Buddhist Tour in Nepal – 7 Days

Buddhist Tour in Nepal: Explore Sacred Heritage

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Welcome to our spiritual **buddhist tour in nepal**. **Specifically**, this sacred journey takes you through ancient meditation sanctuaries. **Whether** you are a pilgrim or a cultural traveler, this experience offers profound peace. **As a result**, visitors discover timeless wisdom across historic Himalayan retreats.**To review** official travel guidelines, **moreover**, check the Nepal Tourism Board.

Discover Sacred Monuments and Hidden Retreats

Additionally, the Kathmandu Valley houses hundreds of historical shrines. **For instance**, Swayambhunath features painted eyes of Buddha overlooking the valley. **Furthermore**, the giant Boudhanath stupa anchors over fifty Tibetan gompas. **In fact**, devotees regularly walk around these sacred structures chanting hymns.

Key Highlights of the Tour

- **Lumbini Garden: First**, visit Maya Devi Temple, the sacred birthplace of Lord Buddha.
- **Ramgram Stupa: Next**, see the world's only unexcavated original Buddha relic stupa.
- **Namo Buddha Site: Then**, explore Thrangu Tashi Yangtse Monastery situated atop scenic hills.
- **Ancient Stupas: Finally**, experience spiritual chanting at Swayambhunath and Boudhanath stupas.

Spiritual Journey to Lumbini and Namo Buddha

To begin with, Lumbini contains over sixty classified archaeological locations. **Specifically**, travelers explore ancient monasteries and historical stone pillars. **Afterward**, the trip leads to Namo Buddha in the countryside. **Indeed**, this holy site commemorates Buddha's compassionate act for a starving tigress. **If** you prefer shorter excursions near the capital, **then** explore our Kathmandu Day Tour Packages.

Why Choose Our Buddhist Tour in Nepal?

- **Cultural Insights: First**, learn authentic Buddhist history directly from local experts.
- **Custom Packages: Second**, we customize travel itineraries to match your preferred pace.
- **Complete Comfort: Furthermore**, enjoy private vehicles and comfortable hotel accommodations.

In addition, if you want multi-day trips across the country, **then** check our 7 Days Nepal Tour.

To sum up, taking a **buddhist tour in nepal** fulfills an extraordinary spiritual pilgrimage. **To customize** your trip, WhatsApp us (+977 9851048567) for direct bookings today!

Itinerary

Day 1: Arrive in Kathmandu, Transfer to Hotel.

After landing at Tribhuvan International Airport, you will be greeted by our representative staff who will drop you off at the hotel. You will check-in at the hotel, freshen up, and take a rest. Overnight in Kathmandu.

- Location: Tribhuvan International Airport to Hotel in Kathmandu
- Elevation: Approximately 1,400 meters (4,600 feet) in Kathmandu
- Accommodation: Hotel in Kathmandu
- Meal Plan: Bed & Breakfast (BB)
- Daily Drive Hour: Approximately 30 to 45 minutes for airport transfer

Day 2: Sightseeing of Buddhist Sites around Kathmandu.

After morning breakfast, we begin our visit to the historical and UNESCO world heritage sites of Kathmandu escorted by our city tour guide. Today, we will visit two Buddhist shrine sites, one is Boudhanath and another one is Swayambhunath stupa. Firstly, we observe the Buddhist pilgrimage site that is “Swayambhunath,” which is well known as the monkey temple of Nepal. We will observe lots of monkeys around Swayambhunath and visit the major part of the stupas. And then we move towards today’s other site, Boudhanath stupa. It is one of the world’s large Buddhist stupas where over 50 Tibetan Gompas or monasteries lie. Especially the monks of these stupas are from Tibet.

- Location: Kathmandu Valley Sightseeing (Swayambhunath Stupa & Boudhanath Stupa)
- Elevation: Approximately 1,400 meters (4,600 feet) in Kathmandu
- Accommodation: Hotel in Kathmandu
- Meal Plan: Bed & Breakfast (BB)
- Daily Tour / Drive Hours: Approximately 3 to 4 hours of guided city tour and private transfers

Day 3: Excursion to Dhulikhel and Namobuddha

After breakfast, we head towards Namobuddha, leaving behind the crowded city of Kathmandu. We take a short and scenic drive to Dhulikhel, a beautiful traditional Newar town. From there, we proceed on a gradual ascent reaching an elevation of 1,750 meters at Namobuddha. Along the way, we pass through beautiful classic terraced fields with breathtaking mountain views. Namobuddha is an ancient, sacred Buddhist pilgrimage destination surrounded by peaceful Tamang settlements, featuring numerous stupas, temples, and a rich diversity of people living in harmony. After exploring the sacred site and its surroundings, we drive back to Kathmandu for an overnight stay at the hotel.

