

Lumbini- 蓝毗尼

The birthplace of Lord Shakyamuni Buddha-

释迦牟尼佛的诞生地

Situated in the plains of Rupandehi district in Nepal, Lumbini, the birthplace of Lord Sakyamuni Buddha, is one of the most important Buddhist pilgrimage sites in the world. Legend has it that Mayadevi, the queen of Sakya king Suddhodhana of Kapilavastu, was passing through the Lumbini Garden on her way to the maternal hometown of Devadaha (ancient Koliya kingdom). The queen took bath in the Puskarini (Sacred Pond) and after taking 25 paces to the north she felt labor pain, supported herself grasping a branch of a tree and gave birth to the holy prince on Baisakha Purnima (full moon of the first month according to Nepali calendar) of 623 BC. Buddhist scriptures and early literature state that the newly born Prince Siddhartha took seven divine steps to the north and announced an epoch making message to the suffering humanity in the Lumbini Garden. Archaeological evidences, historical references, travel accounts of the well-known pilgrims and travelers including the eminent Chinese pilgrims and the holy Buddhist scriptures testify Lumbini as the birthplace of Lord Sakyamuni Buddha.

位于尼泊尔鲁潘德希区平原上的释迦牟尼佛祖诞生地蓝毗尼,是世界上最重要的佛教朝圣地之一。相传迦毗罗卫国的国王净饭王的皇后摩耶夫人在回娘家天臂城(古居利族王国)的途中经过蓝毗尼森林时,王后在普斯卡里尼水池(圣池)中沐浴后向北走了25步,她感到一阵腹痛,疼痛难忍,她握住了一个树枝,在公元前623年的那个满月之日生下了太子。据佛教经文与早期文献所记载,刚诞生的悉达多太子向北走了七步,并向受苦受难的人民宣布了自己的降世。根据蓝毗尼圣园的考古证据、历史文献、著名朝圣者特别是中国朝圣者和旅行者的游记多方考证,蓝毗尼是释迦牟尼佛的诞生地。

The Asoka Pillar, erected by Emperor Asoka in 249 BC with inscriptions on it, is the most reliable attestation that Lord Sakyamuni Buddha was born here in Lumbini.

在公元前249年,阿育王在此竖立了石柱,石柱上刻写的一段铭文是世尊释

迦牟尼佛在蓝毗尼诞生的最有力证明。

In 1896 AD, General Khadga Shamsher Jung Bahadur Rana, the governor of Palpa and Dr. Alois Fuhrer, an eminent archaeological surveyor in British India, discovered the Asoka pillar, re-establishing Lumbini as the birthplace of Lord Sakymuni Buddha. After rediscovery of the pillar and interpretation of inscriptions on it, the site drew huge attention of many archaeologists and historians from around the world. Another surveyor PC Mukherji conducted an excavation in 1899 AD and identified the Nativity Sculpture as well as some structural remains in and around the Lord Sakyamuni Buddha's birthplace.

1896 年帕尔帕区的行政长官克德格·沙姆谢尔·忠格·巴哈杜尔·拉纳 (Khadga Shamsher Jung Bahadur Rana) 将军和英属印度著名的考古学家博尔博士发现了阿育王石柱。这次考古发现再次确立了蓝毗尼为释迦牟尼佛陀的诞生地。在对阿育王石柱及铭文进行解读后, 该遗址受到了来自世界各地的许多考古学家与历史学家的极大关注。公元 1899 年, 另一位考古学家穆克吉(PC Mukherji) 进行了一次大发掘。这场挖掘确定了释迦牟尼佛诞生地、佛陀诞生雕塑以及周围的一些古建筑遗址区。

Subsequent excavations carried out by Lumbini Development Trust (LDT), Department of Archaeology (DoA) and Japan Buddhist Federation (JBF) between 1992-1995 in the Mayadevi complex have recovered the Marker Stone, important archaeological remains, shrines and ruins of ancient Mayadevi Temple. These archaeological findings have further reinforced Lumbini as the birthplace of Lord Sakyamuni Buddha as already testified by the inscription on the Asoka pillar.

1992 年至 1995 年间, 蓝毗尼发展基金会、尼泊尔文物考古局和日本佛教联合会在摩耶夫人庙遗址群中进行了发掘工作, 并复原了降生石、重要的考古遗迹、摩耶夫人庙的神龛和遗址。除了阿育王石柱上的铭文以外, 这些考古发现进一步确认了蓝毗尼是释迦牟尼佛诞生地的事实。

Birth of Lord Sakyamuni Buddha

释迦牟尼佛的诞生地

Buddhist scriptures mention that the Bodhisattva descends From Tushita Heaven and enters queen Mayadevi's womb and dwells calmly there for ten months. The queen had a dream in which a great white elephant entered her side with a lotus in its trunk. The Brahmins and hermits, who were invited to interpret the dream, prophesied that the prince would either be a world conqueror or a world renouncer. As was the tradition then, her father invited her to his palace in Devadaha to deliver the child.

据佛教经文记载，菩萨从彼兜率陀天下凡转世；进入摩耶夫人王后的腹中，安静地呆了十个月。王后做了一个梦，一头大白象用象鼻衔着一朵莲花从侧面进入她的身体里。国王邀请婆罗门与隐士解这个梦，他们预言道王子将是世界的征服者或是正觉者。按照当时的习俗，王后的父亲唤她去娘家天臂城的宫殿诞子。

Mayadevi, the queen of Sakya king Suddhodhan of Ancient Kapilvastu was on her way to see her father, King SuprabuddhaGrihapati of Koliya kingdom. Accompanied by her royal courtiers, she was passing the verdant Lumbini grove that was adorned with sal trees, laden with fruits and flowers and hummed with bees and birdsongs. Delighted with the emblematic ambience of the garden, she stretched out her hand to hold branch of a sal tree from her palanquin. And, standing, still holding the branch, she delivered the Prince Siddhartha! It was Baishakha Purnima (full moon) of 623 BC.

摩耶王后回娘家见天臂城的父亲居利族善觉王。在皇家朝臣的陪同下，她穿过了郁郁葱葱的蓝毗尼树林，那里周围都是婆罗双树、果树上果实累累，鲜花遍地，蜜蜂和鸟儿们欢乐地忙碌着。王后在花园的美妙氛围中，感到十分喜悦。她伸出手，抓住婆罗双树的树枝。此时，她站着、仍然握着树枝，生下了悉达多太子！那是公元前 623 年的一个月圆之日。

The prince issued himself from his mother's side standing and stretching out his hands and feet, like a young and refulgent sun descending from the sky. The child was like a gem in a fine cloth piece; stainless and unspoiled, free from all the impurities the ordinary mortal beings are smeared with during the birth. Nonetheless, showers of pure water poured down from heaven, honoring the advent of the Awakened One and

refreshing the queen and her prince. The future Lord Sakyamuni Buddha took seven steps to the north, looked around all ten directions of the Lumbini garden and announced '...this is my last birth; henceforth, there will be no rebirth for me'.

太子从母亲的身旁站了起来，伸出手脚，就像温柔的光芒一样。太子就像包在细绸里的宝石一样纯净无暇，无有普通凡人在出生时所染的杂质。不仅如此，为庆祝觉者的降生，，从天上降下了圣洁的雨水让王后与王子沐浴身体。之后释迦牟尼佛陀向北走了七步，环顾十方，并宣布“……这是我的最后一世；从今以后，我将不会轮回转世”。

The early scriptures were not written until more than three centuries after the Buddha's death but passed down the generation as oral narratives. Today, authentic information on historical Lumbini (also called Lumbini upavana or Lumbini vatika) and the nativity events have been derived from the textual narratives of Buddhist scriptures, accounts of celebrity travelers and archaeological evidences in the form of religious structures and anthropological vestiges. All these evidences allude to the fact that Lord Sakyamuni Buddha was born in Lumbini, Nepal in the 6th century BC.

世人以口耳相传的方式传诵佛陀教义，直到佛陀圆寂三百多年以后人们才开始用文字记录佛教经文教义。如今通过佛教经典、朝圣者的游记与考古证据提供古代蓝毗尼（也叫蓝毗尼森林）的信息来看，都证明了释迦牟尼佛是在公元前6世纪出生在尼泊尔蓝毗尼的这一事实。

Lumbini: A UNESCO World Heritage Site

蓝毗尼：联合国教科文组织世界文化遗产胜地

Appreciating its Outstanding Universal Value (OUV) for the greater benefit of entire humanity and its archaeological, religious and spiritual significance, UNESCO enlisted Lumbini as a World Heritage Property in 1997. The Outstanding Universal Value of Lumbini was appreciated by UNESCO on the basis of OUV criterion (iii) and (vi) as follows:

联合国教科文组织肯定了蓝毗尼的突出价值对全人类的重要意义，同时它在考古、宗教和精神上也具有深远影响。1997年，蓝毗尼被列为世界文化遗产，

符合评定标准（三、四）如下：

“As the birthplace of the Lord Buddha, testified by the inscription on the Asoka Pillar, the sacred area in Lumbini is one of the most holy and significant places for one of the world’s great religions” (Criterion iii).

“作为佛陀的诞生地，经阿育王石柱上的铭文证明，蓝毗尼是世界最伟大宗教之一的最神圣、和最重要的地方之一”（标准三）。

“The archaeological remains of the Buddhist viharas (monasteries) and stupas (memorial shrines) from the 3rd century BC to the 15th century AD, provide important evidence about the nature of Buddhist pilgrimage centres from a very early period” (Criterion vi).

“从公元前 3 世纪到公元 15 世纪的佛教寺院与佛塔的考古遗迹为早期的佛教朝圣中心的性质提供了重要的证据”（标准四）。

Lumbini: One of the Most Important Pilgrimage Sites in the World

蓝毗尼：世界上最重要的朝圣地之一

Today, Buddhist devotees, peace lovers and general visitors from all over the world visit Lumbini, the birthplace of Lord Sakyamuni Buddha. It bears the records of historical visits by famous pilgrims and dignitaries. The pilgrims and visitors deeply immerse themselves in the serene and spiritual atmosphere of Lumbini.

现在，来自世界各地的佛教信徒、爱好和平者以及游客都来参观释迦牟尼佛的故乡蓝毗尼。这里迎接过著名的朝圣者与贵宾的历史性访问。朝圣者与游客沉浸在蓝毗尼宁静而神圣的氛围之中。

Lumbini is one of the four sacred sites that Lord Sakyamuni Buddha had later advised his disciples and followers to visit. According to the Buddhist scriptures, Lord Sakyamuni Buddha highlighted the importance of Lumbini from his deathbed as follows:

蓝毗尼是释迦牟尼佛涅槃前建议门徒与追随者朝圣的四个圣地之一。据佛教经书记载，释迦牟尼世尊在临终前特别强调了蓝毗尼的重要性：

“Ananda, This (Lumbini) place is where the Tathagata was born; this is a place, which should be visited and seen by a person of devotion and which would cause awareness and apprehension of the nature of impermanence. At this place, Ananda, who are on a pilgrimage to (this) shrine, if they should die with devotion in their heart during the course of the pilgrimage, will after (their) death and dissolution of the body be reborn in a good destination, a fortunate celestial realm” (Mahaparinirvana Sutta).

“阿难陀，这地方（蓝毗尼）是如来的诞生地。这个地方，是信众们应该参观并去朝圣的净土，这将会引起人们对无常本质的认识与思考。阿难陀，去往这个地方朝圣的朝圣者，若是在朝圣过程中虔诚地死去，他们身体消解后会在更好的地方重生，那将是一个幸福的天界（大般涅槃经）”。

The visit of famous Mauryan Emperor Asoka in 249 BC was the milestone in the history of Lumbini. Guided by his spiritual teacher Upagupta, Asoka made a pilgrimage to this holy shrine and erected a stone pillar bearing an inscription ‘HidaBuddheJateSakyamuniti’ (here Sakyamuni Buddha was born). He worshiped the nativity tree and the Marker Stone. He also visited other historical sites associated with Lord Sakyamuni Buddha and the earlier Buddhas in Kapilavastu, Ramagrama and Devadaha. Subsequent to his famous visit, construction of stupas, monasteries and other religious structures begun in and around Lumbini.

在公元前 249 年，摩揭陀王国的国王阿育王的游历是蓝毗尼历史上的里程碑。在他的精神导师优婆鞠多尊者的带领下，阿育王朝圣这片圣地，并竖立了石柱，上面刻写着释迦牟尼佛就是在这里诞生的（HidaBuddheJateSakyamuniti）铭文。阿育王朝拜了佛陀诞生树和降生石。他还参观了与释迦牟尼大佛以及其他佛的相关遗迹：迦毗罗卫国、拉玛格拉玛佛舍利塔（八分舍利塔）、天臂城等。继阿育王朝圣之后，蓝毗尼及周围地区开始建造佛塔、寺院和其他宗教建筑。

Eminent Chinese pilgrims- Tseng Tsai (4th century AD), Fa-Hsien (5th centuryAD) and Hiuen Tsang (7th centuryAD) visited Lumbini and describe the birthplace of Lord Sakyamuni Buddha in their travel accounts. Among them,

HiuenTsang's travel account is the most prominent one and gives detailed descriptions of Lumbini. He describes the stump of the nativity tree, a chaitya, the Asoka pillar, the holy Puskarini pond, the Telar (oily) river and the source of warm and cool water springs.

有名的中国朝圣者僧载（公元 4 世纪）、法显（公元 5 世纪）与玄奘（公元 7 世纪）游历了蓝毗尼，他们都在游记中描述了释迦牟尼佛陀的诞生地。其中，玄奘法师的游记是最著名的，并且详细描述了蓝毗尼。他描述了佛陀诞生树、寺院、阿育王石柱、神圣的普斯卡里尼池塘，油河以及冷热水喷泉。

King RipuMalla (1312 AD) of Karnali, mid-west Nepal, visited Lumbini and left the mark of his visit engraving 'Om manipadme hum RipuMallachiranjayatu' on the top of the pillar. After his visit Lumbini was forgotten, neglected and shrouded in a thick bushes and forest. The association of Lumbini with Lord Sakymuni Buddha faded slowly into oblivion (for almost 600 years) and the name Lumbini gradually changed to Rummindei and then to Rupendehi, the present name of the district where Lumbini is located.

