



Itinerary for Nepal

Visit

31st January 2025 to 10th February 2025
11 Days and 10 Nights, ex Kathmandu
With Khandro Thrinlay Chodon

Day 1, 31/01/2025, Friday

Arrive in Kathmandu

Our Druk Expeditions representative will welcome you at Tribhuvan International Airport in Kathmandu and transfer you to your hotel. Settle in, relax, and at your leisure, experience life around the stupa. There are many restaurants, coffee shops and curio shops to enjoy. Welcome and introduction to the group will be at your first evening meal.

Day 2, 01/02/2025, Saturday

Boudha & Surrounds

After breakfast, we will pay our respects and hear the story of the huge stupa, the largest in Nepal. It is deeply connected to our Shakya Shri lineage. We will also visit monasteries and lamas in residence around Boudhanath, this area has been home of so many important Vajrayana Buddhist Masters for many years. Hear their stories, meditate and join the throngs of lay and monastics who practice around this great stupa each day.

Day 3, 02/2/2025, Sunday

Swayambhunath & Surrounds

Sightseeing includes another great stupa of Nepal - Swayambhunath. It sits on a scenic hill and is the best place to view the amazing Kathmandu Valley. The stupa is surrounded by a complex of shrines and temples. The stupa has many practitioners of Hindu and Buddhist religions performing their rites. Many circumambulate around the entire hill, which again is surrounded by monasteries, including Druk Amithaba mountain, home of Drukpa nuns.

Day 4, 03/2/2025, Monday

Maratika-Cave of Long Life

Today after breakfast drive to Maratika Cave. This is said to be the place where Guru Rinpoche and his consort, Princess Mandarava realized long life through the practice of Amitayus. In the main cave, there is a longlife vase (Tib. tsebum) made of stone, which Amitayus is said to have placed on the heads of Guru Rinpoche and Mandarava to bestow immortal life. The cave also contains many self-created (Tib. rang jung) images and syllables and many spiritual treasures are hidden there. Texts say that here Buddha Amitabha taught the eighteen tantras of long life and dakinis wrote these down in symbolic script using melted lapis lazuli on golden paper and concealed them at Maratika.



Day 5, 04/2/2025, Tuesday
Dhulikhel

In the morning travel back 193 km/approx. 6 hrs toward Katmandhu and end the day in the old magical town of Dhulikhel. We will pass through quiet farming villages and lush forests, experience local customs, discover ancient temples and historic villages, and enjoy the snow-capped Himalaya. Dhulikel has for centuries been a trading centre on the route between Nepal and Tibet. It holds beautiful Newari architecture and magnificent views of the Himalayas.

Day 6, 05/2/2025, Wednesday
Namo Buddha & Bhaktapur to Parping

After breakfast we journey a short 45 mins to Namu Buddha, - a most important Buddhist stupa - where the Buddha was overcome with compassion when he saw a tigress tormented by starvation and offered his body to her without a moment's hesitation. The landscape below the stupa resembles an eightpetaled lotus, and the sky above has the form of a wheel with nine spokes. We journey on another 45 mins to the historic town of Bhaktapur. Here we visit the main square and ancient statue of Tara which is believed to have spoken. Another short journey and we will arrive, south of Kathmandu, in the small town of Pharping. Some say it is the birthplace of Phamtingpa, the heart-son of Naropa. Chatral Rinpoche explains that the 'Indian Phamting' derives its name from the presence of the great hood of the Naga king Lhakmachen or Shesha, which marks it as a site of his power. Pharping is most famous for its plethora of special Buddhist sites, which are now surrounded by Vajrayana Buddhist monasteries. Tashi Choling is one of them and has been constructed by H.E. Namkha Rinpoche, uncle of Khandro Rinpoche

Day 7-9, 06/2/2025, Thursday – 08/2/2025, Saturday
SITES OF PHARPING AREA AKA YANGLESHÖ

The two caves in which Guru Rinpoche is said to have meditated are Asura and Yangleshö. Although there are many places Guru Rinpoche travelled to, what makes Yangleshö area special, is, that Guru Rinpoche is said to have attained enlightenment here. Thus Yangleshö is considered to be as important as Bodhgaya for practitioners of Tibetan Buddhism. Asura Cave links to Yangleshö, ½ a mile away, via a small tunnel which Guru Rinpoche is said to have used. Inside Asura cave one can view a self-arising AH syllable. Inside Yangshelo cave is a headprint of Guru Rinpoche. Pharping is also, the place to see the self-arising Tara Vajrayogini Temple – Dedicated to Vajrayogini, this ancient Buddhist and Newari holy site is said to have been constructed in the 17th Century by two brothers who were disciples of the great Mahasiddas Naropa and Maitrepa. Late afternoon, travel back to Thamil for overnight stay

Day 10-11, Sunday 09/2/2025 – Monday 10/2/2025
Thamil Sightseeing/Homeward

A full day of sightseeing in and around the ancient historical Durbar Square area on Sunday. This includes the many other famous monuments such as the Krishna



Temple and the Golden Temple. Afterwards feel free to shop and explore the vibrant curio shops of Thamil and its restaurants and coffee shops. On Monday 10th of Feb., we transfer you to the airport for your flight homeward bound. Take home many happy memories

Inclusions:

- Night accommodation on twin sharing basis
- Breakfast at hotels
- Lunch & Dinner – outside or at the hotel

Exclusions :

- Visa Fee for foreign nationals.
- Lunch/Dinner at hotels or outside
- Any International or Domestic Air Fare/Train Travel
- Water apart from complementary at hotel
- Any food/eatables apart from what is included
- Any sightseeing or excursion not mentioned in itinerary
- Any other activity not mentioned in the itinerary
- Any item of personal requirement such as drinks, laundry, telephone etc.
- Any Medical or evacuation expenses
- Any type of insurance-personal, medical, travel etc.
- Any unforeseen circumstances such as medical illness, natural disaster, road blockages which are beyond our control
- Any insurance related to Covid (treatment and/or hospitalization)
- Any services not mentioned above