



# कर्णाली राफ्टिङ एण्ड एडभेन्चर प्रा. लि.

## Karnali Rafting & Adventure Pvt. Ltd.

Lamkichuha-01, Lamki, Kailali, Head Office: Tikapur-01, Tikapur, Kailali, Nepal.

### 2 April

Visit the Monkey Temple (Swayambhunath), then drive to Boudhanath and explore the stupa area. Afterward, drive to Pashupatinath and explore the sacred temple complex. In the evening, visit Kathmandu Durbar Square. Overnight stay at Thamel, Jiuding Joy Hotel (star hotel).

### Swayambhu Nath (Monkey Temple)

Swayambhu Nath is one of Nepal's most ancient and revered pilgrimage sites, located on a hilltop overlooking the entire Kathmandu Valley. Believed to be over **2,500 years old**, it is a symbol of harmony between **Buddhism and Hinduism**, with devotees from both religions visiting daily.

#### History & Legend

According to legend, Kathmandu Valley was once a vast lake. A divine lotus blossomed at the spot where Swayambhu now stands. When the lake drained, the lotus transformed into the luminous stupa. Because of this sacred origin, Swayambhu is often called the **"Self-Existent Stupa."**

#### Architecture & Symbolism

The stupa's design is full of spiritual meaning:

- The **white dome** represents the world.
- The **golden spire** rising above symbolizes the stages of enlightenment.
- The **all-seeing eyes of Buddha** look out in four directions, representing awareness and wisdom.
- Below the eyes, a curly symbol resembling a question mark is the Nepali character for **number one**, symbolizing unity.

Around the stupa are many **chaityas, statues, monasteries**, and prayer wheels that visitors can spin clockwise.

#### Atmosphere & Experience

A steep stone staircase leads to the top, where the ambiance is a blend of ancient rituals, chanting monks, fluttering prayer flags, and the playful behavior of the resident monkeys—earning the name **Monkey Temple**.

From the viewpoint, travelers enjoy an unforgettable **360-degree panorama** of Kathmandu's skyline, especially beautiful during sunrise or sunset.

#### Cultural Importance

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Swayambhu Nath is a **UNESCO World Heritage Site** and one of the most important spiritual centers of Nepal. It reflects the deep-rooted connection between nature, mythology, and the spiritual life of the local people.

### Some pictures of Swayambhu Nath



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## Boudhanath Stupa (Boudha) – The Living Heart of Tibetan Buddhism in Nepal

Boudhanath Stupa, one of the largest and most sacred Buddhist monuments in the world, stands as a symbol of peace, harmony, and spiritual awakening. Situated about 7 km east of central Kathmandu, this colossal stupa is the focal point of Tibetan Buddhist life in Nepal and a UNESCO World Heritage Site visited by millions of pilgrims each year.

### Origin & Mythology

According to ancient Buddhist legends, Boudhanath was built by a devoted woman named *Mhyang nGyingma*, with the help of her four sons. Her wish was to create a monument where people of all backgrounds could pray for peace and enlightenment.

This origin story reflects the inclusive and compassionate spirit of Boudha—a place open to everyone seeking spiritual calm.

### Spiritual Symbolism & Architecture

The architecture of Boudhanath is profoundly symbolic:

- **The Giant White Dome** – Represents the vastness of the universe and the purity of the mind.
- **The Square Harmika** – Decorated with the iconic Buddha eyes and the Nepali numeral “1,” symbolizing unity and the single path to enlightenment.
- **The 13-Stepped Golden Spire** – Represents the 13 steps a practitioner must ascend to achieve Buddhahood.
- **The Mandala Design** – Boudhanath sits on a massive mandala base, making it a three-dimensional representation of Buddhist cosmology.
- **Prayer Flags** – Tens of thousands of colorful flags flutter above the stupa, each carrying blessings and mantras across the world.

Thousands of pilgrims perform **kora** (circumambulation) around the stupa every morning and evening, creating a rhythmic, meditative atmosphere.





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### Life Around the Stupa

The area surrounding Boudhanath is often described as a **mini-Tibet**. Monasteries, gompas, thangka art shops, handicraft stores, herbal medicine centers, and Tibetan restaurants surround the stupa in a circular layout. The sound of monks chanting, prayer wheels turning, and bells ringing fills the air throughout the day.

Visitors can also climb to the rooftop cafés that offer stunning 360-degree views of the stupa—especially breathtaking during sunrise or dusk when butter lamps are lit and prayer chants echo in the distance.

### Festivals & Rituals

Boudhanath becomes exceptionally vibrant during major Buddhist festivals:

- **Lhosar (Tibetan New Year)** – Thousands gather in traditional attire with music, dance, and prayers.
- **Buddha Jayanti** – The birth of Lord Buddha is celebrated with beautiful butter lamps, rituals, and special ceremonies.
- **Full-Moon Ceremonies** – On every full-moon night, the stupa glows with thousands of butter lamps, creating a magical, spiritual atmosphere.

### Why Boudhanath Is a Must-Visit

- It is one of the **largest stupas in the world**.
- It is the **center of Tibetan culture** in Nepal.
- The environment is peaceful, spiritual, and ideal for meditation.
- Visitors experience a unique blend of **art, culture, prayer, and community life**.
- Perfect spot for photography, cultural learning, and spiritual rejuvenation.



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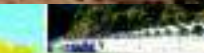
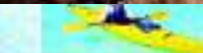
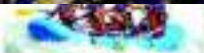


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**Some photos of Boudhanath stupa**



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## Pashupatinath Temple – Nepal’s Most Sacred Hindu Shrine

Pashupatinath Temple, located on the banks of the holy **Bagmati River**, is Nepal’s most sacred and spiritually significant Hindu temple. Dedicated to **Lord Shiva** in his form as *Pashupati*—“Protector of All Living Beings”—this ancient temple complex is a UNESCO World Heritage Site and one of the most important pilgrimage destinations in South Asia.

### History & Spiritual Importance

Believed to have been built in the **5th century**, Pashupatinath is one of the oldest surviving temples in Kathmandu Valley. For more than 1,500 years, it has been a center for prayer, meditation, and ritual worship. Hindu devotees from Nepal, India, and around the world travel here to seek blessings, perform rituals, and honor their ancestors.

The temple’s sacred Shiva Lingam is considered self-manifested (*swayambhu*) and is worshipped as a powerful source of divine energy.

### Architecture & Key Features

The Pashupatinath complex covers a vast area, featuring hundreds of temples, shrines, and beautiful heritage structures.





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### Main Highlights:

- **Main Temple:** A two-tiered golden pagoda with intricately carved wooden rafters and silver-plated doors.
- **Sacred Shiva Lingam:** The central object of worship, symbolizing creation and cosmic energy.
- **Bagmati River:** Considered holy, where purification rituals and traditional Hindu cremation ceremonies take place.
- **Arya Ghat:** The main cremation site, representing the cycle of life, death, and liberation.
- **Sadhus (Holy Men):** Ascetic yogis with ash-covered bodies and unique appearances, offering blessings and spiritual insights.
- **Small Temples & Shrines:** Over 500 shrines dedicated to various forms of Lord Shiva and other Hindu deities.

### Experience & Atmosphere

A visit to Pashupatinath is both spiritual and cultural. The temple area is filled with the sound of bells, conch shells, and chanting. Devotees perform rituals, meditate by the river, and offer prayers at different shrines.

In the evening, the **Bagmati Aarati** is a must-see. Priests perform a beautiful fire ceremony with rhythmic music, devotional songs, and dancing flames reflecting on the river—creating a powerful spiritual atmosphere.

