

Pilgrimage Tour in Nepal

Buddhist

Pilgrimage Tour in Nepal with Nepal Environmental Buddhist For Buddhist tourists around the world, a pilgrimage to a holy Buddhist destination is perhaps, the one that gives the most satisfaction. It is a journey that brings them closer to their religion by enhancing their appreciation for its principles, beliefs and philosophies.

Nepal is home to two of the most holy of places connected with Buddhism. These places are directly related with Lord Gautam Buddha. Lumbini, the first and most important of the two, is the birth place of Gautam Buddha while Kapilavastu is the place where he grew up, witnessed pain and sorrow of life and ultimately decided to give up everything in search of enlightenment.

Hindu

From ancient times, Nepal has been the place of origin for the Hindu religion and the holy place of Lord Pashupatinath. For centuries, mythology and mystique has swept the land and there are numerous temples, mosques and monasteries. Hindu pilgrimage tours or 'Tirtha Yatras' are considered an important way of attaining salvation. However, people of all faiths and religions have dreams of visiting these revered spots as a pilgrim to invoke the blessings of their Gods and obtain forgiveness for all their sins and escape the divine wrath.

Hindu pilgrimage tour in Nepal

Nepal is not only known for its natural beauty but also as a cultural melting pot where two of the oldest religions of the world co-exist in perfect harmony- Hinduism and Buddhism. Dating back thousands of years, some of the oldest religious sites in Nepal are revered as the holiest places for salvation by Hindus and Buddhists. Hindu pilgrimage tour in Nepal is popular activities among the devotees and researchers. In previous days the land of ancient sages & saint, now Nepal is known as *the country of temples*. Some lie high up among the snow capped mountains of the Himalayas, requiring treks through deep valleys and steep hillsides. It's an unforgettable physical as well as spiritual experience.

A land steeped in legends and mythology, Nepal is home to many Hindu and Buddhist pilgrimage sites. The Himalayas is considered the abode of the gods. As the Hindu scripture *Skanda Purana* cites: "In a hundred ages

of the gods, I could not tell thee of the glories of the Himalaya. As the dew is dried up by the morning sun, so are the sins of mankind by the sights of the Himalaya.” The country abounds in all manner of shrines, visited by devotees of their respective faiths, which includes places of worship of such diverse.

One of the greatest Hindu temples in Nepal “Pashupatinath Temple” is the main attraction of the tour. Similarly other tour packages for Nepal, this trip also begin from Kathmandu - the ancient city of temples. You will visit Pashupatinath temple, Kathmandu durbar square and Swayambhunath stupa. This is one of pilgrim site where both Hindu and Buddhist pilgrims worship for their success & prosperity in upcoming days. Another day we will take you “Dakshinkali Temple” People believe that animal sacrifices, particularly of cockerels and uncastrated male goats in this temple are the main way that the goddess is worshipped. After couple of days visit in around Kathmandu valley we will take you to Pokhara and then Muktinath. Likewise Swayambhunath Stupa, Muktinath also is a sacred place both for Hindus and Buddhists. The meaning of Muktinath is “place of liberation”. We will fly from Pokhara to Jomsom reach and then take a jeep for Muktinath. We will stay couple of days in this Himalayan regiona dn fly back to Pokhara. The journey for Pokahra to Kathmandu will be overland because we still need to visit another popular scared site “Manakamana Temple”. The goddess temple that fulfills your desire of soul is midway of the Prithivi Highway. We will take Cable Car ride from Kurintar to reach Manakamana, after worshipping at the temple; we will continue drive to Kathmandu. This tour package covers most of Hindu temple and historical places around Nepal. The most highlighted places of this trip are; Pashupatinath temple, Dakshinkali Temple, Budhanilkantha temple, Changunarayan temple, Swayambhunath stupa, & Kathmandu & Patan Durbar squares in Kathmandu valley & Muktinath, Tal Barahi temple in Pokhara & Manakamana Temple are outside Kathmandu valley.

Outline Itinerary

Day 01: Kathmandu

Day 02: Kathmandu

Day 03: Kathmandu

Day 04: Kathmandu to Pokhara

Day 05: Pokhara to Muktinath

Day 06: Muktinath to Jomsom

Day 07: Jomsom to Pokhara

Day 08: Pokhara – Gorkha Kalika

Day 09: Pokhara - Manakaman - Kathmandu

Day 10: Kathmandu

Day 11: Departure from Kathmandu:

Nepal Hindu pilgrimage tour itinerary

Day 01: Kathmandu

Activities - Up on arrival meet our office representative at airport and transfer to hotel, after refreshing complete the official formalities/ briefing about the package and rest of the day free for your own leisure/overnight at hotel in BB Basis.

Meals- Lunch & Dinner self

Accommodation- Hotel in Kathmandu (BB Basis)

Day 02: Kathmandu

Activities- Full day guided sightseeing around Hindu temples in Kathmandu city- Pasupatinath Temple & Swayambhunath and Kathmandu Durbar or Patan Durbar Square, which will take you to visit Kathmandu's most popular Hindu attractions and lunch break will be during the tour at best restaurants available.

