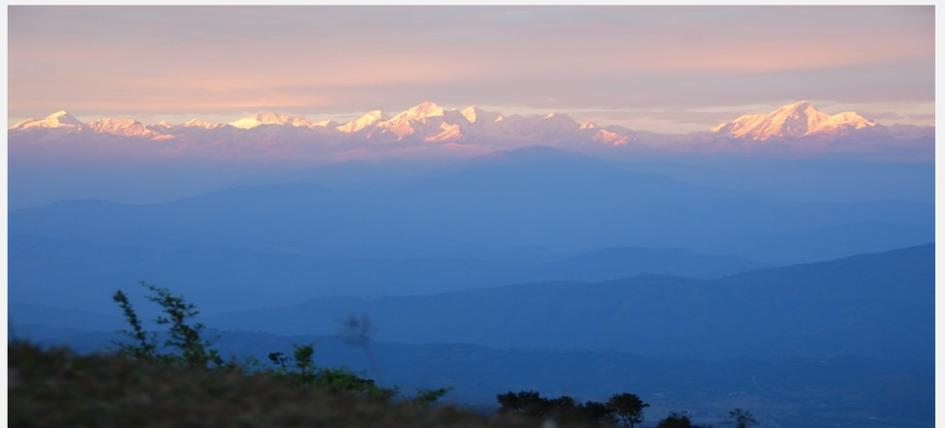


Namo Buddha Tours



Trip Duration: 7 days

Grade: Leisurely

Activities: Sight seeing, short trekking and resorts

Accommodation: Hotel and Resort

Tour type: Fully Organized tours

Transportation: Private tourist coach

Maximum Height: 1982m

Trip Highlights

- Plenty of flora and fauna.
- Interaction with different ethnic tribes.
- Ideal for meditation and yoga.
- Famous Buddhist pilgrimage site.
- Spectacular panorama view of the Himalayas.
- Typical Nepalese villages.

This tour is one of the best tourist destinations for those who are relatively looking for easy short and family tours with children. It is also popular for meditation and yoga tours.

A great combination of city tours of Kathmandu valley, exploring the monastery, temples, historical places and world heritage sites.

Typical Nepalese country side-Balthali and peaceful Namo Buddha with fantastic views of the northern Himalayas.

Namo Buddha

which is famous Buddhist pilgrimage site. Rows of Buddhis stupas adorned with fluttering flags are there at the pilgrimage. Yet what draws their attention is an image of Lord Buddha in his c o m p a s s i o n a t e manifestation. The carved stone image portrays a popular legend, which related that Lord Buddha in his previous incarnation had offered his own flesh to save a starving tigress and her cubs from imminent death.

A perfect place for peace of mind and relaxation.

Balthali village

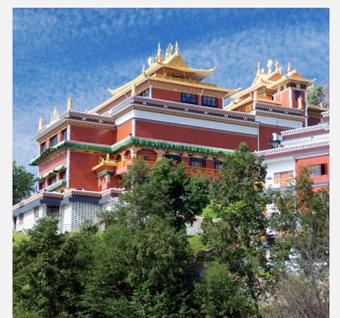
is situated just beyond to Panauti about 40 km away from Kathmandu . It offers a sun rise in the east, spectacular Himalayan range from Manaslu to Mt. Everest in the north, innumerable rice terraces in the west and the huge bodied green forest of Mahabharat range in the south. One of the most important factors of this spot is that it is warm in the winter and cool in the summer. The area of Balthali is has colorful rhododendron forest, magnolia and sal trees. Balthali village is a perfect place for nature.



Kathmandu city tours:

Kathmandu was originally called "Kastha Mandap", a magnificent pagoda style Hindu temple in the heart of the valley. It is believed to be the centre point of the valley and was built by a single tree. It was constructed during the Malla Kings dynasty between 16th and 17th century. As time passed by there were a lot of visitors from all corners of Asia. These individuals contributed their arts,

cultures, architecture and religion on their visit to Kathmandu, which is still visible as one wonders round the alleys and the surroundings. Due to its interesting history, fascinating cultures, characters and a very peaceful and harmony religion, visiting Kathmandu is a unique experience.





Optional tour to Chitwan National Park.

Testimonial

On visiting the resort's website, I was awed by its beauty.

However, nothing prepared me for the surprise that greeted me on arrival. Even in a rain shower, Namo Buddha Resort is a little slice of heaven! (As I am writing, I actually want to keep the place a secret so no one will ever go there!). For 4 days, I was nurtured – body, mind and soul – by mountain scenery, birds chirping, bees buzzing, butterflies fluttering, beautiful homemade organic food (centrally all grown there) and wonderful Nepali-German hospitality. Surendra, Ingrid, Rudi and the hand-picked staff were there to meet my every need. Built in a traditional Nepali style, my house was completely and utterly romantic. (It was a shame I was there on my own!) Every morning I woke to stillness, flung open the shutters (at 5a.m.!) to try and view the sunrise, then rested for a few more hours before ambling to the main house for a hearty breakfast. Then I took a morning walk, opted for light reading, writing – or whatever took my fancy. I ate lunch when I felt like it. Every evening I watched the sunset from the loft windows, knowing my beloved Annapurna Sanctuary was just over the hills.