尼泊尔西部的格尔纳利地区的国王里普·玛拉（公元 1312 年）造访蓝毗尼，并在石柱上刻了“Om manipadme hum RipuMallachiranjayatu”这句铭文。之后，蓝毗尼便被世人遗忘了，长久地沉睡在茂密的灌木丛和森林中。蓝毗尼与释迦牟尼佛的联系也逐渐被淡忘（长达近 600 年），蓝毗尼的名称也更改为 Rummindei，然后又改为 Rupendehi，就是现在蓝毗尼所在地区的名字。

Lumbini Master Plan

蓝毗尼总体规划

The then United Nations Secretary General, U. Thant's pilgrimage to Lumbini in 1967 was another milestone in the recent history of Lumbini. Deeply influenced by the sanctity of Lumbini, the Secretary General discussed the matter with the then King Mahendra and advised Government of Nepal to develop Lumbini as an international

pilgrimage and a tourist center. Renowned Japanese architect Prof. Kenzo Tange was assigned the task of designing a master plan for the systematic development of Lumbini. The Lumbini Development Master Plan was approved by Nepal Government in 1978.

1967 年联合国秘书长吴丹去蓝毗尼朝圣，这是蓝毗近现代史上的一个重大转折点。蓝毗尼这片圣地深深地触动了他的心。秘书长吴丹与当时的马亨德拉国王讨论了此事，并建议尼泊尔政府将蓝毗尼开发为国际朝圣与旅游中心。日本著名建筑师丹下健三教授担任蓝毗尼的总体规划与体系开发的设计者。1978 年尼泊尔政府正式批准蓝毗尼发展总体规划。

The Lumbini Master Plan, spread in an area of 1×3 square mile, oriented along the north-south axis, encompasses three zones (1) the Sacred Garden, (2) the Monastic Zone, and (3) the New Lumbini Village, based on the notion of the path to enlightenment. Each of the zones covers an area of a square mile.

蓝毗尼总体规划沿南北轴取向，面积为三平方英里，分为三个区域，每个区域一平方英里。三个区域分别是：一、神圣花园，二、僧院区，三、新蓝毗尼村；设计源于启蒙之路的理念。

The Lumbini Masterplan

蓝毗尼总体规划

Mayadevi Temple (Birthplace of Lord Buddha)

摩耶夫人庙 (释迦牟尼佛诞生地)

[Illustration...](#)

1) The Sacred Garden

is the epicenter of the Master Plan and comprises the sacred birth place of Lord Sakyamuni Buddha. Historical monuments and objects of high archaeological, religious and spiritual value located in this zone include the Mayadevi Temple, the Asoka Pillar, the Marker Stone, the Nativity Sculpture, Sacred Pond (Puskarini), and

many structural ruins including Buddhist Viharas & Stupas. The Sacred Garden landscape is encircled by a Circular Pond and a Circular Levee, which symbolise the purity and simplicity of the mandala, a mystic symbol of the universe.

一、圣园

圣园是蓝毗尼总体规划的中心,包括释迦牟尼佛诞生地在内。具有非常高的考古、宗教以及精神价值的摩耶夫人庙、阿育王石柱、标记石、佛陀诞生雕塑、圣池(普斯卡里尼水池)以及许多精舍与佛塔的遗址均在圣园里面。设计师以圆形堤坝环绕圆形池塘的形式呈现圣园的景观,这象征着曼陀罗的纯净与朴素,曼陀罗是宇宙的神秘象征。

The Marker Stone

(1992-1996) discovered the Marker Stone on the top of a platform consisting of seven layers of bricks from the 3rd century BC. Chinese traveler Hsuan Tsang (636 AD) describes the existence of the Marker Stone 25 steps to the north of the sacred pond. It is a sand-stone based conglomerate measuring 70 cm x 40 cm x10 cm in size.

标记石(降生石)

在1992年至1996年的考古发掘中,在一个平台上面发现了标记石。平台是公元前3世纪由七层砖累积而成。中国唐代僧人玄奘法师(公元636年)描述圣池往北25步有一块标记石。标记石尺寸为70厘米x40厘米x10厘米,材质为砂岩砾岩。标记石便是当时佛陀降生时触地的那块石头。

The Nativity Sculpture

The Nativity Sculpture depicts the birth scene of Prince Sidhartha. Mayadevi is depicted holding a branch of a tree (possibly the sal tree) as Prajapati Gautami supports her during the de-livery. The newly born baby is shown below standing on a lotus pedestal. Two celestial figures (Brahma and Indra), are receiving the newly born Prince Siddhartha. The red sandstone sculpture is said to be carved by Mathura School of Art in the 4th century. The scientific excavation by P. C. Mukherji in 1899 AD discovered the main part of the Nativity Sculpture.

佛陀降生雕塑

佛陀降生雕塑描绘了悉达多太子的降生场景。在雕塑上,摩耶夫人攀着一棵树的

树枝（婆罗双树），摩诃波阇波提扶着摩耶夫人，刚出生的婴儿站在莲花座上，两位仙人（梵天与因陀罗）正在迎接新生的悉达多太子。据说这块红砂岩雕塑是在四世纪马图拉艺术学院雕刻的。在 1899 年进行的考古发掘中发现了这块佛陀诞生像的主要部分。

The Asoka Pillar

The Asoka Pillar was erected here in Lumbini by the Emperor Asoka in 249 BC to mark the birthplace of Lord Sakyamuni Buddha and to commemorate his visit to Lumbini. The Asoka inscription engraved in Brahmi script and Pali language attests Lumbini to be the birthplace of Lord Sakyamuni Buddha. The Asoka Pillar bears the first epigraphic evidence with reference to the birthplace of Lord Sakyamuni Buddha. The text written in Brahmi script and Pali language is translated as follows: “King Piyadasi (Asoka) the beloved of the Gods, in the twentieth year of his reign, himself made a royal visit. Sakyamuni Buddha was born here, therefore the (birth spot) marker stone was worshipped and a stone pillar was erected. The lord having been born here, the tax of the Lumbini village reduced to the eight part (only) ”.

阿育王石柱

在公元前 249 年，阿育王为标记释迦牟尼佛的诞生地并纪念他的蓝毗尼朝拜之旅，他在佛陀降生处附近立了一根石柱。石柱上用婆罗米文刻写着巴利语铭文，以此证明蓝毗尼是释迦牟尼佛的诞生地。阿育王石柱上的铭文是关于释迦牟尼诞生地的第一份铭文证据。石柱上的铭文翻译成汉语为“众神挚爱的阿育王，他在位第 20 年，进行了王室访问。释迦牟尼佛在这里诞生，由此朝拜标记石（诞生地），并竖立了石柱。佛陀（世尊）在这里诞生，蓝毗尼村村民的缴税降为原来的八分之一”。

2) The Monastic Zone, an area of 1 sq. mile in the middle of the Master Plan has been divided into two zones by a 1.6km long pedestrian walkways and a canal in the middle.

2a) The East Monastic Zone represents the Theravada (Hinayana) school of Buddhism

where 13 plots are allotted for construction of Viharas.

2b) The West Monastic Zone comprises 29 plots of land, each allotted for construction of Mahayana monasteries. Currently there are three meditation centers in operation in this zone. The statue of standing Baby Buddha, Central Canal and its boating facility, the Eternal Peace Flame, the Peace Bell etc. in the monastic zone are of great interest for the visitors.

二、僧院区

在蓝毗尼总体规划的中间有片面积为一平方英里的区域被一条 1.6 公里长的人行道与中央运河分为两部分。

2a) 东寺院区有上座部佛教（小乘佛教）的寺院，为建造上座部佛教的寺院分配了 13 块土地。

2b) 西寺院区共分配 29 块土地，建造的都是大乘寺院。目前，这区域有三个禅修中心。寺院区域还有吸引游客的站立佛像、中央运河及其划船设施、永不熄灭的和平圣火、和平大钟等。

3) The Cultural Center and New Lumbini Village represents“worldly” activities and provide information, accommodation and utility facilities for pilgrims and the visitors. Hotels, visitor information center, Lumbini Museum, Lumbini International Research Institute (LIRI), administration complex etc. are located here. Other important sites of visitors’ interest in New Lumbini Village include the World Peace Pagoda of Japan and the Lumbini Crane Sanctuary. After formation of Lumbini Development Trust (LDT) in 1985 AD, development activities in Lumbini including excavations and conservations of the holy complex are being carried out under the aegis of the Trust. Development of Lumbini in line with the approved Lumbini Development Master Plan is still going on.

三、文化中心与新蓝毗尼村

文化中心与新蓝毗尼村代表着“世俗”活动的区域，并为朝圣者与游客提供旅游服务、食宿与公共设施。此处主要有旅游信息中心、酒店、蓝毗尼博物馆、蓝毗尼国际研究所（LIRI）、行政大楼等。新蓝毗尼村还有游客非常感兴趣的重

要景点日本寺的世界和平塔与蓝毗尼赤颈鹤湿地保护区。自 1985 年成立蓝毗尼发展基金会（LDT）之后，在基金会的主持下进行对圣地的发掘与保护措施的所有发展活动。按照批准的蓝毗尼发展总体规划，蓝毗尼的开发与保护仍在进行中。

East Monastic Zone

东寺院区

1. The Royal Thai Monastery - 泰国皇家寺庙
2. Canadian Engaged Buddhism Association - 加拿大佛教协会
3. Mahabodhi Society of India - 印度摩诃菩提协会
4. Nepal Theravada Buddha Vihar - 尼泊尔上座部佛教寺庙
5. Cambodian Temple, Cambodia- 柬埔寨寺庙，柬埔寨
6. Myanmar Golden Temple, Myanmar - 缅甸金佛寺，缅甸
7. International Gautami Nuns Temple, Nepal - 国际乔达摩尼僧寺，尼泊尔
8. Sri Lankan Monastery, Sri Lanka - 斯里兰卡寺庙，斯里兰卡
9. Dhamma Janani Vipassana Center, Nepal - Dhamma Janani 内观中心，尼泊尔

Sri Lankan Monastery

斯里兰卡寺庙

Daily Activities - 日常活动

6:00 to 7:00 am: Buddha Puja, prayers and chanting –

上午 6:00 至 7:00：礼佛、祈祷、诵经

7:00 to 8:00 pm: Buddha Puja, prayers and chanting

下午 7:00 至 8:00：礼佛、祈祷、诵经

Annual Programs

年度盛会

- January 1: English New Year

1 月 1 日：公历新年

- February 4: Sri Lankan Independence Day
2月4日：斯里兰卡国庆日
- Baisakh 1 (Mid April/May): Nepali New Year
(4月中旬/5月中旬)：尼泊尔新年
- Baisakh Purnima (May/June): Buddha Jayanti
(5月/6月)：佛诞日
- Purnima (June-August): Barsavassa
满月祈福（6月至8月）：僧人结夏安居
- At the conclusion of Barsavassa: KathinaChivar Dana ceremony
在雨安居结束时：供僧衣节

Contact information for further details

联系方式：

Ven./ The chief Abbot

Phone: 0977-71-580193, 977-9847039468 Email: lumbini@sudeesa.net

Website: www.lumbinisudeesa.org

Ven./ 寺庙主持

电话：0977-71-580193、977-9847039468

邮箱：lumbini@sudeesa.net

网站：www.lumbinisudeesa.org

Cambodian Monastery

柬埔寨寺

Daily Activities - 日常活动

6:00 to 7:00 am: Buddha Puja, prayers and chanting –

上午 6:00 至 7:00：礼佛、祈祷、诵经

5:00 to 6:00 pm: Buddha Puja, prayers and chanting

下午 5:00 至 6:00 : 礼佛、祈祷、诵经

Annual Programs

年度盛会

- January 1: English New Year

1 月 1 日: 公历新年

- April 13 (for 3 days) : Cambodian New Year

四月 13 日 (3 天): 柬埔寨新年 (宋干节)

- Baisakh 1 (Mid April/May): Nepali New Year

(4 月中旬/ 5 月中旬): 尼泊尔新年

- Baisakh Purnima (May/June): Buddha Jayanti

(5 月/ 6 月): 佛诞日

- Purnima (June-August): Barsavassa

满月祈福 (6 月至 8 月) :Barsavassa ()

- At the conclusion of Barsavassa: KathinaChivar Dana ceremony

在雨安居结束时: 供僧衣节

Contact information for further details

联系方式:

Ven. Poey Metta, The Founder Chairman

Ven. Poeyty, The Vikkhu in charge

Phone: 0977-9847053848, 9806912956

Email: sumethear@yahoo.com, sevinchan2003@yahoo.com

Ven. Poey Metta, 会长

Ven. Poeyty, 僧院负责人

电话: 0977-9847053848, 9806912956

邮箱: sumethear@yahoo.com , sevinchan2003@yahoo.com

The Royal Thai Monastery - 泰国皇家寺庙

Daily Activities - 日常活动

- 05.00 to 05.30: Dhamma Talk (Desana)
 - 05.30 to 06.00: Meditation
 - 06.00 to 06.45: Morning Chanting
 - 19.00 to 20.00: Evening Chanting and Reflection
- 05: 00 至 05: 30: 佛法义理 (透过念诵佛法义理, 培养善业慧根)
- 05: 30 至 06: 00: 冥想
- 06: 00 至 06: 45: 晨诵
- 19: 00 至 20: 00: 晚间诵经与反思

Annual Programs

年度盛会

- Jan/Feb: Magh Day to commemorate the gathering of 1,250 Arhants to whom the Buddha gave the teachings on the discipline (OvadaPatimokkha).
1 月/2 月: 纪念 1,250 名阿罗汉聚会纪念日, 佛陀向他们讲授了教义 (别解脱教诫)。
- April 13: Songkran Day
4 月 13 日: 泼水节
- Baisakh Purnima (May/June): Buddha Jayanti (Vessakh Day)
(5 月/6 月): 佛诞日
- Aug 12: The Queen's birthday as Thai's Mother's Day
8 月 12 日: 泰国母亲节
- Dec 5: The King's birthday as Thai's Father's day
12 月 5 日: 泰国父亲节

Occasional activities

临时活动

- Full Moon Prayer (Chanting, Puja with other monks and nuns at Lumbini Asoka Pillar).