Meals- Lunch & Dinner self

Accommodation- Hotel in Kathmandu (BB Basis)

Day 03: Kathmandu

Activities- Full day guided sightseeing around Kathmandu city- early morning drive to Dakshinkali Temple after coming back on the way visit Pharping monastery and temples, lunch break will be during the tour at best restaurants available and late noon visit Budhanilkantha Temple and back to the hotel.

Meals- Lunch & Dinner self

Accommodation- Hotel in Kathmandu (BB Basis)

Day 04: Kathmandu to Pokhara

Activities- After breakfast early morning transfer to domestic airport to fly to Pokhara or drive to Pokhara, transfer to hotel. Rest or free time until lunch hour, afternoon after 2: 00pm visit Pokhara's most popular Bindiyabasini Temple, Tal Barahi Temple and after back to hotel.

Meals- Lunch & Dinner self

Accommodation- Hotel in Pokhara (BB Basis)

Day 05: Pokhara to Muktinath

Activities- After breakfast early morning transfer to domestic airport of Pokhara to fly to Jomsom. Up on arrival at Jomsom, stop for short

tea/coffee break and drive by jeep to Muktinath, afternoon visit Muktinath Temple stay overnight there at lodge.

Meals- Breakfast, Lunch & Dinner (Full board basis)

Accommodation- Hotel in Muktinath

Day 06: Muktinath to Jomsom

Activities- Follow your guide to walk up to jeep stand after breakfast and drive back to Jomsom. Up on arrival at Jomsom walk up to the hotel, have a lunch and afternoon take time to walk Jomsom market or visit eco museum and stay overnight there at lodge.

Meals- Breakfast, Lunch & Dinner (Full board basis)

Accommodation- Hotel in Jomsom

Day 07: Jomsom to Pokhara

Activities- After breakfast early morning transfer to airport then fly to Pokhara, transfer to hotel. Rest or free time for personal activities or visit down town of Lake Side market- shopping walking etc.

Meals- Breakfast, Lunch & Dinner (Full board basis)

Accommodation- Hotel in Pokhara (BB Basis)

Day 08: Pokhara – Gorkha Kalika

Activities- After breakfast meet the guide and drive to Gorkha (old capital or origin of Nepal) after refreshing sightseeing around Gorkha Durbar and Gorkha Kalika. Gorkha Kalika is the imaginative, glorious, fort, a palace, and the temple perched high on the top of the hill around 1000 feet above the Gorkha Bazaar. Gorkha is connected historically with the creation of the modern country of Nepal and the name of the legendary Gurkha soldiers. Overnight at hotel.

Meals- Breakfast, Lunch & Dinner (Full board basis)

Accommodation- Hotel in Gorkha (BB Basis)

Day 09: Pokhara - Manakaman - Kathmandu

Activities- After breakfast meet the guide and drive to tour destination. Drive to cable car station and visit Manakaman temple by cable car and after back continue to Kathmandu, arrive by noon and transfer to hotel.

Meals- Dinner self

Accommodation- Hotel in Kathmandu (BB Basis)

Day 10: Kathmandu

Activities- After breakfast meet the guide and drive to tour destination. Full day guided sightseeing around ancient Patan, Bhaktapur city & Changunarayan temple - Historical Durbar Square area including many other famous monuments of around- Krishna Temple, Golden Temple,

Kumbheswor Temple and Bhaktapur city's old place popular Nyatapola Pagoda, temples, unique peacock window and medieval town and lunch break will be during the tour at best restaurants available.

Meals- Lunch & Dinner self

Accommodation- Hotel in Kathmandu (BB Basis)

Day 11: Departure from Kathmandu: As per your flight schedule, after breakfast, transfer for relaxing or shopping or market visit, Robinson Crusoe Holidays representative's to drop you on Kathmandu International airport onward journey.

***Note:** We organize many different sort of activities- short hiking, scenic trekking, whitewater rafting, wildlife safari tour, wonderful mountain flight and more as you wish to have for better holiday with us.*

If the package we offer doesn't suit for you, we are flexible to customize the trip.

Buddhist Pilgrimage Tour

Nepal has remained a spiritual and religious center for Buddhism and Hinduism since time immemorial. Lumbini where Lord Buddha was born is in Nepal. Today Lumbini has transformed itself into the center of peace. Nepal is also home to some of the most magnificent and biggest Buddhist Stupas in the world namely Swoyambhunath and Boudhanath. All of these places are now world heritage sites. Buddhist Pilgrimage Tour takes you on a trip to the most sacred Buddhist sites in the world. This is the only tour of its kind in the world and you can't afford to miss.

Outline Itinerary

Day 01: Arrival in Kathmandu then, our representative transfer to hotel.

Day 02: Full day sightseeing of Buddhist Sites in Kathmandu City.

Day 03: Day Sightseeing of Buddhist Sites in Patan City.

Day 04: Enjoy early mountain views in Namobuddha.

Day 05: Drive from Kathmandu to Pokhara that takes about 7 hours.

Day 06: Full day sightseeing of Buddhist Sites in Pokhara.

Day 07: Drive from Pokhara to Lumbini that takes about 3 hours.

