

# Pilgrimage & Wellness Retreat: Lumbini, Monasteries, Yoga & Meditation

Prepared by TourGrids



Destination  
**Nepal**



Duration  
**7 Nights 8 Days**



Starting from  
**Rs. 48,000 / person**

## ITINERARY ROUTE

↙ **Kathmandu · 2N**

↙ **Lumbini · 3N**

↙ **Pokhara · 2N**

<https://tourgrids.com/packages/nepal/nepal-7-nights-8-days-package-1039>

## Overview

A thoughtfully curated 7 nights / 8 days Nepal tour package that blends sacred pilgrimage, Buddhist monastery visits, and restorative wellness practices. Ideal for travelers seeking a spiritual reset, this Nepal Pilgrimage tour package covers the birthplace of Lord Buddha, historic Kathmandu spiritual sites, and serene lakeside wellness in Pokhara.

### Highlights:

- Maya Devi Temple, Lumbini (Birthplace of Buddha)
- Boudhanath Stupa and Pashupatinath Temple, Kathmandu
- Kopan Monastery meditation & teachings
- World Peace Pagoda and lakeside yoga, Pokhara
- Daily guided meditation, yoga sessions, and optional Ayurvedic treatments

This 7 nights / 8 days itinerary is tailored as a 7 and 8 Nepal Pilgrimage tour package option – perfect for both first-time pilgrims and returning practitioners.

### ✓ What's Included

- ✓ Accommodation for 7 nights (Twin/Double sharing) in 3–4 star hotels and certified retreat centers
- ✓ Daily breakfast; selected lunches and dinners as per itinerary
- ✓ All ground transportation in private, comfortable vehicles (Kathmandu–Lumbini–Pokhara as per itinerary)
- ✓ Domestic flights if selected (Kathmandu–Lumbini/Pokhara) – subject to availability
- ✓ English-speaking spiritual guide and local guides at key sites
- ✓ Daily yoga and meditation sessions led by certified instructors
- ✓ Entry fees to listed monuments and Monastic Zone permits in Lumbini
- ✓ One Ayurvedic consultation and one basic therapy session (or Tibetan bowl therapy) as chosen
- ✓ Airport transfers on arrival and departure
- ✓ Bottled water during transfers and group sessions
- ✓ Room upgrades, extra therapies, and single-supplement are available on request.

### ✗ Not Included

- ✗ International airfare to/from Nepal
- ✗ Nepal visa fees and processing costs
- ✗ Travel insurance (mandatory) and personal medical expenses
- ✗ Meals other than those specified; drinks not listed in inclusions
- ✗ Tips/gratuities for drivers, guides, and service staff
- ✗ Optional activities (paragliding, extended spa packages, additional Ayurvedic programs) unless pre-booked
- ✗ Single-room supplement (unless requested and paid separately)
- ✗ Please advise special dietary needs, medical conditions, or mobility limitations at time of booking.



## Day-by-Day Itinerary

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Day

1

### **Arrival in Kathmandu — Welcome & Introductory Spiritual Walk**

Arrive at Tribhuvan International Airport in Kathmandu. Transfer to your hotel and rest. In the afternoon enjoy a gentle orientation walk and visit Boudhanath Stupa for an introductory meditation and circumambulation. Evening welcome briefing with your guide covering the spiritual focus of the journey and a light restorative yoga session to aid jet-lag recovery.

Note: Flights to/from Kathmandu vary; early arrival is recommended to join the full program.

Day

2

### **Kathmandu Spiritual Heritage — Pashupatinath & Kopan Monastery**

Full-day spiritual exploration of Kathmandu's sacred sites. Begin at Pashupatinath Temple, witness evening rituals (if timing allows), and continue to Swayambhunath (Monkey Temple) with panoramic city views. In the afternoon visit Kopan Monastery for a guided meditation session and a short Dharma talk by resident monks. Conclude the day with an optional Tibetan chant session and a group reflection.

Tip: Dress modestly at temples; carry a scarf to cover shoulders when needed.

Day

3

### **Travel to Lumbini — Sacred Arrival**

After breakfast, transfer by scheduled private vehicle (or short domestic flight depending on preference and availability) to Lumbini, the birthplace of Lord Buddha. On arrival check in and enjoy a peaceful evening stroll through the Lumbini Garden. Evening meditation session near the Maya Devi Temple followed by a talk on the history and significance of Lumbini as a pilgrimage center.

Note: Travel time by road is approx. 6–8 hours from Kathmandu; flights are ~40 minutes.

Day

4

### **Lumbini — Monastic Zone & Pilgrimage Exploration**

Full day exploring the Monastic Zone of Lumbini. Visit the Maya Devi Temple, Ashoka Pillar, and a curated selection of international monasteries (Thai, Japanese, Chinese, Tibetan). Participate in morning chanting and an afternoon guided walking meditation through the sacred groves. Late afternoon free time for journaling or optional one-on-one meditation coaching.

Tip: Early morning and late afternoon are the most peaceful times to visit the monastic complexes.

Day

5

### **Lumbini — Wellness Day: Yoga, Meditation & Ayurvedic Therapies**

A dedicated wellness day at a retreat center in Lumbini. Begin with sunrise yoga and pranayama, followed by a guided silent meditation session. Post-lunch enjoy optional Ayurvedic consultation and treatments (massage, panchakarma intro) or a traditional Tibetan singing bowl therapy. Evening group sharing circle and restorative yoga nidra.

Please inform us of any medical conditions ahead of time to tailor therapies safely.

Day

6

### **Travel to Pokhara — Lakeside Retreat & Evening Yoga**

After an early breakfast depart for Pokhara via scenic drive (or short domestic flight). Arrive at the lakeside hotel/retreat and settle in. Late afternoon gentle yoga session by Phewa Lake and a guided lakeside meditation at sunset. Optional boating on the lake after practice.

Note: The drive is scenic with hills and countryside; flights can be arranged on request.

Day

7

### **Pokhara — World Peace Pagoda & Deep Meditation**

Start with sunrise practice and a short hike or boat to the World Peace Pagoda for a guided meditation overlooking the Annapurna range. Spend the day with a blended program of mindfulness workshops, silent periods, and restorative yoga. Afternoon free for personal reflection, optional spa/Ayurvedic session, or exploring Lakeside markets.

Tip: Bring comfortable walking shoes and a refillable water bottle for the Pagoda walk.

Day

8

### **Departure — Transfer to Kathmandu or International Connection**

Morning gentle practice and final group sharing. After breakfast transfer to Pokhara Domestic Airport for a flight to Kathmandu (or direct onward connections if arranged). Assistance with departure formalities and end of services. Farewell from your guide with optional suggestions for extending your stay.

Important: Confirm domestic flight times and international departure schedules in advance to avoid last-minute changes.

## **? 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.

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## ? 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. 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.

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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.

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## ❓ **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).

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## ★ **Traveller Reviews**

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**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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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!

 **Expert-Guided Planning**

Personalized guidance from verified travel experts who understand your needs.

 **Customizable Packages**

Tailor your trip your way — destinations, experiences, budget. All up to you!

 **Hassle-Free Booking**

Smooth, secure, and simple booking process without any stress or confusion.

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