



## Lumbini Tour - 8 days

Go on 8 days trip for

\$ per person

**Lumbini** is the birth place of Lord Buddha and has been declared as a World Heritage Site by the UNESCO. It is a small town in the southern Terai plains of Nepal, where the ruins of the old city can still be seen. At the age of 84, he left this world with thousands of followers to keep Buddhism alive. Lumbini has since been a holy ground for Buddhists all over the world. The restored garden and surroundings of Lumbini have the remains of many of the ancient stupas and monasteries. A large stone pillar erected by the Indian Emperor Ashoka in 250 BC bears an inscription about the birth of the Buddha. An important part of Lumbini is the temple of Maya Devi. It has a stone image of Maya Devi giving birth to Lord Buddha as she holds onto a branch.

An important archeological site near Lumbini, Kapilvastu evokes the ancient palace where Lord Buddha spent his formative years. Scattered foundations of the palace are abundant and archeologists have by now discovered 13 successive layers of human habitation dating back to the eighth century BC.

**Access:** Siddhartha Highway connects Lumbini by road to Pokhara, Tansen and Kathmandu. Regular flights from Kathmandu to Siddharthanagar, which is a 15 - 20 minute drive from Lumbini, connects Lumbini to the capital.

## Itinerary A: Lumbini Tour

**Day 01:** Arrival at Kathmandu transfers to Hotel Overnight at hotel

**Day 02:** Kathmandu city sightseeing place to visit Bouddha Nath , Copen Monastery, Swayambhu Nath stupa, Bonpo Monastery, Patan Golden Temple (Varna Mahabihar) back to hotel, Overnight

**Day 03:** Drive to Pokhara check in Hotel, overnight

**Day 04:** Early in the morning sunrise trip to Sarankot back to Hotel. Afternoon Pokhara city sightseeing place to visit - Tibetan monastery, Seti River George. Tibetan Refugee camp, Devi's waterfall and Japanese stupa, Overnight

**Day 05** After breakfast drive to Lumbini Overnight

**Day 06:** Lumbini sight seeing place to visit Japanese temple, Chinese temple, ASOKA PILLER , Vietnam Temple Buddha birth place, Maya Garden and many more other Buddha stupa, back to hotel Overnight.

**Day 07:** Back to Kathmandu, Overnight

**Day 08:** Departure to onward Destination.

## **Itinerary B: Lumbini Tour**

**Day 01: Arrival at Kathmandu** Meet the guide at the airport and transfer to Hotel.

**Day 02: Kathmandu-Nagarkot** Drive to Nagarkot via Bhaktapur city, evening sunrise program, overnight Hotel.

**Day 03: Nagarkot-Kathmandu** After sunrise back to Kathmandu. Afternoon Kathmandu city sightseeing place to visit Pashupatinath, Bouddha Nath , Budhanilkantha, Balaju water, Swayambhu Nath stupa (Monkey's temple) Kathmandu Durbar Square and Patan Durbar Square with Krishna Temple, overnight Hotel.

**Day 04: Kathmandu-Pokhara** Drive / fly to Pokhara check in Hotel, overnight.

**Day 05: Pokhara** Early in the morning sunrise trip to Sarankot back to Hotel. After noon Pokhara city sightseeing place to visit - Bindhabasini Temple, Seti River gorge, Gorkha Museum, Devi's waterfall, Mahadev Cave and visit the Barahi Temple by boat ride in Fewa Lake.

**Day 06: Pokhara-Chitwan** Drive to Chitwan, Arrival in Resort, Refreshment, Briefing about the programme, After lunch Visit to Tharu Village National Park's visitors' center, Sunset view from the river bank, Dinner with Tharu Culture Dancing programme , Overnight

**Day 07: Chitwan** After Breakfast Dugout canoe trip followed by a nature walk programme or visit to Elephant breeding farm, back to Resort After lunch Elephant back safari programme, leisure, overnight,

**Day 08: Chitwan-Lumbini** After breakfast Bird watching Tour, drive to Lumbini, Overnight.

**Day 09: Lumbini-Kathmandu** At AM visit the ASOKA PILLAR that marks the spot of Buddha's birth, Maya Garden and many other monasteries and temples in the vicinity. **Late morning**, leave Lumbini for Kathmandu.