Day 08: Full day sightseeing in Lumbini

Day 09: Drive from Lumbini to Kathmandu.

Day 10: Free day in Kathmandu for Shopping.

Day 11: Transfer to Tribhuvan International Airport for final departure.

Detailed Itinerary

Day 01: Arrival in Kathmandu then, our representative transfer to hotel. Tour briefing over Dinner. Stay overnight in a hotel in Kathmandu..

Day 02: Full day sightseeing of Buddhist Sites in Kathmandu City.

Places to visit on this day include Swyambhunath, Boudhanath and Kopan Monastery:

Swyambhunath

Located approximately 4 kilometers west of tourist-hub Thamel, this Buddhist Stupa, also popularly called 'Monkey Temple' is said to be over 2000 years old. The dome shaped white washed Stupa is composed of brick and earth supporting a lofty conical spire capped by a pinnacle of copper gilt. The all-seeing eyes of Lord Buddha rest on all four sides of the conical base. This hill is a mosaic of small Chaityas and Pagoda and is the most important Buddhist site in Nepal. Enjoy the views of sprawling Kathmandu from the top of this world heritage site monument.

Boudhanath Stupa

This Stupa, 8 kilometers east of Kathmandu City, is one of the biggest Buddhist stupas. Similar in structure to Swyambhunath Stupa, it is highly revered by Buddhists in Nepal and Tibet. The shrine is ringed by houses of Lamas or Buddhist priests. Boudhnath Stupa is a world heritage site.

Kapan Monastery

Kapan Monastery is one of the most popular Buddhist monastery in Kathmandu Valley, located about a few minutes drive north of **Boudhanath Stupa**. Set up in 1971 under the leadership of Zopa Rinpoche, the monastery today is a monastic school for 360 monks from Nepal and Tibet along with 380 nuns who live nearby Khachoe Ghakyil Ling Nunnery. The monastery continues to preserve the monastic ritual and ceremonies such as The 10 Days of Miracles, Saka Dawa, Chokar Duchén, and Lha Bab Duchén. The monastery is part of the FPMT network or Foundation for the Preservation of the Mahayana Tradition.

Stay overnight in a hotel in Kathmandu.

Day 03: Day Sightseeing of Buddhist Sites in Patan City then drive to Namobuddha.

Four Ashoka Stupas

Believed to have been erected by then Emperor Ashoka in 250 B.C., these four Ashoka stupas stand in the four corners of Patan city. It is regarded as the symbols of the Buddhist Wheel of Righteousness or Dharma-Chakra. These stupas have been shaped in the form of mounds which today are covered in grass. One of the stupa is white embellished with a monument on top.

The Golden Temple

Also known as Bhaskerdeve Samskarita Hiranyabarna Mahavihara, the golden temple is a Buddhist monastery designed in pagoda style. This stupa is believed to have been built around 12th century and prominently houses the statue of Buddha. There are some truly exquisite wood carvings of deities, murals and prayer wheels. The monastery features a golden facade, four large gateways, a clock tower, and two lion sculptures.

Mahaboudha Temple

The history of Mahaboudha temple goes back to 16th century when a priest named Abhaya Raj is believed to have laid the foundation. The temple is considered to have been erected to represent a similar temple in Bodhagaya, India. The temple is also named as the 'Temple of the thousand Buddha'. The temple is made of bricks and terracotta tiles with figures of Buddha embossed on the surface.

Drive to Namobuddha that takes about 1 hour. Stay overnight in a hotel in Namobuddha.

Namobuddha

Namobuddha is one of the most important Buddhist sites in Nepal visited by pilgrims and tourists alike. Namobuddha literally means 'hail to Buddha'. It is located 40 km east of Kathmandu at an altitude of 1750m. It is believed that Shakyamuni Buddha during his previous life as a prince had sacrificed himself to feed a hungry tigress and her cub. Statues of the prince in the sacrificial act has been preserved in Namobuddha. Today a monastery has been built nearby which houses hundreds of monks from Nepal and Tibet. Due to its altitude it overlooks the beautiful vista of the ancient town of Panauti and also affords a splendid view of mountains as well as the valley of Panauti.

Day 04: Enjoy early mountain views in Namobuddha. Drive to Pharping and Kirtipur then back to Kathmandu. Stay overnight in a hotel in Kathmandu.

Day 05: Drive from Kathmandu to Pokhara that takes about 7 hours. Stay overnight in a hotel in Pokhara.

Brief Description Of The Place:

Pokhara

Pokhara is the most scenic city in Nepal. It is the city of numerous lakes and is a gateway to the most famous Annapurna Trekking. Within 30 miles distance of the city lies world's three highest mountains, Mt. Dhaulagiri, Annapurna I. It is situated about 200 km west of the capital. There are numerous temples and gumbas in and around pokhara valley.

Pokhara is also famous for such adventure activities as paragliding, rafting, rock climbing, canyoning, boating, fishing, golfing and cycling.

Day 06: Full day sightseeing of Buddhist Sites in Pokhara. Stay overnight in a hotel in Pokhara.

