

# Kathmandu to Lumbini Cultural Trail: Heritage, Monasteries & Pilgrimage

Prepared by TourGrids



Destination  
**Nepal**



Duration  
**6 Nights 7 Days**



Starting from  
**Rs. 33,000 / person**

## ITINERARY ROUTE

↩ Kathmandu · 3N

↩ Pokhara · 2N

↩ Lumbini · 1N

<https://tourgrids.com/packages/nepal/nepal-6-nights-7-days-package-1034>

## Overview

A thoughtfully crafted 6 nights / 7 days Nepal tour package that blends UNESCO heritage, living culture, and sacred pilgrimage sites. This Nepal Pilgrimage tour package takes you from the ancient palaces and stupas of Kathmandu, through the serene lakeside and panoramic views of Pokhara, to the birthplace of Lord Buddha at Lumbini. Ideal for travelers seeking spiritual experiences, cultural immersion, and picturesque Himalayan scenery.

### Highlights:

- Kathmandu Durbar Square, Swayambhunath (Monkey Temple), Boudhanath Stupa
- Patan and Bhaktapur heritage sites
- Sunrise from Sarangkot and Phewa Lake in Pokhara
- Maya Devi Temple, Lumbini Monastic Zone, Ashoka Pillar
- Expert English-speaking guide, comfortable transfers, and included entrances

This package is optimized for search terms: Nepal tour package, Nepal Pilgrimage tour package, Nepal Pilgrimage package, 6 and 7 Nepal Pilgrimage tour package.

#### ✓ What's Included

- ✓ Accommodation for 6 nights in handpicked 3/4 hotels (twin/double basis)
- ✓ Daily breakfast at hotels (other meals as specified)
- ✓ All transfers and sightseeing by private air-conditioned vehicle
- ✓ English-speaking local guide throughout the tour
- ✓ Entrance fees to monuments mentioned in the itinerary
- ✓ All local taxes and service charges
- ✓ Airport pick-up and drop-off in Kathmandu
- ✓ Assistance with domestic transfers (road or domestic flights as per final plan)
- ✓ Special: Option to add domestic flights (e.g., Lumbini-Kathmandu) can be arranged at an extra cost.

#### ✗ Not Included

- ✗ International airfare to/from Nepal
- ✗ Nepal visa fee and travel insurance
- ✗ Meals not mentioned (lunches & dinners unless specified)
- ✗ Optional activities (paragliding, boating beyond short lakeside boat rides, etc.)
- ✗ Personal expenses, tips/gratuities, and portage
- ✗ Single room supplement (if solo traveler requires single occupancy)
- ✗ Any costs arising from flight delays, route changes, or force majeure
- ✗ Please note: Gratuities and optional activities are not included in this Nepal Pilgrimage package.

## Day-by-Day Itinerary

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Day

1

### **Arrival in Kathmandu & Welcome Orientation**

Arrive at Tribhuvan International Airport (Kathmandu) where you will be met and transferred to your hotel in Thamel / Kathmandu. After freshening up, enjoy a short welcome orientation with your guide, followed by a gentle walk through Thamel's lively streets. Evening welcome dinner with an introduction to Nepali cuisine and pilgrimage insights.

Note: Arrivals anytime during the day; early arrival allows extra time for rest or optional short sightseeing.

Day

2

### **Kathmandu Valley Heritage Loop: Swayambhunath & Boudhanath**

Full-day exploration of Kathmandu's spiritual heart. Visit the hilltop Swayambhunath (Monkey Temple) for panoramic city views, then continue to the iconic Boudhanath Stupa—a major center for Tibetan Buddhism. Afternoon visit to Kathmandu Durbar Square to see royal palaces, Kumari Ghar, and historic temples.

Tip: Dress modestly inside stupas and temples; remove shoes and keep a low voice inside shrines.

Day

3

### **Patan & Bhaktapur — Newar Art, Temples & Living Traditions**

Day trip to two of the valley's finest medieval cities. Begin at Patan Durbar Square to admire intricate stone and wood carvings, then travel to Bhaktapur Durbar Square to explore Nyatapola Temple, 55-Window Palace, and local pottery workshops. Return to Kathmandu for the night.

Important: Bhaktapur has uneven stone streets—wear comfortable walking shoes.

Day

4

### **Drive to Pokhara — Lakeside Relaxation**

Scenic drive to Pokhara (approx. 6–7 hours) along the Prithvi Highway with stops at viewpoints and the picturesque hill town Bandipur. Arrive in Pokhara by late afternoon. Enjoy a relaxed evening at Phewa Lake, with optional boat ride and lakeside stroll.

Tip: Carry a small daypack and water for the drive; there are good stops for refreshments en route.

Day

5

## **Pokhara Sightseeing & Sarangkot Sunrise**

Early transfer to Sarangkot for sunrise views of the Annapurna range (weather permitting). Return for breakfast, then visit Davis Falls, Gupteshwor Cave, Bindhyabasini Temple, and the International Mountain Museum. Free evening to explore Pokhara's lively lakeside cafés and markets.

Optional: Paragliding from Sarangkot for panoramic aerial views (not included).

Day

6

## **Drive to Lumbini — Birthplace of Lord Buddha**

After breakfast, drive south to Lumbini (approx. 4–5 hours). On arrival, begin with the sacred Maya Devi Temple complex and the Lumbini Sacred Garden, including the historic Ashoka Pillar and nearby archaeological remains. Evening time for quiet reflection or visiting a monastery of your choice.

Note: Lumbini is a peaceful pilgrimage site—maintain respectful attire and silence in monastery zones.

Day

7

## **Lumbini Monastic Zone & Departure to Kathmandu**

Morning guided walk through the Lumbini Monastic Zone, visiting several international monasteries, meditation centers, and the Lumbini Museum. After lunch, transfer to the nearest domestic airport for a short flight back to Kathmandu (or optional direct drive) to connect with international departures. End of services.

Important: Domestic flight timings are subject to change; we will confirm and adjust itinerary as needed.

## **🔗 Frequently Asked Questions**

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### **🔗 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.

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## ❓ **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.

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## ❓ **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 minibuses 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.

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## ❓ **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. Durbar Marg 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.

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## ❓ 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?**

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