**Day 10: Departure to onward Destination**

## **Visitors Information**

Nepal -a country of amazing extremes is the home of the world's highest mountains, historic cities and the forested plains where the lordly tigers and the great one-horned rhinoceros trundle at ease. In fact enchantment is everywhere-for anyone in search of Shangri-La.

### **GENERAL INFORMATION**

#### **Entering Nepal**

**Traveling by road :** All visitors entering Nepal by land must use no other entry points other than (1) Kakarbhitta (2) Birgunj (3) Belhiya, Bhairahawa (4) Nepalgunj (5) Dhangadi (6) Mahendra Nagar in the Nepal -

India border and (7) Kodari in the Nepal - China border. The overland tourists entering the Kingdom with their vehicles must possess an international carnet.

**Traveling by air:** You can fly directly to Kathmandu from London , Paris , Frankfurt , Vienna , Amsterdam , Moscow , Osaka , Shanghai , Bangkok , Hongkong, Sharjah, Dubai , Dhaka , Karachi , Abu Dhabi , Bahrain , Doha , Paro, Lhasa , Singapore , Delhi , Mumbai, Patna , Calcutta , and Varanasi . Charter flights can also be arranged for large movements. All flights feature business class and amenities of international standards. Many a time, the Capital offers a guided sightseeing of the Himalaya for no extra charge .

### **Customs / airport**

**Custom:** All baggage must be declared and cleared through the customs on arrival at the port of entry. Passengers arriving at Tribhuvan International Airport , Kathmandu (TIA) without any dutiable goods can proceed through the Green Channel for quick clearance without a baggage check. If you carrying dutiable articles, you have to pass through the Red channel for detailed customs clearance.

**Import:** Apart from used personal belongings, visitors are allowed to bring to Nepal free of duty cigarette (200 or cigars (50), distilled liquor) one 1.15 liter bottle), and film (15 rolls). You can also bring in the following articles free of duty on condition that you take them out with you when you leave: binoculars, movie or video camera, still camera, laptop computer, and portable music system.

**Export:** It is illegal to export objects over 100 years old (sacred images, paintings, manuscripts) that are valued for culture and religious reasons. Visitors are advised not to purchase such items as they are Nepal 's cultural heritage and belong here. The Department of Archaeology has to certify all metal statues, sacred paintings and similar objects before they are allowed to be sent or carried out of the country. We'll assist you in this process.

**Airport tax:** Passengers departing from the Tribhuvan International Airport Kathmandu (TIA) are required to pay an airport tax of NRs. 791.00 if going to SAARC countries ( Bangladesh , Bhutan . India , Maldives , Pakistan and Sri Lanka ) and Rs.1130.00 to all other international destinations. Domestic airport tax is Rs. 170.00 for all nationals including Nepalese.

**Tourism Service Tax:** All Travellers other than Nepalese are required to pay NRS. 565.00 at the airport at the time of departure.

### **Visa regulation**

- **Indian Nationals** do not require visa. However, effective from October 1,2000 , Indians traveling to Nepal by air have to show upon arrival at entry point either a passport, Voter's identity card with photograph issued by the central or state government of India . Temporary identity card with photograph issued by Nepal-based Indian diplomatic missions for identification of Indian nationals will also be considered in case of exceptions. Children under 10 years need not show any identification.
- Free Visa for Tourist from SAARC Country as well as China . Likewise the Government has also waived visa fees for any tourist entering for a period of three days. Free visa for any national for re-entry who have stayed at least for 15 days and more in the country.
- Visa Fee:
  - Single entry - US\$ 30 days for 60 days
  - Multiple entry - US\$ 50 + US\$30

Visa will be extended subsequently for 30 days each upon payment of US\$ 30 for a maximum period of 150 days in a visa year (Jan-Dec). Visa can be obtained either on arrival in Nepal or from Nepalese Embassy or Consulate or other Mission offices abroad. Two passport size photographs required. Indians do not require visa to visit Nepal . However, they require to be in possession of any one of the following documents while travelling between the two countries.