满月祈福（僧人一起在蓝毗尼阿育王石柱周围诵经拜佛）。

- UpasathaSangakamma (The monks recite the Patimokkha (the 227 Rules for Vikkhus).

法会（僧侣诵读波罗提木叉比丘 227 戒）

- Ordination ceremony (Thai and Nepali novice are ordained)

- 受戒仪式（泰国和尼泊尔的新沙弥受戒）

Contact information for further details

联系方式：

Ven. Pharajarattanarangsi 博士，方丈

Ven. PhramahaSuphotKitivonno, 秘书长

电话: 0977-71-580222; Fax: 0977-71-580221

邮箱: www.watthailumbini.org

Myanmar Golden Temple

缅甸金佛寺

Daily Activities - 日常活动

6:00 to 7:00 am: Buddha Puja, prayers and chanting –

上午 6:00 至 7:00：礼佛、祈祷、诵经

5:00 to 6:00 pm: Buddha Puja, prayers and chanting

下午 5:00 至 6:00：礼佛、祈祷、诵经

Annual Programs

年度盛会

- January 1: English New Year
1月1日：公历新年
- Baisakh 1 (Mid April/May): Nepali New Year
(4月中旬/5月中旬)：尼泊尔新年
- Baisakh Purnima (May/June): Buddha Jayanti
(5月/6月)：佛诞日
- Purnima (June-August): Barsavassa
满月（6月至8月）：僧人结夏安居
- At the conclusion of Barsavassa: KathinaChivar Dana ceremony
在雨安居结束时：供僧衣节

Contact information for further details

联系方式：

The VikkhuIncharge

Phone: 0977-71-580179, Fax: 9777-71-580179

The VikkhuIncharge

电话: 0977-71-580179, 传真: 9777-71-580179

VISITORS IN LUMBINI ARE REQUESTED TO

温馨提示：

- Follow Lord Sakyamuni Buddha's Panchasil (Five Precepts).
请遵守释迦牟尼佛讲的五戒。
- Not to pluck flowers and leaves
不要采摘花卉(果实、花、树叶)
- Follow the foot trails and walk on the designated paths.
沿着人行道在指定的路径行走。
- Not to disturb the wildlives, birds and their habitat.
不要打扰野生动物、鸟类及其栖息地。

- Use rubbish bins. Not to litter garbage, plastics and paper etc. Not to spit on the monument sites and walking trails.

请使用垃圾桶；不要乱扔垃圾、塑料、纸张等；不要在纪念碑、遗址与步行道上吐痰。

- Not to smoke and play games when you are in the monument sites.

当您在古迹遗址时，请勿吸烟、不游戏打闹。

- Use designated roads and entry points.

请使用指定的道路与入口点。

- Not to walk over the archaeological ruins/monuments.

请不要在考古遗址/纪念碑上行走。

- Not to take away anything from the monument sites such as bricks, soils or any physical object.

请勿动（带走）古迹中的任何东西，例如：砖块、土壤或任何物体。

- Obtain necessary permission from Lumbini Development Trust to take photographs and filming. Please do not use camera in the prohibited areas.

若有拍摄照片和电影需要，请在蓝毗尼发展基金会申请必要许可证。在禁止区域内不得使用相机。

- Not to ride vehicle/motorcycle/scooter/bicycle and not to use pressure horn in the prohibited areas.

不要在禁止区域开车、骑摩托车/踏板车/自行车，不能使用喇叭。

- Not to use loud speakers in the areas designated for meditation/ worship/ teaching.

在冥想/拜佛/讲学的区域不能使用扬声器。

- Use the meditation platform for meditation.

请在指定的冥想区域冥想、打坐。

- Take off shoes/sandals/slippers while entering into temples, monasteries, sacred sites and shrines.

在进入寺庙、佛塔、圣地和精舍时，请脱掉鞋子/凉鞋/拖鞋。

- Honor local traditions, cultures, social harmony and rituals.

请尊重当地的传统、文化、习俗、礼节与社会和谐的原则。

- Not to offer milk, water etc. to the sacred archaeological monuments such as Asoka pillars and the Nativity Sculpture.

不要在考古遗迹（如：阿育王石柱、佛陀降生像）供养牛奶、水等液体。

- Avoid wearing revealing clothes and display of physical affection.

请避免在任何公共场所穿着暴露及不雅行为。

- Buy local products, seek out indigenous artisans and their crafts.

在购买当地特色产品时，请找原住民工匠及其手工艺品。

- Respect privacy of other people. Ask them before taking their photographs.

请尊重他人的隐私，在拍摄照片之前先询问他们。

- Not to encourage begging, rather use donation box to donate for good cause.

请不要鼓励乞讨行为，使用捐款箱为善事捐款。

West Monastic Zone

西寺院区

1) Ka-Nying Shedrup Monastery (Seto Gumba), Nepal – 噶宁雪珠林寺，尼泊尔

2) Zarong Tgupten Mendol Dogna Chholing, Nepal
- Zarong Tgupten Mendol Dogna Chholing, 尼泊尔

3) Urgen Dorjee Chholing Buddhist Center, Singapore - 新加坡寺
(Urgen Dorjee Chholing 佛教中心)，新加坡

4) Nepal Vajrayana Maha Vihara, Nepal - 尼泊尔密宗寺院，尼泊尔

5) French Buddhist Association, France - 法国佛教协会，法国

6) The Great Lotus Stupa (Tara Foundation), Germany - 德国寺，德国

7) Drigung Kagyud Meditation Center, Laddakh-Drigung Kagyud 冥想中心，拉达克

8) The World Linh Son Buddhist Congregation, France - 世界灵山佛教众会，法国

9) Japanese Monastery, Japan - 日本寺，日本

- 10) United Tungaram Buddhist Foundation, Nepal -宗南联合佛教基金会，尼泊尔
- 11) Thrangu Vajra Vidhya Buddhist Association, Canada -创古金刚智慧佛教协会（加拿大佛寺），加拿大
- 12) Vietnam Phat Quoc Tu, Vietnam-越南寺，越南
- 13) Geden International Monastery, Austria-顿悟寺（奥地利佛寺），奥地利
- 14) Chinese Monastery, China -中华寺，中国
- 15) Dae Sung Shakya Temple, South Korea -韩国寺，韩国
- 16) DrubgyudChhoeling Monastery (Nepal Mahayana Temple) -尼泊尔大乘佛教寺庙
- 17) Dharmodaya Sabha Nepal (SwayambhuMahavihara) -斯瓦扬布大寺院
- 18) Karma Samtenling Monastery, Nepal - 嘎玛桑丹林寺院，尼泊尔
- 19) ManangSamaj Stupa, Nepal-马南协会佛塔，尼泊尔
- 20) Pandirarama Lumbini International Meditation Center, Myanmar- Pandirarama 蓝毗尼国际禅修中心，缅甸

The Great Lotus Stupa (Tara Foundation), Germany -德国寺

Daily Activities - 日常活动

6:00 to 7:00 am: Buddha Puja, prayers and chanting/Guru yoga

上午 6:00 至 7:00：礼佛、祈祷、诵经/上师瑜伽

5:00 to 6:00 pm: MahakalPuja,prayers and chantings

下午 5:00 至 6:00：摩诃伽罗法会、祈祷、诵经

Annual Programs

年度计划

- January 1: English New Year

1月1日：公历新年

- February: Tibetan New Year

2 月份：藏历新年

- Baisakh 1 (Mid April/May): Nepali New Year

(4 月中旬/ 5 月中旬)：尼泊尔新年

- Baisakh Purnima (May/June): Buddha Jayanti

(5 月/ 6 月)：佛诞日

- Purnima (June-August): Barsavassa

满月祈福 (6 月至 8 月)：雨季僧人结夏安居

- At the conclusion of Barsavassa: KathinaChivar Dana ceremony

在雨安居结束时：供僧衣节

Contact information for further details

联系方式：

Most Ven. Drubpon Sonam JorpeRinpoche, the chief Abbot Phone:

0977-71-580275/ 1-6914465/6914704

Email: rinchenpalri@wlink.com.np

Most Ven. Drubpon Sonam Jorpe 仁波切

电话: 0977-71-580275/ 1-6914465/6914704

邮箱: rinchenpalri@wlink.com.np

Chinese Monastery

中华寺

Daily Activities - 日常活动

- 4:30 to 6:00 am: Buddha Puja, prayers, chanting

早晨 4: 30 至 6: 00 : 礼佛、祈祷、诵经

- 4:00 to 6:00 pm: Buddha Puja, prayers, chanting

下午 4: 00 至 6: 00 : 礼佛、祈祷、诵经

- 7.00 to 8.00 pm: Buddha Puja prayers, chanting

晚上 7: 00 至 8: 00: 礼佛、祈祷、诵经

Annual Programs

年度盛会

- January 1: English New Year

1 月 1 日: 公历新年

- February: Chinese New Year

2 月份: 中国新年/春节

- Baisakh 1 (Mid April/May): Nepali New Year

(4 月中旬/ 5 月中旬): 尼泊尔新年

- Baisakh Purnima (May/June): Buddha Jayanti

(5 月/ 6 月): 佛诞日

- Purnima (June-August): Barsavassa

满月祈福 (6 月至 8 月): 结夏安居

- At the conclusion of Barsavassa: KathinaChivar Dana ceremony

在结束时: 供僧衣节

- 15th of every English month: Rice daana to 155 persons (10 kg bag to each)

每月 15 号: 给 155 户贫困家庭发放大米 (每户 10 公斤一袋)

Contact information for further details

联系方式:

Most Ven. Shu Zhung Young, Chief Abbot

Phone: 0977-71-580264/266

Most Ven. Shu ZhungYoung, 方丈

电话: 0977-71-580264/266

Korean Monastery

韩国寺

Daily Activities - 日常活动

- 5:00 to 5:50 am: Buddha Puja, prayers, chanting
早上 5: 00 至 5: 50 : 礼佛、祈祷、诵经
- 7.00 to 7.30 pm: Buddha Puja prayers, chanting
晚上 7: 00 至 7: 30: 礼佛、祈祷、诵经

Annual Programs

年度盛会

- January 1: English New Year
1 月 1 日: 公历新年
- Baisakh 1 (Mid April/May): Nepali New Year
(4 月中旬/ 5 月中旬): 尼泊尔新年
- Baisakh Purnima (May/June): Buddha Jayanti
(5 月/ 6 月): 佛诞日
- Purnima (June-August): Barsavassa
满月祈福 (6 月至 8 月): 结夏安居

Contact information for further details

联系方式:

Ven. BubshinSnim, the chief Abbot/ Bo Hyun

Phone: 0977-71-580123/ 9860621973

Ven. BubshinSnim, 方丈 / Bo Hyun

电话: 0977-71-580123/ 9860621973

Vietnam Phat Quoc Tu

越南寺

Daily Activities - 日常活动

- 4:00 to 5:30 am: Buddha Puja, prayers and chanting of the Langnghiem sutra
早晨 4: 00 至 5: 30: 礼佛、祈祷、诵《楞严经》
- 5:30 to 5:50 am: Inviting the bell
早上 5:30 至 5:50 : 叩钟
- 9:00 to 10:00 am: Meditation
上午 9:00 至 10:00 : 打坐
- 3:00 to 4:00 pm: Meditation
下午 3:00 至 4:00 : 打坐
- 6:00 pm: Inviting the bell
下午 6:00 : 叩钟
- 7:00 to 9: 00 pm: Chantings and meditation
晚上 7:00 至 9: 00 : 诵经与打坐

Annual Programs

年度盛会

- January 1: English New Year
1 月 1 日: 公历新年
- February - full moon day: Gratefulness Festival
2 月-月圆之夜: 感恩节
- Jan/Feb.: Vietnamese New Year
1 月/2 月: 越南农历新年 (春节)
- Baisakh 1 (Mid April/May): Nepali New Year
(4 月中旬/ 5 月中旬): 尼泊尔新年
- Baisakh Purnima (May/June): Buddha Jayanti
(5 月/ 6 月): 佛诞日
- Purnima (June-August): Barsavassa
满月祈福 (6 月至 8 月): 结夏安居

Contact information for further details

联系方式:

Ven. ThayHuyen Dieu, the Founder President of the Monastery

Phone: 0977-71-580178

Email: vietnamphatquoctu@gmail.com; Website: www.vietnamphatquoctu.net

Ven. ThayHuyen Dieu, 寺院的创立者

电话: 0977-71-580178

邮箱: vietnamphatquoctu@gmail.com

网站: www.vietnamphatquoctu.net

UrgenDorjeeChholing Buddhist Center (Singapoure)

新加坡寺

Daily Activities - 日常活动

- 6.00 to 7.00 am: Puja, prayers, chanting

上午 6: 00 至 7: 00 : 拜佛、祈祷、念经

- 3.00 to 4.00 pm: Puja, prayers, chanting

下午 3: 00 至 4: 00 : 拜佛、祈祷、念经

Annual Programs

年度盛会

- Baisakh Purnima (May/June): Buddha Jayanti

(5 月/6 月): 佛诞日

- Lhosar celebration

过年/春节

- Twice a month : Guru Rinpoche puja (5 days before and 10 days after purnima)

每月两次: 莲花生大师法会 (满月前五日与满月后十日)

Contact information for further details

联系方式:

Ven. Tashi Gurung /Ven. Wangchuk, The Chief Abbot

Tel: 0977-71 - 9813578588 / 9868156353

Ven. Tashi Gurung /Ven. Wangchuk, 方丈

电话: 0977-71 - 9813578588 / 9868156353

LaddakhDrigungKagyud Meditation Center

拉达克 DrigungKagyud 冥想中心

- Usually the full meditation course covers three years and three months.
- 一般情况下，一个完整的冥想课程时间为三年三个月。
- For the meditation of short duration, one can practice meditation here for 7 days and can extend the meditation to 28 days or more at once or in different times.

