

## Kathmandu Day Hiking - 1 Days

### SWAYAMBHUNATH STUPA

Swayambhunath Stupa is the most ancient and enigmatic of all the holy shrines in Kathmandu valley. Its lofty white dome and glittering golden spire are visible for many miles and from all sides of the valley. Historical records found on a stone inscription give evidence that the stupa was already an important Buddhist pilgrimage destination by the 5th century AD. Its origins however, date to a much earlier time, long before the arrival of Buddhism into the valley. A collection of legends about the site, the 15th century Swayambhunath Purana, tells of a miraculous lotus, planted by a past Buddha, which blossomed from the lake that once covered Kathmandu valley. The lotus mysteriously radiated a brilliant light, and the name of the place came to be Swayambhunath, meaning 'Self-Created or Self-Existent'.

### BOUDHANATH STUPA

Boudhanath Stupa is one of the holiest Buddhist sites in Kathmandu, Nepal, located about 11 km from the center and northeastern outskirts of Kathmandu, the stupa's massive mandala makes it one of the largest spherical stupas in Nepal. The Buddhist stupa of Boudhanath dominates the skyline. The ancient Stupa is one of the largest in the world. The influx of large populations of refugees from Tibet has seen the construction of over 50 Tibetan Gompas (Monasteries) around Boudhanath. As of 1979, Boudhanath is a UNESCO World Heritage Site. Along with Swayambhunath, it is one of the most popular tourist sites in the Kathmandu area.

### PASUPATINATH TEMPLE

Pasupatinath Temple is one of the most significant Hindu temples of Shiva in the world, located on the banks of the Bagmati River in the eastern part of Kathmandu. The temple serves as the seat of the national deity, Lord Pasupatinath.

The Cow Legend Legend says that Lord Shiva once took the form of an antelope and sported unknown in the forest on Bagmati River's east bank. The gods later caught up with him, and grabbing him by the horn, forced him to resume his divine form. The broken horn was worshipped as a linga but overtime it was buried and lost. Centuries later an astonished herdsman found one of his cows showering the earth with milk. Digging deep at the site, he discovered the divine linga of Pashupatinath The temple is listed in UNESCO World Heritage Sites list.

### KATHMANDU DARBAR SQUARE

Kathmandu Durbar Square is the plaza in front of the old royal palace of the Kathmandu Kingdom. It is one of three Durbar (royal palace) Squares in the Kathmandu Valley in Nepal, all of which are UNESCO World Heritage Sites. The Durbar Square is surrounded with spectacular architecture and vividly showcases the skills of the Newar artists and craftsmen over several centuries. The royal palace was originally at Dattaraya square and was later moved to the Durbar square location. The Kathmandu Durbar Square holds the palaces of the Malla and Shah kings who ruled over the city. Along with these palaces, the square surrounds quadrangles revealing courtyards and temples. It is known as Hanuman Dhoka Durbar Square, a name derived from a statue of Hanuman, the monkey devotee of Lord Ram, at the entrance of the palace.

**Trip Cost: US\$ 95.00 for solo traveler**

**Cost Include: City tours, including of all entry fees, professional, tour guide and private vehicle**