- Valid national passport
- Photo identity card issued by the government of India/any State Government or Union Territory/Administration in India/Identity Cards issued by the Election Commission of India. (Except Tatkal Identity Cards issued by the Ministry of Railways).
- Children between 10-18 years age group are allowed to travel by air on the strength of a passport or photo identity card issued by the Principal of their school or college.
- Emergency Certificate issued by Embassy of India , Kathmandu to Indian nationals in case of emergent conditions.
- Children up to the age of 10 years will not require the above-mentioned documents for travelling between India and Nepal , by air.

### **Currency & Credit Cards**

Payment in hotels, travel agencies, and airlines are made in foreign exchange. Credit cards like American Express, Master and Visa are widely accepted at major hotels, shops, and restaurants. Remember to keep your Foreign Exchange Encashment Receipt while making Foreign exchange payments or transferring foreign currency into Nepalese Rupees. The Receipts may be needed to change leftover Nepalese Rupees into hard currency before leaving the country, however, the bank may convert only 10 percent of the total amount.

### **Climate**

Nepal has a typical monsoonal two - season a year. There is a dry season from October to May and there is the wet season, the monsoon, from June to September. September - November, the start of the dry season, is in many ways the best time of the year in Nepal . When monsoon just ends, the countryside is green and lush. Nepal is at its most beautiful and during this season there are plenty of colorful festivals to enjoy. [Click here for Temperature Chart](#)

### **Clothing:**

clothing depends on place and time, however, it is recommended to have both light and warm clothing. Medium-weight and easy-to-wash cottons are a good choice year-round in the Kathmandu Valley . From October to February, woolen sweaters, jackets or similar other outfits are essential. Short or long sleeved shirts are comfortable for March to May. From June to September, light and loose garments are advisable. In the mountain areas warm clothes are generally a must be need. Down quilt jacket and under trousers are recommended for high altitude trekking.

### **Health guide**

**Insurance:** Travel insurance policies that cover theft, loss and medical treatment are recommended. Make sure the insurance also cover the activities that you will be undertaking during your stay in Nepal such as trekking, river rafting, wildlife safaris, climbing and such other activities.

**Medical Kit:** A simple but adequate Medical Kit can be most useful without taking much space in your baggage. The following is recommended as tried and true list of items.

- Aspirin or Panadol - for pain or fever.
- Antihistamine - useful as a decongestant for colds, allergies, to ease the itch from insect bites and stings

or to help prevent motion sickness.

- Antibiotics - useful if you are traveling well off the beaten track but they must be prescribed.
- Kaolin preparation (Pepto-Bismol), Imodium or Lomotil - for stomach upsets.
- Rehydration mixture - for treatment of severe diarrhoea.
- Antiseptic, Mercurochrome and antibiotic powder or similar 'dry ' spray - for cuts and grazes.
- Calamine lotion - to ease irritation from bites or stings.
- Bandages and Band-Aids - for minor injuries.
- Scissors, tweezers and thermometers.
- Insect repellent, sun block, suntan lotion, chopsticks and water - purification tablets.
- Throat lozenges (Strepsils).
- Moleskin.
- Eye, nose and ear drops.
- Acetaminophen (Paracetamol).
- Antacid tablets.

### **Prevention, the best medicine:**

Care in what you eat and drink is the most important health rule. The number one rule is don't consume the water including ice. Reputable brands of bottled Water or soft drinks are generally fine. Take care with fruit juice, particularly if water may have been added.

### **Cultural shocks and a few tips (Some Do and don't)**

with its diverse ethnic groups and traditional beliefs, Nepal has numerous cultural practices that may appear unusual to a person on his/her first visit to the country. However, to enjoy your stay in this remarkable country of white Himalayas and sparkling rivers it is important to take into consideration the different cultural aspects of the country.

### **Time and Business Hours**

Nepal is five hours 45 minutes ahead of GMT.