关于短期课程，学员可以在这里参加 7 天的冥想课程。然后，连续或分不同阶段可以延长到 28 天，或者可以延长更长时间。

- The basic meditation technique of this school of Buddhism is followed by a seven-day meditation course along with self-mortification by regular chanting and the Chakachalwa (salutation to Lord Sakyamuni Buddha).

基本禅修方法采用 7 天的禅修课程，并通过定期诵经与顶礼释迦牟尼佛进行自我禁欲。

Daily Activities - 日常活动

6.30 to 7.30 am: Buddha Puja/Chantings/ Recitation of Sutra/meditation

上午 6: 30 至 7: 30: 礼佛/诵经/打坐

Contact information for further details

联系方式:

HH. Drubpol Sonam JorpeRimpochhe, the Chief Abbot

Phone: 0977-71-580275, 977-1-6914465/6914704

Email: rinchenpalri@wlink.com.np

HH. Drubpol Sonam Jorpe 仁波切, 方丈

电话: 0977-71-580275, 977-1-6914465/6914704

邮箱: rinchenpalri@wlink.com.np

LUMBINIVILLAGE TOUR- 蓝毗尼乡村旅游

Visiting the Peripheral Rural Villages that Have Been Safeguarding the Birthplace of Lord Sakyamuni Buddha for Centuries

参观蓝毗尼周围这几个一直守护着释迦牟尼佛诞生地上千年的乡村

Lumbini, being the birthplace of Lord Sakyamuni Buddha is the ultimate pilgrimage to the Buddhists that emanates peace, harmony and solace. In addition to promoting contemplative value and spirituality, Lumbini offers a plethora of opportunities for those who are interested to explore the cultural treasure troves and natural splendors.

蓝毗尼作为释迦牟尼佛的诞生地成为了世界各地的佛教徒向往智慧、和平、与慰藉的神圣朝圣之地。除了修行与净化心灵之外，蓝毗尼还对文化与自然有兴趣的人们提供了丰富的旅游资源。

The existence of Lumbini village was also mentioned by the early travelers including famous Emperor Asoka who visited Lumbini in 249 BC and erected a stone pillar bearing inscription engraved in Brahmi script and Pali language. The translated version of the last line written in the inscription is, “The lord having been born here, the tax of the Lumbini village reduced to the eight part (only)”. Today, Lumbini Cultural Municipality encompasses ancient Lumbini Game (village), surrounding villages of Lumbini and beautiful natural landscapes around it. One of the interesting features of these surrounding rural villages of Lumbini is that the majority of Hindu and Muslim communities are safeguarding and promoting the Buddhist heritage sites including the birthplace of Lord Sakyamuni Buddha. They feel proud and honored to be the true custodian of this sacred shrine. A visit to the surrounding villages and natural sites also gives visitor a rare opportunity to come across the most preferred

birds of Lord Sakyamuni Buddha, the Sarus Crane, the most preferred plants Asoka tree, Sal tree, Mango tree, Pipal tree etc. and crops such as rice, peas, golden gram, sesame etc.

早期朝圣者关于蓝毗尼村做了许多记载；著名的阿育王在公元前 249 年朝圣蓝毗尼，并竖立了一个石柱并在上面留下了一段婆罗米文字刻写的巴利语碑文。这铭文的最后一行写道：“佛陀（世尊）在这里诞生，蓝毗尼村村民的缴税降低至原来的八分之一”。现在的蓝毗尼文化中心包括古老的蓝毗村庄、周围的其他小村庄与美丽的自然景观。很有意思的是蓝毗尼周围的佛教文化遗产，包括释迦牟尼佛的诞生地和其他遗迹是由当地的大多数印度教徒和伊斯兰教徒的村庄守护着。他们也为能够成为这圣地的最终守护者，而感到自豪和荣幸。在这些村庄里游客们能观看到释迦牟尼佛最喜欢的赤颈鹤、阿育王树、婆罗双树、芒果树、菩提树，同时能看到当地的水稻、豌豆、绿豆、芝麻等农作物田地。

Travel Distance from Gate # 5 (Mahilwar)

离五号门(Mahilwar)的距离

Mahilwar Chowk-五号门

Parsa Chowk	2.4km-	Parsa Chowk	2.4 公里
Khungai	4.2km -	Khungai	4.2 公里
Lokhadiya	3.9km -	Lokhadiya	3.9 公里
Padariya	2.4km -	Padariya	2.4 公里
Hatihawa Lake.....	3.3km -	Hatihawa 湖.....	3.3 公里
Madhubani Village ...	2.3km -	Madhubani 村 ...	2.3 公里
Bhaisaiya Chowk	6.3km -	Bhaisaiya Chowk	6.3 公里
Punnihawa Lake	6.7km -	Punnihawa 湖	6.7 公里
Gaidahawa Lake	16.1km -	Gaidahawa 湖	16.1 公里
Gajedi Lake	21.5km -	Gajedi 湖	21.5 公里
Kakrahawa Border	9.5km -	Kakrahawa 口岸.....	9.5 公里

The first World Buddhist Summit held in Lumbini from 30th November to 2nd December, 1998 organized by Lumbini Development Trust, proposed to establish an International Buddhist University in Lumbini, the birthplace of Gautam Buddha, to impart standard education on Buddhist Philosophy, Literature and Culture, etc.. Finally, on 14th Marga 2061 B.S. Lumbini Buddhist University was formally established.

蓝毗尼发展基金会在 1998 年 11 月 30 日至 12 月 2 日在蓝毗尼举行了首届世界佛教峰会。为传授佛教哲学、文学以及文化教育，峰会提议在释迦牟尼佛的出生地蓝毗尼成立一所国际佛教大学。最终，在 2005 年 1 月 27 日蓝毗尼佛教大学正式成立。

Now Lumbini Buddhist university has three faculties and campus in different places. Lumbini Buddhist University offer following course for international students:

现在蓝毗尼佛教大学三个学院以及各地的校区为国际学生（留学生）提供以下课程：

Bachelor's degree 本科专业

Travel and tourism management 旅游管理

Law 法律

English 英语

Development studies 可持续性发展/乡村发展

Master's degree 硕士专业

Buddhist Studies 佛教学（佛教哲学）

Mahayan Buddhism 大乘佛教

Buddhism and Himalayan Studies 佛教与喜马拉雅研究

Museology and buddhist collection 博物馆与收藏学

Theravada Buddhism 上座部佛教学

Archaeology 考古学

Buddhism and Peace Studies 佛教与和平学

Agro-Forestry (MAF) 农林学

Development Studies (MDS) 发展学

Environmental Studies (MES) 环境学

PhD 博士

Buddhism 佛教相关研究方向

Things to do during the Village Tour

丰富多彩的乡村之旅：

Guided walking, cycling, cart riding or jeep driving tours to the surrounding villages of Lumbini offer visitors the following activities:

在蓝毗尼周围的村庄步行、骑行、乘车或吉普车游览的活动：

- Observing the traditional architecture and lifestyle of locals in the villages.

观看当地村庄的传统建筑与风俗民情。

- Visiting green farmland, observing the traditional agricultural practices and enjoying organic fruits including mangos.

欣赏绿色农田的风景，观看传统的农业劳作，品尝当地的芒果等有机水果。

- Observing the weekly Hat Bazaar (rural day bazaar) happening in the key points such as Mahilwar, Padaria, Parsa, Mahajaidiya villages etc.

在 Mahilwar, Padaria, Parsa, Mahajaidiya 等村子参观每周举行的集市。

- Visiting the rural families and having breakfast or lunch with them (needs pre-arrangement).

拜访当地家庭并与他们一起用餐（需提前安排）。

- Meeting the local champions who make the fiber crafts and mud sculpture of Lord Sakyamuni Buddha.

拜访当地造泥雕佛像与织造等工艺品的优秀工匠。

- Visiting Biraha Cultural Group (at Mahilwar) and observing the traditional Biraha Dance.

在 Mahilwar 会见 Biraha 文化艺术团，并观看传统的 Biraha 舞蹈。

- Observing Tharu Museum (at Khudabagar) including the mud-built food

storage practices of Tharu and other communities.

在库达巴加尔 (Khudabagar) 参观塔鲁博物馆, 观看塔鲁与其他民族的泥土器皿存放粮食的传统方法。

- Listening the legends and tales from the villagers on Lord Sakyamuni Buddha's birthplace and history.

听听当地人讲关于释迦牟尼佛与佛陀诞生地的传说与历史故事。

- Observing the unique shamanism practices of healing the diseases in the evening would be an interesting activity (needs to be pre-arranged).

傍晚去当地人家里看治愈疾病的萨满教仪式也是一项有趣的活动(需要提前安排)。

- Cycling through the paddy/wheat/mustards fields and along the village roads.

在乡间小道上骑自行车游览当地稻田/麦田/芥菜田的风景。

- Visiting temple and mosque. Observing the periodic festival and events.

参观寺庙与清真寺, 参加定期的节日活动。

- Visiting schools and children. Visiting Metta Gurukul School at Mahilwar village and interacting with the local kids/Vikchhus who are learning Buddhism.

参观学校, 参观 Mahilwar 村的 Metta Gurukul 学校, 并与学习佛教的孩童/比丘互动。

- Observing the daily and periodic rituals of the locals including wedding and birth celebrations.

参加当地人的日常礼拜与喜事, 包括婚礼、生日等庆祝活动。

- Bird watching in the mango orchards, wetlands and rivers.

在芒果园、湿地、河流、田野等地方观鸟。

- Visiting OshoJetavan Village and meditation center located nearby, at Madhubani village.

•参观附近的 Madhubani 村的奥修祇陀林村与冥想中心。

GraterLumbiniBuddhistCircuit

蓝毗尼佛教大环线

蓝毗尼佛教大环线地点之间的距离

Airport – Mayadevitemple -17.4km
机场 – 摩耶夫人庙 -17.4 公里

Bhairahawa- Mayadevitemple -21.1km
百日哈瓦-摩耶夫人庙-21.1 公里

Mayadevitemple -Kudan-29.42km
摩耶夫人庙-库丹-29.42 公里

Kudan – Gotihawa- 4.33km
库丹-勾提哈瓦– 4.33 公里

Gotihawa- Tilaurakot- 7.32km
勾提哈瓦-提罗拉科特– 7.32 公里

Tilaurakot-Niglihawa – 8.85km
提罗拉科特-尼格里哈瓦- 8.85 公里

Niglihawa- Auraurakot -1.25km
尼格里哈瓦-阿老拉阔特-1.25 公里

Auraurakot-Sagarhawa – 5.21km
阿老拉阔特-萨格哈瓦- 5.21 公里

Sagarhawa- Devdaha- 65.3km
萨格哈瓦-天臂城-65.3 公里

Devdaha-Ramgrama-25.19km
天臂城-拉玛格拉玛- 25.19 公里

Ramgrama- Bhairahawa – 28.56km
拉玛格拉玛-百日哈瓦- 28.65 公里

Bhawanipur-Butwal 17.0km
巴瓦尼普尔-布德沃尔-17.0 公里

Ramgrama- Triveni -23.0km
拉玛格拉玛-特里维尼-23.0 公里

Tilaurakot - 提罗拉科特

The Hometown of Prince Siddhartha The Capital of the Ancient Sakya Kingdom
悉达多王子的故乡古释迦王国的首都

Situated 29km west of Lumbini, 3km north-west of Taulihawa, Tilaurakot was rediscovered in 1899 by P. C. Mukherji and is recognized by many scholars as the ancient capital city of the Kapilavastu, the Sakya kingdom where Prince Siddhartha spent his early life. Tilaurakot exhibits perfect features of ancient palace architecture as it is at a higher elevation secured by a wide and tall fortification wall and a moat encircling it from outside. Archaeological excavations at Tilaurakot have revealed Grey ware (9/8th century BC), NBP (6/5th century BC) ; coin minting factory, palace structures, temples, ponds, roads, earth ramparts, brick fortification, ancient habitation and various antiquities within thirteen layers of human depositions dated from 9/8th century BC to 2-3 century AD. These findings support the fact that Tilaurakot had been a capital city.

提罗拉科特都城（古迦毗罗卫国首都）位于蓝毗尼以西 29 公里，陶里哈瓦西北 3 公里处。在 1899 年由 P.C. Mukherji 重新发现这古代都城，学界公认是释迦王国迦毗罗卫国的首都，这是悉达多太子成长的地方。提罗拉科特都城展现了古代宫殿建筑的完美结构，都城建立在高处，城墙与护城河包围着这城市。都城考古发掘时出土的有公元前八九世纪的陶器、造币厂、宫殿建筑、寺庙、池塘、道路、土垒、砖筑堡垒、古代居住环境以及历史可追溯到公元前二到八世纪分为十三层的遗址中的各种文物。这些出土古物证明了提罗拉科特都城是古释迦王国首都的事实。

Kudan 库丹

The Ancient Nyigrodharama Where King Suddhodhana Met Lord Sakyamuni
Buddha The First Time After Enlightenment

库丹（古 Nyigrodharama）是释迦牟尼佛觉悟后第一次与其父净饭王会面的地方

Introduction-介绍

Situated about 3km. south of Taulihawa, ancient Nyigrodharama, currently known as Kudan or Lori-Ki Kudan, is a historical site, where King Suddhodhana met Lord Sakyamuni Buddha the first time after attaining enlightenment. Some scholars have identified Kudan as the Natal-town of Krakuchhanda Buddha.

