

Buddhist Pilgrimage Tour

Detailed Itinerary

Day 01: Arrive in Kathmandu (1,300 m / 4,264 ft)

Upon your arrival, a representative from Upper-Himalayan Treks and Adventure will meet you at an agreed upon location. We will then travel to a hotel and check into our rooms. After we are situated we have free time to explore or prepare for the trek. We spend the night in Kathmandu.

Day 02: Visit Boudhanath Stupa, and Kopan Monastery

We begin our pilgrimage by visiting the Boudhanath Stupa in Kathmandu. It is one of the largest stupas in the world, and is declared a UNESCO World Heritage Site. Hundreds of prayer wheels surround the stupa as well as 108 pictures of Buddha set into its base. From here we travel to Kopan Monastery, which is a few miles north. The Kopan Monastery was founded by Thubten Yeshe Lama and Thubten Zopa Rinpoche Lama and follows Gelug Buddhism. We spend the night in Kathmandu.

Day 03: Visit Swayambhunath then Travel to Pokhara

On our second day of the pilgrimage we visit one of the most sacred Buddhist sites, Swayambhunath. We climb the many stairs to the ancient temple resting on the top of a small hill covered in “sublime trees.” The temple’s other name is monkey temple, and many monkeys do populate the area. According to myth, Swayambhunath is the birth place of society in Kathmandu. After touring the temple we travel to Pokhara, and spend the night at a Tibetan monastery.

Day 04: Hike to the World Peace Pagoda, Malepatan Gumba, Hyangja Tibetan Refugee Camp

In the morning we travel to Phewa Lake, which is about 15 min away. On wooden boats or kayaks we cross the lake to the beginning of a trail. The trail leads to the top of a hill where the World Peace Pagoda sits. The trail winds through a beautiful forest and at the top of the hill we have beautiful panoramic views of the surrounding mountains and of Pokhara Valley. The peace pagoda was built by monks from the Japanese Nipponzan Myohoji organization. From here we travel to Tashi Palkiel Tibetan refugee camp. After visiting the refugee camp we go to Malepatan Monastery, where we spend the night.

Day 05: Travel to Lumbini

Lumbini is about 180 miles from Pokhara, and takes about 7 hours to travel there. Along the way we have great views of the landscape as it changes from mountainous to valley plains. Lumbini is the birth place of Buddha and is considered the most important pilgrimage destination. It is also a UNESCO World Heritage Site. When we arrive in Lumbini we can walk around the city to get a sense of the lifestyle and culture. We spend the night in Lumbini.

Day 06: Explore Lumbini

Today we visit Maya Devi Temple. Buddha's mother gave birth to Buddha on the grounds where Maya Devi Temple now stands. We spend time touring the gardens and facility. From here we visit the nearby museum, and peace pagoda. We also visit Ashoka's Pillar, which was built in 249 BC. We can also tour and of the many different temples in the area. We spend the night in Lumbini.

Day 07: Travel to Kathmandu

We travel back to Kathmandu today. When we arrive in Kathmandu we can participate in any of the available to us like shopping. We spend the night in Kathmandu.

Day 08: Conclude Trip

Our pilgrimage comes to an end today. If you wish to extend your stay in Nepal, we will be happy to make the arrangements for you. For those of us that are leaving, we provide transportation to the airport for your convenience.