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1. Namobuddha Monastery Hike

2. Overview

Namobuddha Day Hike: Just Outside Kathmandu. Welcome to the perfect one-day vacation for your mind and body. The Namobuddha Monastery Day Hike is more than simply a walk; it's a peaceful trip back in time…

3. Itinerary

Detailed Namobuddha Monastery Day Hike Itinerary

Our full-day program is designed to give you the best experience possible by combining physical activity with plenty of time for reflection and cultural activities at the monastery. **Phase 1: The Departure and Drive (7:00 AM – 8:30 AM)** 07:00 AM: Hotel Pickup & Briefing: Your professional guide will meet you at your designated hotel (within Kathmandu/Patan/Bhaktapur). A detailed weather check, trail briefing, and introduction to the day's historical context will be provided during the drive. 07:15 AM: Departure from Kathmandu: We start our trip east, leaving the busy city area behind. The trip itself is beautiful, going through ancient towns like Sanga, which is known for its huge Shiva statue. 08:30 AM: Arrival at the Trailhead (Dhulikhel/Panauti Region): We commonly start the hike from a good spot that gives us a good trail balance, which is usually near Dhulikhel or the historic Newari settlement of Panauti (the route we take depends on the current trail conditions and what our guide suggests). The last steps of getting ready, checking hydration, and stretching begin. **Phase 2: The Ascent and Newari Heartland (8:30 AM – 11:30 AM)** 08:45 AM: The Initial Trek: This part of the hike goes up gradually and steadily through terraced farms that are typical of the mid-hills of Nepal. The trail has great views for photographers of how farming works. 09:30 AM: Passing Through Villages: As we walk a little, we see the real Newari farm communities. This is a chance to see traditional mud and brick houses and talk to residents in a pleasant way. 10:30 AM: Forest Canopy & Ridgeline Approach: The path goes from wide pastures to a cool pine and rhododendron forest. The slope gets a little steeper here, with stone stairs and the natural forest floor. Your guide will give you breaks to drink water and tell you about the plants and animals in the area. 11:30 AM: Get to the Lower Monastery Gate/Viewpoint: When the weather is good, we get to the top of the ridge, where we can see the Himalayas for the first time in all their glory and have a wide view of the valley below. **Phase 3: Monastery Experience and Lunch (11:30 AM – 2:00 PM)** 11:45 AM: Visit to the Thrangu Tashi Yangtse Monastery: This beautiful, busy complex is the center of the site. Monastic Observation: See the monks' prayer wheels, listen to the daily chants (if they are scheduled), and study the beautiful Newari and Tibetan architectural elements. The Hall of Assembly: If allowed, a short, quiet visit to the main prayer hall to admire the detailed paintings and big Buddha stupas. 1:00 PM: Traditional Nepali Lunch: You can have traditional Nepali Dal Bhat (rice, lentil soup, and curried veggies) at a clean, locally-owned restaurant or guest house near the monastery. Note: You can only have veg-option in the menu inside the monastery restaurants. **Phase 4: Reflection and Return to Hotel(2:00 PM – 6:00 PM) 2:30 PM: The Sacred Stupa (Namobuddha Stupa):** We go to the most important place, the original sacred stupa. Your guide will tell you the whole story of Prince Mahasattva and the tigress, and then you will have time to think about it and walk around. We will explore everything inside the monastery and around the monastery. There are also small shops from where you can buy souvenirs like Buddhist Prayer Beads(Mala). **4:00 PM: Arrival at the Vehicle Pickup Point:** We will reach the parking zone of the Namobudhha monastery and take a ride in our private area and head toward Kathmandu. **6:00 PM: Drop off** While enjoying the evening view we will reach Kathmandu in around 2 hours. After that you can check in your hotel.

5. Cost Includes

6. Cost Excludes

7. Equipment / Packing List

We suggest packing light but smart:

- **Footwear:** Bring comfortable hiking shoes.
- **Clothing:** Pack the dress according to the season you choose for travelling.
- **Rain/Sun Protection:** Carry high-SPF sunscreen, sunglasses and light waterproof jacket(if you are trekking in monsoon season,June–Aug).
- **Hydration:** Reusable water bottle (1.5–2 liters capacity).
- **Essentials:** Small daypack (15–20L), personal medication, hand sanitizer, small blister kit.
- **Cultural:** You can bring meditation items, prayer items to use in the monastery.