Danyabad Suman for sending me to a place of dreams.

Tricia Ong

Creative Arts Therapist

Melbourne, Australia.

Chitwan National Park:

The Royal Chitwan National Park, established in 1973, is one of the richest and most spectacular wildlife sanctuaries, situated 75 airmiles south west of Kathmandu in tall grass land and magnificent forests. In this panorama jungle setting inside the 960 square km park is found one of the greatest wildlife in South East Asia. One horned Rhinos, several species of deer, sloth deer, wild boar, fresh

water dolphins, bison, marsh muggers, leopard and crocodiles, over 450 species of birds, 67 different kinds of butterflies and the elusive nocturnal Royal Bengal Tiger. Nowadays the National Park can be easily visited on all levels of budget. A typical day inside the park includes early morning jungle walks, elephant rides, dugout canoe rides, jungle drives, sunset walks, elephant bathing and many

others. The evening can be spent visiting a Tharu village, where you get a rare opportunity to witness a traditional Tharu dance. A fifth of the park is made up of the floodplains of the Narayani, Rapti and the Reu Rivers and is covered by dense tall Elephant grass interspersed with forests of silk cotton (Kapok), Acacia and Sisam trees.

Outline Itinerary

Day to Day Itinerary:

- * Day 1. Arrival in Kathmandu. Trip briefing. Welcome dinner with culture dance.
- * Day 2. Drive to Kopasee and short trek to Balthali resort.
- * Day 3 After breakfast next morning crossing the bridge we walk uphill towards the Monastery called Namo Buddha, which is a famous Buddhist pilgrimage site. We spent two nights here at Kano dada resort in Kavre-Namo Buddha.
- * Day 4. Day in Namo Buddha
- * Day 5. Trek to dhulikhel resort. Magificent Himalayan view. In the afternoon one can go for avillage Walk.
- * Day 6. Visit World's tallest Hindu Shiva Temple on the way to Bhaktapur. Sight seeing and lunch In Bhaktapur. Drive back to Kathmandu
- * Day 7. You can visit Kathmandu Durbar Square by taking a Ricksaw ride through the small alleys of Kathmandu. It is worth a ride.
- * Day 8. Depart Kathmandu

Cost Includes:

- * Arrival / Departure by private vehicle
- * Welcome dinner with culture dance
- * Accommodation in Kathmandu Hotel on BB basis.
- * Twin sharing rooms on treks on full board basis –all meals
- * City tours with qualified tour officer
- * English speaking Tour and Trekking Guide
- * Entrance Fees for city tours and National parks
- * TIMS –Permits – (Trekking Information Management System)
- * Domestic airfare
- * All necessary ground transportation
- * Sight Seeing
- * Sleeping bags
- * First-aid medical kit for trekking
- * Porters
- * Insurance for Porters and Guide

Cost does not include:

- * Visas
- * International airport taxes
- * Transfers outside of the tour program
- * All optional additional tours and activities during free time

Explore Nepal

Suman Lama

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Explore Nepal is one of the leading trekking companies in Nepal and we have vast knowledge and experience with every trekking routes in Nepal. We have been organizing rewarding adventures in the Himalayan Kingdom for many years. We trek all the traditional routes off and on the beaten tracks. Our commitment to cultures and environment is as strong as ever.

Explore Nepal comprises of well-educated and ecologically -concerned staffs of very high standards. Our primary goal is to present you with wonderful travelling opportunities and culturally enriching adventures. We pride ourselves on the level of experience that every one of our guides possesses. They have trekked and guided in all regions of Nepal and have a deep knowledge about every aspect of trekking in the Himalayas.

We offer treks in every region of Nepal comprising both camping and tea houses for our more classic and popular treks and bring our own camps for the remote treks. Trekking is the ultimate way to experience the beauty and culture of Nepal.

Why travel with us?

Our commitment to Eco-Tourism:

Besides having over two decades of identifying and pioneering new areas, thereby providing you absolute wilderness trekking away from the main trails, we ensure you of new experiences. We, as much as possible, organise our trekking(s) as eco-friendly! All our guides and staff are very well versed regarding this subject as well. All our meals are cooked using kerosene fuel or gas. We do not use firewood as fuel to help preserve the beauty of nature and its environment from destruction.

Your safety also is our top priority. The welfare of our staff and porters is no less important; they are fully

insured and well equipped with the necessary gear for all kinds of climate conditions and terrains. We offer you professional staff, quality equipment and excellent food, with a varied menu. Our expert guides and staff will add extra harmony to your Himalayan adventure.

Our Trips

With over two decades of experience pioneering new trekking areas, we have the most thrilling and exceptional trekking routes to offer you. For unlimited adventure, come and share the fascinating ever-varied Himalayan landscapes with the ever-smiling Nepalese people.

We can offer you a choice of graded trips, ranging from leisurely to moderate, or, adventurous to seriously challenging. We can also tailor a trek to suit all kinds of people, including beginners, families with children, students, and the elderly - and strong, fit, adventurous climbers.

Feel the spirit of adventure!

