



Tour Name

Spiritual Nepal

Tour City

Kathmandu

Tour Snapshot

Cover all the spiritual bases on this multifaith Kathmandu tour. Learn about Buddhism in Boudhanath, meet holy Hindu “sadhus” in Pashupatinath, and then look into your future with a local palm-reader. Fingers crossed there's travel, glory and a lottery win ahead!

Highlights

- Rotate the prayer wheels along with local Buddhists and light a butter lamp in Boudhanath
- Interact with the 'Sadhus'- Hindu Holy Men in Pashupatinath
- Get an acquaintance with a Hindu palm-reader and get your palms read like the locals do
- Witness the evening "Aarati" – an offering of lights to the Lord at Pashupatinath Temple

Local Impact: How you will help the local community by joining this tour:

- Your Spiritual Nepal tour includes entrance fees to the UNESCO-listed Pashupatinath Temple and Boudhanath Stupa, which helps preserve local cultural heritage and ensures these important sites are maintained.
- Should you choose to have your palm read during the tour, the fee for the reading supports the local palm-readers who would otherwise have no access to tourist money.

Inclusions: Local English-speaking guide, entry fees to Boudhanath and Pashupatinath, transportation costs (from the meeting point to Boudhanath, and from Pashupatinath temple to the endpoint).

Exclusions: Lunch / dinner, tips/gratuities for your guide, alms to holy men and monks, palm reader's fees.

Schedule details

- Duration: 4-5 hours
- Meeting point:
Hotel Marshyangdi, Chaksibari Marg, Thamel, Kathmandu
- Find the exact meeting point with what3words: [///relieves.warp.gathers](https://www.what3words.com/relieves.warp.gathers)
- Starting time: 3.00 PM
- Ending point:
Hotel Marshyangdi, Chaksibari Marg, Thamel, Kathmandu

Full Itinerary

Meet up with your guide and fellow travelers at the meeting point and hop in for a ride in a cab (local taxi for up to 2 people, private cab for more than 2 people) to the largest Buddhist Stupa in Nepal: the Boudhanath Stupa. Rotate the prayer wheels along with the locals as you circumnavigate the magnificent white spherical dome and offer prayers to Lord Buddha by lighting a traditional butter lamp.

After this spiritual experience, walk for around 15 minutes to Pashupatinath Temple, the largest Hindu pilgrimage site of Nepal. At Pashupatinath, go on an insightful spiritual journey of Hindu beliefs, the cycle of birth and death, and the stories of Sadhus -

Hindu Holy Men, who renounce their hedonistic social life to devote their life to Shiva (Hindu God of Destruction). You can also get your future read by a local palm-reader! Witness one of many cremations along the banks of Bagmati River, and interact with soot-smeared, saffron-clad, dreadlocked Sadhus.

As the sun goes down, brace yourself to be overwhelmed by throngs of locals as they gather around on the banks of Bagmati River on the eastern side of Pashupatinath Temple. Watch along with them the mesmerizing every-day ritual called "Aarati," which is an offering of lights to Lord Pashupatinath. Make sure you keep near your guide and your group lest you get lost in the crowd of locals! Return a transformed person after this divine (and truly local) experience!

Additional information

Inclusions: Local English-speaking guide, entry fees to Boudhanath and Pashupatinath, transportation costs (from the meeting point to Boudhanath, and from Pashupatinath temple to the endpoint).

Exclusions: Lunch / dinner, tips/gratuities for your guide, alms to holy men and monks, palm reader's fees.

Dress standard: When packing be aware that dress standards are conservative throughout Asia, especially outside major cities. To respect this and for your own comfort, we strongly recommend modest clothing. This means clothing that covers your shoulders and knees. Loose, lightweight, long clothing is both respectful and cool in the predominantly hot Asian climate. In many rural areas in Asia women will need to wear modest clothing even to swim. Singlets, tank tops and topless sun bathing are all unacceptable. When visiting religious sites men often need to wear long trousers and women a long skirt or sarong.

Your Trip: This trip is offered on a "join-in" basis. Maximum group size is 12.

Confirmation of booking: If you have your voucher, your booking is confirmed. We'll see you at the start point. Get in touch if you have any concerns or require more information via the email address or phone number (business hours only) on your voucher.

Additional Information: Please bring comfortable walking shoes and your own water bottle. (If you're traveling during monsoon season you might want to carry a rain-proof jacket or an umbrella!)

Child Policy: Children between the ages of 6 and 11 inclusively are permitted on this tour at the rate listed above. Please select 'child' above when booking. Children below the age of 6 are not permitted on this tour.

Local contact

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