

Duration: 7 Days

Grade: Easy

Group Size: 1-15 Pax

Trip Code: HEC101

FROM

USD \$1500

PER PERSON

Trip Highlights

- Participate in a circuit tour through Nepal's most sacred Buddhist culture and heritage sites.
- Chance to meditate where monks have practised for centuries.
- Experience spiritual rituals that bring Buddhist teachings to life.
- Opportunity to explore and closely delve into the importance and significance of UNESCO sites like Swayambhunath, Boudhanath, Patan Durbar Square, and Bhaktapur Durbar Square.
- Visit Maya Devi Temple in Lumbini, the birthplace of Lord Buddha.
- Engage with local monks, join optional meditation and yoga sessions, and reconnect with your inner stillness.
- Enjoy a balanced mix of culture, spirituality, gentle walking, and mindful moments, perfect for all ages and fitness levels.
- Travel comfortably with guided tours, curated experiences, and the warm hospitality of Mercy Holidays.

Overview

With a total itinerary count of 6 to 7 days, the Buddhist Circuit Tour is a peaceful and culturally-rich package designed for travellers who want to experience Nepal through its deepest spiritual roots. Instead of strenuous trekking journeys, this package focuses on calm movement, mindful moments, and rich heritage.

Our journey in the **Buddhist Circuit** begins as you arrive at Tribhuvan International Airport (Kathmandu). From there, our local representatives will receive you and drive you to the hotel for orientation and a briefing about the Buddhist Culture Circuit Trip. Besides, we will also participate in the evening meditation and cultural welcome program on the first day.

From the second day, we take exploration and cultural visits together. Our guides take you to visit different significant places in Kathmandu, including Syawambhunath stupa (Monkey temple), Boudhanath Stupa, before advancing towards the Patan Durbar Square. Besides, you will also have an option to visit the Kopan Monastery for a meditation session while wandering around Kathmandu.

As you move into Patan and Bhaktapur, the experience shifts toward craftsmanship, architecture, and ancient Buddhist influences embedded in local art. More golden temples, intricate courtyards, and centuries-old shrines reflect the true Buddhist charms. After that, we also visit Lumbini, the birthplace of Gautam Buddha, also one of the most spiritually significant sites in the world. This part of the circuit often becomes the emotional highlight for many travellers. Lumbini's sacred garden, peaceful prayer flags, international monasteries, and the Maya Devi Temple create a setting that feels calm, grounding, and timeless.

Throughout these 6 to 7 days of the Buddhist Circuit Tour, Mercy Holidays provides you with in-depth insights about each place. Moreover, our itinerary also includes time to rest, journal, or explore at your own pace. So, it will just be an easy tour with an abundance of knowledge to gain.

Day-by-Day Itinerary

Day 1 Arrival in Kathmandu

Stay: Hotel

As you arrive at the Tribhuvan International Airport (Kathmandu), the local representatives from Mercy Holidays welcome you with a warm smile before transferring you to the hotel. Once you settle in, you'll join a friendly orientation designed to help you understand the significance of the Buddhist Circuit. This introduction is very important to create a sense of purpose and prepare your heart for the sacred sites ahead.

In the evening, you can choose to join a meditation session that encourages stillness and presence. Other than that, the Mercy Holidays team also arranges a cultural welcome program offering a peaceful immersion into Nepal's traditions. After that, it's your time to sleep for the night before we begin the Buddhist Cultural Tour.

Day 2

Kathmandu Sightseeing (Buddhist Heritage Exploration)

Stay: Hotel

After spending a warm and cozy night in the hotel, the guides will take you sightseeing around Kathmandu. The sightseeing journey begins with a visit to Swayambhunath Stupa, a timeless spiritual sanctuary perched above the Kathmandu Valley. Decorated by prayer flags, monks chanting, and bells ringing, the Swayambhunath Stupa offers a pure blend of peace and cultural significance. Walking through this sacred space invites you to slow down, breathe deeply, and connect with centuries of Buddhist devotion.

After spending some time in Swayambhunath Stupa, we advance towards Bouddhanath Stupa, another UNESCO World Heritage Site. The stupa is believed to radiate powerful spiritual energy, attracting monks, pilgrims, and travellers from across the Himalayas. Its massive mandala design is said to represent the path to enlightenment, offering a deep sense of harmony as you join the gentle kora circling its base.