### **Holidays:**

Nepal observes numerous holidays, at the least a couple in a month. So please check the holiday calendar. Government offices observe all the national holidays and banks observe most of them. Businesses observe major holidays only

### **Festivals and calendar**

Nepal has more festivals than the number of days in a year. A festival is always a meaningful and memorable event in the life of Nepalese people. Every festival has some purpose to serve. From bringing in the rain to honoring the dead or averting calamities, every festival has something spiritual about it. Festival is a way of life in Nepal . With the number of festivals that Nepal has, it is one of the best ways to understand and appreciate the Nepalese ways of life. The date of Nepali festivals are according to the lunar calendar. Hence the date of festivals varies from year to year. [Festival in Nepal](#)

### **Communication Facilities**

**Postal Services :** The Central Post Office located near Dharahara Tower , is open from 9 a.m. to 5 p.m. Monday through Friday. The counters are open from 7 a.m. to 4 p.m. and provide stamps, postcards and aerograms. Post Restante is available Monday through Friday from 9 a.m. to 5 p.m. Express Mail Service ( EMS ) is available at GPO and at Thamel, Basantapur and airport postal counters.

**Telephone Services :** Telephone, fax, telex and telegraph services are available at the Nepal

Telecommunications Corporation at Tripureshwar. Hotels and private communications centers provide long distance telephone. For calling from outside, country code for Nepal is 977 and the area code for Kathmandu is 1.

**Internet Services :** Several Internet cafes and communication centers have opened up in the Valley and around the country in the past few years. Visitors only have to find a place they are most comfortable in to use the facilities to keep in touch with home. E-mail and Internet services are also offered by hotels.

## **THINGS TO DO**

Trekking and mountain climbing are still the most popular sport among visitors. Rafting on white water mountain streams across the typical cross section of Nepal 's geography is equally popular. Jungle safari in the Terai is preferred by visitors interested to see Nepal 's rare varieties of animals and birds. Nepal also offers bungy jumping above the wild waters of River Bhote Koshi. Canyoning to explore the rugged and out-of -reach landscapes is another option at the site.

**Mountaineering:** With eight of the highest peaks in the world, Nepal has been the focus of some of the most outstanding achievements in the world of mountaineering. For many decades the dauntless icy peaks have posed as challenge to those who dare. There are some 326 peaks in Nepal open for mountaineering today. Government of Nepal opened around 175 peaks in the last two years to mark the Mount Everest Golden Jubilee Celebrations.

Climbing permit to scale the Nepal Himalayas is issued in all seasons by the Mountaineering Section of the Ministry of Culture, Tourism and Civil Aviation. Certain official documents are required to seek permission for climbing peaks. Around 121 peaks do not require liaison officer for expedition.

**Trekking:** Nepal offers excellent trekking options to visitors from the easy walking excursions to the strenuous climb of the snowy peaks. The most rewarding way to experience Nepal 's natural embellishment and cultural assortment is to walk through the length, breadth and the altitudes of the country. Trekking in Nepal is a big part of the ultimate Himalayan adventure and a majority of tourists have trekking as a part of their itinerary.

One can also trek on ponies in some remote places, which is equally enthralling for visitors. Pony treks follow nearly the same routes and are offered mostly in western region of Pokhara, Dolpo and Lo Manthang (Mustang).

**Jungle Safari:** Royal chitwan and bardiya national parks and royal suklaphanta wildlife reserve offer exciting safari holidays. Jungle activities here include venturing into deep jungle on elephant back or four wheel drive to view wild animals in their natural habitat, canoe rides on the Jungle Rivers , nature walks, bird watching and village tour excursions.

**Rafting:** Nepal has earned the reputation of one of the best destinations for white water rafting. Cruising down rushing rivers of crashing waves and swirling rapids can make up excitement of a lifetime. Rafting trips for some is the highlight of their stay in Nepal . The waters in Nepal offer something for everybody: Grade 5-5+ rivers with raging white water rapids for the adventurous, to Grade 2-3 rivers with a few rapids for novices. Rafters also have a choice ranging from two to three-week trips to trips of two or three days.

