

**Lama Adventures Pvt. Ltd.**

# **Spiritual and Yoga Tour**

<b>Duration</b>	<b>Region</b>	<b>Type</b>
<b>7-10 Days</b>	<b>Nepal</b>	<b>Activity</b>

## **Overview**

The Cultural and Spiritual Tour is an exceptional tour offered for people interested in learning about spiritualism and the Nepalese culture which has been around for thousands of years. Despite being a relatively small country, Nepal is extremely rich in culture, tradition, religion, landscapes and also has 123 languages spoken by people from different zones, districts, regions and cities of Nepal. This tour will give you a taste of both the cultural and natural sights of Nepal by taking you to the very birthplace of Lord Buddha—Lumbini, and Namobuddha, from where you can understand and learn about the birth and spread of Buddhism. While getting educated about religion, you will also be able to witness the beauty of Kathmandu, Lumbini and Namobuddha. All the hotels we will be using are conveniently located near the touristic sites but designed in a very natural and scenic way to showcase rather than disrupt its surroundings. While in Kathmandu, you can take a dip in the infinity pool next to the hotel rooftop bar while taking in the view of Kathmandu City. If you're looking for a complete combination of nature, history, religion, culture and lifestyle, then this is a once in a lifetime journey. The main highlights of this tour are visiting several World Heritage Sites, visiting monasteries and conversing with monks, learning about ancient Hindu and Buddhist sacred places and history, while enjoying the food, culture, lifestyle and people.

## **Itinerary**

## **Inclusion / Exclusion**

## **Cost Includes**

All airport and hotel transfers  
Hotel stay in Kathmandu on Bed & Breakfast basis  
Professionally trained and experienced tour guide and assistant guides  
Welcome/or Farewell Dinner  
Transportation in our private company vehicle  
Entrance permit and fees for all the Heritage sites  
All government and local taxes

## **Cost Excludes**

Personal equipments.  
Personal travel Insurance.  
Lunch & dinner in Kathmandu.  
Emergency Rescue evacuation.  
Personal expenses/Bar bills.  
Tipping for trekking staff.

Lama Adventures Pvt. Ltd. - [www.lamaadventure.com.np](http://www.lamaadventure.com.np)