- Location: Kathmandu to Dhulikhel, Namobuddha, and return to Kathmandu

- Elevation: Approximately 1,750 meters (5,741 feet) at Namobuddha
- Accommodation: Hotel in Kathmandu
- Meal Plan: Bed & Breakfast (BB)
- Daily Tour / Drive Hours: Approximately 5 to 6 hours of combined touring, walking, and private transfers

Day 4: Drive from Kathmandu to Lumbini

After breakfast, we embark on a scenic drive of about 7 to 9 hours from Kathmandu to Lumbini, the sacred birthplace of Lord Buddha. Covering a distance of approximately 315 km, the journey takes us from the hills down into the flat plains of Nepal's Terai region. Because of the lower altitude compared to Kathmandu, the weather is noticeably warmer here, except during the winter months. Lumbini remains one of the most profound and important Buddhist holy sites in the world. Upon arrival, you will check in at the hotel with the rest of the day free to relax and unwind.

- Location: Kathmandu to Lumbini
- Elevation: Approximately 150 meters (492 feet) in Lumbini
- Accommodation: Hotel in Lumbini
- Meal Plan: Bed & Breakfast (BB)
- Daily Drive Hours: Approximately 7 to 9 hours of overland driving (~315 km)

Day 5: Lumbini Sightseeing Tour

After morning breakfast, you will get ready for a comprehensive sightseeing tour of Lumbini and its surrounding historical landmarks. Today's exploration includes significant ancient sites such as Kapilvastu, Niglihawa, Kudan, and Gotihawa, alongside core holy attractions within Lumbini like the sacred Maya Devi Temple, the Ashokan Pillar, the Lumbini Museum, and various international monasteries and gompas. After a spiritually enriching day exploring the birthplace of Lord Buddha, you will return for an overnight stay in Lumbini.

- Location: Lumbini and surrounding historical sites (Kapilvastu, Niglihawa, Kudan, Gotihawa)
- Elevation: Approximately 150 meters (492 feet) in Lumbini
- Accommodation: Hotel in Lumbini
- Meal Plan: Bed & Breakfast (BB)
- Daily Tour / Drive Hours: Approximately 5 to 6 hours of local guided sightseeing and private transfers

Day 6: Drive from Lumbini to Kathmandu

After breakfast, pack your luggage and check out of the hotel for the scenic drive back to Kathmandu. You will reach Kathmandu by the evening, where you will check in at the hotel with the rest of the day free to rest and relax.

- Location: Lumbini to Kathmandu
- Elevation: Approximately 1,400 meters (4,600 feet) in Kathmandu
- Accommodation: Hotel in Kathmandu
- Meal Plan: Bed & Breakfast (BB)
- Daily Drive Hours: Approximately 7 to 9 hours of overland driving (~315 km)

Day 7: Final Departure from Kathmandu

After breakfast, you will be transferred to the airport for your final departure by noon. It is time to say goodbye and see you soon for your next trip to Nepal!

- **Location:** Hotel in Kathmandu to Tribhuvan International Airport
- **Elevation:** Approximately 1,400 meters (4,600 feet) in Kathmandu
- **Accommodation:** None (Departure Day)
- **Meal Plan:** Bed & Breakfast (BB)
- **Daily Drive Hour:** Approximately 30 to 45 minutes for airport transfer

After breakfast, you will be transferred to the airport for your final departure by noon. It is time to say goodbye and see you soon for your next trip to Nepal!

- **Location:** Hotel in Kathmandu to Tribhuvan International Airport
- **Elevation:** Approximately 1,400 meters (4,600 feet) in Kathmandu
- **Accommodation:** None (Departure Day)
- **Meal Plan:** Bed & Breakfast (BB)
- **Daily Drive Hour:** Approximately 30 to 45 minutes for airport transfer

Inclusions

- Airport arrival and departure transfers by car
- Private car for sightseeing tours
- Tourist bus transportation from Kathmandu to Lumbini and back to Kathmandu

- Accommodation in Kathmandu on a Bed & Breakfast (BB) basis
- Accommodation in Lumbini on a Bed & Breakfast (BB) basis
- Experienced and professional English-speaking tour guide
- All necessary permits and documentation
- All government and local taxes
- Company-branded T-shirt
- Farewell dinner with a traditional cultural program on the final night

Exclusions

- Nepal entry visa fees
- Lunches and dinners in Kathmandu and Lumbini
- Monument and entrance fees for all sightseeing spots
- Personal expenses such as bar bills, laundry, and other miscellaneous items during the tour
- Tips and gratuities for the tour guide and driver