库丹位于陶里哈瓦以南约 3 公里, 是乔答摩悉达多觉悟后首次相见父亲净饭王的地方, 这是一处重要的历史古迹。经一些学者鉴定库丹是拘留孙佛的诞生地。

Early Chinese travelers Fa-hsien (5th century AD) and Hiuen Tsang (7th century AD) describes in their travel accounts the arrival of Sakyamuni Buddha at the Nyigrodharama, erection of stupas by Emperor Asoka, welcoming of Lord Sakyamuni Buddha by the King Suddhodhana in his home-town, offering of Kashaya Vastra to Lord Sakyamuni Buddha by the Queen Prajapati and reverence paid by 500 Sakyas.

早期中国朝圣者法显和尚(公元 5 世纪)与玄奘法师(公元 7 世纪)在他们的游记中记载了释迦牟尼佛的库丹之行, 阿育王竖立的佛塔、净饭王迎接释迦牟尼佛到故乡、摩诃波闍波提王后献袈裟并有 500 名释迦子弟朝拜佛祖的事情。

Buddha visited Kapilavastu several times during his life, Kudan being the first place within the Ancient Kapilavastu visited by Lord Sakyamuni Buddha after his enlightenment. The first nunnery, in the Buddhist history, was also established in Kapilavastu. Lord Sakyamuni Buddha's son Rahula was ordained at the age of 8 here at Kudan. Moreover, Lord Sakyamuni Buddha preached five important suttas (sutras) of Majjhimanikaya including the virtue of politics to the Sakyas at Kudan.

在释迦牟尼佛的一世中, 他曾多次去往迦毗罗卫国, 库丹是他开悟后走访的第一个迦毗罗卫国的地方。当时迦毗罗卫国建立了佛教历史上第一处尼僧寺院。释迦牟尼佛的儿子罗侯罗 8 岁时就在这里出家。此外, 在这里佛祖讲授了《中尼迦耶》中最重要五部经以及释迦王国的政治美德。

Travel Distance-旅行距离

Tilaurakot-Kudan..... 6.0km

提罗拉科特-库丹 - 6.0 公里

Kudan - Gotihawa..... 3.0km
 库丹-勾提哈瓦 - 3.0 公里

Gotihawa - ChoubisHajari..... 7.5km
 勾提哈瓦-周比寺哈扎里- 7.5 公里

Tilaurakot - Sagarhawa..... 8.0km
 提罗拉科特-萨格哈瓦--- 8.0 公里

Sagarhawa - Jagadishpur..... 0.8km
 萨格哈瓦-贾格蒂斯普尔--- 0.8 公里

Jagadishpur - Niglihawa..... 8.5km
 贾格蒂斯普尔-尼格里哈瓦- 8.5 公里

Sagarhawa - Niglihawa..... 3.7km
 萨格哈瓦-尼格里哈瓦 - 3.7 公里

Tilaurakot - Niglihawa..... 9.0km
 提罗拉科特-尼格里哈瓦 - 9.0 公里

Niglihawa - Araurakot..... 1.4km
 尼格里哈瓦-阿老拉阔特- 1.4 公里

Kudan - Sisaniya..... 10.km
 库丹-西斯尼亚 - 10.0 公里

Taulihawa Bus Park - Kudan..... 1.5km
 陶里哈瓦汽车站-库丹 - 1.5 公里

Taulihawa Bus Park - Tilaurakot..... 3.0km
 陶里哈瓦汽车站-提罗拉科特 - 3.0 公里

Jitpur - Tilaurakot..... 23.3km
 切特普尔-提罗拉科特 - 23.3 公里

Taulihawa - Gorusinghe..... 14.0km
 陶里哈瓦- 郭陆僧格- 14.0 公里

CDO Chowk - Dohani..... 4.7km
 CDO 路口- 多哈尼 - 4.7 公里

Dohani - Sisaniya..... 8.2km

多哈尼- 西斯尼亚 - 8.2 公里

Dohani Lumbini..... 17.4km

多哈尼-蓝毗尼 -- 17.4 公里

Things to do in Kudan

在库丹的游览项目

Kudan is one of the important Buddhist shrines to visit in the Ancient Kapilavastu. Following activities can be performed while at Kudan by the visitors.

库丹是迦毗罗卫国的重要佛教圣地之一。在库丹可安排的旅游活动：

- Visiting and paying homage to the sacred shrines including 3 ancient Stupas.

朝拜神圣的古迹包括三个古佛塔。

- Taking holy bath at the Nyigrodharama Pond.

•在 Nyigrodharama 池塘旁沐浴。

• Observing the artistically carved ornate brick structures of Gupta period (added later) on the Stupa 2 built during the Sakya era to commemorate Lord Sakyamuni Buddha and Suddhodana's first meeting (after enlightenment).

•参观在释迦时期以纪念释迦牟尼佛觉悟后见父亲净饭王建造的二号佛塔上古普塔时期雕刻的华丽艺术。

• Meditating in the mango orchard garden in the manner that about 300 Vikchhus had done during the first visit of Lord Sakyamuni Buddha.

在芒果园里打坐并想象释迦牟尼佛会见 300 名比丘的场景。

- Visiting the nearby village and enjoying the rural lifestyle.

游览附近的村庄并体验乡村生活。

• Visiting the Thai Monastery and involving in the evening chanting and meditation.

- 参观泰国寺，参加晚上的诵经和冥想。

Niglihawa-尼格里哈瓦

The Birthplace of Kanakamuni Buddha

拘那含佛的诞生地

Niglihawa is identified as the holy place where Kanakamuni Buddha was born. It is a significant archeological site situated about 7 km northeast of Taulihawa, where, close to a large pond lie the remains of a broken Asoka Pillar. Emperor Asoka visited the site in 249 BC and erected the stone pillar with an inscription to attest the birthplace of the Kanakamuni Buddha. The Asoka inscription engraved on the pillar in Brahmi script and Pali language attests the fact that Emperor Asoka enlarged the Kanakamuni Buddha's stupa and worshiped it and erected a stone pillar to mark the birthplace of Kanakamuni Buddha on the occasion of the twentieth year of his coronation. Dr. Alois Fuhrer discovered this pillar in 1895. The Pillar is now in a broken state and two pieces of the pillar have now been sheltered to protect them from the weather and human or animal interference. The lower part of the pillar with an edict measures 10 feet, 6 inches (3.20 m). The upper half of the Pillar is 14 feet 9 inches in length with 2 feet diameter at its uppermost and 2 feet 6 inches at its lower end. The pillar also bears an inscription of the year 1234 (Saka Era corresponding to 1312 AD). This inscription belonged to King RipuMalla of the Western Nepal. The inscription written on the upper piece contains the words: Om manipadme hum and Sri RipuMallaChiramJayatu 1234. Chinese pilgrims, Fa-Hsien and Hiuen- Tsang, describes the Kanakamuni Stupa and Asoka Pillar in their travel accounts. Unfortunately, both the basement and the capital of the pillar together with the lion atop of which Hiuen Tsang spoke are still missing.

尼格里哈瓦是拘那含佛的诞生地，是一个重要的考古遗址。尼格里哈瓦位于陶里哈瓦东北方向大约 7 公里处。在一个大池塘的附近有一个断裂的阿育王石柱。阿育王在公元前 249 年来到这里，并竖立了有刻写此地是拘那含佛诞生地铭文的石柱。阿育王执政第二十年，为标记拘那含佛的诞生地，用婆罗米文字刻写了巴利语的碑文。这碑文证明了阿育王扩建拘那含佛的佛塔并进行了朝拜。1895 年考古学家博尔博士发现了这石柱。为了防止天气、动物与人为的破坏，这根断裂为两部分的石柱已经被放置在一间屋子里保护起来。石柱的下半段为 3.2 米上半段为 4.5 米；最上端直径为 2 英尺，下端直径为 2 英尺 6 英寸。石柱上还刻有 1312

年尼泊尔西部格尔纳利地区的国王里普·玛拉的铭文，上面的碑文上写着：“Om manipadme hum and Sri RipuMallaChiramJayatu 1234”。中国朝圣者法显与玄奘在他们的游记中描述了拘那含佛佛塔与阿育王石柱。不幸的是，无论是石柱的底部、顶部以及玄奘所写的狮子像都没有找到。

Gotihawa - 勾提哈瓦

The Birthplace of Krakuchhanda Buddha

拘留孙佛的诞生地

Located about 8km southwest of Taulihawa, Gotihawa is identified with the holy place where Krakuchhanda Buddha was born, attained enlightenment and met his father after his enlightenment. Gotihawa is an important historic, archeological as well as religious site of Buddhist world. Emperor Asoka visited the site in 249 BC, erected the stone Pillar and built a big stupa, dedicating to the Krakuchhanda Buddha. The inscription bearing upper portion of the pillar is broken off long ago, and is still missing. The area outside modern Gotihawa village is covered with ancient potteries, brick structures of stupas and monasteries. Although, human activities of 10th/9th century BC have been traced, the site of Gotihawa is believed to have started developing from 6th century BC.

勾提哈瓦位于陶里哈瓦西南约 8 公里处，是拘留孙佛的诞生地、觉悟后与父亲相见的地方。勾提哈瓦是佛教的世界性历史、考古以及宗教场所。在公元前 249 年，阿育王朝拜这里，为纪念拘留孙佛的诞生地他竖立了石柱并建造了一座大佛塔。很久以前折断了的部分铭文石柱，至今仍然缺失。现在的勾提哈瓦村找到了古老的陶器、佛塔的砖结构以及寺院。虽然这里追溯到了公元前十世纪时期的人类活动，但据勾提哈瓦遗址的研究，公元前六世纪才开始勾提哈瓦文明发展的时期。

Sagarahawa- 萨格哈瓦

The Massacre Site of the Sakyas

释迦族被杀害处

Sagarahawa is a forest site with the ruins of ancient constructions and a long pond, Lumbusagar. The site lying about 10km north of Taulihawa is identified as the place where the Sakyas were massacred by the King Virudhaka, the son of Prasenajita Raja of Kosala out of revenge. Later, in the memory of the noble Sakyas, hundreds of stupas were built there by their descendants. Also known as Lumbu Sagar, meaning a long lake, Sagarahawa is 1,059 feet long and 225 feet wide. The ancient ruins, primarily the stupas and monasteries, are situated on the west and south banks of the pond. Earlier Chinese traveler Hiuen Tsang (636 AD) on his travel account describes his visit to Sagarahawa and presence of several hundred thousands of stupas, indicating the spot where the members of the Sakya tribe were slaughtered. Dr. Fuhrer in 1897 AD, on behalf of the Government of Nepal, carried out the first excavation in Sagarahawa and uncovered thousands of small relic stupas arranged in long symmetrical rows on the four sides of the largest square stupa standing at the center of the battlefield. Major relics found inside the stupa during the excavation include bones, gold, silver, crystal, garnet and ruby etc.

萨格哈瓦是一个废墟的古建筑与长方形池塘的森林遗址。萨格哈瓦遗址位于陶里哈瓦以北约 10 公里处，是毘琉璃王屠杀释迦族处。拘萨罗国毘琉璃王为其父波斯匿王复仇。后来，为纪念释迦族，人们建造了数百座佛塔。萨格哈瓦有长湖的别名，长 1,059 英尺、宽 225 英尺。这湖的西岸和南岸有佛塔、寺院等古代遗址。中国朝圣者玄奘法师（公元 636 年）在游记中有所记载，他来到萨格哈瓦时看见了屠杀释迦族处建造的数十万佛塔。1897 年博尔博士在尼泊尔政府的批准下，在萨格哈瓦进行了首次发掘，并发现了战场中央大佛塔四处对称排列的成千上万个舍利塔。在挖掘期间，从佛塔内出土的主要文物有骨头、金、银、水晶、石榴石、红宝石等。

ARAURAKOT- 阿老拉阔特

The Natal Town of Kanakamuni Buddha

拘那含佛的故乡

Located to the 1.4km east of Niglihawa and about 10 km northeast of Taulihawa, Araurakot is identified as the Natal Town of Kanakamuni Buddha where he lived, grew up, and spent his married life. It used to be a walled forest in ancient times. It is a large rectangular fortified area with the remains of ancient moat and brick fortifications. A massive fortification wall has enclosed a large rectangular piece of ruined area. The wall seems to have been built in the ancient times as bricks and antiquities dating to historical times are seen scattered on the surface. Very little has been done to excavate the details of this site. A UNESCO led joint geophysical survey of LDT, DoA, and Durham University, UK under JaFIT project in 2015 unveiled many huge structural ruins underneath the citadel.

阿老拉阔特位于尼格里哈瓦以东 1.4 公里、陶里哈瓦东北约 10 公里处，是拘那含佛的故乡，拘那含佛在这里成长并度过了婚姻生活。阿老拉阔特曾是大森林，是一个大型的矩形防御工事区，这里有护城河与砖砌堡垒的遗迹。巨大的防护墙围住了一块矩形废墟区。这城墙似乎是在远古时代建造的，能证明历史的砖块和古物就散落在地表。这片遗址做的详细考古工作还很少。在 2015 年，联合国教科文组织在日本国际观光学会项目的资助下与蓝毗尼发展基金会、尼泊尔考古局和英国杜伦大学合作进行了联合地球物理勘测，测出城堡下方的许多巨大结构性废墟遗址。

JAGADISHPUR JALASAYA-贾格蒂斯普尔水库

Visiting the Indigenous Tharu Cultures and Country's Largest Human Made Reservoir at the Home Town of Lord Sakyamuni Buddha

在释迦牟尼佛的故乡参观塔鲁族文化和尼泊尔最大的人工水库

JagadishpurJalasayaTharu Home-stay is situated on the bank of Nepal's largest man made reservoir, Jagadishpur Tal, about 10 km north of Tilaurakot in Kapilavastu district. The indigenous Tharu communities residing in the Jagadishpur Tal area, who substantially claim to be the descendants of the ancient Sakyas are also the custodians of many ancient Buddhist heritage sites including Tilaurakot, Niglihawa, Sagarhawa etc. In recent days, these Tharu people are also preserving and promoting the

country's largest man made reservoir, The Jagadishpur Tal (listed as a RAMSAR site) making it a suitable habitat for many residential and migratory birds. JagadishpurTharu Home-stay is an effort of these local people to offer basic but unique accommodation facilities and cultural experiences to the visitors who come to Jagadishpur reservoir and Buddhist heritage sites.