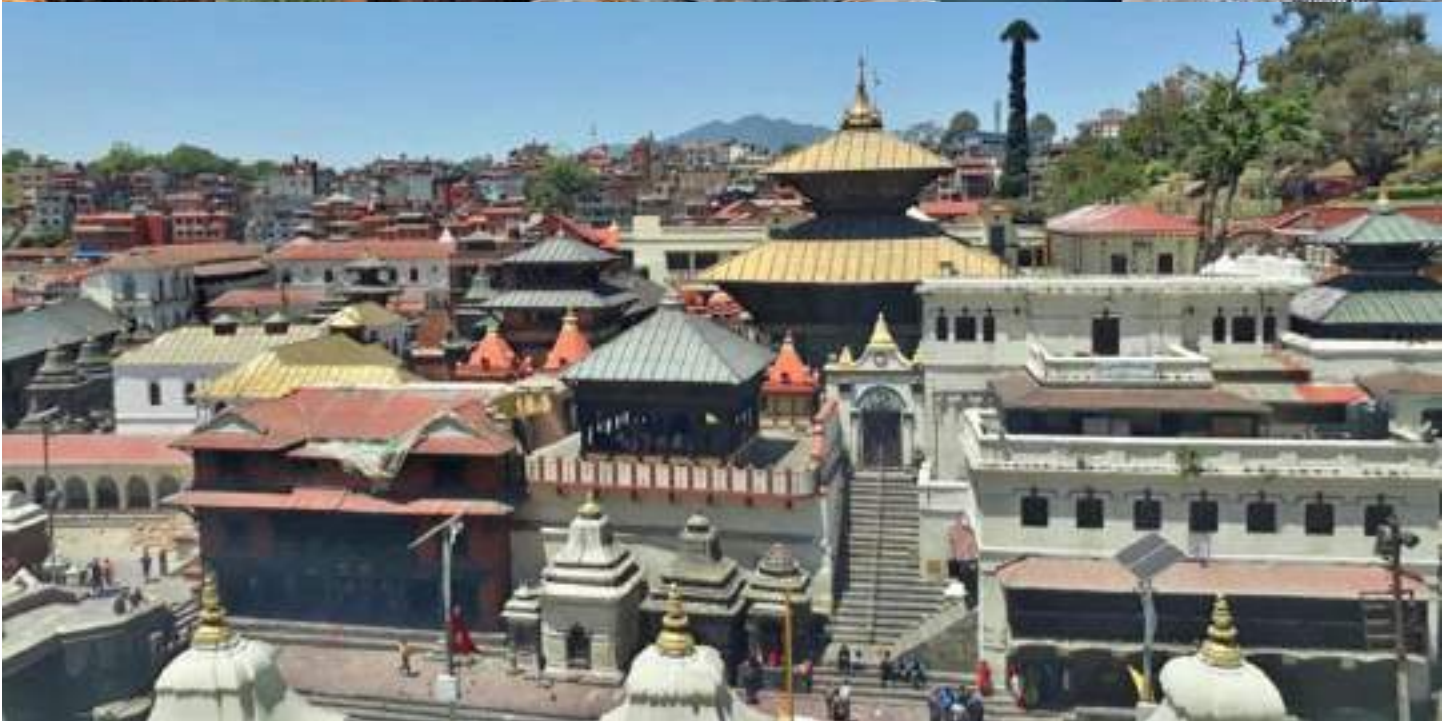
### Cultural Significance

Pashupatinath is one of Asia's holiest Shiva temples and draws millions of pilgrims each year, especially during **Maha Shivaratri**, when the entire complex becomes vibrant with worship, lights, and celebrations.

The temple represents Nepal's deep-rooted spiritual heritage and showcases centuries-old Hindu architecture, tradition, and devotion.

Some photos of pashupatinath temple





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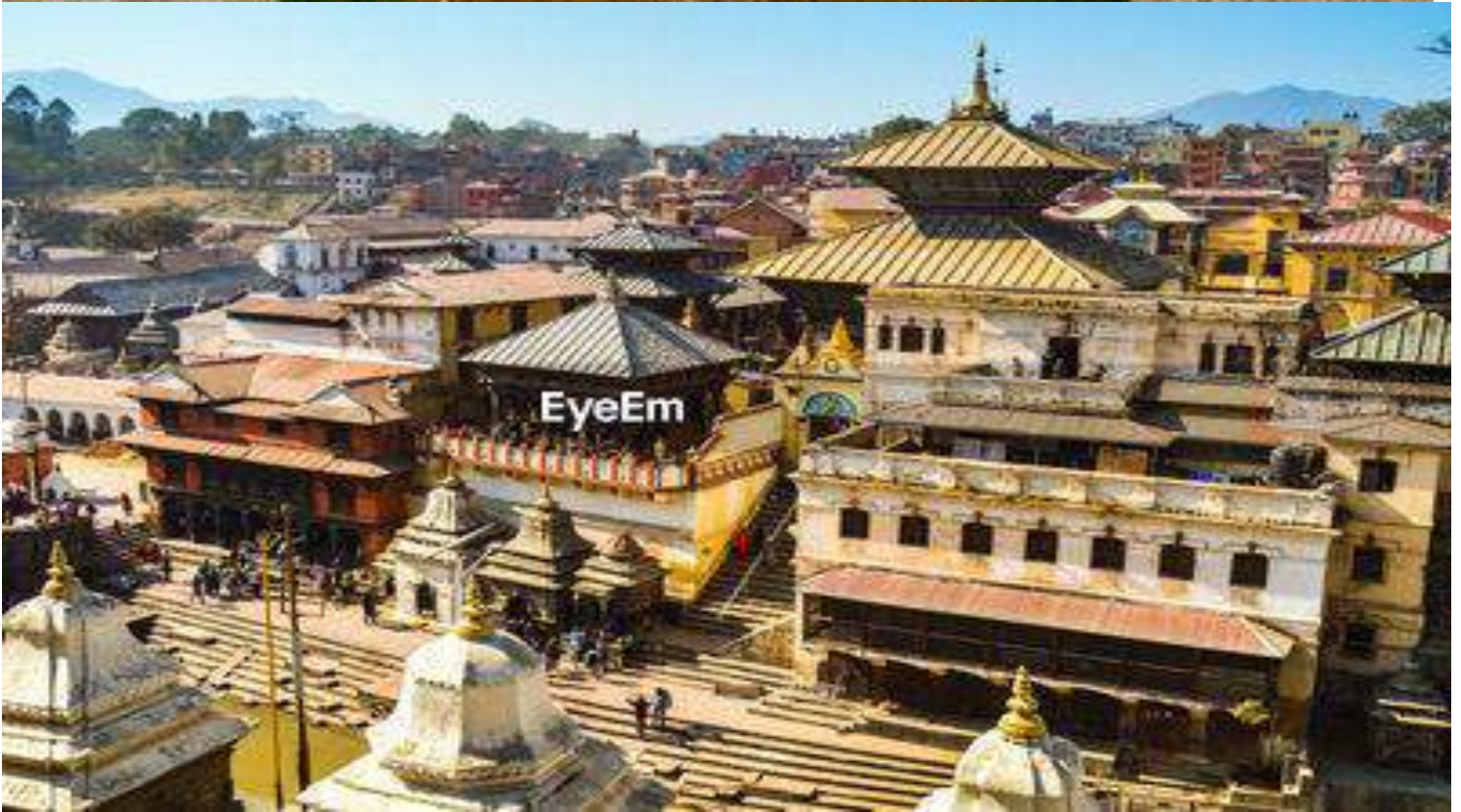