Brief Description Of The Place:

World Peace Pagoda

The World Peace Pagoda rests on a ridge top on the southern fringe of Phewa Lake. At a height of 1100m, the pagoda offers a panoramic view of the Annapurna range, Pokhara city and the Phewa. The Pagoda is dedicated to Lord Buddha, whose statue has been erected facing in four directions. Also called Shanti Stupa, it was built by Nipponzan-Myōhōji monk. The pagoda is 115 feet tall and 344 feet in diameter. The four statues of Buddha were presented as a souvenirs from Japan, from Sri Lanka, from Thailand and from Nepal.

Day 07: Drive from Pokhara to Lumbini that takes about 3 hours. Stay overnight in a hotel in Lumbini.

Day 08: Full day sightseeing in Lumbini

Brief Description Of The Place:

Lumbini

Lumbini is the birthplace of Buddha, the apostle of peace and the founder of the religion Buddhism. Today it is a World Heritage Site and remains a most pious pilgrimage site among Buddhists around the world. A trip to Lumbini is a spiritual journey to the place where Buddha spent 29 years of life before he embarked on a quest for peace. Inside Maya Devi Temple you will find the exact spot where Buddha was born. The famous sacred pool of 'Puskarani' in front of the temple is believed to be where queen Maya Devi bathed just before giving birth to Buddha. Ashoka Pillar is another interesting site to visit. Other archeological sites of importance around Lumbini include Gotihawa, Tilaurakot, Kudan, Devdaha, Ramgram and Kapilvastu. You will also visit the international monasteries that have been built in Lumbini belonging to many countries including Japan, Germany, Thailand, China, India, Nepal, Cambodia, Vietnam, France etc.

Day 09: Drive from Lumbini to Kathmandu. Stay overnight in a hotel in Kathmandu.

Day 10: Free day in Kathmandu for Shopping. Stay overnight in a hotel in Kathmandu.

Day 10: Transfer to Tribhuvan International Airport for final departure.

YOGA MEDITATION TOUR IN NEPAL

Yoga is a disciplined method for attaining a goal, which is physical, mental, and spiritual practices that aim to transform body and mind. Nepal is the Himalayan country and the favorite place of Yogis, Saint and the Sages since the human civilization. You can imagine yoga in the lap of Himalayas with expert yoga teachers which help you to achieve your goal in sound mind.

Yoga with tour and trekking in Nepal is combined holiday package where you can enjoy the culture and natural beauty of Nepal with regular yoga practice. Your journey for this trip will start from Kathmandu and our expert yoga and meditation teacher will be with you along the trip. If you are feeling mental stress from workload, this yoga and meditation tour in Nepal will be helpful for you to get back your energetic working habit.

Places to see in this yoga package

Kathmandu valley

In Kathmandu, we will organize yoga in morning and evening session and in the afternoon you can visit historical and culture heritage sites. 7 UNESCO world heritage sites around Kathmandu and the temple and stupas from the centuries, if you are interested to explore the historical heritage & eastern philosophy; you can not find the better place than it in South East Asia.

Nagarkot

Asia's famous places for sunrise view in the Himalayas; Nagarkot is an ideal place for yoga in the nature. Morning sunrays hit on your body while you are doing the yoga course you can imagine what will be good than it.

Pokhara - Sarangkot

The lake city; popular not among the foreigners but also the local visitors, yoga in the shore of the lake or in the hill station "Sarangkot" which will be best practice ever you do in your lifetime.

Bandipur

Classical Newari village in western Nepal, famous to see beautiful views of Himalayas from mid hill region.

Chitwan National Park

The Asia's finest national park to see the wild animals and nature, Chitwan National park also good place for this combined Nepal yoga tour.

Yoga and wildlife safari in Nepal helps you to enjoy every moment in the nature in your sound mind.

Nepal Yoga Tour Itinerary

Day 01: Arrival and transfer to hotel

Day 02: Yoga in the morning and day tour in Kathmandu valley (Kathmandu Durbar Square, Pashupatinath temple & Boudhanath stupa) and evening meditation course

Day 03: Yoga in the morning and day tour in Kathmandu valley (Swayambhunath Stupa, Patan Durbar Square and Bhaktapur Durbar Square) and evening meditation course

Day 04: Yoga in the morning and afternoon drive to Nagarkot and in the evening meditation course

Day 05: Yoga in the morning with sunrise view and afternoon hiking to Changunarayan Temple and drive back to Kathmandu and evening meditation course

Day 06: Yoga in the morning and fly to Pokhara from 8:30AM domestic flight, transfer to Pokhara hotel and evening meditation course

Day 07: Early morning drive to Sarangkot & yoga with sunrise view and afternoon boating in Phewa Lake and evening regular meditation course

Day 08: After yoga course in the morning drive to Bandipur and excursion around and evening regular meditation course

Day 09: After yoga course in the morning drive to Chitwan National Park and after arrival in Chitwan join jungle activities & in the evening regular meditation course

Day 10: After yoga course in the morning drive back to Kathmandu and after arrival in Kathmandu transfer to hotel & rest of day free for your own activities & in the evening regular meditation course

Day 11: Final Departure

If this package doesn't suit your criteria, this Nepal yoga with tour/trekking package can be customize as per your requirement, you can tell us your requirement then we can make the yoga tour as per your interest, holiday duration and standard of service.