贾格蒂斯普尔水库位于迦毗罗卫国提罗拉科特以北约 10 公里处，在贾格蒂斯普尔水库岸边有塔鲁民宿。在水库周围住的塔鲁自称是古代释迦族的后裔，他们也是提罗拉科特、尼格里哈瓦、萨格哈瓦等许多古代佛教遗产的守护者。近几年来，塔鲁族人开始保护贾格蒂斯普尔水库（被列为国际重要湿地），为保护鸟类并建造合适栖息地。经营贾格蒂斯普尔塔鲁民宿是当地人的一项职业，为来到贾格蒂斯普尔水库与佛教遗迹的游客提供食宿设施与文化体验。

Recommended Tour Itineraries and Activities

推荐的行程与旅游/观光项目

i) Day-Tour to Ancient Kapilavastu

古迦毗罗卫国一日游

- Arrival in Taulihawa by public bus or private vehicle.

乘坐公共巴士或私家车到达陶里哈瓦。

- Visit to Tilaurakot, the ancient capital city.

参观古提罗拉科特都城。

- Visit to Kapilavastu Museum.

参观迦毗罗卫国博物馆。

- Visit to Kudan and Gotihawa.

参观库丹与勾提哈瓦。

- Visit to Niglihawa and Araurakot.

参观尼格里哈瓦与阿老拉阔特。

- Visit to Jagadishpur Tal.

参观贾格蒂斯普尔水库。

- Departure.

返回。

ii. 1 Night and 2 Days Tour to Ancient Kapilavastu

两日一夜迦毗罗卫国遗址游

DAY 01: 第一日

- Arrival in Taulihawa by private vehicle or public bus.

乘坐私家车或公共巴士到达陶里哈瓦。

- Visit to Tilaurakot, the ancient capital city; feel spiritually awakened by visiting the Eastern Gate (MahabhiniskramanaDwara), and visit other important monuments and sites in and around Tilaurakot.

参观古提罗拉科特都城遗址，朝拜东大门（MahabhiniskramanaDwara）、净化身心，并参观提罗拉科特周围的其他重要古迹和遗址。

- Visit to Kudan where Lord Sakyamuni Buddha met his father King Suddhodhana for the first time after enlightenment.

参观释迦牟尼佛觉悟后首次与净饭王相见的库丹遗址。

- Visit to Gotihawa, the birthplace of Krakuchhanda Buddha (the earlier Buddha).

参观拘留孫佛（比释迦牟尼佛更早的佛）的诞生地勾提哈瓦。

- Visit to Sisaniya, the industrial city of Sakya era.

参观释迦时代的工业城市西斯尼亚。

- Observation of evening lighting and chanting ceremony at one of the Viharas at Kudan or Tilaurakot.

在库丹和提罗拉科特寺院里参加点灯和诵经仪式。

- Stay at hotels/lodges in Taulihawa or at the Tharu homestay in Jagadisapur.

住在陶里哈瓦的酒店/旅馆或贾格蒂斯普尔的塔鲁民宿。

DAY 02: 第二日:

- Visit the Niglihawa: The birthplace of Kanakamuni Buddha (the earlier Buddha).

参观拘那含佛（比释迦牟尼佛早的佛）的诞生地。

- Visit to the Arourakot: The natal town of Kanakamuni Buddha.

参观拘那含佛的家乡阿老拉阔特遗址。

- Visit to Sagarhawa: The massacre site of the Sakyas.

参观释迦族被害的萨格哈瓦遗址。

- Lunch at Tharu homestay at Jagadispur village.

在贾格蒂斯普尔塔鲁民宿享用午餐。

- Visit to Jagadispur Tal and enjoy bird watching, leisure walks and sightseeing.

参观贾格蒂斯普尔水库，散步、观鸟、欣赏风景。

- Depart to the desired destination.

返回或前往下一个目的地。

iii. 2 Night and 3 Days Tour to Ancient Kapilavastu

两晚三日迦毗罗卫国遗址游

DAY 01: Programs as suggested above.

第一日：与两日一夜游的第一日活动相同，请参考上述的两日一夜游介绍。

DAY 02: 第二日：

- Programs as suggested above and stay at the JagadispurTharu home-stay.

进行与两日一夜游第二天相同的活动，晚上住贾格蒂斯普尔塔鲁民宿。

- In the evening enjoy Tharu cultural dance at the home-stay.

晚上住民宿观看塔鲁文化舞蹈。

• Spend leisure time sitting at the edge of the reservoir or watching the tranquil lake water and birds from the view tower.

从观景塔观看宁静的湖泊、各种鸟类，在湖边静坐。

DAY 03: 第三日：

- Sightseeing tour to other pilgrimage, cultural and natural sites.

观光其他文化遗址圣地与自然景点。

• Enjoy guided jungle walk to TilaurakotSajhedhari forest and ancient Bhagirathi river(Banganga river).

在导游的带领下在提罗拉科特社区森林、Bhagirathi 河边进行丛林漫步。

- Enjoy fishing and swimming in the Banganga river.

在 Banganga 河游泳、垂钓。

- Visit Banganga Laxman Ghat.

参观 Banganga Laxman 河岸景观。

- Day hiking and trekking to Churia Hill through Madhuban Dham, Kapila Dham and Shringi Ashram.

穿越 Madhuban Dham、Kapila Dham、Shringi Ashram 等地方到朱莉亚山 (Churia Hill)。

- Visit Shivagadhi with 1-2 hours of hiking.

徒步 1-2 小时参观 Shivagadhi。

- Hike back to Dhankhola (on highway) and depart to the desired destination.

徒步回到 Dhankhola (在高速公路边)，前往下一个目的地。

DEVADAHA- 天臂城

The Maternal Hometown of Queen Mayadevi, Lord Sakyamuni Buddha's Mother
释迦牟尼佛的母亲摩耶夫人的娘家

Devadaha, the ancient capital of the Koliya Kingdom, located 57 km east of Lumbini, is identified with the maternal hometown of Queen Mayadevi, Prajapati Gautami and Princess Yasodhara, the mother, step-mother and consort of Lord Sakyamuni Buddha respectively. It is believed that Prince Siddhartha had spent some years of his childhood with his step-mother/aunt Prajapati Gautami in Devadaha. After seven years of his enlightenment, Lord Sakyamuni Buddha had visited Devadaha and had ordained the follower of Jain Sadhu Nirgranthanathputra. Present Devadaha area has been identified as ancient Koliya Kingdom with the reference of distance and direction from Lumbini and other Buddhist sites provided by various early Buddhist scriptures and archaeological excavations. Nevertheless, it requires a full-fledged archaeological research to locate the exact capital city of the ancient Koliya.

天臂城（古居利王国）位于蓝毗尼以东 57 公里处，是佛母摩耶夫人、养母摩诃波闍波提以及妻子耶输陀罗的娘家。据说，摩诃波闍波提陪伴悉达多太子在天臂城度过几年的童年时期。成佛七年后，释迦牟尼佛陀走访了天臂城，并为尼干子外道的学习者讲授了佛法。目前的天臂城遗址是以不同时期的朝圣者提供的蓝毗尼为起点的距离与方向为参考依据发现的。现在，仍然需要进行全面的考古研究才能确立古居利王国的首都。

Situated at Devadaha Municipality, Ward No. 10, about half kilometer north of Ghodaha, Devadaha is a pond having religious and historical significance. In Sanskrit language, Deva means god and daha means a pond, hence the literal meaning of Devadaha is “pond of the god”. It is believed that the gods and goddesses and saints bathed in this pond. Prince Siddhartha himself is believed to have bathed in this holy pond during his visit here in Devadaha. It is believed that the water of this holy pond was supplied in the Koliya palace. The Koliya kingdom received its name Devadaha from this very holy pond.

天臂城市 10 号，Ghodaha 往北约半公里处有一个宗教、历史意义的天臂城（Devdaha）池塘。在梵语中，Deva 的意思是神，daha 的意思池塘。因此，天臂城（Devadaha）的字面意思是“神的池塘”。据说，众神与圣徒在这池塘里沐浴，人们认为悉达多太子在天臂城时，在这圣池里也沐浴过。因这圣池的水被引到古居利王国的宫殿里，所以国家也取名为此（Devadaha）。

Significant Sites: 重要景点

Bhawanipur/Devidamar, Khayardada, Devadaha, Kanyamai, Bairimai, Rohini River, Kumarabarti, Kotiamai, Historical Well, Pakadi Tree, Mathagadhi, Mayadevi Park, SispurTharu Village, Sarantandi Magar Village, Khairahani Gurung Village etc.

Recommended Tour Itineraries and Activities

推荐的行程与旅游/观光项目

Tour Highlights: 天臂城之旅的亮点

- Pilgrimage and spiritual visit to Bhawanipur, Kanyamai and Bairimai Temple in Devadaha: The Maternal hometown of Lord Sakyamuni Buddha's mother Queen Maya Devi, stepmother Queen Prajapati Gautami and wife Yasodhara.

游览佛陀生母摩耶夫人、养母摩诃波闍波提以及妻子耶输陀罗的娘家天臂城、巴瓦尼普尔 (Bhawanipur)、Kanyamai、Bairimai 寺庙，并进行朝拜、净化身心。

- Visit other important archaeological, spiritual and pilgrimage sites including Khayardada (considered to be the capital city of Ancient Koliya Kingdom), Mathagadhi (ancient fort), and ancient Bangala well etc.

游览卡亚尔达达 (被认为是古居利王国的首都)、Mathagadhi (古堡) 以及古代宫殿遗址等重要的考古、历史与朝圣地。

- Take holy bath in the holy Rohini river and Devadaha.

在神圣的罗希尼河与天臂城圣池沐浴。

- Visit the symbolic Koliya era tree: The Pakadi Tree in Devadaha.

在天臂城参观古居利王国时代的象征 Pakadi 树。

- Observe meditation in the spiritual vibes at Simsar (wetland) site in Ghodaha and Bhawanipur.

在 Ghodaha 和巴瓦尼普尔 (Bhawanipur) 等湿地冥想、净化身心。

- Observe various festivals and events including Buddha Purnima, Chaitra Dashain etc.

参加佛诞日、德赛节等节日与文化活动。

- Visit cultural villages such as Sispur Tharu village, Sarantandi Magar village and Khairahani Gurung village.

游览 Sispur 塔鲁村、Sarantandi 马格尔村与 Khairahani 古荣村等当地少数民族的村落。

Itineraries – 行程

i. Day Tour to Devadaha (Suitable for local and regional visitors having their own

vehicle)

天臂城一日游

- Arrival at Devadaha (Ghodaha) and visit the ancient and sacred Devadaha (lake).

到达天臂城（Ghodaha），并参观古老而神圣的天臂城（湖）。

- Visit Khayardanda.

参观卡亚尔达达。

- Visit Kanyamai and Bairimai temples and associated archaeological sites.

参观 Kanyamai 和 Bairimai 寺庙考古遗址。

- Visit the Pakadi Tree.

观看 Pakadi 树。

- Visit Bhawanipur and pay homage to the temple dedicated to Queen Mayadevi and other significant religious and archaeological monuments such as the long stone column, stone image of Sun God, ancient brick well etc.

朝拜摩耶夫人庙宇以及其他重要的宗教与考古遗迹，比如：长石碑，太阳神石像，古代砖井等

- Visit ancient Bangala well and Mayadevi Ban Batika.

参观古老的宫殿与摩耶夫人园林。

ii. 1 Night and 2 Days Tour to Devadaha including Ramagrama

天臂城-拉玛格拉玛佛舍利塔（八分舍利塔）两日一夜游

DAY 01: 第一日:

- Arrival at Bhawanipur by private vehicle.

乘私家车抵达巴瓦尼普尔（Bhawanipur）。

- Arrival at Devadaha (Ghodaha) and visit the ancient and sacred Devadaha area.

到达天臂城，参观古老而神圣的天臂城遗址。

- Visit Khayardanda,

参观卡亚尔达达

- Visit Kanyamai and Bairimai temples and archaeological sites.

参观 Kanyamai 和 Bairimai 的寺庙以及考古遗址。

- Visit the Pakadi Tree.

观看 Pakadi 树。

- Visit Bhawanipur and pay homage to the temple dedicated to Queen Mayadevi and other significant religious and archaeological monuments such as the long stone column, stone image of Sun God, ancient brick well etc.

朝拜摩耶夫人庙宇以及其他重要的宗教与考古遗迹，比如：长石碑，太阳神石像，古代砖井等

- Visit ancient Bangala well and Mayadevi Ban Batika.

参观古老的宫殿与摩耶夫人园林。

- Visit the ethnic Tharu community at Sispur, Magar community at Sarantandi village and Gurung community at Khairahani village.

游览 Sispur 塔鲁村、Sarantandi 马格尔村与 Khairahani 古荣村等当地少数民族的村落。

- Stay overnight at Sitalnagar, Khairahani or Sunwal.

晚上在 Sitalnagar、Khairahani 或 Sunwal 住当地民宿。

DAY 02:第二日:

- Visit Ramagrama Stupa and observe the site and meditate.