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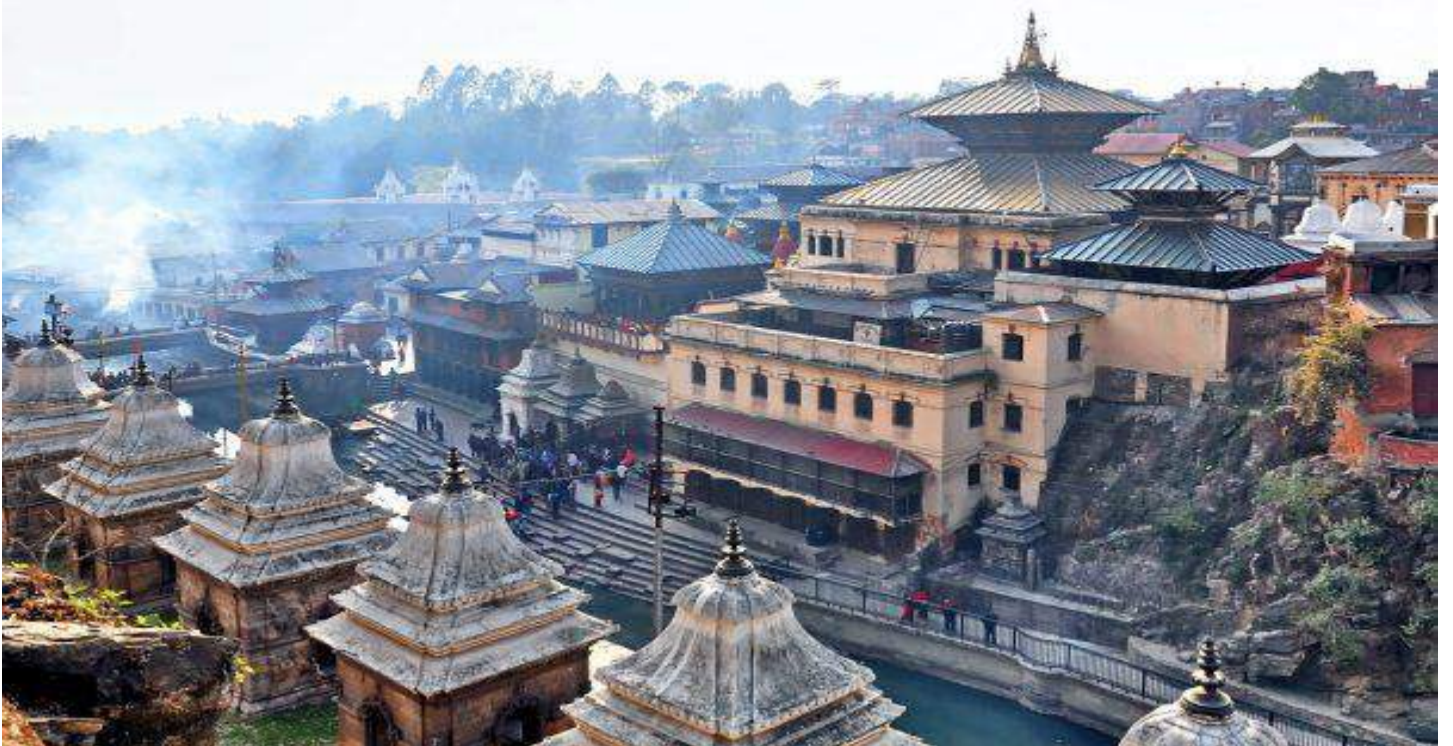
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**Kathmandu Durbar Square**—its history, architecture, cultural significance, and must-see features.

## Overview

Kathmandu Durbar Square, locally called *Kathmandu Durbar Kshetra*, lies in the old city of Kathmandu and was historically the royal palace of the Malla kings, who ruled Nepal from the 12th to the 18th centuries. After the Shah dynasty unified Nepal, it continued to serve as a royal palace until the monarchy became ceremonial. The square is the living heart of Kathmandu's culture, history, and religion, surrounded by narrow alleys bustling with local markets, traditional shops, and artisan workshops.

It is part of the UNESCO World Heritage Site "Kathmandu Valley," recognized for its unique architectural and cultural heritage.





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### Historical Significance

- Built over several centuries, the square reflects layers of history from the Malla period to the Shah dynasty.
- It was the site for coronations of kings, religious rituals, and political events.
- The square also showcases Nepalese craftsmanship in wood, stone, and metal.

### Architectural Highlights

Kathmandu Durbar Square is an exceptional example of **Newar architecture**, which combines Hindu and Buddhist symbolism with ornate carvings. Key structures include:

#### 1. Hanuman Dhoka Palace

- The former royal palace of the Malla kings.
- Named after the statue of Hanuman, the monkey god, at the entrance.
- Includes multiple courtyards (*chowks*) such as Nasal Chowk and Mul Chowk.
- Some parts are open to visitors, while other sections house administrative offices.

#### 2. Kumari Ghar (House of the Living Goddess)

- Residence of the Kumari, a young girl believed to be the living goddess.
- Visitors can see the Kumari through the window during certain hours.
- The Kumari plays an important role in festivals and religious ceremonies.

#### 3. Taleju Temple

- Dedicated to Goddess Taleju Bhawani.
- Built in the 16th century by King Mahendra Malla.
- This pagoda-style temple is visible from almost anywhere in the square.
- Entry is restricted to Hindus.

#### 4. Jagannath Temple

- Famous for its erotic carvings on the wooden struts and windows.
- Reflects medieval Nepalese architectural and artistic excellence.

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### 5. Kasthamandap

- A three-story pavilion from which Kathmandu gets its name.
- Constructed entirely from timber without using nails.
- Believed to have been built from the wood of a single tree.

### 6. Statues, Shrines, and Courtyards

- Numerous statues of gods, goddesses, animals, and mythical figures.
- Open courtyards serve as venues for public gatherings, festivals, and rituals.
- Some notable statues include the King Bhupatindra Malla statue and various guardian lions.

## Cultural Significance

- The square is a hub of religious and cultural life, hosting **festivals like Indra Jatra**, Kumari Jatra, and other seasonal celebrations.
- Locals and pilgrims come here daily to perform rituals, prayers, and offerings.
- It is also a center for traditional arts, with nearby streets filled with shops selling handicrafts, wood carvings, and paubha (religious scroll paintings).

## Restoration Efforts

- Many structures were damaged during the **2015 earthquake**, and UNESCO and the Nepalese government have been restoring key monuments.
- Some parts are still under reconstruction, but much of the square has retained its historic charm.

## Visiting Tips

- **Best time:** Morning or late afternoon for photography and avoiding crowds.
- **Guided tour:** Highly recommended to understand the history, architecture, and religious significance.
- **Nearby attractions:** Thamel (shopping and restaurants), Asan Market, Swayambhunath (Monkey Temple).
- **Etiquette:** Respect temple areas, avoid touching idols, and dress modestly, especially in religious spaces.