Lumbini Buddhist Circuit and village Tour

The aim of offering this tour is to provide you insight into the life of Lord Buddha and the development of Buddhism. Around 62 archaeological sites here preserve the significance to the life, Enlightenment and death of Buddha

Outline Itinerary

Day 01: Fly from Kathmandu to Bhairahawa which takes 30 minutes and drive from Bhairahawa to Lumbini and it takes 30 minutes.

Day 02: Excursion in and around Lumbini.

Day 03: You can make a tour from Lumbini to Gotihawa to Tilaurakot via Kudan and finally drive back to Lumbini.

Day 04: Drive from Lumbini to Devadaha and to Ramagrama.

Day 01: Fly from Kathmandu to Bhairahawa which takes 30 minutes and drive from Bhairahawa to Lumbini and it takes 30 minutes.

Fly from Kathmandu to Bhairahawa which takes 30 minutes and drive from Bhairahawa to Lumbini and it takes 30 minutes. On this day you can observe Lumbini Gardens and surrounding areas.

Day 02: Excursion in and around Lumbini.

You visit the Maya Devi Temple and a tour of surrounding areas. Maya Devi temple is the famous sacred pool of 'Puskarani', believed to be the same sacred pool in which queen Maya Devi bathed just before giving birth to Buddha. It is also believed to be the same sacred pool in which queen Maya Devi bathed just before giving birth to Buddha. It is also believed to be the pool where the infant Buddha was given his first purification bath. The structure consists of three projecting terraces in descending order and is riveted with fine brick masonry.

In addition you can interact with the local people in surrounding villages and make a peek observation of their lifestyle. A walk through the villages surrounding Lumbini interaction with the warm and hospitable local people, buying their authentic handicraft products and observing their traditional rituals will bring one closer to understanding the diversity of Terai cultures in Nepal. Tour of villages also offers opportunity to enjoy Terai landscapes and vegetation found in the outskirts of the settlements. The people in these traditional villages offer a close observation at their agro-based rural lifestyle, colorful costume, festivals which they celebrate with much joy and enthusiasm and gracious hospitality. The main festivals are Nag Panchami, Holi, Dashain and Tihar. The wetland areas, lakes and ponds in the villages also offer bird watching opportunities. Visitors have

the option of choosing to walk through the villages, riding through a local rickshaw or bullock cart.

Day 03: You can make a tour from Lumbini to Gotihawa to Tilaurakot via Kudan and finally drive back to Lumbini.

This day you will visit religious and archaeological sites at Gotihawa, Kudan, Tilaurakot and Lumbini.

Gotihawa is an important religious and archaeological site for the Buddhist world community and also historically and archaeologically important. Located about 3 km southwest of Taulihawa, it is believed that Krakuchanda Buddha, who came before Shakyamuni Buddha, was born in Gotihawa and attained Nirvana here. Brick structures of stupa and monasteries can be seen in the area outside modern Gotihawa village. At the centre of the main mound the remains of a broken Ashokan Pillar lie on a slab. Adjoining the pillar on the northeast side is a huge stupa with rings of wedge-shaped ancient bricks, identifying the Nirvana Stupa of Krakuchanda Buddha. The villagers are still using an ancient well in the center of the village.

Kudan is located some of 4.5 km south of Tilaurakot. It is a huge mound of structural ruins and a pond nearby appears to be the ruins of stupa and monasteries. These are believed to be the Kasya Stupa, where a Kasaya (yellow robe worn by monks) was presented to Lord Buddha. This is where King Suddhodhana met Lord Buddha for the first time after he returned from Enlightenment.

Tilaurakot has been identified by archaeologists as the actual capital of Kapilvastu and the home of King Suddhodhan, father of Prince Siddhartha who later went on to become the Buddha. This is believed to be the place where Lord Buddha spent the first 29 years of his life as prince. The Chinese pilgrims Fa-Hien and Hiuen-Tsang noted that they saw Kapilavastu in complete ruins and counted 10 deserted cities within Kapilvastu.

Day 04: Drive from Lumbini to Devadaha and to Ramagrama.

On the same day fly back to Kathmandu from Bhairahawa. You visit religious and archaeological sites at Devadaha and Ramagrama. Afterwards you drive to Bharahawa.

Devadaha, 54 km east of Lumbini across the Rohini River, is the ancient capital of the Koliya kingdom. It is the maternal hometown of Queen Maya Devi, Prince Siddhartha's mother, Prajapati Gautam, his stepmother, and Princess Yasodhara, his consort. This is where Prince Siddhartha

spent his childhood. Seven years after his Enlightenment, Lord Buddha visited Devdaha and ordained the followers of Jain Sadhu Nirgrantha Nathputra. There are several other sites around Devdaha such as Kumarbarti, Khayardanda, Bairimai / Kanyamai, Bhabanipur / Devidamar, Mathagadi (ancient weapons).