Alternatively, you can also visit the Kopan Monastery today, where you can simply sit with the practicing monks and experience structured meditation in a peaceful Tibetan Buddhist setting. In the evening, we return to the same hotel for dinner and an overnight stay.

Major Highlights

- Deep spiritual immersion at Swayambhunath, the iconic hilltop stupa.
- Peaceful kora and sacred ambience at the majestic Boudhanath Stupa.
- Optional retreat-style meditation experience at Kopan Monastery.
- Guided insights into Buddhist symbolism, rituals, and cultural meaning.
- Quiet return to the hotel for reflection and a restful evening.

Day 3 Patan & Bhaktapur Cultural Exploration

Stay: Hotel

Wake up, have breakfast, and again, it's time to set out for the cultural exploration. We begin the third day with a peaceful morning visit to the Patan Durbar Square. This durbar square is a masterpiece of Newar craftsmanship shaped by the valley's strong Buddhist roots. The Golden Temple at Patan stands as one of Nepal's most revered Buddhist monasteries, known for its glowing bronze carvings, sacred courtyard, and daily rituals led by local priests. Besides, the temple also honours Avalokiteshvara, the Bodhisattva of Infinite Compassion, inviting visitors to experience a moment of heartfelt stillness.

Other than the temples and craftsmanship, Patan also has a lot of local food places that we encourage you to visit. After that comes Bhaktapur Durbar Square, another Durbar Square that deepens the cultural journey with its beautifully preserved palaces, temples, and artisan squares. This historic city feels like a living museum, where Buddhist and Hindu traditions blend through ancient woodwork, pottery, and stone architecture.

Major Highlights

- Morning exploration of Patan Durbar Square's ancient Buddhist-influenced artistry.
- Visit to the Golden Temple, rich with rituals and devotional meaning.
- Opportunities to taste local Newari cuisine and explore hidden courtyards.
- Immersive heritage walk through Bhaktapur's timeless palaces and temples.
- Hands-on encounters with traditional craftsmanship, pottery, and sacred art.

Day 4 **Travel to Lumbini (Birthplace of Buddha)**

Stay: Hotel

The fourth day marks the beginning of a deeply meaningful journey of the entire Buddhist Cultural Tour. After a fulfilling breakfast, we get on the bus, which takes about 9 to 11 hours. You can also choose a flight to Lumbini, but regardless of which transportation medium you choose, a symbolic transition is assured. Just see how amazingly we go from the bustle of the city into the quiet plains where the Enlightened One was born.

Reaching Lumbini, we can experience a calm energy of the region unfolding and welcoming you into a landscape of sacred history. As we settle in the hotel, rest for a while, and get refreshed, it's time to explore Lumbini. Firstly, we visit the Maya Devi Temple, the exact spot where Gautam Buddha entered the world. The sacred garden surrounding the temple holds centuries of devotion, reflected in ancient ruins, serene ponds, and soft chants of visiting pilgrims. Other than that, Lumbini also has monastic zones with monasteries built by countries like Thailand, Japan, Germany, and Sri Lanka.

Major Highlights

- Scenic travel from Kathmandu to Lumbini
- Peaceful visit to the Maya Devi Temple, Buddha's birthplace.
- Walk through the tranquil, sacred garden filled with historic ruins.
- Exploration of international monasteries with diverse Buddhist styles.
- First deep encounter with the spiritual heart of the Buddhist world.

Day 5 **Lumbini Exploration**

Stay: Hotel

The second day in Lumbini begins with a renewed sense of calm as you explore more of this UNESCO World Heritage Site. Today, the guides take you to the Ashoka Pillar, an ancient stone inscription that confirms Buddha's birthplace through Emperor Ashoka's pilgrimage in the 3rd century BCE. Let us tell you that this pillar does not just stand here as a historical record but also represents the far-reaching influence of Buddhist teachings. After visiting the Ashoka Pillar, we will also visit the World Peace Pagoda, another serene destination at Lumbini.

