

Kathmandu Valley Pilgrimage Itinerary

Featuring Jessica Stickler

March 6 - 16, 2027

Boudhanath to Namu Buddha

DAY 1: Saturday, March 6

7:30 am	Practice	Butsugen Practice Room
9:00 am	Breakfast	Hotel Butsugen
	FREE TIME	
11:30 am	Bring bags down	Hotel lobby
11:45 am	Depart for lunch	Hotel lobby
12:00 - 1:00 pm	Lunch in Boudha	Utpala Cafe
1:30 pm	Depart for Namu Buddha	
4:00 pm	Orientation	Lasso Hall
6:30 pm	Dinner	Namu Buddha Resort

DAY 2: Sunday, March 7

6:30 am	Meditation	Lasho Hall
7:15 am	Yoga practice	
9:00 am	Breakfast (and shower/change)	NB Restaurant
10:30 am	Hike around local villages (Local guide)	Meet in breakfast area
12:30 pm	Lunch	NB Restaurant
1:30 pm	Free Time	
3:30 - 5:30pm	Workshop with Jessica	Lasho Hall
6:30 pm	Dinner	NB Restaurant

DAY 3: Monday, March 8

6:30 am	Meditation	Lasho Hall
7:15 am	Yoga practice	
9:00 am	Breakfast (and shower/change)	
10:30 am	Short hike to Namu Buddha Stupa and Thrangu Monastery	Meet in breakfast area
1:30 pm	Lunch	NB Restaurant
2:30 pm	Free Time	
4:30 pm	Sangha and meditation	
6:30 pm	Dinner	
* Pack bags and be ready for morning departure *		

Bhaktapur - Thamel

DAY 4: Tuesday, March 9

6:30 am	Meditation	Lasho Hall
7:15 am	Yoga practice	
9:00 am	Breakfast (and shower/change)	NB Restaurant
9:45 am	Place luggage in front of cabin and pay for room charges	
10:15 am	Depart for Bhaktapur	
11:15 am	Walking tour - Durbar Square	
12:00 pm	Lunch	
1:30 pm	Free Time	
3:00 pm	Depart for Thamel	
4:00 pm	Check into Hotel	Hotel Thrive
	Dinner on your own	

DAY 5: Wednesday March 10

6:00 am	Meditation	Hotel Thrive
6:45 am	Yoga Practice	
8:30 am	Breakfast and shower/change	
10:00 am	Depart for Swayambhunath	Meet in lobby
1:00 pm	Lunch	Thamel House
2:30 pm	FREE TIME / dinner on your own	
* Pack bags and be ready for morning departure *		

Boudhanath

DAY 6: Thursday, March 11

6:00 am	Meditation	Hotel Thrive
7:00 am	Yoga Practice	
8:45 am	Breakfast (and shower/change)	
10:00 am	Depart for Pharpoing	Meet in lobby
10:30 am	Chovar Gorge	
11:30 am	Lunch	Hottest New Cafe
1:00 pm	Asura Cave & Monastery and Vajrayogini Temple	
3:00 pm	Depart for Boudha	
4:00 pm	Check into Hotel	Hotel Butsugen
5:30 pm	Stupa Tour and Talk with James	Hotel Lobby
6:30 pm	Dinner	Roadhouse

DAY 7: Friday, March 12

6:00 am	Meditation	Hotel Lobby
7:00 am	Yoga Practice	Butsugen Practice Room
8:45 am	Breakfast	Hotel Butsugen
	FREE TIME	
11 am	Lunch and Mala Making	Big Bell
1:45 pm	Depart for Teachings	
2:00 – 4:00 pm	Dharma Teachings	TBD
4:30 pm	Quilts for Kids/Camp Visit	
6:30 pm	Dinner on your own	

DAY 8: Saturday, March 13

6:00 am	Meditation	Hotel Lobby
7:00 am	Asana Practice	Butsugen Practice Room
8:45 am	Breakfast (and shower/change)	Hotel Butsugen
10:00 am	Depart for Nagi Gompa	
10:30 am	Stop at Budhanilkantha Temple	
12:00 pm	Teachings and Meditation	
1:00 pm	Lunch	Nagi Gompa
4:00 pm	Puja	
4:30 pm	Drive back to Boudha	
5:30 pm	FREE TIME (Dinner on your own)	

DAY 9: Sunday, March 14

6:00 am	Meditation	Hotel Lobby
7:00 am	Yoga Practice	Butsugen Practice Room
8:45 am	Breakfast	Hotel Butsugen
	FREE TIME (Lunch on your own)	
1:15 pm	Group Discussion	Nimitta Cafe
2:45 pm	Depart for Teaching	
3:00 pm	Dharma Teaching	TBD
5:00 pm	Depart for Pashupatinath	
7:30 pm	Return Boudha	
8:00 pm	Dinner on your own	

Day 10: Monday, March 15

6:00 am	Meditation	Hotel Lobby
7:00 am	Yoga Practice	Butsugen Practice Room
8:45 am	Breakfast (and shower/change)	Hotel Butsugen
10:00 am	Depart for Patan	
11:00 am	Patan Durban Square and Museum	
12:30 pm	Lunch	Patan Museum Café
1:30 pm	Walking Tour w/Bidur or Free Time	
3:00 pm	Depart for Boudha	
5:00 pm	Depart for James' House	Hotel Lobby
5:15 pm	Happy Hour/Quilt viewing	Celestial Palace
6:00pm	Farewell Dinner	

DAY 11: Tuesday, March 16

6:00 am	Meditation	Hotel Lobby
7:00 am	Yoga Practice	Butsugen Practice Room
9:00 am	Breakfast	Himalayan Java
	Airport pick-ups begin	

* Bring luggage to lobby in preparation for departure

* Pay laundry and/or beverage bills at hotel front desk