaps spoil ourselves with a massage or some yoga classes. There is something for everyone in Pokhara, including paragliding, visiting the mountain museum, receiving a massage, shopping etc. so we have some time here to enjoy and relax in this beautiful location.

We will also visit the Peace Pagoda, famous for its sweeping views over the mountains and we will enjoy a truly unforgettable sunrise at Sarangkot, a place where you can really

feel the healing power and the enormity of the majestic Himalayas right there in front of us. From our own healing experiences, it has become clear that to be closer to the mountains provides us with very good healing opportunities as we are cleansed from within - another great reason why being so close to the Himalayan range will help us at this stage of the tour.

**View of Mt. Machhapuchhre (6993m) and the surrounding range from FewabLake.**

## **Outline Itinerary**

**Day 01 : Join Kathmandu. Pick from airport.**

**Day 02 : Visit to Bouddhanath including the main stupa and to the monasteries.**

**Day 03 : Visit to Namo Buddha and back to Dhulikhel for overnight stay.**

**Day 04 : Seeing and paying homage to the majestic Himalayas**

**Day 05 : Drive to Lumbini**

**Day 06 : Visit to Maya Devi Temple to see the actual birthplace of Sakyamuni Buddha.**

**Day 07 : Visit Around Lumbini**

**Day 08 : Drive to Pokhara.**

**Day 09 : This is a free and relaxing day to enjoy the many options available in Pokhara.**

**Day 10 : Drive to Sarangkot where we sleep at the altitude of 1,500m high from sea level.**

**Day 11 : In Pokhara**

**Day 12 : Drive to Kathmandu which some 200km and takes about 6-7 hours by Toursit coach.**

**Day 13 : Free day in Kathmandu**

**Day 14 : Further destination**

## **Cost Includes**

- Airport-Hotel-Airport pick up and transfer by car/an.

## Buddhist Pilgrimage Tour

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- 14 nights room in budget – deluxe hotel during the trip on Bed and Breakfast basis.
- All ground transportation by private car or van depending on group size.
- Professional Tour Guide as per the above itinerary.
- Kathmandu Pokhara by tourist coach.
- All the World Heritage Sites Entrance Fees.
- Tourist service charge, vat and office service charge etc.

## Cost Excludes

- Any meals other than breakfast.
- Travel insurance, Nepal Tourist Visa fees
- Items and expenses of personal nature
- Rescue operation in case of emergency.
- Tips for guide, bell boy and driver.