参观拉玛格拉玛佛舍利塔（八分舍利塔）遗址并进行冥想活动。

- Visit a temple consisting of a standing image of Lord Sakyamuni Buddha, built by a Japanese

参观日本人建造的寺庙以及释迦牟尼佛世尊立像。

- Experience Tharu cultures in BarahiMahuwaTharu village nearby Ramagrama.

在八分舍利塔附近的 BarahiMahuwa 塔鲁村体验当地风俗传统。

- Visit Triveni Dham, Gajendramokchha Dham and Balmiki Ashram.

参观 Triveni Dham, Gajendramokchha Dham 和巴尔米基僧舍。

- Visit other cultural and natural sites.

体验当地风俗民情及自然景观。

- Travel back to Bhairahawa via Ramagrama or visit Daunne Devi Temple and monastery on the way to Chitwan.

经过拉玛格拉玛返回百日哈瓦或参观去往奇特旺路上的 Daunne Devi 寺。

RAMAGRAMA STUPA 拉玛格拉玛佛舍利塔

The Only Stupa with the Sacred Corporal Relic of Lord Sakyamuni Buddha

唯一的地下未打开过的释迦牟尼佛舍利塔

Ramagrama Stupa is situated in the southwestern part of Nawalparasi district of Lumbini zone, Nepal. Ramagrama is about 50km east of Lumbini and 29km east of Bhairahawa. Ramagrama Stupa is one amongst the eight original relic stupas where the corporeal remains of Lord Sakyamuni Buddha were enshrined. The 7m high brick mound (stupa) is located on the bank of Jharahi river. Enlisted as UNESCO's Tentative List of World Heritage Property in 1996, Ramagrama is a site of great archaeological and pilgrimage importance as the stupa is believed to have contained the only body relics of Lord Sakyamuni Buddha and not interfered by Emperor in the 3rd century BC. Among the eight Lord Sakyamuni Buddha's relic stupas, this is the only one which is still in its original form. Therefore, it is one of the holiest pilgrimage sites for Buddhists who dream of making a pilgrimage to Ramagrama at least once in their lifetime.

拉玛格拉玛佛舍利塔位于尼泊尔蓝毗尼地区纳瓦尔帕拉斯区的西南部、离蓝毗尼以东约 50 公里，百日哈瓦以东约 29 公里。拉玛格拉玛佛舍利塔是供奉释迦牟尼佛舍利八座原始舍利塔之一，位于贾乐黑河岸边，是由高达 7 米的砖丘而筑成。拉玛格拉玛佛舍利塔是现存唯一的最早的八座舍利塔之一，公元前三世纪阿育王唯一没有打开的舍利塔。所以在 1996 年，

此处被列为联合国教科文组织世界遗产备选名单中，这是一处具有重大考古及文化价值的遗址。这是唯一的仍然保持原始形态的佛舍利塔。因此，它是佛教徒们一生至少要来朝圣一次的最向往的圣地之一。

Subsequent to the *Mahaparinirvana*, the body of Lord Sakyamuni Buddha was cremated by the Mallas of Kushinagar and the body remains were distributed among eight claimants, including the Koliyas of Ramagrama. The Koliya King, having enshrined the body relic of Lord Sakyamuni Buddha, erected the stupa with great devotion and reverence. According to Chinese traveler Hiuen Tsang, people witnessed miracles at the holy site. They occasionally saw divine light flashing around the stupa; sick people were cured after praying at the Stupa. Even Emperor Asoka himself witnessed Naga (snake god) and elephants worshipping this *Astudhatu* (relic) stupa.

释迦牟尼佛摩诃波涅槃之后，肉身在那迦火化；舍利分为八部分，分给八位国王，拉玛格拉玛的古居利王得到了其中的一份。居利国王非常崇敬佛法并虔诚地建造佛塔供奉佛舍利。根据中国朝圣者玄奘法师的记载，人们见证了此处的许多神秘奇迹；人们经常看见在佛塔周围闪烁着神圣的光环；病人去佛塔祈祷便能康复起来。甚至阿育王本人也目睹了蛇神和大象供养舍利塔的圣境。

Panditpur: Based on the findings of the recent excavations carried out by the Department of Archaeology (DoA) of the Government of Nepal, Panditpur area of Nawalparasi district (13.5km from Ramagrama and 14.5km from Bhawanipur) has also been identified as an important archaeological site. Considering the huge area covered by the ruins, some archaeologists have claimed it to be the possible palace site of the ancient Koliya Kingdom.

潘迪特普尔 (Panditpur): 根据尼泊尔政府考古部近期进行的发掘的结果，纳瓦尔帕拉西区潘迪普尔（离拉玛格拉玛 13.5 公里、距巴瓦尼布尔 14.5

公里) 也被认为是重要的考古遗址。这遗址废墟覆盖的巨大区域, 所以一些考古学家声称这是古代居利王国的宫殿遗址。

Distance from Ramagrama to Various Sites

离拉玛格拉玛到其他景点的距离

Ramagrama (Stupa) - Bhumahi11km

拉玛格拉玛- Bhumahi - 11 公里

Ramagrama- Sunwal13.5km

拉玛格拉玛- Sunwal 13.5 公里

Parasi Bazaar-Triveni23km

Parasi 市场-Triveni - 23 公里

Parasi Bazaar -Maheshpur11km

Parasi 市场- Maheshpur - 11 公里

Ramagrama-Parasibazaar4.5km

拉玛格拉玛-Parasi 市场- 4.5 公里

Ramagrama -Panditpur13.5km

拉玛格拉玛- 潘迪特普尔- 13.5 公里

Panditpur - Parasi Bazaar9km

潘迪特普尔-Parasi 市场 - 9 公里

Ramagrama- Bhawanipur25.19 km

拉玛格拉玛- 巴瓦尼普尔- 25.19 公里

Ramagrama-Bhairahawa.....28.56 km

拉玛格拉玛- 百日哈瓦 - 28.56 公里

Ramagrama-Lumbini49.5km

拉玛格拉玛-蓝毗尼- 49.5 公里

Ramagrama-Ramnagar-Bhawanipur33.5km

拉玛格拉玛-罗么纳格尔- 33.5 公里

Sunwal- Sitalnagar7.0km

Sunwal- Sitalnagar - 7 公里

Anoma River, Triveni

尼连禅河，三河汇聚处

In the 6th century BC, Siddhartha the Prince of Kapilvastu, left for enlightenment through the eastern door of Tilaurakot Royal palace, at the mere age of 29. He reached the banks of the Anoma River, shaved his head and sent back the royal clothing and ornaments with horse Kanthak and horse rider, Chhana to the palace. At present, that place is called Triveni ghat. Anoma River is also referred to as river Narayani. This also signifies that river Narayani has been a pious site for Buddhist since the ancient period.

在公元前 6 世纪，年轻的悉达多王子为寻找解脱的方法离开了奢华的迦毗罗卫国提罗拉科特的皇宫，王子从东门出走、骑白马（Kanthak）到尼连禅河、剃发，让仆人（名：Chana）把自己的王室服饰与白马带回宫殿。现在这个地方名为三河汇聚处（Triveni ghat）。尼连禅河也被称为纳拉亚尼河，这也表明纳拉亚尼河自古以来一直是佛教徒的虔诚之地。

Recommended Tour Itineraries and Activities

推荐的行程与旅游观光项目

Tour Highlights: 天臂城之旅的亮点

- Pilgrimage and Spiritual visit to the Ramagrama Stupa, the only stupa in the world where the sacred relics of Lord Sakyamuni Buddha are still interred.

朝拜拉玛格拉玛佛舍利塔，这是唯一一座释迦牟尼佛的最早舍利塔。

- Visit other important archaeological, spiritual and pilgrimage sites in Ramagrama including the nearby Japanese temple with the standing image of Baby Buddha.

参观拉玛格拉玛以及周围的其他重要圣地与考古遗址，包括附近的日本寺庙与站立佛像。

- Take spiritual and religious bath at the holy Jharahi River at Ramagrama.

在拉玛格拉玛的贾乐黑河沐浴、净化身心。

- Participate at meditation sessions with spiritual vibes at Ramagrama Stupa.

在拉玛格拉玛冥想。

- Visit other religious, cultural and natural sites such as Triveni Dham, Madarbaba Ashram, Daunne Devi Hill etc.

游览周围的宗教、文化与自然景点，例如：三河汇聚处，马达拉巴巴僧舍，Daunne Devi Hill。

- Visit the nearby Tharu and mixed culture villages.

参观附近的塔鲁族与多元文化的村庄。

Itineraries: 行程

- i. Day Tour to Ramagrama(Suitable for local and regional visitors having their own vehicle)

拉玛格拉玛一日游

- Arrival in Ramagrama via Bhumahi or Sunwal or Bhairahawa.

从 Bhumahi、Sunwal 或百日哈瓦到达拉玛格拉玛。

- Visit Ramagrama.

参观拉玛格拉玛。

- Meditation, recitation, participation at spiritual discourses, circumambulation etc. at the relic stupa site.

在舍利塔冥想、诵经、参加灵修论坛等。

- Visit the Baby Buddha Temple built by Bishinokai, Japan.

参观日本寺庙与站立佛像。

- Visit the Gandaki Irrigation Canal, Gandak Hydropower station and border market at Maheshpur (10.5km south from Ramagrama Stupa).

•参观甘达基灌溉渠、甘达基水电站与 Maheshpur 边境市场（拉玛格拉玛以南 10.5 公里）。

- ii. 1 Night and 2 days tour to Ramagrama including Devadaha

两日一夜拉玛格拉玛-天臂城游

DAY 01: 第一日

- Visit the Ramagrama Stupa and worship, meditation, recitation, participation at spiritual discourses, circumambulation etc. at the stupa site.

朝拜拉玛格拉玛佛舍利塔，并在佛塔现场打坐冥想、诵经、参加精神演讲、沉思等。

- Visit the Baby Buddha Temple built by Bishinokai, Japan.

参观日本寺庙与立佛像。

- Experience the Tharu cultures in BarahiMahuwaTharu village near Ramagrama.

在拉玛格拉玛附近的 BarahiMahuwa 塔鲁村体验塔鲁族文化。

- Visit Triveni Dham, Gajendramokchha Dham and Balmiki Ashram (optional).

游览三河汇聚处、Gajendramokchha 圣地与巴尔米基僧舍 (Balmiki Ashram) (根据自己行程选择景点)。

- Travel back to Ramagrama and visit Panditpur, the archaeological place.

返回拉玛格拉玛，参观考古遗址潘迪特普尔 (Panditpur)。

- Stay overnight at Parasi Bazar, Sunwal, Sitalnagar or Khairahani.

- 在 Parasi Bazar、Sunwal、Sitalnagar、Khairahani 住宿。

Day 2: 第二日

- Arrival at Bhawanipur by private vehicle.

乘车抵达巴瓦尼普尔 (Bhawanipur)。

- Arrival at Devadaha (Ghodaha) and visit the ancient and sacred Devadaha area.

到达天臂城，参观古老而神圣的天臂城遗址。

- Visit Khayardanda,

参观卡亚尔达达

- Visit Kanyamai and Bairimai temples and archaeological sites.

参观 Kanyamai 和 Bairimai 的寺庙以及考古遗址。

- Visit the Pakadi Tree.

观看 Pakadi 树。

- Visit ancient Bangala well and Mayadevi Ban Batika.

参观古老的宫殿与摩耶夫人园林。

- Visit Bhawanipur and pay homage to the temple dedicated to Queen Mayadevi and other significant religious icons of Gods and Goddesses including the stone image of Sun God, and observe archaeological monuments such as the long stone column, ancient brick well etc.

朝拜摩耶夫人庙宇以及其他重要的宗教与考古遗迹，比如：长石碑，太阳神石像，古代砖井等。

Butwal and Surroundings

布德沃尔以及周围的景区

Sprawled on both sides of the East-West Highway, at the threshold of the great Mahabharat range and 44km northeast of Lumbini is the city of Butwal. It is an emerging tourism hub for domestic and MICE (Meetings, Incentives, Conference and Exhibitions) visitors. This beautiful city also serves as a gateway to Lumbini, Palpa, Tansen, Ridi and Dhorpatan, the major tourist destinations in the region. Tourist attractions in the vicinity of Butwal include Jit Gadhi (historical fort), Siddhababa Dham, Ramapithecus park, Mani Mukunda Sen Botanical Garden, Hill park etc. The ancient Silk Road sub-corridor connecting The Tibet AR of China via Mustang and Lo Manthang with Sunauli also passes through this point. Nuwakot Durbar, Sainamaina and Parrowa, Bolbum Dham are the nearest sites of interest to visit from Butwal. Visitors can also have a home-stay experience at a nearby village of Dobhanghat.

布德沃尔连接尼泊尔东西公路两端，位于 Mahabharat (小喜马拉雅山带：中带) 山区的起点处，离蓝毗尼东北方向 44 公里。这是新兴的国内旅游与会展旅游中心。这个美丽的城市是前往著名旅游景点蓝毗尼、帕尔帕、坦森、里迪与多尔帕坦必经的交通枢纽。布德沃尔有古堡垒 (Jit Gadhi)、Siddhababa Dham、Rapipithecus 公园、Mani Mukunda Sen 植物园、公园等吸引游客的旅游景点。它

是古丝绸之路中国西藏自治区经过木斯塘-Lo Manthang-布德沃尔到苏纳利的必经站点。Nutokot 宫殿、塞纳麦纳 (Sainamaina)、ParrohaBolbum Dham 是布德沃尔最近的景点，游客还可以在附近的 Dobhanghat 村体验民宿。

Jitgadhi: 吉德格迪堡垒

Situated on the bank of Tinau River at the foothills of Nuwakot hill of Butwal sub-metropolitan city ward No. 2, Jitgadhi is a historic fort where Nepali soldiers defeated British aggressors. The fort symbolizes the bravery and gallantry of Nepalese soldier who got victory over British troops during Nepal-Anglo War of 1814-1816. The fort as a symbol of victory and national pride attracts large number of visitors.

