

Earthbound Expeditions

Spiritual Tour of the Kathmandu Valley

1 days, from US$97 per person

Duration	Group size	Country
1 day	**Unlimited People**	**Nepal**

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Spiritual Tour of the Kathmandu Valley Overview

A one-day spiritual tour of Kathmandu's World Heritage Sites: Boudhanath Stupa, Pashupatinath Temple, Swayambhunath Stupa and Patan Durbar Square.

Spiritual tour of Kathmandu : Nepal sightseeing Experience

Embark on a v. Kathmandu the historical city of Nepal is home to various Hindu and Buddhist spiritual places all UNESCo heritage site tours.

The Holy Pashupatinath Temple, the large Swaymbhunath Stupa (Known also as Monkey Temple), and Boudhanath Stupa and beautiful Patan Durbar square.

Take Kathmandu's an unforgettable, multifaith journey! We can start tour at Boudhanath, where you'l immerse yourself in Buddhism, one of the largest stupa built on 7th century. You can partake in kora to clean the sins, rotate prayer wheels that have beautiful Mantra " Om Mane padre Hum carved ", visit the monasteries near by and pay your respects like the locals even lit the butter lamps.

After Bouddhanath tour visit vibrant Hindu cultural site at Pashupatinath, one of Hindus' holiest sites where they also cremate Hindu death bodies at Ghat of Bagmati river.

Watch the life of the sadhus, witness people get their future read by a local palm reader / Astrologer, In the evening if you wish can partake in the mesmerizing Aarati ritual ceremony an enchanting offering of lights at Pashupatinath Temple.

Then you can visit ancient Capital of Nepal Patan the city of Fine arts and at the end visit the Syambhunath stupa. You may find peace and prayers on the little hillock of Swaymbhunath northwest of Kathmandu Valley.

Swayambhu literally means "self-existent one", it had become an important center of Buddhism. Legend has it that Swayambhu was born out of a lotus flower that bloomed in the middle of a lake that once spread across the Kathmandu Valley. Behind the hilltop is a temple dedicated to Manjusri or Saraswati - the Goddess of learning. Chaityas, statues and shrines of Buddhist and Hindu deities fill the stupa complex. The base of the hill is almost entirely surrounded by prayer wheels and deities. Devotees can be seen circumambulating the stupa at all times.

After the spiritual tour of Kathmandu valley we will return to your hotel, a full day of visit and prayers at these spiritual sites should enlighten our soul and mind. Namaste!

Kathmandu spiritual sightseeing tour can be combined with Home stay, cooking class or Nepal Yoga class or Nepal meditation class too.

Our Nepal spiritual tours are part of the Experiential travel packages in Nepal we offer.

There are many other spiritual sites like the city of Devotees Bhaktapur, the tantric city of Sankhu (Bajra Yogini) and also the beautiful caves of Pharping area where Padma Sambhawa - guru Rimpoche also meditated.

You can do multi day spiritual tours. We also organize many spiritual tours and spiritual treks to Muktinath, Haleshi Mahadev, Holy Mt. Kailash Mansarovar or Lhasa, the birth place of Buddha Lumbini or even to Peru trek. Please contact us for more details.

Group discounts available if you are in big groups.

Please read reviews about Nepali cooking class at Himanshu home stay at trip advisor from this link -

Earthbound Expeditions is recommended by Lonely Planet, Trip Advisor, Newyork Times, The Guardian, and many other national and international newspapers and magazines for our good services. For more information on spiritual expeditions, Nepal Trekking, Hiking and Travelling, feel free to get in touch with us.You can also contact us for customized itinerary and cost details.

Cost Includes/ Excludes

Includes

- Local knowledgeable English-speaking Nepali guide
- Entrance fee to Boudhanath and Pashupatinath
- Transportation cost

Itinerary

Day 1

Cooking class in Nepal

We welcome you to Nepali cooking class by lovey mother Anshu to learn about Nepal, its food, and the culture in delightful harmony with its food. Located just about 4 KM from the tourist Hub Thamel, Our Nepal Cooking class is the first of its kind, operating more than just cooking classes. Experience the essence of the art of Nepal cooking with love to provide exquisite Nepalese dishes, The healthy and organic Nepali meal is not just for the tummy but for your soul as well, enriching in every step of the journey, we assist you to gather the insights behind the origin and sentiment of the food of Nepal. Make Food and make friend.... Join typical Nepali cooking class at Himanshu Home stay - A true Nepali cooking course, it is once a lifetime experience. Nepali cooking class Rates: USD 27 for the class of about 2.5 hours class, start around 11 Am and finish by 1.30 PM Note: If you wish we can also take you for market visit to buy some of recipes / vegetables. Group discounts available if you are in big groups. Pease contact us for more details.

Spiritual Tour of the Kathmandu Valley Cost and What's Included

- Local knowledgeable English-speaking Nepali guide
- Entrance fee to Boudhanath and Pashupatinath
- Transportation cost

Not included

- International air fare and travel insurance
- Meals and beverage
- Tips and Any other expenses not mentioned

Photos, videos and reviews of this trip: enepaltrekking.com/spiritual-tour-of-kathmandu-nepal