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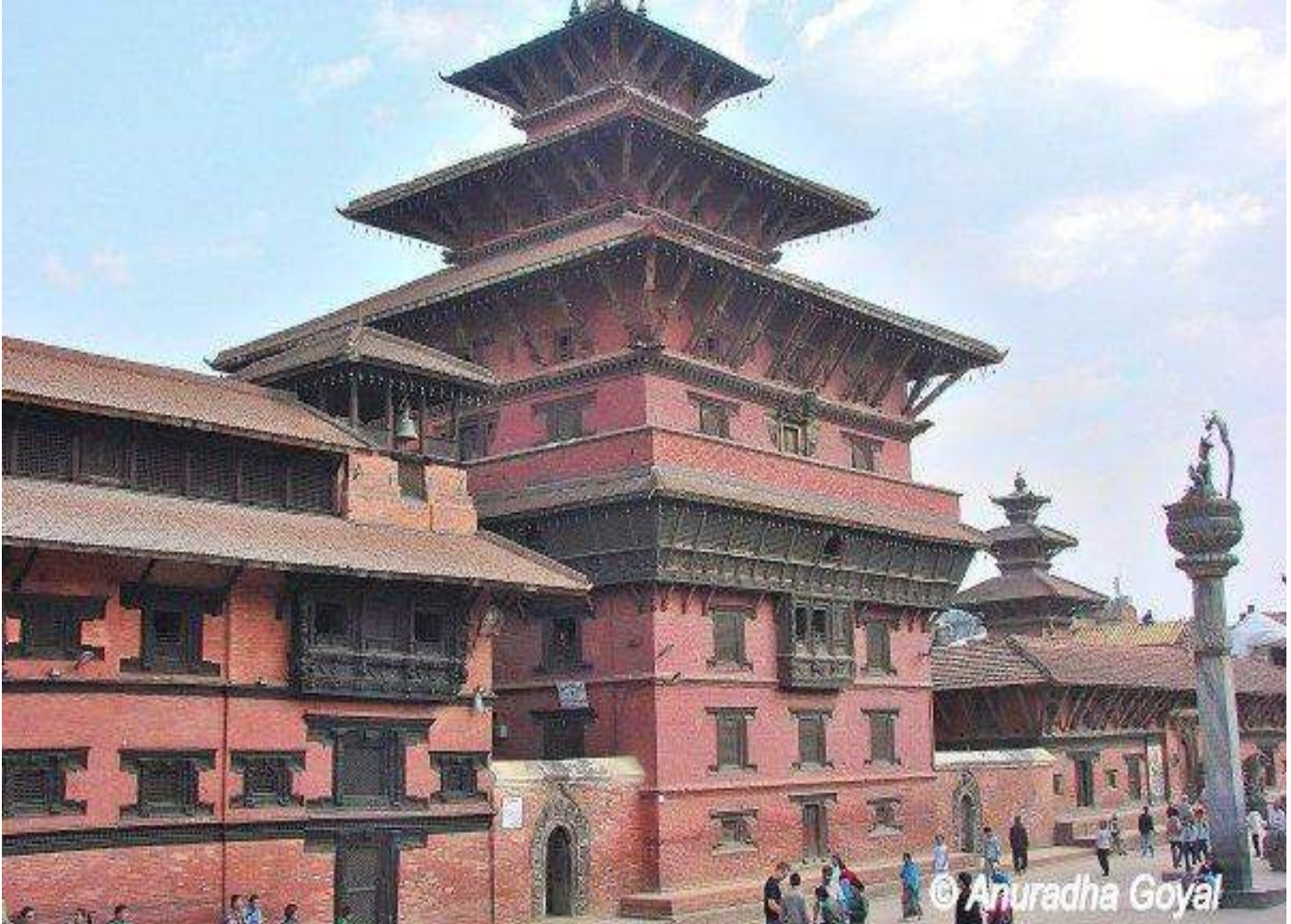
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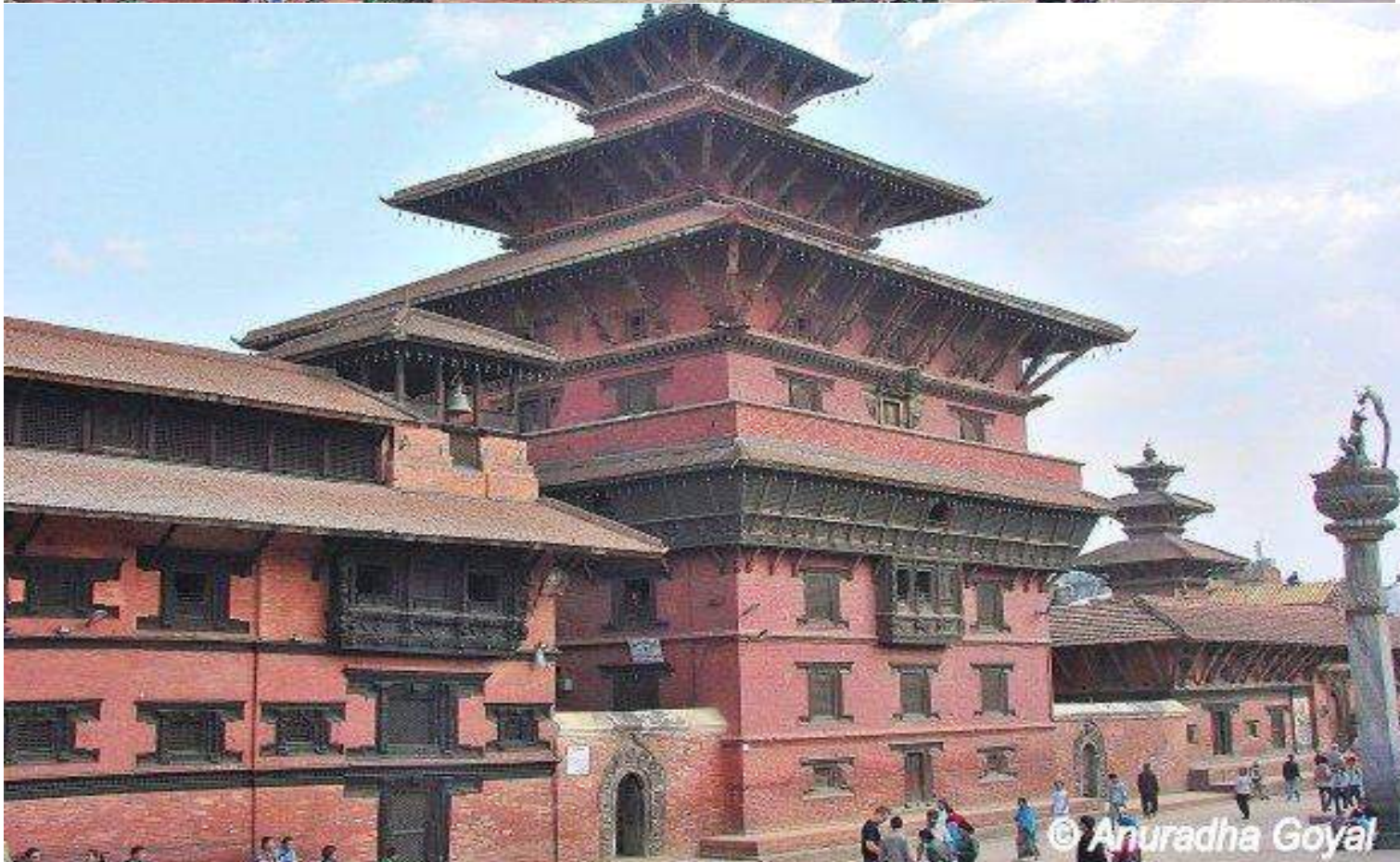
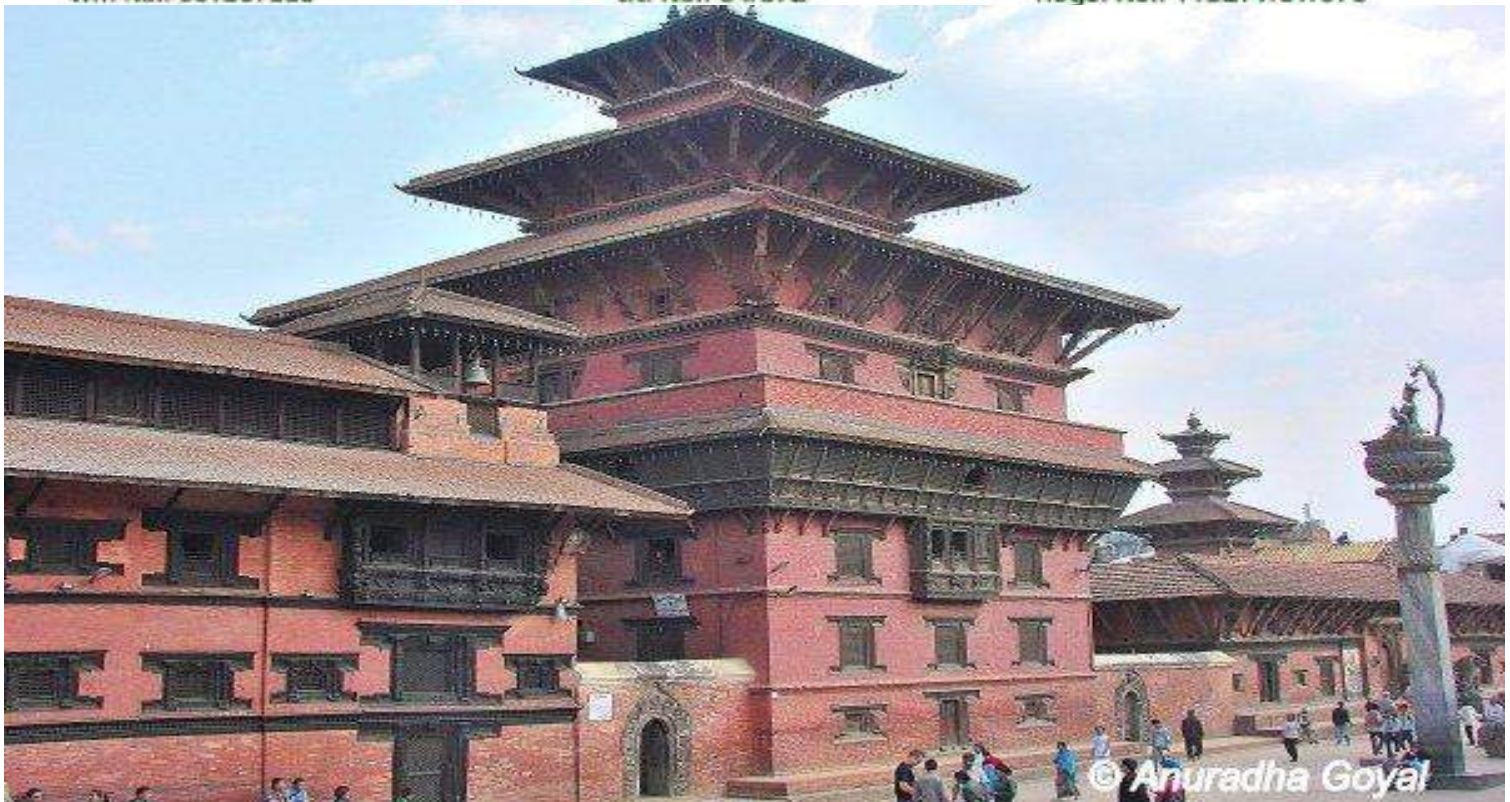
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Day 2 {3 April}