Ramagrama is a brick mound on the bank of the Jharahi River. It is a 7 meter high brick stupa containing one of the eight Astha Dhatu (relics) of Lord Buddha. The king of Ramagrama, the eighth king to obtain the Buddha's relics, built the stupa. History says that Emperor Ashoka wanted to open it to multiply into eight four thousand stupa. However, the Dragon King of Ramagrama stupa did not permit. Finally you fly back to Kathamandu from Bhairahawa.

Damodar Kund Yatra

Damodar-Kund is situated at the lap of high Himalayas in Upper Mustang area of Nepal. In the column of Barah Puran; Lord Krishna has said that who pays a visit to this Kunda and takes a deep-bath, they will be freed from all the sin. It is also mentioned in Puran that two sons of Kubers were suffering from their wrongdoing & sin, which they did in their previous birth but lord Krishna suggested them to take bath in this Kunda and immediately after taking bath in this Kunda they were released from all their sin.

A common name for three lakes Brahma Kunda, Rudra Kunda and Ananta Kunda, Damodar kunda is located at the altitude of 22,000 ft. in the remote Himalayan district of Mustang in western Nepal. There is also a large meadow of kusha. As a motherland of shalagram, this shrine is of utmost importance for all Hindus on the earth; Gandaki River is believed to originate from this holy lake.

Outline Itinerary

Day 01: Drive from Kathmandu to Pokhara (914m.) takes about seven hours. Stay overnight at hotel.

Day 02: Fly from Pokhara to Jomsom (2700m.) takes about 25 minutes and trek from Jomsom to Kagbeni (2810 m.) takes another four hours. Stay overnight in camp/lodge.

Day 03: Trek from Kagbeni to Chuksang (2900m.) takes about five hours. Stay overnight in camp/lodge.

Day 04: Trek from Chuksang to Samar (3150m.) takes about three and half hours. Stay overnight in camp/lodge.

Day 05: Trek from Samar to Geling (3510 m.) takes about five hours. Stay overnight in camp/lodge.

Day 06: Trek from Geling to Ghami (3490 m.) via Ghami La (3520m.) takes about five hours. Stay overnight in camp/lodge.

Day 07: Trek from Ghami to Tsarang (36200 m.) takes about five hours. Today's walk is perhaps through the driest part of Mustang. Stay overnight in camp/lodge.

Day 08: Trek from Tsarang to Lo-Manthang [Mustang] (3730m.) takes about three hours. Stay overnight in camp/lodge.

Day 09: Rest at Lo-Manthang. Stay overnight in camp/lodge.

Day 10: Trek from Lo-manthang to Yara. Stay overnight in camp/lodge.

Day 11: Trek from Yara to Bas Khola. Stay overnight in camp/lodge.

Day 12: Trek from Bas Khola to Damodar kunda (Lake) 5916m. Stay overnight in camps.

Day 13: Trek from Damodar Kunda to Ghechung Khola. Stay overnight in camp/lodge.

Day 14: Trek from Ghechung Khola to Tange. Stay overnight in camp/lodge.

Day 15: Trek from Tange to Muktinath (3825 m). Stay overnight in lodge.

Day 16: Trek from Muktinath to Jomsom (2713 m.) takes about 5 hours. Stay overnight at lodge.

Day 17: The fly from Jomsom to Pokhara takes about 25 minutes. Flights are available in the morning time. Stay overnight at hotel in Pokhara.

Day 18: Drive from Pokhara to Kathmandu by tourist mini bus that takes about seven hours.

Detailed Itinerary

Day 01: Drive from Kathmandu to Pokhara (914m.) which takes about six hours.

You depart for the six hours drive to Pokhara (915m.), 200 kilometers west of Kathmandu. As you climb out of the Kathmandu valley, only to quickly descend again to the Trisuli River, you follow upstream to its junction with the Marsyangdi River. You follow the Marsyangdi gently up through heavily terraced fields and small hill towns to the Seti River that takes you directly into Pokhara. Having pleasant weather, Pokhara is tourist's paradise with full of natural as well as cultural heritage sites such

as lakes, caves, temples of Buddhist and Hindus along with mountains. You can observe views to the north across the hills and Phewa Tal (lake) to the white peaks of the Annapurna and Dhaulagiri ranges. This drive will take most of the morning, leaving much of the afternoon to fall in love with its beauty. You can also fly from Kathmandu to Pokhara which takes about 25 minutes.

Day 02: Fly from Pokhara to Jomsom (2700 m.) and it takes about 25 minutes and trek from Jomsom to Kagbeni (2810 m.) which takes about four hours.

You begin your trek from Jomsom to Kagbeni (2810m) which spans for four hours. The trail is quite barren with craggy rocks and sand and is mostly flat, which makes it very easy going. It is also very picturesque, with views of big peaks all around such as Dhaulagiri, Tukucho and Nilgiri, whilst to the south can be seen the entire Annapurna Massif. Stay overnight at lodge.

Day 03: Trek from Kagbeni to Chuksang (2900m.) takes about five hours.

You trek right up to the river valley, but you use a combination of the high trail and the riverbank pathways. The trail then widens significantly revealing an endless stretch of sand. Chusang village is only about a 2hrs walk beyond Tangbe at the confluence of the Narshing Khola and the Kali Gandaki. Stay overnight at lodge.

