

## TRIPLE DARE ITINERARY

### Buddhist Pilgrimage Tour

#### Kathmandu - Lumbini

Kathmandu is a cultural hotbed of entwined histories and fascinating cultural encounters that never disappoint, making it one of the most popular and sought-after destinations in South Asia. It truly is a place for travelers to realize their dreams. Situated at the Terai plains of the southern Nepal. Lumbini is the place where Siddhartha Gautam, the Shakya Prince and the ultimate Buddha, the Enlighten One, were born in 623 BC. The sacred place, marked by a stone pillar erected by Emperor Ashoka of India in 249 BC, is listed as one of the World Heritage Sites. Today the holy site is being developed with international support as the supreme Buddhist pilgrimage and a symbol of world peace. The shrines and monasteries that many countries have built or are still building reflect the architectural traditions of the respective countries, and thus giving Lumbini an international feel with a message of universal friendship and brotherhood. About 30km east of Lumbini is the village of Tilaurakot which is believed to have been the location of the Kapilvastu royal palace where the Buddha grew up as the Shakya dynasty prince, until he renounced it at the age of 29 in search of enlightenment

**Day 1:** Arrive Kathmandu, transfer to hotel. O/N Hotel.

**Day 2:** After breakfast, visit Boudanath and Kopan Monastery. Evening return back to Hotel. O/N Hotel.

**Day 3:** After breakfast, drive to Namoboudha (45Kms), Buddhists call it "Tamangligi", the famous Buddhist spot, where Lord Buddha (on 7th re-incarnation) sacrificed his body to hungry Tigriss and its cubs. Evening return to hotel. O/N Hotel.

**Day 4:** After breakfast, visit Pharping Monastery & Swayambhunath (Monkey temple). The Buddhist history says, Milerapa from Tibet took one night shelter in the cave and, accordingly, blessed this monastery. Hindus have their version that it was Pancha Pandav who had visited this place. Vegetarian lunch will be served then we head back to Swayambhunath Temple for a Buddhist sightseeing tour, including the oldest Buddhist Stupa in Nepal. Evening return to hotel. O/N Hotel.

**Day 5: Bhaktapur** One of three royal cities in the Kathmandu Valley, Bhaktapur is filled with monuments, palaces and temples with elaborate carvings, gilded roofs and open courtyards. The city is dotted with pagodas and religious shrines. Lying along the ancient trade route between India and Tibet, Bhaktapur is surrounded by mountains and provides a magnificent view of the Himalayas.

**Day 6: Patan** A destination for connoisseurs of fine arts, Patan is filled with wood and stone carvings, metal statues and ornate architecture, including dozens of Buddhist and Hindu temples as well as more than 1,200 monuments. The city is know for its rich tradition of arts and handicrafts

**Day 7: Kathmandu - Lumbini** Fly to bhairahawa and a short drive to Lumbini. Upon arrival in Lumbini, we transfer to the hotel, check-in and go walking through the Sacred Lumbini Garden where the Buddha was born. We see the famous Ashoka pillar and visit the Maya Devi Temple with its bas-relief sculpture depicting Maya Devi holding a branch of pipal tree and giving birth to the infant Buddha who stands up on a lotus pedestal.

**Day 8: Lumbini** After breakfast, we begin the trip by driving 27Kms west of Lumbini; visit the important archaeological site, Tilaurkot, the ancient palace of King Suddodha (Siddhartha Gautam's father), where the Buddha spent his formative years as a Shakya Prince. Allow yourself for a moment to wander around and soak the atmosphere. The nearby Kapilvastu Museum features pottery, jewelry and ornaments all gathered in-house. Day ends with a remarkable tour in Tilaurkot by visiting the shrines, monasteries and stupa near the sacred garden.

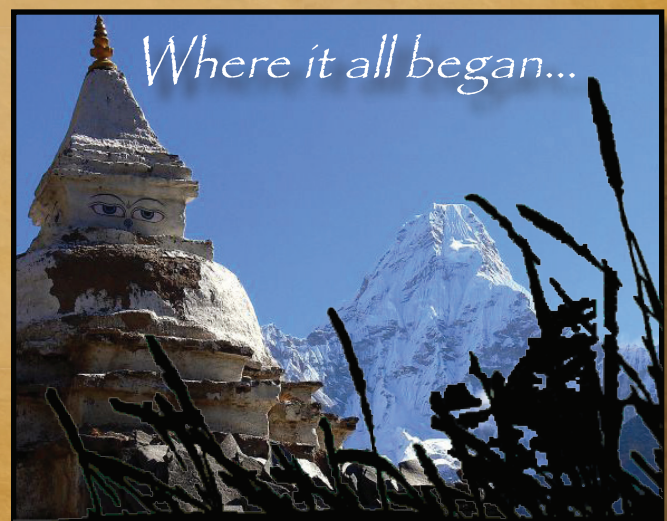
#### Day 9: Lumbini - Kathmandu

After breakfast, we move to Bhairahawa for a flight back to KTM.