**Village Tours :** Village tours allow visitors to experience a stay in a typical Nepali village. This gives visitors an opportunity to observe the rich Nepalese cultural tradition from the closest quarter and intermingle with the locals. Besides, any expenses made at that level directly contribute to the welfare of the local community, hence giving the visitor a sense of satisfaction. Village tours are conducted in Sirubari, Gorkha and other places.

**Sight-seeing:**

For those who can not withstand the rigorousness of mountain climbing there are mountain flights which fly around Mt. Everest and other summits providing a close-up view of the top of the world? On a clear day, the hill resorts of Nagarkot (32 km East of Kathmandu), Dhulikhel (32km) and Daman (80 km southwest of Kathmandu) afford magnificent views of Mt. Everest and the entire Himalayan range. For the less adventurous, Pokhara, the lake city of Nepal provides ample opportunities for fishing, swimming, canoeing and boating along with majestic panoramic views in its background.

**Shopping** : Shopping in Nepal is easy. With a little money and some time one can obtain the best buys this little kingdom has to offer. It will be helpful to have a Nepali for company if a huge shopping project is at hand. Common tourist shopping items include souvenirs and trinkets like gems and jewelry. However, one should be careful while buying jewelry as assessing their quality is difficult. Hand-woven cotton fabric is a popular buy among visitors. Some buy pashmina that this Himalayan region is famous for and some also buy fresh tea and spices.

**Entertainment** : Visitors have a choice from a potpourri of amusements. They can: partake in cultural shows that include theater and local art; wine and dine at premier hotels that provide excellent service; enjoy music and dance at newly-opened discotheques; try a luck at rummy or blackjack at one of our casinos; enjoy a game of golf in our Himalyan serenity; or just watch a movie as cozy twosome in one of our movie theaters

### **World Heritage sites (Culture)**

- Swayambhu Nath,
- Bouddha Nath
- Pashupati Nath
- Bhaktapur Durbar square
- Kathmandu Durbar square
- Patan Durbar square
- Changunarayan
- Lumbini

### **World Heritage sites (Nature)**

- Everest National Park
- Chitwan National Park

### **Popular Tourist Destination (By road/Air)**

Kathmandu, Patan, Bhaktapur, Nagarkot, Dhulikhel, Gorkha, Pokhara, Baglung, Tansen, Lumbini, Janakpur, Bardia, Chitwan, Dhankuta, Dharan, Ilam, Dolakha, Kosit Tappu etc.

### **Popular Tourist Destination (By Trek)**

Annapurna, Jomsom, Manang, Mustang, Dolpo, Rara, Jumla, Lukla, Syangboche, Larke, Rolwaling, Khaptad, Manaslu, Makalu - Barun, Gosainkunda, Langtang, Helambhu, Namchebazar, Muktinath, Kanchanjunga

### **Accommodation**

Nepal has every category of accommodation facilities that range from the international standard star hotels to budget hotels and lodges. In order to have an assured quality service, it is advisable to use the facilities and services of government registered hotels, lodges, travel agencies, licensed tour guides only and engage an authorized trekking guide or porter only through a registered travel and trekking agency.

## What is included in the price?

1. Hotel / Airport pick up & drop by private car / van / bus
2. Accommodation as required by you or as specified in the appropriate itinerary
3. Guided tour by private car / van / bus
4. Your entire standard Meals during the tour if appropriate (Breakfasts, Lunches, Dinners).
5. Local licensed English speaking Guide
6. All our government taxes
7. Official expense

## What is not included in the price?

1. Certain lunches and dinners as explained in the tour itinerary
2. Your travel insurance (compulsory)
3. International airfare and airport departure tax
4. Appropriate visa fees
5. Alcoholic, cold and hot drinks, laundry
6. Tips for staff and driver (Tipping is expected)
7. Certain sightseeing/monument entrance fees
8. Any others expenses which are not mentioned on Price Includes section

## Trip Fact

- **Trip code**EHCS-45925
- **Destination**Nepal
- **Duration**8 days / 7 nights
- **Season**Ever
- **Group Size**2-12pax
- **activities**Lumbini Tour