Day 04: Trek from Chuksang to Samar (3150m.) takes about three and half hours.

The trek now leaves the valley and climbs steeply up a rocky alley to the village of Chele. From Chele you climb a steep spur and then continue ascending along the side of a spectacular steep canyon to a pass. Beyond the pass you descend on a pleasant trail to Samar, situated in a grove of poplar trees. Stay overnight at lodge.

Day 05: Trek from Samar to Geling (3510 m.) takes about five hours.

You climb above Samar to a ridge and then descend into a large gorge past a chorten before entering another valley filled with juniper trees. You then cross a stream and after climbing to a pass, you descend along a ridge to Shyangmochen a tiny settlement with a few tea shops. The trail climbs gently from Shyangmochen and you enter another huge valley before descending to Geling with its extensive fields of barley. Stay overnight at lodge.

Day 06: Trek from Geling to Ghami (3490 m.) via Ghami La (3520m.) takes about five hours.

From Geling the trail climbs gently through fields, up to the center of the valley, passing above the settlement of Tama Gun and an imposing chorten. You then begin a taxing climb across the head of the valley to the Nyi La [3840m]. The descent from the pass is quite gentle and about half an hour further on we come to a trail junction; the right trail is the direct route to Charang, the left trail leads to Ghami. Ghami is a large white-washed village sheltered by overhanging cliffs. Stay overnight at lodge.

Day 07: Trek from Ghami to Tsarang (36200 m.) takes about five hours.

Today's walk is perhaps through the driest part of Mustang. Finally, you come to Charang, a large spread-out village at the top of the Charang Chu canyon. At the eastern end of the village are a huge dzong [fortress] and a red Gompa which houses an excellent collection of statues and thangkas. Stay overnight at lodge.

Day 08: Trek from Tsarang to Lo-Manthang [Mustang] (3730m.) takes about three hours.

You will spend part of the morning exploring the interesting village of Charang and its large monastery, before setting out for Lo Manthang. You climb gently above the valley to a large isolated chorten that marks the boundary between Charang and Lo. The trail then broadens and eventually you get your first view of the walled city of Lo Manthang. The city has only one entrance so you circumambulate the wall to the gate on the north east corner. Stay overnight at lodge.

Day 09: Rest at Lo-Manthang.

Today is a rest day at Lo-Manthang. You will acclimatize with the weather and climate by spending the day exploring caves and villages, visiting Jhampa and Thupchen Gompas and short hike up to Tingkhar. Stay overnight at lodge.

Day 10: Trek from Lo-manthang to Yara (3580m)

You will resume your trek today towards Dhi village passing a canyon before. The trail crosses Lo la pass at 3960 meters pass and becomes flat before the final short stretch of steep climb to the village of Yara. Yara is a small settlement featuring cliffs and Tashi Kabum cave that houses rare paintings and a stupa. Stay overnight at lodge.

Day 11: Trek from Yara to Luri Gompa and return to Yara.

After breakfast take a short hike to Luri Gompa as the trail follows Puyung Khola. Luri Gompa belongs to Nyingma Sect of Buddhism. After exploration return to Yara. Stay overnight at lodge.

Day 12: Trek from Yara to Ghuma Thanti (4800m)

Today you will cross one of the highest passes on this trek. The trail follows a barren, rugged trail and climbs up to 5100meter pass which offers panoramic views of the valley across. From here it is another 2 hour hike to Ghuma Thanti. Stay overnight at tented camp.

Day 13: Trek from Ghuma Thanti to Damodar Kunda (4890m)

This is the day you will visit Damodar Kunda, one of the high altitude wetlands in the Himalayas. The trail involves climbing up to 5600meter pass and then the path levels all the way to Damodar Kunda. Stay overnight at tented camp.

Day 14: Explore Damodar Kunda.

Damodar Kunda is sacred among Buddhists and Hindus. Damodar Kunda is composed of three small lakes. The lake offers beautiful views of Damodar and Annapurna peaks. Stay overnight at tented camp.

Day 15: Trek from Damodar Kunda to Ghuma Thanti (4800m)

After exploring Damodar Kunda you will return the same route to Ghuma Thanti. So the trail again crosses over 5600m high pass. Stay overnight at tented camp.

Day 16: Trek from Ghuma Thanti to Yara (3900m)

Return to Yara Village today. Though there are frequent ascents and descents initially, the trail levels midway to Yara village. Stay overnight at tented camp.

Day 17: Yara to Tange (3320m)

The rugged trail continues with a steep ascent. In no time you will reach Luri Gomba from where the trail goes down to Decchyang Khola. The river is famous for Shaligram fossils. The trail then rises up to a pass at 3850m and then dips to the village of Tange that features Buddhist chortens. Stay overnight at lodge.

Day 18: Trek from Tange to Tetang (3240 m.).

The trail from Tange to Tetang passes by deep ridges and rolling hills to drop down to Kali Gandaki valley. Magnificent views of Nilgiri and Dhaulagiri visible once you reach Tetang. Stay overnight at lodge.