## Patan Durbar Square

### Overview

Patan Durbar Square, locally known as **Lalitpur Durbar Kshetra**, is situated in Lalitpur, just south of Kathmandu. It is one of the three Durbar Squares in the Kathmandu Valley and is considered the **cultural heart of Patan**, known as the “City of Fine Arts.” The square is a UNESCO World Heritage Site and is celebrated for its **Newar architecture, intricate wood carvings, metalwork, and religious significance**.

Patan has historically been an artistic and religious hub, with artisans, sculptors, and craftsmen creating masterpieces that have stood for centuries. The square represents centuries of Nepalese history under the Malla dynasty (12th–18th century).

### Historical Significance

- Patan Durbar Square was the royal palace complex of the **Malla kings of Lalitpur**, who were great patrons of art, culture, and religion.
- The square served as a center for administration, religious ceremonies, and festivals.
- Many of the monuments were built between the 14th and 18th centuries, reflecting the peak of Newar craftsmanship.
- The 2015 earthquake caused damage to several structures, but restoration efforts have preserved much of its historical grandeur.

### Architectural Highlights

Patan Durbar Square is renowned for its **multi-tiered pagodas, Shikhara-style temples, and intricately carved palaces**.





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### 1. Patan Royal Palace

- The palace has several courtyards, including **Mul Chowk**, **Keshav Narayan Chowk**, and **Siddhi Narayan Chowk**.
- It now houses the **Patan Museum**, which displays a large collection of traditional Nepalese art, bronze statues, ritual objects, and religious artifacts.
- The museum is an excellent place to learn about the Malla period's cultural and artistic achievements.

### 2. Krishna Mandir

- Built in the 1630s by King Siddhi Narasimha Malla.
- Dedicated to Lord Krishna and constructed entirely from stone using the **Shikhara style**, which is rare in the valley.
- The temple hosts the **Krishna Janmashtami festival**, which attracts devotees and tourists alike.

### 3. Bhimsen Temple

- Dedicated to Bhimsen, the god of trade and commerce.
- Known for its elaborately carved wooden struts and sculptures of gods and mythical creatures.
- The temple is still a place of worship for traders and merchants.

### 4. Taleju Temple

- Dedicated to Goddess Taleju Bhawani, a royal deity of the Malla kings.
- Entry is generally restricted to Hindus, but the temple is an architectural marvel visible from the square.

### 5. Golden Gate (Hiranya Varna Mahavihar)

- Serves as the entrance to the main palace courtyard.
- Made of gilt copper and adorned with finely crafted figures of deities.
- Considered one of the most beautiful examples of Newar metalwork in Nepal.

### 6. Other Temples and Monuments

- Vishwanath Temple, Mahabouddha Temple, and numerous smaller shrines.
- Statues of lions, Garuda, and other guardian figures.
- Stone and bronze statues reflect a combination of Hindu and Buddhist symbolism.





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### Cultural Significance

- Patan Durbar Square is **alive with cultural traditions**. Daily rituals, religious ceremonies, and festivals continue to take place.
- The square has been a center of **Newar craftsmanship**, producing centuries of art in wood, metal, and stone.
- Festivals such as **Rato Machhindranath Jatra, Indra Jatra, and Krishna Janmashtami** are celebrated with grandeur in and around the square.
- Local artisans continue to operate in nearby streets, making it an excellent place to witness traditional skills firsthand.

### Restoration Efforts

- The 2015 earthquake damaged several temples and the iconic Krishna Mandir.
- UNESCO, the Nepalese government, and local communities have led extensive restoration projects.
- The square has retained its authenticity, blending restored monuments with living cultural practices.

### Visiting Tips

- **Best Time to Visit:** Morning for photography and fewer crowds.
- **Guided Tours:** Recommended for understanding the historical and artistic details.
- **Nearby Attractions:** Golden Temple (Hiranya Varna Mahavihar), artisan workshops, local cafés, and traditional shops.
- **Etiquette:** Respect religious sites, remove shoes where required, and dress modestly.

