



# MONASTERY & STUPA DAY TOUR



**Monastery & Stupa one day tour** take a leisurely walk around the monastery compound, and you will not only have an incredible view of the Kathmandu valley, you will also see a large number of stupas, statues, prayer wheels and other holy objects, all embedded into a landscape-of gardens and ponds.

**Seto Gompa:**Seto Gompa visit is worth in this tour.The views of the mountains, fields, and city is amazing. The temples overall are very serene and beautiful, and the location inspires peacefulness and serenity. Buddha statues are of good size, and impressively located along the stairway up. Free to get in, a fee to park, and donations weren't pressured, but welcomed. Very well kept grounds and one of the cleanest places in the Valley. This is a MUST see in the area.

**Bodnath** was probably built in the 14th century after the Mughal invasions; various interesting legends are told regarding the reasons for its construction. After the arrival of thousands of Tibetans following the 1959 Chinese invasion, the temple has become one of the most important centers of Tibetan Buddhism. Today it remains an important place of pilgrimage and meditation for Tibetan Buddhists and local Nepalis, as well as a popular tourist site.

**Kapan Monastery:**Just north of the ancient Buddhist town of Boudhanath is the Kopan hill, which rises up out of the terraced fields of the Kathmandu valley and is visible for miles. Dominated by a magnificent bodhi tree, it was once the home of the astrologer to the king of Nepal. This same hill is now the home of Kopan Monastery, a monastery in the Gelug tradition of Tibetan Mahayana Buddhism under the guidance of Lama Zopa Rinpoche. The air is clean and the view across the valley magical.

Activity Levels:  **Leisurely**  
You are healthy, enjoy the outdoors and want a relaxing trip. No experience is required.

Duration: 1 days

## AT A GLANCE

- Spend a full day cultural Buddhist Monastery and stupa Tour
- Experience the unique Buddhist Sherpa Culture
- Enjoy a delicious Meals with great Stupa views

### Cost Includes

- Private Transport for whole day
- Professional sherpa Guide
- One day tour including Lunch
- Guide & driver Pay, Insurance

### Cost Excludes

- Entrance fees of temples
- Day snacks like [Chocolate Bar etc]
- Mineral Water and other drinks
- Gratuities (optional)

## ITINERARY

### 7:00 PM: Breakfast at Hotel

08:00 AM - Pickup at Hotel, drive to Seti Gompa (6kms, 25 minutes) After Breakfast your day will start, our guide will Pickup



you from your Hotel. You will drive about 25 minutes to Seto Gumpa. The views of the mountains, fields, and city is amazing. The temples overall are very serene and beautiful, and the location inspires peacefulness and serenity. Buddha statues are of good size, and impressively located along the stairway up.

**11:00 PM: Drive from Seti Gomap to Boudhanath Stupa**

After spending few hours in Seti gumpa.a We will drive to Boudhanath Stupa.

We stop for lunch there at 12:00 PM.

**2:30 PM: We drive to Kapan Monastery**

**4:30 PM: Drive back to Hotel from Kapan Monastery**