Explore Boudhanath & Buddhism

Description

The stupa, also known as the Boudhanath Stupa, is a UNESCO World Heritage Site. It is a popular destination for Tibetan Buddhists and tourists alike, and is a place of pilgrimage and spiritual significance.

There are many ways to explore Boudha and learn about Buddhism. You can visit the Boudhanath Stupa and walk around the base, spinning the prayer wheels and observing the rituals of the Tibetan Buddhists. You can also visit the many monasteries and temples in the area. Many of these monasteries and temples offer guided tours and teachings on Buddhism.

In addition to visiting the spiritual sites, you can also explore the surrounding area and learn about the Tibetan culture and way of life. Boudha is home to a large Tibetan refugee community, and you can visit the Tibetan Refugee Camp and the Tibetan Handicraft Center to learn about the history and culture of the Tibetan people. There are also many shops and restaurants in the area that sell traditional Tibetan crafts and food.

Meeting Point: Boudhanath Stupa Gate

Guided Tour: 6-8 Hour

Highlights

- The Stupa: The Boudhanath Stupa is a massive structure that stands 36 meters tall and is topped with a white dome and a golden spire. It is one of the largest stupas in the world and is a stunning sight to behold.
- The Mandala: The stupa is surrounded by a circular base called a mandala, which is decorated with intricate carvings and paintings. Visitors can walk around the mandala and spin the prayer wheels, which is believed to bring good luck and spiritual purification.
- The Monasteries: There are many monasteries located around the stupa.These monasteries are home to Tibetan Buddhist monks and offer guided tours and teachings on Buddhism.
- The Shops and Restaurants: There are many shops and restaurants in the area that sell traditional Tibetan crafts and food. You can browse the shops and try some traditional Tibetan dishes such as momos (dumplings) and thukpa (noodle soup).
- The Tibetan Refugee Camp: The Boudhanath area is home to a large Tibetan refugee community. You can visit the Tibetan Refugee Camp to learn about the history and culture of the Tibetan people and see how they have adapted to life in Nepal.

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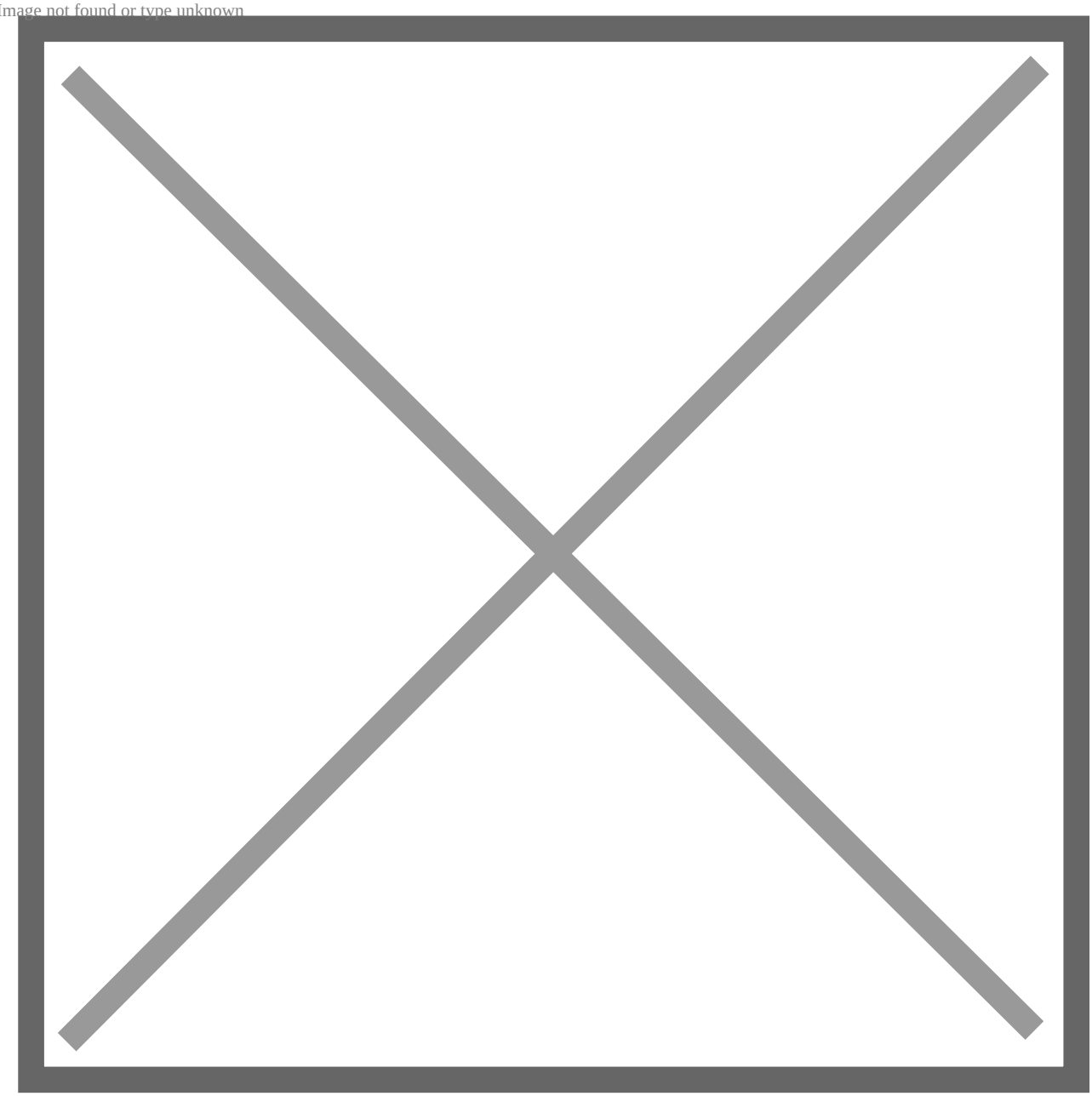
Map

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