Some photos of patan durbar square







*Kirtimukha*



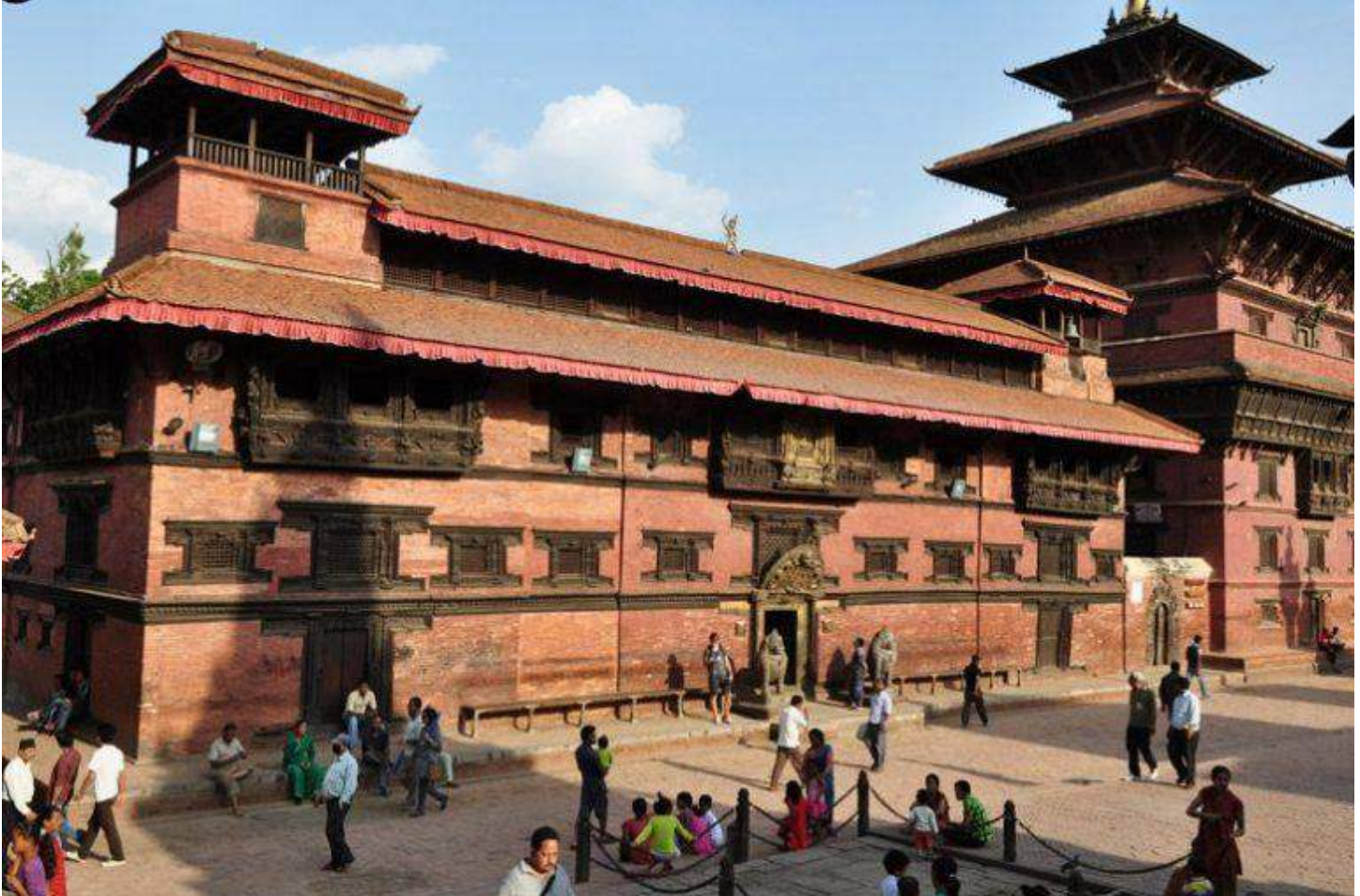
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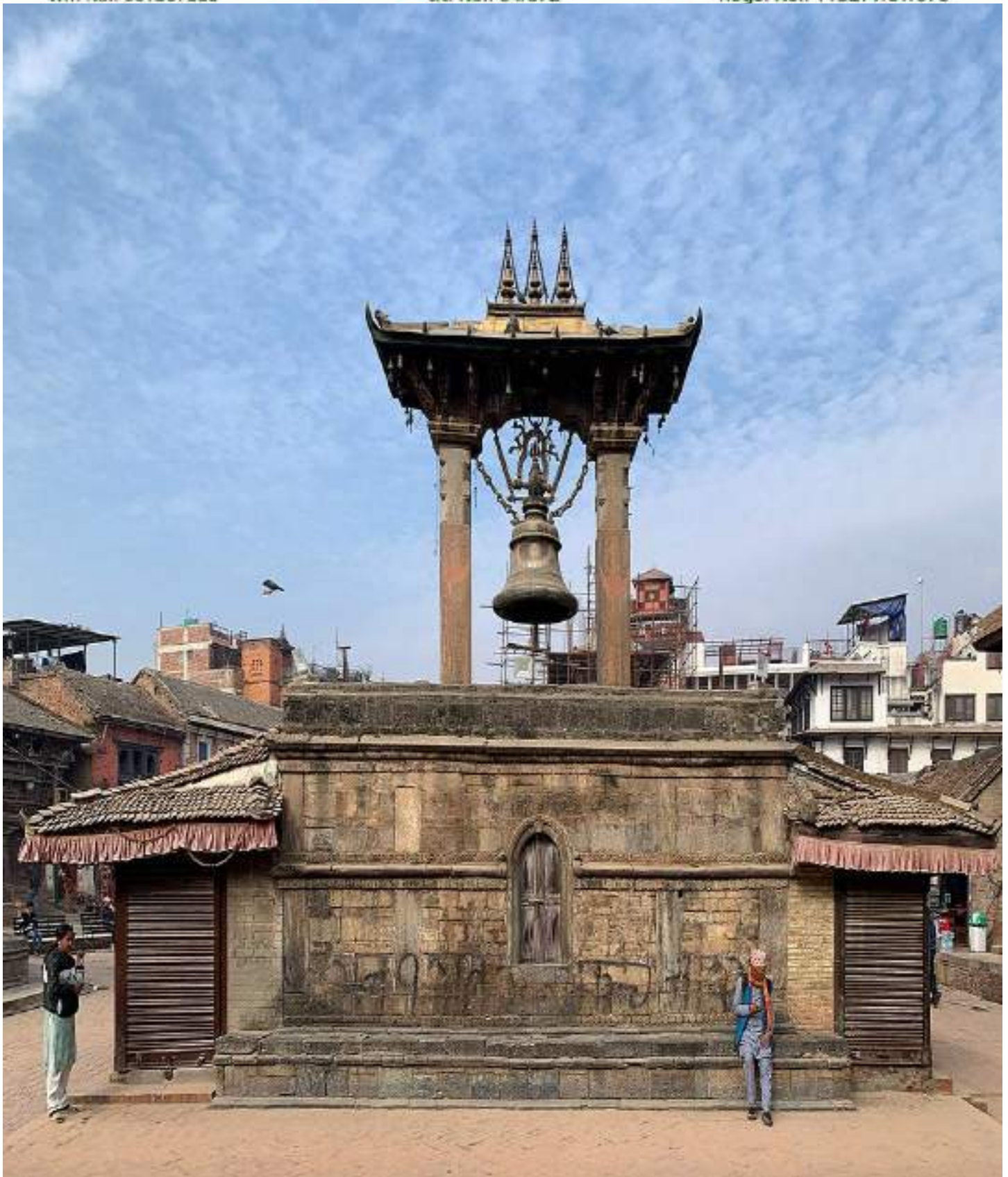


