



## Contact Info

Location: Kathmandu Metropolitan City Ward No 22,  
Uttar Dhoka Marg, Lazimpat, Kathmandu, Nepal

Telephone: +977 1 4419145

+977 1 4417230

E-mail: [info@goingnepal.com](mailto:info@goingnepal.com)

[goingnepal@gmail.com](mailto:goingnepal@gmail.com)

Office Hour: 9.00 AM to 05.00 PM

Whatsapp Number: 9851032961

## SINGING BOWL AND HEALING THERAPY TOUR

Healing and singing bowls, deeply embedded in cultural traditions like Tibetan, Nepalese, and other Eastern cultures, are crafted meticulously from metal alloys or crystal, known for their therapeutic benefits. These bowls emit harmonious sounds and vibrations, frequently utilized in sound therapy to synchronize brain waves, promoting relaxation and reducing stress.

Beyond their auditory impact, these bowls play a crucial role in meditation, serving as aids for concentration and mindfulness.

Their cultural significance extends to ceremonial practices, notably within Tibetan Buddhism, where they are integral to various rituals and hold profound symbolic value. Holistic practices associate these bowls with energy balancing, aligning the body's chakras to promote overall well-being. In modern applications, they integrate seamlessly into alternative medicine and wellness practices, contributing significantly to stress reduction and emotional well-being. As examples of artistic craftsmanship, these bowls showcase exquisite designs reflecting both cultural heritage and aesthetic beauty.

## Includes

- Local village and schools visit on the way wherever is possible.
- Visit Tibetan carpet factory and Thangka painting while guided sightseeing tour in Kathmandu.
- Participate in harvesting and cultivation activities depending on the season.
- Monumental areas entrance fees as per the itinerary levied by the government and local authorities.
- Professional licensed local English/other language speaking guide service in

Kathmandu.

- Other festivals, and spiritual activities will be observed or participated while on tour,
- Accompanying official escort throughout the trip.
- Special souvenir on farewell / departure

## Excludes

- International flights tickets
- Nepal entry visa fee
- Travel Medical Insurance
- Emergency Evacuation Service
- Items of a personal nature such as alcoholic/nonalcoholic drinks, laundry
- Any other expenses which are not mentioned at the included section
- Tips/gratuities/Donations for driver, guides and escorts
- Force Majeure

## Itinerary

### Day 01: Arrival in Kathmandu and Transfer to the hotel in Nagarkot

Arrive at Tribhuvan International Airport in Kathmandu. Welcome, meet, and assist our Going Nepal representative & transfer to the hotel. Welcome, drink followed by tour briefing. Rest of the time you can relax inside the hotel. Dinner and Overnight at the hotel.

Elevation of Kathmandu: 1363m

Transportation: Private Vehicle

Driving distance: 1hr drive to Hotel

Meals plan: Dinner

Accommodation: 4 star Hotel

## Day 02: Sound bowl healing therapy

Early in the morning, as per the therapy instructor/ teacher, practice sound bowl healing therapy.

Sound bowl healing therapy, also known as Tibetan singing bowl therapy, is a form of alternative healing that has been practiced for centuries in Nepal and other Himalayan regions. Rooted in the ancient traditions of Tibetan Buddhism, this therapeutic practice is believed to promote physical, mental and spiritual well-being. It involves the use of metal singing bowls, each carefully crafted with a unique blend of metals, which produce soothing and resonate tones when struck or rubbed with a mallet.

Elevation of Kathmandu: 2175m

Meals plan: Breakfast/Lunch/Dinner

Accommodation: 4 Star Hotel

## Day 03: Sound bowl healing therapy

Early in the morning, as per the therapy instructor/ teacher, practice sound bowl healing therapy.

Elevation of Kathmandu: 2175m

Meals plan: Breakfast/Lunch/Dinner

Accommodation: 4 Star Hotel

## Day 04: Sound bowl healing

Early in the morning, as per the therapy instructor/ teacher, practice sound bowl healing therapy.

Elevation of Kathmandu: 2175m

Meals plan: Breakfast/Lunch/Dinner

Accommodation: 4 Star Hotel

## Day 05: Nagarkot-Patan via Bhaktapur Durbar Square

Breakfast at the hotel and check out. Transfer to the heritage hotel in Patan via Bhaktapur Durbar Square

Bhaktapur Durbar Square (World Heritage Site): Among the three Durbar squares, the Bhaktapur Durbar Square is by far the most elegant with its large open space facing south. The 15<sup>th</sup>-century Palace of 55 Carved Windows and the palace entrance, the Golden Gate - a masterpiece in repousse art - have added splendor to this palace square which consists of buildings dating from the 13th century to the 18th century. The extraordinary Durbar Square with its extraordinary monuments reflects the glory days of the Malla dynasty when art and architecture thrived in the three cities of the valley. In front of the palace building are innumerable temples and architectural showpieces like the Lion Gate, the statue of King Bhupatindra Malla mounted on a giant stone pillar, and the Batsala Temple. The stone temple of Batsala Devi is full of intricate carvings and is a beautiful example of Shikhara-style architecture. There is a bronze bell on the terrace of the temple, which is also known as the Bell of Barking Dogs. After visiting both the places drive back to Patan. Check-in and rest of the day you can explore around Patan. Lunch can be served around a nice restaurant in Patan. After exploring Patan, back to the hotel. Rest, dinner, and Overnight at the Hotel.

