

Lumbini Pilgrimage Retreat: Birthplace of Lord Buddha & Monastery Visits

Prepared by TourGrids



Destination
Nepal



Duration
4 Nights 5 Days



Starting from
Rs. 19,500 / person

ITINERARY ROUTE

📍 **Lumbini · 4N**

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Overview

Lumbini Pilgrimage Retreat: Birthplace of Lord Buddha & Monastery Visits

This Nepal tour package is a specially curated Nepal Pilgrimage tour package focused on the sacred life and legacy of Lord Buddha. Ideal for spiritual travelers, this 4 nights / 5 days Nepal Pilgrimage package centers on Lumbini – the UNESCO World Heritage site recognized as the birthplace of Lord Buddha – and includes visits to historic sites, international monasteries, and peaceful meditation sessions.

Highlights:

- Maya Devi Temple (Lumbini) – Birthplace of Lord Buddha
- Lumbini Monastic Zone – Thai, Chinese, Japanese, Tibetan, and European monasteries
- Ashoka Pillar & World Peace Stupa
- Day trip to Tilaurakot (Kapilvastu) and Devdaha – sites connected to Prince Siddhartha
- Guided meditation and optional silent retreat session

This itinerary is designed for easy travel from Kathmandu via domestic flight to Bhairahawa (Siddharthanagar) or by road; custom transfers and extensions can be arranged.

✓ **What's Included**

- ✓ 4 nights accommodation in Lumbini (3-star/4-star options available)
- ✓ Daily breakfast and 3 specially arranged meals (as per itinerary)
- ✓ Airport pickup in Bhairahawa or Kathmandu (as per arrival plan) and private transfers
- ✓ Domestic flight tickets (Kathmandu–Bhairahawa–Kathmandu) if requested – optional add-on
- ✓ Local English-speaking guide during sightseeing
- ✓ Entrance fees to Maya Devi Temple, Lumbini Sacred Garden, and sites mentioned in the itinerary
- ✓ Guided meditation session and monastery introductions
- ✓ All ground transport by private vehicle as per itinerary
- ✓ Government taxes

✗ **Not Included**

- ✗ International airfare to/from Nepal
- ✗ Nepal visa fees and travel insurance
- ✗ Personal expenses (beverages, laundry, phone calls)
- ✗ Gratuities for guides and drivers
- ✗ Optional activities not listed as included (e.g., extended silent retreat, spa treatments)
- ✗ Any items not explicitly mentioned in "Inclusions"

Day-by-Day Itinerary

Day

1

Arrival and Transfer to Lumbini

Arrival at Kathmandu Tribhuvan International Airport (or direct arrival into Bhairahawa / Siddharthanagar if you have a connecting domestic flight). Meet your representative and transfer by road or domestic flight and private vehicle to Lumbini. Check in at your hotel in Lumbini. In the late afternoon, take an introductory visit to the Maya Devi Temple and the Lumbini Sacred Garden to experience the serene atmosphere at sunset.

Tip: Domestic flights from Kathmandu to Bhairahawa take about 30–40 minutes; road transfer is approximately 6–7 hours. Flight schedules may vary.

Day

2

Explore the Lumbini Monastic Zone

Full-day guided exploration of the Lumbini Monastic Zone. Visit the Maya Devi Temple, Ashoka Pillar, and the array of international monasteries — Thai, Chinese, Japanese, Tibetan, and European monasteries — each reflecting unique Buddhist architecture and traditions. Enjoy a guided walk through the peaceful gardens, stop for reflection at the World Peace Pagoda, and participate in a short meditation session at a monastery.

Note: Monastery visiting hours vary; respectful dress (covered shoulders and knees) is required.

Day

3

Tilaurakot & Devdaha — Historical Kapilvastu Region

Day trip to Tilaurakot (ancient Kapilvastu) — believed to be the site of Prince Siddhartha's early life and kingdom — and nearby Devdaha, associated with Queen Mayadevi and Siddhartha's family. Explore archaeological remains, museum exhibits, and pilgrimage routes. Afternoon return to Lumbini for time at leisure or an optional guided chanting session.

Recommended: Comfortable walking shoes for light archaeological exploration.

Day

4

Meditation, Monastery Visits & Cultural Immersion

A day devoted to inward practice and deeper monastery visits. Begin with a sunrise meditation session in the Sacred Garden or a monastery meditation center. Continue with visits to lesser-known monasteries, meet resident monks or nuns (where available), and participate in a short dharma talk or chanting practice. Afternoon options include a cultural walk through local villages, a visit to a craft center, or an optional silent retreat session at a monastery.

Special note: Retreat slots are limited – please request in advance if you wish to join a multi-hour silent session.

Day

5

Final Visit and Departure

Morning final visit to favorite sites for last photographs, a short blessing or puja (optional), and farewells. Transfer to Bhairahawa Airport for a domestic flight to Kathmandu (or drive directly to Kathmandu or onward destination). End of services.

Note: Departure schedule depends on chosen onward transport – we can arrange flight bookings or private transfer to Kathmandu.

? Frequently Asked Questions

? What is the best time to visit Nepal?

Nepal's prime seasons are October–November (post-monsoon) and March–April (spring). October–November offers crystal-clear skies, superb mountain views, and major festivals like Dashain and Tihar, making it ideal for trekking and sightseeing. March–April brings blooming rhododendrons, pleasant weather, and fewer crowds. Winter (December–February) is cooler with snow at higher elevations, perfect for budget travelers seeking discounts. Monsoon season (June–September) brings lush landscapes but frequent rains, landslides, and leeches on trails. For snow experiences, visit December–February at hill stations like Kalinchowk or Upper Mustang. Spring and autumn are best for trekking, while winter offers clear mountain views with crisp air.

