

# Buddhist Power Places Tour



## Trip Overview

The Buddhist Power Places Tour in Nepal is designed for spiritual seekers wishing to explore the most potent centers of meditation, energy, and devotion associated with Vajrayana and Mahayana Buddhism. This seven-day journey takes travelers through sacred monasteries, meditation caves, and hilltop stupas in the Kathmandu Valley and surrounding regions. Pilgrims encounter sites imbued with legends of Guru Padmasambhava, Atisha, and other luminaries, offering a combination of serene landscapes, rich rituals, and immersive spiritual practice. The itinerary balances contemplative experiences with cultural exploration, providing a journey that resonates deeply with body, mind, and spirit.

**Total Trip Days:** 7 Days

**Region:** Kathmandu

## Trip Highlights

- Evening circumambulation at Boudhanath Stupa

- Sacred Swayambhunath Stupa and hilltop views
- Sankhu Durbar Square and Vajrayogini Temple
- Namobuddha Monastery and compassionate legend
- Pharping Chobhar, Kirtipur
- Pilgrimage through Panauti, Dhulikhel
- Himalayan vistas and sunset meditation at Nagarkot

## **Itinerary**

### **Day 1:**

After arriving at Tribhuvan International Airport, you are met by your guide and transferred to a centrally located hotel in Kathmandu, a 30–40 minute drive depending on traffic. After resting, the evening is devoted to Boudhanath Stupa, where you walk around the stupa with monks and local devotees, spinning prayer wheels and observing evening rituals. The stupa's vast mandala and surrounding monasteries create a tranquil yet vibrant atmosphere.

### **Day 2:**

The morning begins with a visit to Swayambhunath, perched atop a hill offering panoramic views of Kathmandu Valley. You explore the stupa complex, circumambulate, and learn about its historical and spiritual significance. In the afternoon, a 30–40 minute drive takes you to Kapan Monastery, where you can participate in meditation sessions, observe monks' chanting, and engage with teachings from resident lamas.

### **Day 3:**

Drive approximately 1.5 hours to Sankhu, an ancient Newar town rich in Buddhist history, where you explore Sankhu Durbar Square, small temples, and shrines. From Sankhu, a short uphill walk (approx. 30–40 minutes) takes you to the Vajrayogini Temple, a tantric Buddhist site believed to hold powerful energy for spiritual transformation. Here, pilgrims perform circumambulations and can meditate in the sacred courtyard. Return to Kathmandu in the late afternoon. Logistics: Transport: Private car; Accommodation: Kathmandu hotel; Meals: Breakfast at hotel, lunch in Sankhu, dinner at hotel; Special note: Moderate uphill walking to Vajrayogini Temple, wear comfortable shoes.

**Day 4:**

A scenic 2–3 hour drive leads to Namobuddha Monastery, a site famed for the compassionate legend of the young prince who fed a starving tigress. You explore the monastery grounds, participate in meditation, and enjoy lunch in the monastic guesthouse. The hilltop setting offers panoramic views of the surrounding valleys, enhancing the spiritual ambiance. Return to Kathmandu in the late afternoon. A short drive (approx. 1–1.5 hours) takes you to Panauti, an ancient town where Vajrayana Buddhist traditions blend with local rituals. You explore temples, small shrines, and cobbled streets, observing daily practices and local devotion. In the afternoon, continue to Dhulikhel, a serene hill town with panoramic views of the Himalayan range. Evening meditation sessions can be arranged at a local retreat center overlooking the valley.

**Day 5:**

The journey today is south of Kathmandu to Pharping, renowned for its sacred meditation sites. You visit the Yanglesho and Asura Cave, where Guru Padmasambhava meditated, and explore nearby monasteries and retreat centers. Pilgrims often spend time meditating in the cave or participating in local rituals. Return to Kathmandu in the late afternoon. Manjushree George, Adinath lokeshor and Kirtpur Sightseeing is followed afterwards.

**Day 6:**

Depending on flight timing, you can explore local markets before being transferred to Tribhuvan International Airport for departure.