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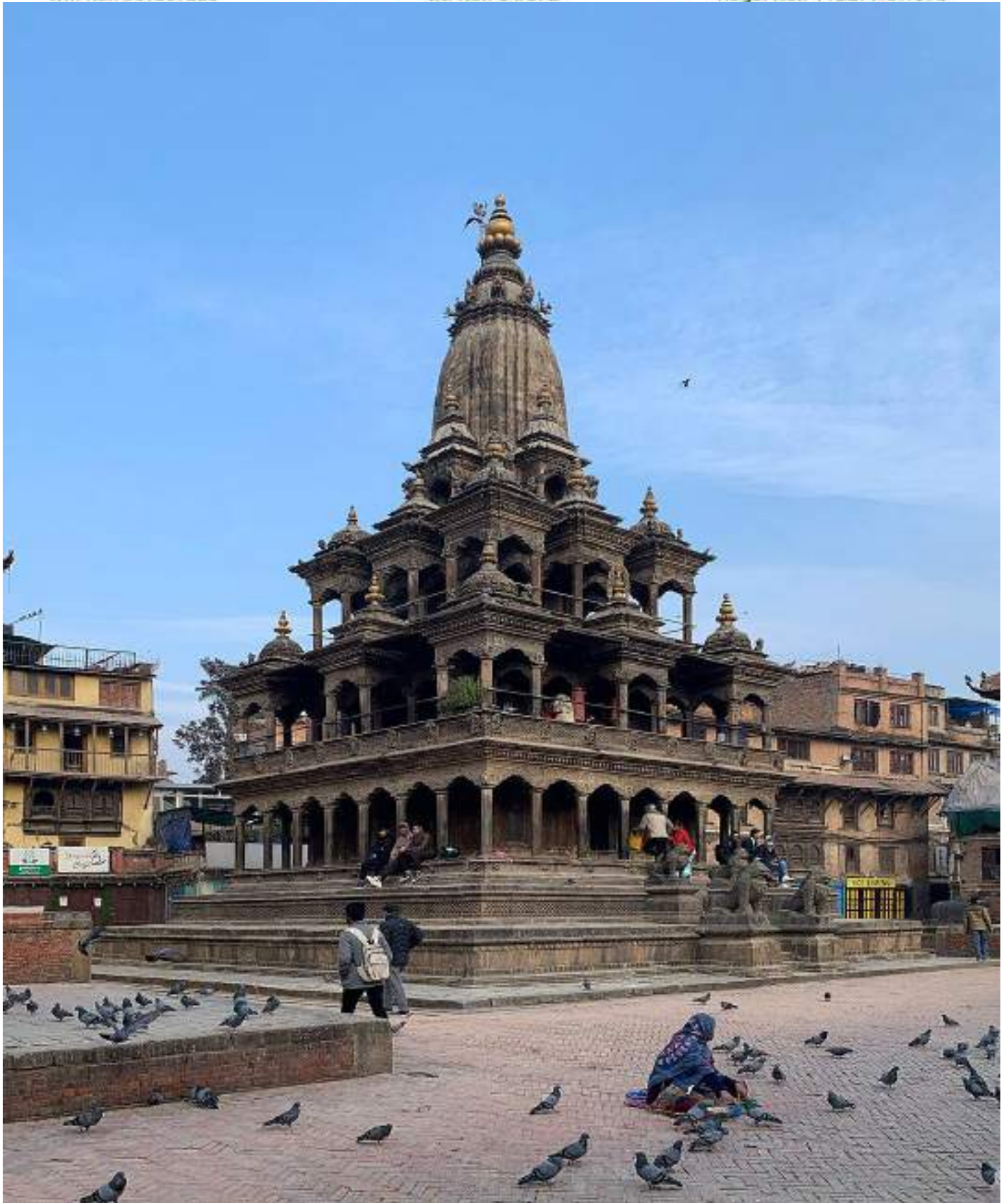
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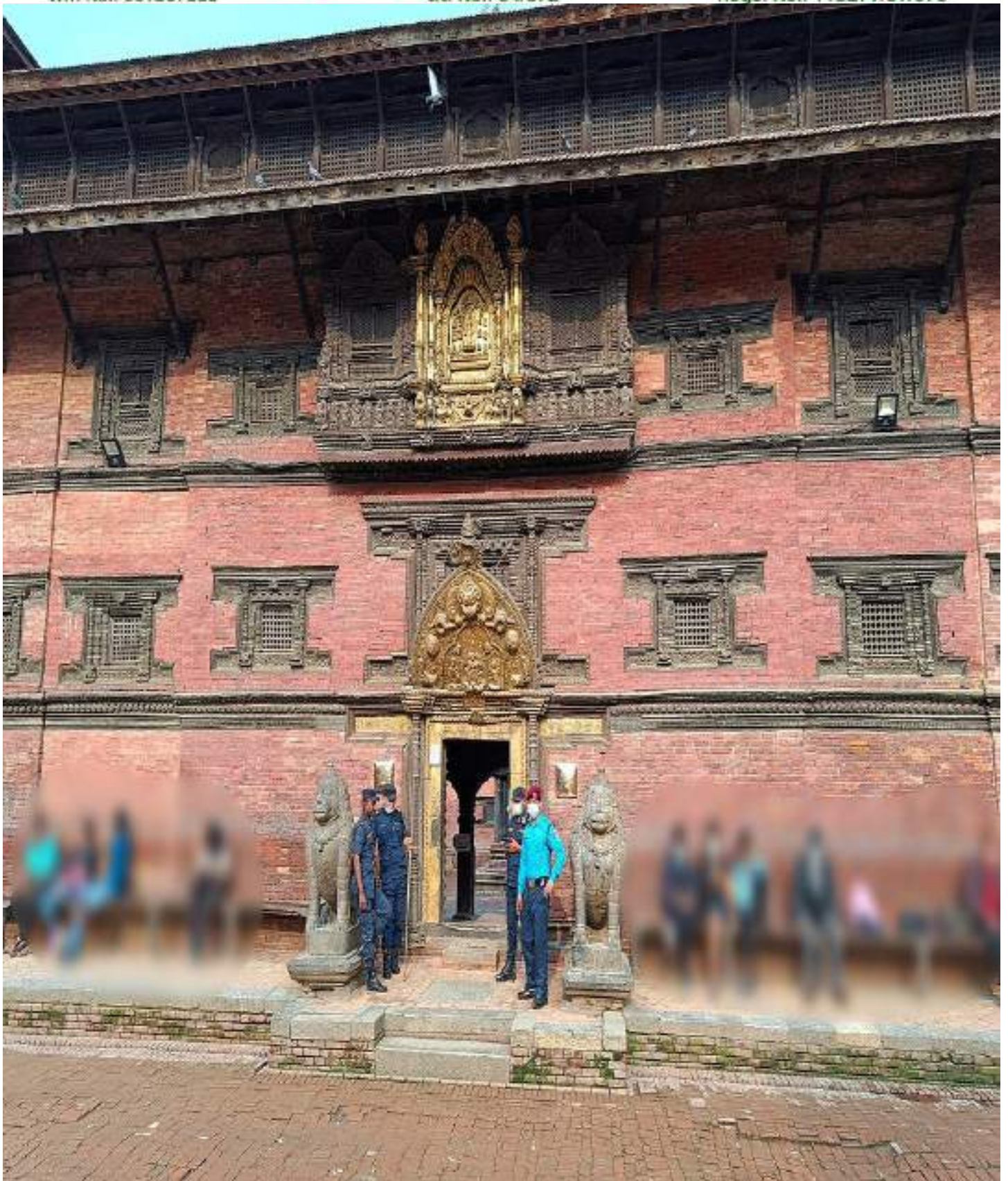


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Bhaktapur durbar square

## Overview

Bhaktapur Durbar Square is the historic heart of **Bhaktapur**, a city in the eastern part of the Kathmandu Valley. Unlike Kathmandu and Patan, Bhaktapur has preserved much of its medieval charm, with narrow cobble streets, traditional houses, temples, and squares reflecting centuries-old Newar culture. The Durbar Square is a **UNESCO World Heritage Site**, renowned for its artistic masterpieces and living traditions.

## Historical Background

- Bhaktapur, meaning “**City of Devotees**”, was an important kingdom during the **Malla period** (12th–18th centuries).
- The square was the residence of the **Malla kings**, serving as the center for royal ceremonies, religious rituals, and administrative functions.
- Many monuments in the square were built or renovated during the reign of **King Bhupatindra Malla (1696–1722)**, who was a great patron of arts and architecture.
- The 2015 earthquake caused damage to some structures, but restoration efforts have preserved the site’s historical and cultural essence.





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### Major Structures and Temples

#### 1. 55-Window Palace (Pachpanna Jhyale Durbar)

- Built by King Bhupatindra Malla, this palace is an **architectural marvel of the Malla period**.
- Famous for **55 intricately carved wooden windows** and richly decorated doors.
- The palace served as a royal residence and a venue for administrative work.
- It contains **murals depicting royal life and religious scenes**, showcasing Newar artistry.

#### 2. Nyatapola Temple

- Built in **1702**, it is the **tallest pagoda-style temple in Nepal**, standing **five stories high**.
- Dedicated to **Siddhi Lakshmi**, the goddess of prosperity and power.
- Known for its **massive stone guardians** (elephants, lions, griffins, and wrestlers) at each level, symbolizing protection.
- Its engineering is notable—despite earthquakes, it has remained remarkably stable.

#### 3. Vatsala Temple

- A **Shikhara-style temple**, dedicated to goddess Vatsala.
- Famous for the **Vatsala Bell**, one of the largest bells in Nepal, weighing several tons.
- Built entirely of stone and decorated with elaborate carvings, it represents a blend of **Hindu temple architecture** and local Newar artistry.

#### 4. Dattatreya Temple

- Dedicated to **Dattatreya**, a deity representing the Hindu trinity of Brahma, Vishnu, and Shiva.
- Features **unusual wood carvings** blending Hindu and Buddhist motifs.
- Surrounded by courtyards, small shrines, and statues of mythical creatures.

#### 5. Other Monuments

- **Taumadhi Square:** Houses the Nyatapola Temple and several smaller shrines.
- **Pottery Square (Pottery Tole):** A nearby square where local potters continue centuries-old traditions.
- **Changu Narayan influence:** Some architectural elements are influenced by Changu Narayan temple, one of Nepal's oldest Hindu temples.





# कर्णाली राफ्टिङ एण्ड एडभेन्चर प्रा. लि.

## Karnali Rafting & Adventure Pvt. Ltd.

Lamkichuha-01, Lamki, Kailali, Head Office: Tikapur-01, Tikapur, Kailali, Nepal.

## Cultural Significance

- Bhaktapur Durbar Square is not just an architectural site—it is a **living center of culture**.
- Festivals like **Bisket Jatra**, **Dashain**, and **Indra Jatra** bring the square alive with processions, traditional music, and rituals.
- Local artisans still craft pottery, sculptures, woodcarvings, and traditional masks in and around the square.
- It is a hub for **traditional dances**, religious ceremonies, and street performances, giving visitors a deep insight into Newar culture.

## Visitor Experience

- Walking through the square gives a **timeless feel**, with cobbled streets, historic temples, and wooden palaces creating a medieval atmosphere.
- **Photography enthusiasts** often capture the fine details of windows, struts, and statues.
- Visitors can enjoy local crafts, traditional foods, and souvenir shopping nearby.
- Guided tours often include explanations of Newar art, architecture, and mythology associated with each temple.

## Interesting Facts

- The square contains **over 100 significant monuments**, including palaces, courtyards, temples, and statues.
- Many statues and carvings depict **mythical creatures**—some thought to protect the city from evil spirits.
- Nyatapola Temple's foundations were made from **giant stones** carefully aligned to withstand earthquakes, which is why it has survived centuries of tremors.