❓ **How can Indian citizens reach Nepal?**

Indians can reach Nepal by air, road, or rail. By air, fly to Tribhuvan International Airport (Kathmandu), Gautam Buddha Airport (Bhairahawa), or Pokhara International Airport from Delhi, Mumbai, Kolkata, Varanasi, and Bengaluru. By road, major border crossings include Sunauli-Bhairahawa (for Lumbini/Pokhara), Raxaul-Birgunj (fastest to Kathmandu), Panitanki-Kakarbhitta (eastern Nepal), and Banbasa-Mahendranagar (far-west). Good highways connect borders to major cities. By rail, take Indian Railways to Jayanagar-Janakpur-Kurtha line or reach border towns like Gorakhpur, Raxaul, then cross by road. Road travel offers scenic views but expect monsoon delays due to landslides.

❓ **Do Indian citizens need a visa for Nepal?**

No, Indian citizens do not need a visa to visit Nepal. However, you must carry valid identification – either an Indian passport or Voter ID with photograph. Aadhaar cards are generally not accepted for air travel, so check current requirements before departure. Children should carry valid photo ID as required by airlines and immigration authorities. This visa-free access makes Nepal one of the most convenient international destinations for Indians. You can stay for extended periods, but if planning to work or study, additional permits may be required. Always verify the latest entry requirements before travel, as policies can change.

❓ **What are the local transportation options within Nepal?**

Nepal offers various transportation options. In cities, use metered taxis or ride-hailing apps like Pathao and Tootle (available in Kathmandu/Pokhara). City buses and microbuses are the cheapest option, with Sajha Yatayat operating key routes in Kathmandu Valley. For intercity travel, choose tourist buses or private cars for comfort to destinations like Pokhara, Chitwan, and Lumbini. Domestic flights save time to Pokhara, Bharatpur (Chitwan), Lukla, and other destinations. Motorbikes and bicycles are popular in Pokhara and Thamel for short distances. For mountain areas, jeeps and local buses connect remote regions, though roads can be challenging during monsoon season.

❓ **Where should I stay in Nepal and what accommodation options are available?**

Kathmandu's Thamel district is perfect for budget travelers and trekkers, offering guesthouses, hostels, and mid-range hotels. Durbarmarg and Lazimpat provide upscale options. In Pokhara, stay in Lakeside for lake views, restaurants, and easy access to activities. Luxury options include Dwarika's Hotel and Hyatt Regency (Kathmandu), Temple Tree Resort and Fish Tail Lodge (Pokhara). For wildlife, choose jungle lodges in Chitwan like Meghauri Serai or Barahi Jungle Lodge. Hill stations like Nagarkot and Bandipur offer mountain view resorts. Budget travelers can find Zostel hostels, homestays, and guesthouses starting from \$5-15/night. Mid-range hotels cost \$25-60, while luxury resorts range \$100-300+ per night.

❓ What are the must-visit attractions in Nepal?

Nepal's top attractions include Kathmandu Valley's UNESCO sites: Pashupatinath Temple, Boudhanath Stupa, Swayambhunath (Monkey Temple), and the Durbar Squares of Kathmandu, Patan, and Bhaktapur. Pokhara offers Phewa Lake, World Peace Pagoda, and Sarangkot for sunrise views. Chitwan National Park provides jungle safaris for rhinos and tigers. Lumbini, Buddha's birthplace, features sacred gardens and international monasteries. For trekking, visit Everest region (fly to Lukla) or Annapurna region for Poon Hill and Annapurna Base Camp treks. Nagarkot and Dhulikhel offer Himalayan sunrise views near Kathmandu. Adventure seekers should try Everest mountain flights, paragliding in Pokhara, and white-water rafting on various rivers.

❓ What local food and cuisine should I try in Nepal?

Nepal's staple dish is Dal Bhat – lentils, rice, vegetable curries, and pickles, offering unlimited refills. Try momos (dumplings) with spicy chutney, available in vegetarian, chicken, or buffalo varieties. Thukpa and thenthuk are hearty Tibetan-style noodle soups. Sample Newari cuisine including bara (lentil pancakes), choila (spiced meat), chatamari (Nepali pizza), and yomari (sweet dumplings). Other specialties include sel roti (festival rice doughnut), gundruk (fermented greens curry), aloo tama (bamboo shoot curry), and sekuwa (grilled meat). Drink masala chai, tongba (warm millet brew), or local raksi spirit. Popular restaurants include Bhojan Griha and Thamel House (Kathmandu), and Moondance and Rosemary Kitchen (Pokhara).

★ Traveller Reviews



Chetan Khatri

★★★★☆ 4/5

Well-Scheduled Tours

The tours were well-scheduled without feeling rushed. It allowed for plenty of exploration and relaxation time.



Priya Joshi

★★★★★ 5/5

A Spiritual Journey

The spiritual sites visited during the tour were enlightening and peaceful. I highly recommend this tour for anyone seeking spirituality.



Anshul Sinha

★★★★☆ 4/5

Vast Array of Experiences

This tour packed a vast array of experiences into a short period! I was surprised at how much we accomplished!



Garima Sharma

★★★★★ 5/5

Stunning Sunrise Views

Watching the sunrise over the Himalayas was a life-changing experience! Highly recommend it.



Kiran Gupta

★★★★★ 5/5

Endless Adventure Opportunities

There's no shortage of adventures in Nepal! From trekking to paragliding, it's an adventure lover's dream.

⚡ Why Choose TourGrids?

Because your dream vacation deserves the best! From expert advice to personalized trips, easy booking, and unbeatable deals — we make travel stress-free and fun!

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