## Day 06: Pashupatinath, and Boudhanath Full Day Sightseeing Tour

Breakfast at the hotel. After breakfast, you will meet your guide who will show you Culturally and Historically important places around Kathmandu. You will visit Pashupatinath one of the most important pilgrimages for Hindu people from all around the world dedicated to Lord Shiva also you will witness how the cremation procedure is done at Aryaghat, a bank of Bagmati River is a worthwhile observation to understand the Hindu rituals during the funerals. Afterward, we drive to Boudhanath- Boudhanath Stupa is one of the biggest Buddhist shrines in the world, where we observe Buddhist monks in prayer in the monasteries surrounding the stupa. The Tibetan flavor is well observed in the backstreets of Boudhanath. The maroon-robed monks enchanting the holy prayers and the mega statues of Buddha indulging in different mudras is a great opportunity to grasp the practices of rich Buddhist culture. After Boudhanath, we will move to Hotel, check-in, and rest. Overnight at the hotel.

## Day 07: Swayambhunath, Kathmandu Durbar Square, and Shopping at Thamel

Breakfast and proceed for Full day tour of Kathmandu city. Today you will explore Swayambhunath and Bhaktapur Durbar Square. Both of the places are World Heritage Sites. Swayambhunath Stupa: Said to be around 2000 years old, this Buddhist Stupa sits atop 2 kilometers west of Kathmandu overlooking the valley. The oldest written reference to the stupa dates from the 5th century, but it could have existed much earlier. Moreover, a legend has it that the stupa evolved spontaneously at the time of the Kathmandu Valley's creation. Swayambhunath is famously known as the 'Monkey Temple' owing to the presence of a large number of monkeys around the area.

## Day 08: Departure

Breakfast at the hotel and timely transfer to the Tribhuvan International Airport as per your flight time for your onward destination.

## Highlights

- Exploring the cultural and historical capital of Nepal, Kathmandu, known for its temples, shrines, and palaces
- Visiting famous heritage sites such as Pashupatinath Temple, Swayambhunath (Monkey Temple), Bhaktapur Durbar Square and Patan Durbar Square
- The opportunity to experience the unique culture and way of life of Kathmandu Valley
- The chance to experience the local lifestyle, foods, and handicrafts.
- A scenic drive or a short hike to Nagarkot, a hill station located 32 km east of Kathmandu, known for its panoramic view of the Himalayas, especially Mount Everest
- The chance to enjoy the beautiful sunrise and sunset over the Himalayas from Nagarkot
- The chance to enjoy the peaceful and serene environment away from the hustle and bustle of Kathmandu city.

## Travel Information

- **Transportation:** Kathmandu and Nagarkot are well-connected by road and air. Taxis, buses and private cars are available for transportation around the city and between the two places.
- **Weather:** Kathmandu and Nagarkot have a sub-tropical climate, with temperatures varying greatly depending on the season. The best time to visit is from September to November and from March to May, when the weather is mild and clear.
- **Accommodation:** There are a variety of accommodation options available in Kathmandu and Nagarkot, including hotels, guesthouses, and homestays.
- **Food:** Kathmandu and Nagarkot offer a wide variety of food, including traditional Nepali, Indian, Tibetan, and international cuisines.
- **Culture:** Kathmandu and Nagarkot are rich in culture, history and religion. There are several temples, shrines and historical sites to visit in Kathmandu such as Pashupatinath Temple, Swayambhunath Stupa, and Kathmandu Durbar Square. Nagarkot is a popular hill station known for its panoramic views of the Himalayas and sunrises.
- **Safety:** It is generally considered a safe destination but it's a good idea to take the usual safety precautions. Be aware of your surroundings and keep your valuables safe.
- **Activities:** In Kathmandu and Nagarkot, there are many activities to do, such as city sightseeing, hiking, yoga and meditation, shopping, and cultural tours.
- **10.** It's important to be respectful of local customs and traditions, and to dress modestly when visiting temples and other religious sites.
- Some of the famous viewpoints in Nagarkot are Nala, Dhulikhel and Chisapani, which offer a great panoramic view of the Himalayas and sunrises.

## Things to know

- **Visa requirements:** Make sure to check the visa requirements for Nepal before you travel. Tourist visas can be obtained upon arrival at the airport or in advance from a Nepalese consulate or embassy.
- **Currency:** Nepalese Rupee (NPR) is the official currency of Nepal, but US dollars are also widely accepted. It's a good idea to carry cash, as credit cards and debit cards may not be accepted in some places.
- **Weather:** Nepal has a diverse climate, with temperatures varying greatly

depending on the region and altitude. It's important to check the weather forecast and pack accordingly.

- **Altitude sickness:** Altitude sickness can be a concern when travelling to higher altitudes in Nepal. It's important to be aware of the symptoms and to take necessary precautions to prevent it.
- **Food:** Nepal has a diverse cuisine, with a mix of Indian, Tibetan, and Nepalese dishes. Some traditional Nepalese dishes include Mo:Mos (dumplings), Dal Bhat (lentil soup and rice), and Chow Mein (stir-fried noodles).
- **Language:** Nepali is the official language of Nepal, but many people also speak English.
- **Culture:** Nepal is a culturally diverse country with a mix of Hindu and Buddhist influences. It's important to be respectful of local customs and traditions, and to dress modestly when visiting temples and other religious sites.
- **Conservation and sustainability:** Nepal are home to many unique and endangered species and fragile ecosystems, it's important to be mindful of environmental conservation and sustainability while traveling.