



MUST DO
Whale watching in
Sri Lanka



MUST EXPLORE
Pokhara Valley in Nepal



MUST HEAR
The singing bowls



MUST DISCOVER
The Chitwan National Park



MUST EXPERIENCE
The hike to the Tiger's
Nest Monastery in Bhutan



MUST NOT MISS
The mountain flight in
Nepal to see the Everest

NEPAL
KATHMANDU

Heritage Walk: A leisurely walk through the city, covering the main places of interest with the opportunity to interact with the locals.

Pashupatinath: Listed under UNESCO World Heritage Site, it is the famous sacred Hindu temple dedicated to Pashupatinath (Lord Shiva).

Singing Bowls Master: Discover the secret of these singing bowls which were invented by ancient Tibetan and Nepali Buddhist monks for physical, mental and spiritual rejuvenation. These

sound waves are believed to penetrate the mind of the listener.

Meet the ex-Kumari: The ex-Kumari was Nepal's living child goddess. Have an interactive chat with her family members regarding her life as a Kumari and ex-Kumari.

Meet the Sherpa Who Climbed the Everest: Learn about the lifestyle of the Sherpas in the Himalayas. Through a personal interaction, discover information and experiences of the situation on the ground, the requirements and the challenges they face as

they conquer the mighty mountains.

Visit to Thimi Ceramics: Learn about Thimi Ceramics, the rich legacy of handcrafted Nepalese ceramics. It is a perfect example of the evolution of local traditional technology.

BHAKTAPUR
Heritage Walk: Discover the architectural beauty of the Hindu and Buddhist religious sites in Bhaktapur.

Pottery Session: A rare close-up session with one of Nepal's master craftsmen who practice time-honoured traditions of art.



Puja at Bhaktapur Temple: Get to know all about the traditional Newari ritual *puja*. Newaris are famous for the numerous festivals they celebrate and the extravagant feasts they enjoy.

PATAN

Heritage Walk: Get to know the city of Buddhist monuments, Hindu temples and fine wood carvings.

BHUTAN THIMPU

Himalayan Buddhism: Learn about Himalayan Buddhism, heavily influenced by Tantric Hinduism, known for allusions and hidden symbolism in its rituals, deities, statues and paintings.

Sacred Geometry: Learn how to draw a Mandala, a cosmic

diagram used by Buddhist practitioners in the Himalayas as an aid to meditation.

PARO

Meet the Author: Meet the author of *Escapades–Awakening*, a novel that throws light on the traditional courtship custom of Night Hunting and the negative impact of such practices on rural women.

SRI LANKA MIHINTALE

Picnic Lunch in the Ruins The location of this picnic lunch is the Kaludiya Pokuna ruins in Mihintale, which is less frequented by tourists. It is 18kms east of the sacred city of Anuradhapura – a UNESCO World Heritage Site. Enjoy home style picnic food!

KANDY

The Veddas Walk Learn about the Veddas, Sri Lanka's indigenous people on this excursion from Kandy. Walk into the thatched huts of this historic community and partake in their life. Learn how this jungle-tribe adores other nature with a lifestyle that has bordered alongside its values. If you are lucky stand witness to a traditional ear-piercing cry by Veddas who will dance showering blessings from the gods. Visit the house of the chief and listen as he explains the way of life in his community. He might even offer you some valuable advice which will surely add into your repertoire of homemade medical treatments.