Once all of these explorations are done, you can join an optional meditation or yoga session. This session is designed to help you absorb the spiritual stillness of Lumbini. These practices often feel more meaningful here, where the atmosphere is naturally peaceful and grounding. In the afternoon, Mercy Holidays also provides you with the chance to interact with local monks, listen to their stories, and gain insights into their daily discipline and spiritual practices.

Major Highlights

- Visit the Ashoka Pillar and the World Peace Pagoda
- Optional yoga/meditation session
- Cultural interaction with local monks

Day 6 **Return to Kathmandu**

Stay: Hotel

After such an inspirational, informational, and cultural tour, it's time for us to return to Kathmandu from Lumbini. The flight or drive back gives you time to reflect on everything you've witnessed. From sacred temples to serene monasteries and peaceful meditation moments, you'll have time to think about them all. As you reach Kathmandu, our team will drive you to the hotel where you can freshen up.

Today, the afternoon is all yours to enjoy at your own pace. You may choose to shop for souvenirs, explore hidden alleys, or simply rest. In the evening, Mercy Holidays hosts a farewell dinner where the group comes together one last time. It's a warm, shared moment to celebrate the journey, exchange stories, and express gratitude for the spiritual path you've walked.

Day 7 **Departure**

Finally, it's a wrap for the 7 Day Buddhist Circuit Tour with Mercy Holidays. Our team ensures a smooth and timely transfer to Tribhuvan International Airport, assisting you with everything needed for a comfortable departure. Also, we believe that the teachings, sights, and serenity of this journey stay with you even after you return to your home.

If you have any other plans to advance in Nepal, make sure to talk to us for the arrangements.

What's Included

Cost Includes

- Airport pickup/drop off
- Permits and Passes are needed to enter all the sacred areas
- Accommodation and food in Lumbini and Kathmandu
- Daily breakfast and selected meals as per the itinerary.
- Professional, friendly English-speaking guide with knowledge of Buddhist heritage.
- Meditation or cultural sessions are arranged where applicable.
- Support from Mercy Holidays' team throughout the journey.

Cost Excludes

- International airfare to and from Nepal.
- Nepal visa fees and any personal travel insurance.
- Lunches, dinners, and beverages not mentioned in the itinerary.
- Optional activities such as yoga sessions or additional monastery visits.
- Personal expenses, such as souvenirs, tips, and snacks.
- Any extra costs due to delays, natural events, or unforeseen circumstances.
- Services not listed under "What's Included."

Trip Notes

Which is the best season for the Buddhist Circuit Tour?

The Buddhist Circuit is a cultural and spiritual journey, and the season you travel in can shape the entire experience. Spring (March to May) and autumn (September to November) sit as two of the best seasons to go for the Buddhist Circuit Tour, as these are two of the most ideal seasons for any adventures or tours. These months bring clear skies, warm days, and pleasant temperatures, making walks around temples, monasteries, and heritage zones much more comfortable. Spring offers blooming flowers and gentle weather, creating a serene atmosphere around Lumbini's sacred garden and Kathmandu's hilltop stupas. Autumn, on the other hand, brings crisp air, vibrant landscapes, and excellent visibility for sightseeing.

Travel during winter (December to February) is also possible if you enjoy cooler mornings and quieter sites. Moreover, this season also offers a lesser crowd, offering more space for peaceful reflection, especially around places like the Maya Devi Temple or the Golden Temple in Patan. Monsoon season (June to August) has its own charm with lush surroundings and fewer visitors, but rainfall may occasionally affect travel plans.

What is the Difficulty Level of the Buddhist Circuit Tour?

The Buddhist Circuit Tour is designed to be easy to moderate, making it accessible to travellers of almost all ages, including seniors and families. The journey focuses on cultural exploration, light walking, and mindful visits to sacred sites rather than trekking or strenuous activities. Most locations, such as Swayambhunath, Boudhanath, Patan, Bhaktapur, and Lumbini, are active heritage spaces where you'll walk through courtyards, temple paths, and monastic zones at a relaxed pace.

One perfect thing is that this is not a high-altitude trekking route but a tour and exploration tour. However, we still recommend travelers to wear comfortable shoes and also be ready with a basic level of mobility. As a whole, the Buddhist Circuit Tour is an easy exploration tour where the travelers can learn a lot about Buddhism, culture, and tradition of Kathmandu Valley and Lumbini.