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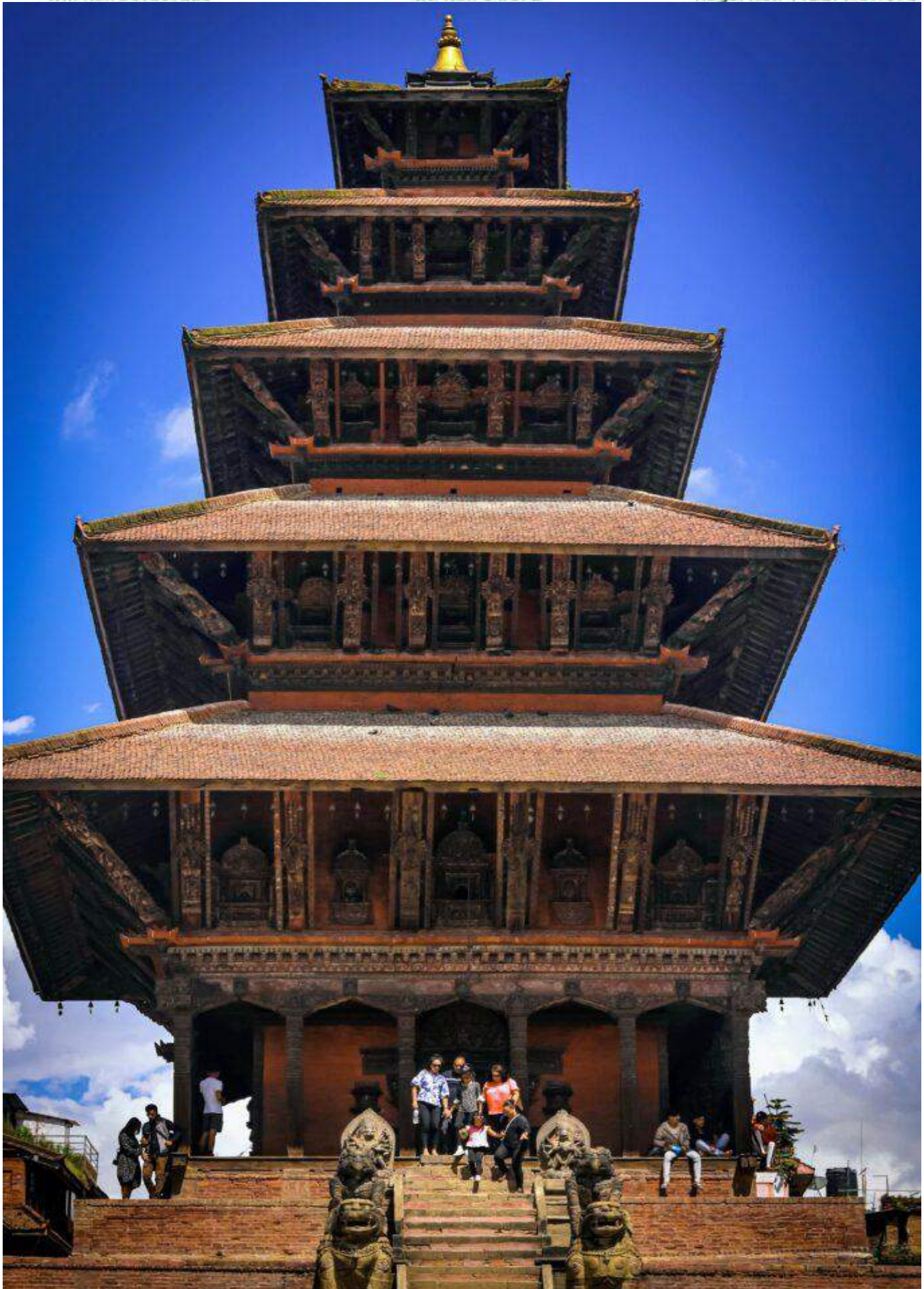
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Some pictures of Bhaktapur



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The hill station Nagarkot

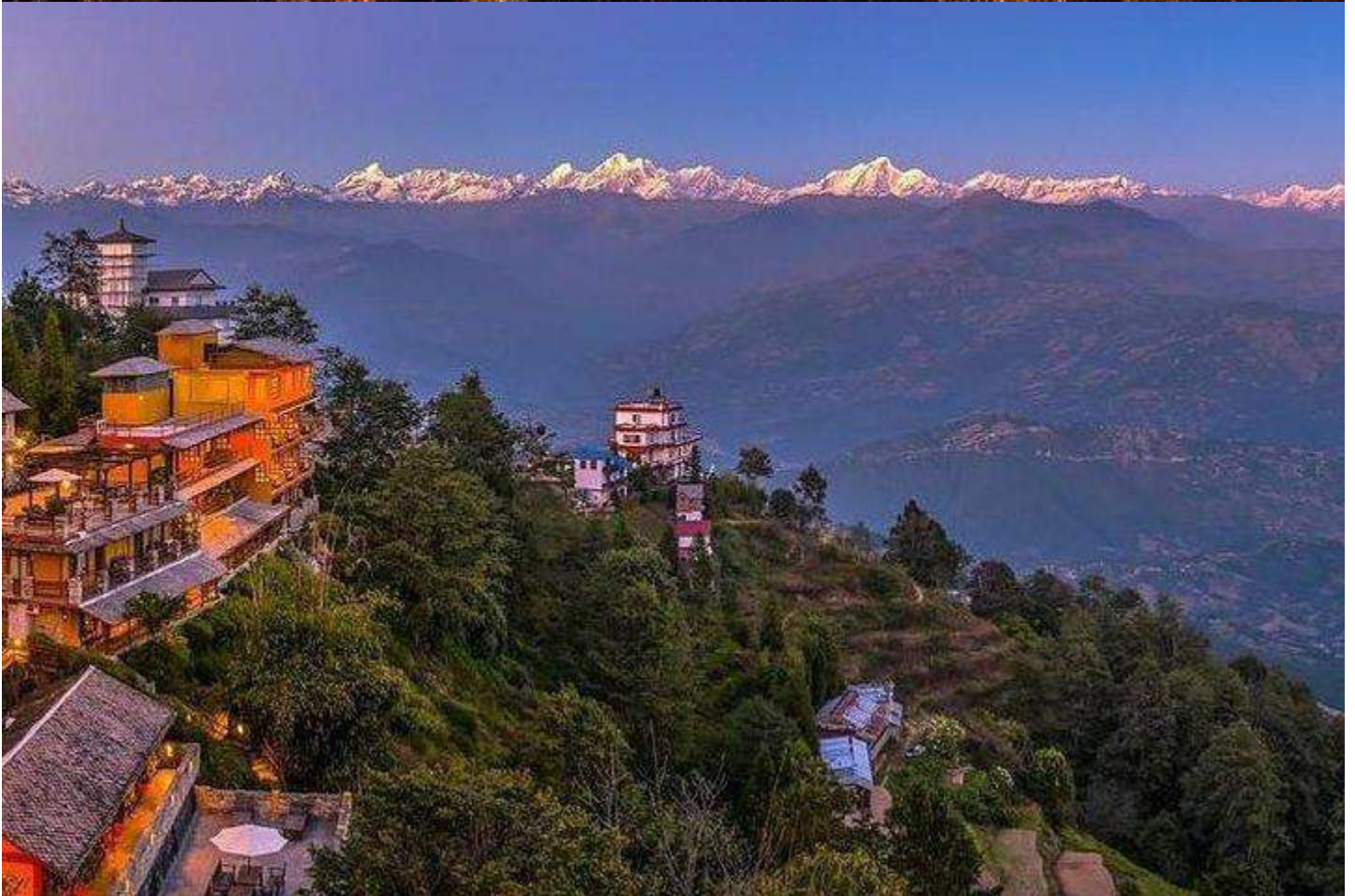


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Farewell dinner and overnight at Thamel

With warm regards,



Mr. Devraj Jaishi

Coordinator – Seti–Karnali International Mahseer Angling Challenge, Nepal – 2026

Chairman – Rafting & Angling Association of Nepal (RAAN)

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