Day 19: Trek from Tetang to Muktinath (3825 m.).

The trail ahead is an uphill one all the way to Muktinath. En route you will come across maniwall and beautiful views of Dhaulagiri peak. Muktinath or Chumig Gyatsa is a sacred temple revered both by Buddhists and Hindus. You can explore the temple in the afternoon. Stay overnight at lodge.

Day 20: Trek from Muktinath to Jomsom (2713 m.) takes about 5 hours.

Today we continue down for early two hours and then walk through the flat path till we reach Jomsom. Stay overnight at lodge.

Day 21: Fly from Jomsom to Pokhara takes about 35 minutes.

The flight is a scenic one with panoramic views of Himalayan peaks, especially Annapurna, Dhaulagiri, Nilgiri etc.

Dudhkunda Trail

The Dudhkunda Lake is believed to be the abode of Lord Shiva. Devotees believe that taking a dip in this icy cold lake will absolve them from all their sins and bless childless families with children.

Amazing views of flora and fauna, experience and interaction with diverse cultures of **Sherpas, Khaling Rais, Tamangs, Magars, Gurungs**, make this journey a lifetime experience. This is a journey to a part of the world where very few people have set foot until now, a cultural journey for the young and old alike.

The trail to **Dudh Kunda** passes through Kaku, Basa, Taksindu and Beni, taking you through dense forests of rhododendron and a variety of wildlife. The hospitality of the locals is one of the most heart warming experiences one can come across in this area.

Outline Itinerary

Day 01: Fly from Kathmandu to Phaplu takes 35 minutes.

Day 02: Trek from Salleri to Junbesi (2700m.) takes approximately six hours.

Day 03: Trek from Junbesi to Shengeephuk via Thuptenchholing takes almost eight hours.

Day 04: Trek from Shengeephuk to Beni via Basa Khola takes about nine hours.

Day 05: Trek from Beni to Dudhkunda takes about five hours.

Day 06: Trek from Dudhkunda to Takshindu takes about nine hours.

Day 07: Rest day at Takshindu. Early in the morning you will be stunned by the view of mountains from Takshindu.

Day 08: Trek from Takshindu to Phaplu. This will take about seven hours.

Day 09: Fly from Phaplu to Kathmandu. Our airport representative will transfer you to the airport for your onward flight to home country.

Detailed Itinerary

Day 01: Fly from Kathmandu to Phaplu takes 35 minutes.

Trek from Phaplu to Salleri for about four hours. You see the local market in Salleri and enjoy a visit to local monasteries such as the Chewang monastery. Stay overnight in camp.

Day 02:Trek from Salleri to Junbesi (2700m.) takes approximately six hours.

The trek today provides you an opportunity to observe Sherpa culture and visit monasteries. Junbesi is one of the most beautiful Sherpa villages in the lower Solukhumbu region. It is rich in its astonishing landscapes, cultural wealth and the hospitable Sherpa people. Stay overnight in camp.

Day 03:Trek from Junbesi to Shengeephuk via Thuptenchholing takes almost eight hours.

On the way you can observe wildlife and vegetation. You also visit Thuptenchholing monastery founded by Tashi Rimpoche. It is a small active monastery surrounded by an aroma of pines, natural beauty, and a variety of flora that enhance the serenity of the monastery and its surroundings. It is also famous as the centre of religious tourism. There are more than 500 monks and nuns who study Buddhism, meditate and offer prayers in this monastery. Stay overnight in camp.

Day 04:Trek from Shengeephuk to Beni via Basa Khola takes about nine hours.

After you visit Shengeephuk cave and see palm imprints on stone you begin trekking. You walk through alpine forests. You also experience lush green wilderness amidst beautiful landscapes. You will also experience close-up views of silver peak mountains. Stay overnight in camp.

Day 05:Trek from Beni to Dudhkunda takes about five hours.

Today you will see mountain glaciers, Lake Dudhkunda and the mountains closely. If you visit during August you can be part of a fair at the Janai Purnima ceremony which is one of the remarkable festivals of Nepal. Bird watchers will also see migratory aquatic birds during the rainy season. Stay overnight in camp.

Day 06:Trek from Dudhkunda to Takshindu takes about nine hours.

You can observe Sherpa culture on the way. You find animal herding on the Himalayan pastures. In addition to this, you will also experience lush green wilderness and beautiful landscape. An evening cultural show of the Sherpa at Ringmo will always hunt your memories till late in life. Stay overnight in camp.

Day 07:Rest day at Takshindu. Early in the morning you will be stunned by the view of mountains from Takshindu.

There is also a local monastery rich in distinctive culture. You can also take a village tour and observe the unique culture of the Sherpas. Stay overnight in camp.

Day 08: Trek from Takshindu to Phaplu. This will take about seven hours.

You walk through mixed alpine forests, experience wildlife and bird watching. You pass through different Sherpa settlements. You also encounter a lot of wildlife and vegetation in this particular region. A cultural show performed on request can also be enjoyed here. Rest and Stay overnight in camp.

Day 09: Fly from Phaplu to Kathmandu. Our airport representative will transfer you to the airport for your onward flight to home country.