#### Day 10: Depart Kathmandu

After breakfast, rest of day is at leisure until pick-up at the hotel and transfer to airport for your next stop.

**Tour cost per person: approximately \$2,300**





### Included Features

- Arrival / departure transfers by private car
- Hotel accommodations on twin sharing basis with breakfast in Kathmandu
- Luxury air-conditioned transport as per itinerary for sightseeing
- All sightseeing with your own language speaking guides and entrance fees
- Kathmandu-bhiraahawa-Kathmandu flight
- Reconfirmation of your flight ticket

## Sacred Sites on Pilgrimage Tour

### Swayambhunath Stupa

Swoyambhu literally means 'Self-Existent One.'

Swoyambhunath is believed to have been established more than 2,500 years ago. An inscription dated 460 A.D. states that the construction was carried out by King Manadeva. By the thirteenth century Swoyambhunath had developed into an important Buddhist learning site. The history of Kathmandu Valley is said to have started with the beginning of Swoyambhu. The largest image of the Sakyamuni Buddha in Nepal is in a monastery next to the Stupa. Behind the hilltop is a temple dedicated to Manjusri of Saraswati - the goddess of learning. Statues and shrines of Buddhist and Hindu deities dot the Stupa complex. Large numbers of Buddhists and Hindus alike visit Swoyambhunath. Swoyambhu is perhaps the best place to observe the religious harmony in Nepal. The Stupa is atop a hill, and requires considerable walk. There is also a road that leads almost to the base of the statue.



### Namo Buddha Stupa

One of the unsurpassable supreme sacred sites known as the Three Stupas in Nepal is Tagmo Lujin (lit. "the place where the future Buddha sacrificed his body to a tigress"). It is the very sacred place where our teacher, the perfect and supreme Buddha at that time still on the path of learning-offered his own body without regret to a tigress suffering from great hunger. What follows is a history of this supreme and distinguished sacred site, whose location is unmistakable based on the clear identification given in the Sutra Requested by the Tigress and so forth.

### Boudhanath Stupa

Bodnath Stupa is the largest stupa in Nepal. It is also the center of Tibetan culture in Kathmandu and rich in Buddhist symbolism and sacred importance. The stupa is located in the town of Boudhanath on the eastern outskirts of Kathmandu. Boudhnath was probably built in the 14th century after the Mughal invasions; various interesting legends are told regarding the reasons for its construction. After the arrival of thousands of Tibetans following the 1959 Chinese invasion, the temple has become one of the most important centers of Tibetan Buddhism. Today it remains an important place of pilgrimage and meditation for Tibetan Buddhists and local Nepalis, as well as a popular tourist site.

### Kopan Monastery

Just north of the ancient Buddhist town of Boudhanath is the Kopan hill (pictured left), rising up out of the terraced fields of the Kathmandu valley and visible for miles. Dominated by a magnificent Bodhi tree, it was once the home of the astrologer to the king of Nepal. It was to this hill that these lamas first came with their first Western students in 1969.

Kopan Monastery had its beginnings in the Solukhumbu region of the Himalayan mountains. In 1971 Lama Zopa Rinpoche, the reincarnation of the Lawudo Lama, a yogi of the tiny hamlet of Lawudo, fulfilled the promise of the previous Lawudo Lama to start a monastic school for the local children. The school was called it Mount Everest Center. Twenty five monks moved down from the mountain to Kopan in 1971 - prompted by the harsh climate at an altitude of 4000 am, which made study barely possible in winter.

Now Kopan is a thriving monastery of 360 monks, mainly from Nepal and Tibet, and a spiritual oasis for hundreds of visitors yearly from around the world. Nearby is Khachoe Ghakyil Ling Nunnery, home to 380 nuns.

Both the monastery and the nunnery are under the spiritual guidance of Lama Zopa Rinpoche, and the care of the abbot, Khen Rinpoche Geshe Lhundrup Rigsel. And it is the wellspring of the FPMT, a network of some 140 centers and activities world-wide, themselves expressions of the Buddha activity of Lama Thubten Yeshe and Lama Zopa Rinpoche.

### Available at an extra charge

- Lunch and dinner in Kathmandu, Lumbini
- Single supplement charge, if required
- Your insurance and international airfare
- Nepal entry visa fee \$40 for 60 days on arrival
- Cold drinks and Liquors
- Any extra expenses incurred due to unforeseen causes, such as emergency evacuation, landslide, lost of baggage, flight cancellation, etc.
- Personal expenses and tip to the crew

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