吉德格迪堡垒 (Jitgadhi) 位于布德沃尔市 2 号 Nuwakot 山脚下提瑙河 (Tinau River) 的河岸边，是尼泊尔军队打退英国侵略军的地方。这座堡垒见证着尼泊尔士兵的勇敢。在 1814 至 1816 年的尼泊尔-盎格鲁战争 (尼英战) 期间，尼泊尔军队就在这里战胜了英国军队。这座堡垒作为胜利的象征、民族的自豪，吸引了大量游客的到来。

Butwal – Sainamaina 11.8 Km

布德沃尔-塞纳麦纳- 11.8 公里

Butwal – ParrohaBolbam Dham 8.6 Km

布德沃尔- ParrohaBolbam 圣地 8.6 公里

Butwal – Siddhababa Dham 2.4 Km

布德沃尔-Siddhababa 僧舍 2.4 公里

Butwal – ShankarnagarVanbihar 6 Km

布德沃尔-山喀纳噶森林寺院- 6 公里

Butwal – Nuwakotgadhi 11 Km

布德沃尔- Nuwakotgadhi - 努瓦阔特堡垒 11 公里

Butwal – MuktinathDham 5 Km

布德沃尔- Muktinath Dham – 姆克提纳斯圣地 5 公里

Manimukunda Sen Uddhan (*Fulbari*) - Manimukunda Sen 摩尼姆昆达森花园

Sainamaina: 塞纳麦纳

Sainamaina, the ancient town, is situated on the slope of the hill immediately north of Bankatta village about 13 km northwest from Butwal Bazaar. It is also called ancient Samagama and Mainapur town according to the Buddhist literature. In fact the site looks like an open museum due to the scattered monumental and habitational structures as well as artifacts all around the thorny jungle and in the new settlemental area of the landless people. The site yielded the fragments of pottery, precisely hewn slabs of stones, brickbats, terracotta animal and human figurines, fragments of bangles, beads and stone sculptures on the surface. There are three ancient ring wells of stone and bricks. Stone sculptures were found from Jogidada, which are kept in Lumbini.

塞纳麦纳是一座古镇，位于 Bankatwa 村以北的小山坡上、离布德沃尔西北处约 13 公里。根据佛教经典的记载，它也被称为古代沙马村（Sāmagāma）和麦纳普尔（Mainapur）镇。实际上，这里更像是一处开放性的博物馆，这里有分散的古建筑遗迹、丛林以及没有土地的人的居住地。这里出土的有陶器碎片、镂刻的石块、砖瓦、陶瓦人像与动物雕塑、手镯碎片、珠子、石雕碎片等，还有三口环形结构的石砖建造的古井。在乔吉达达（Jogidada）出土了一些石雕，这些石雕被保存在蓝毗尼。

PalpaTansen& Surroundings

帕尔帕坦森以及周边地区

PalpaTansen and Surroundings Located 39km north of Butwal and 119km southwest from Pokhara, PalpaTansen, also known as the Queen of the Hills for its pleasant climate, is a typical Newari town of western Nepal. It is located at an altitude of 1372m on the southern slope of the Srinagar hill. The history of Tansen started from around the 11th century when the region was a part of the BarahMagarat, the twelve territories administered by the Magar rulers. The town evolved as a market centre for the Newar traders and artisans famous for their metal and Dhaka (cloth) industry. Some historians see Tansen as a replica of the Kathmandu valley in terms of the Newari architecture and living heritages. Ruins from the Sen Period (15th to 18th

century) can be observed at various sites in Tansen. Tansen is popular for its traditional compact settlements dotted with numerous temples, monasteries and sculptures such as Bhairavasthan temple, Purankot Durbar, Srinagar Durbar (fort), the Bansha Gopal, the MukundeshwarMahadeva, and Amar Narayan temple, the Ran-UjjeshwariBhagawati temple and the Tansen Durbar. Tansen is included in UNESCO's Tentative World Heritage list since 2008. Other attractions include Ranimahal, Ridi, BoughaGumha home-stay village, Madanpokhara, KaudekoLekh (view point), Bagnas, Srinagar hill etc. Baldyangadi, one of the most important palaces of Barah-Magarat regime, lies on the way to Padini Tapobhumi from Saljhandi.

帕尔帕坦森位于布德沃尔以北 39 公里、博卡拉西南 119 公里处,海拔 1372 米,斯利那加山南麓,是尼泊尔西部典型的尼瓦尔族古镇,因气候宜人而闻名被人们称为“丘陵王后”。坦森的历史始于 11 世纪左右,是当时马格尔 (Magar) 统治者管辖的十二个马格尔王国 (BarahMagarat) 之一。

现在帕尔帕坦森已成为尼瓦尔族金属手工业与达卡(一种布料)纺织业的中心。从尼瓦尔传统建筑与在世的文化遗产的角度来看,一些历史学家将坦森视为加德满都山谷的复制。在坦森许多地点都能看到森 (Sen) 时期 (15 至 18 世纪) 的遗址废墟。现在保存着众多寺庙和遗址,比如: Bhairavasthan 寺、Purankt 杜巴、Srinagar 杜巴 (城堡)、Bansha Gopal、MukundeshwarMahadeva、Amar Narayan 寺, Ran-UjjeshwariBhagawati 寺、坦森杜巴 (Tansen Durbar)。在 2008 年,坦森被列为联合国教科文组织世界遗产备选名录中。这里还有 Ranimahal、Ridi、BoughaGumha 村民宿、Madanpokhara、Kaudeko 湖、Bagnas、斯利那加山等遗址与景点。Baldyangadi 是这里最重要的宫殿之一,是古十二马格尔王国 (Barah-Magarat) 之一,位于 Saljhandi 前往 Padini Tapobhumi 的路上。

Tour Activities Around Palpa

帕尔帕以及周边游玩儿项目

Bhairavsthan 陪庐神庙

Ranimahal – 王后宫殿

Situated about 13 km. away from Tansen bazar on the bank of Kali Gandaki River, Rani Mahal is an amalgam of culture and nature. Also known as the Taj Mahal of Nepal, Rani Mahal was built by General KhadgaShumsher Jung Bahadur Rana in 1893 as the symbol of love for his beloved late wife Tej Kumari. Beautiful palace sitting on a massive rock at a secluded and a quiet place mesmerizes the visitors with its rich architecture and history.

王后宫殿（Rani Mahal）位于黑甘达基河（Kali Gandaki River）岸边、离坦森 13 公里处，是文化与自然完美结合的名胜古迹。王后宫殿被称为尼泊尔的泰姬陵，由拉纳将军（General KhadgaShumsher Jung Bahadur Rana）在 1893 年为纪念他心爱的妻子 Tej Kumari 建造的。这座美丽的宫殿建在一块巨大的岩石上。王后宫殿清幽的自然环境、完美的建筑艺术令来访的所有游客都陶醉其中。

Ridi: 里迪

Lying at the confluence of the Ruru and Kaligandaki rivers, where the districts of Palpa, Gulmi, and Syanja intersect, Ridi, also known as Rurukshetra, has been described in the Skanda PuranaHiamavatkhand and Varaha Puranas as a sacred place. Shaligrams, which are worshipped as the manifestation of Lord Vishnu, are found here in great abundance, and it is an idol of Rishiksha made completely of shaligrams that is the chief object of worship here. It was found in the waters of the Kaligandaki by King Mukunda Sen, who subsequently built a temple to house the idol. The temple itself was rebuilt in 1762 AD by Ranadutta Pandey. With numerous temples of other gods and goddesses present, Ridi is an important place of pilgrimage, particularly for those that wish to perform PitriTarpana in the Kaligandaki river, and thousands of devotees visit the site every year, especially during the festivals of Kartika Purnima and Makar Sankranti.

里迪位于汝汝河与黑甘达基河的交汇处，帕尔帕、古乐米（Gulmi）和桑贾（Syanja）三个地区交界处。里迪（又称汝汝区）在《筏罗诃往世书》与《斯刊

达往世书·喜马瓦特部》(喜马瓦特在古代神话中是喜马拉雅的意思)被描述为一个神圣的地方。在这里发现了大量的菊石(软体动物门头足纲的一个亚纲),它是印度教里祭拜毗湿奴(印度教保护神)的主要圣物。由菊石组成的瑞诗凯莎(Rishikesh)是这里有名的朝圣神像。在古时候国王 Mukunda Sen 在黑甘达基河里发现了它,随后在此处建造了一座寺庙并竖立了神像。在 1762 年, Ranadutta Pandey 重建了这座寺庙。在里迪建有许多庙宇,所以被视为重要的朝圣之地,特别是对那些希望在黑甘达基河超度祖先的朝圣者有着更重大的意义。在每年尼历七月满月之日(Kartika Purnima)和尼日八月初一(Makar Sankranti)的那一天,四面八方成千上万的朝圣者汇聚到这里朝拜。

Resunga-雷松噶

The hilltop of the Rurukshetra, Resunga is the invaluable natural heritage where great sages Bhrgu and PalasyaPulaha had meditated in ancient times. The hill situated at an elevation of 7682 m. above sea level is regarded as the sacred haven of the sages of humans and gods by the Hindus. It is believed that the hill got its name from sage Shringa; and it perverted from RishwaShringa, to Rissashinga, then Risinga, later Risunga and finally became present name Resunga.

雷松噶位于汝汝区的山顶,是一处宝贵的自然遗产,古代的仙人苾力瞿与布拉哈(PalasyaPulaha)在这里冥想。这座海拔 7682 米高的圣山是印度教徒心目中的仙人与神的天堂。最早人们将这座山以仙人斯林格(Shringa)来命名,之后改为 Rissashinga,再是 Risinga, Risunga,最后改为现在的名字雷松噶(Resunga)。

Tour Activities Around Resunga/Ridi

雷松噶/里迪的游玩项目

Supadeurali Temple

苏巴德乌拉里寺庙

Supa Derail Temple (SupaDeuraliMandir) is a Hindu temple dedicated to devi which is situated in the town of arghakhanchi district, sandhikharka municipality in province no.5, Nepal. It is one of the famous pilgrimage site of western Nepal surrounded by magnificent hills. This place is worth visit for pilgrimage purpose as

well as sightseeing a panoramic view.

苏巴德乌拉里寺庙（SupaDeuraliMandir）位于蓝毗尼省 Arghakhanchi 区 Sandhikharka 市，是一座印度教神的寺庙。这里不仅是尼泊尔西部最著名的朝圣地之一，还是群山环绕的自然风景区。

SupaDeuraliis connected with a myth story of a Lahure “the soldier in Indian army”. It is believed that when he was going to India he worship in the temple and vowed to the deity that if he return safely he will offer golden chain to the temple. He was successful in his mission but while returning back home he ignore and pass the way secretly. The miraculous power of Supadeurali brought him in temple and set the Lahure affixed at the middle of rock to be statue. The statue of lahura can still be visible in the rock near temple. The importance of the significance of the devotees that can be seen here is increasing every day.

苏巴德乌拉里与拉胡尔“印度雇佣军的士兵”的故事有关。相传当他前往印度时，他在寺庙里朝拜并向神许愿，若他能安全归来就为寺庙献上金链子。但当他成功完成任务返回家乡的途中却悄悄地绕开寺庙。苏巴德乌拉里的神秘力量就把他带到了寺庙，并将其嵌在岩石中。从此拉胡尔就变成了石雕。现在寺庙附近的岩石上仍然可以看到拉胡尔雕像。通过这座雕像能看出信徒们虔诚心的重要性日益增加。

The deity has not only fulfilled the wish of many devotees but also it has been a boon for many children who are receiving education as the blessing of the deity.

神灵不仅成全了信徒们的愿望，而且是孩子们受到神灵祝福与教育的福音之地。

Tour Activities Around Supadeurali

苏巴德乌拉里寺庙的朝圣、游玩项目

Major Sites Around Gulmi&Arghakhanchi

古乐米（Gulmi）与阿迦堪奇（Arghakhanchi）的主要景点

SWARGADWARI 斯瓦加德瓦里

Swargadwari is a hilltop temple complex and pilgrimage site in Pyuthan District, Nepal commemorating the special role of cows in Hinduism. It is said to have been founded by one Guru Maharaj who spent most of his life in the vicinity herding and milking thousands of cows. According to traditional stories, some of his devotees followed him to see where he took the cows, but they never could find him. Before he left physical body the Guru gave some of his powers to a few disciples. On the day he departed his physical body by his own wish, a number of people gathered around him at the place where he habitually meditated. The Guru left his body after bidding goodbye to his disciples and other followers. His favourite cow also died at the same instant, then the rest of the cows miraculously disappeared within a few days. There are also accounts of cows emptying their milk by themselves every day at the same time, at the place where the Guru died. Swargadwari is counted among Nepal's top pilgrimage sites.

斯瓦加德瓦里位于皮乌坦区，是一处在山顶上的朝圣地，以纪念黄牛在印度教中的神圣地位。据说这是由一位大师（Guru Maharaj）建立的，他大多时候都在放牧数千头黄牛，做挤奶工作。相传大师的一些弟子跟随他去偷看放养母牛的地方，但他们却一直没有找到。大师离世前，把自己的神力传给了几个弟子。在他按照自己的意愿离开肉身的那天，许多人聚集在他平时冥想的地方。他向弟子和其他人告别后离开了肉身。在那一刻，他最喜欢的母牛突然死去了，然后其他的母牛在几天之内神秘消失了。也有一些传说讲道此后母牛们每天在大师去世的同一地方同一时间自动滴完牛奶。现在，斯瓦加德瓦里是尼泊尔重要的朝圣地之一。

- It is listed in a national inventory of cultural and historic heritage sites.
斯瓦加德瓦里被列入国家文化和历史遗产名录。
- In the aftermath of the 1996-2006 Nepalese Civil War, donations of straw and hay had diminished to a point where resident cattle at Swargawari were in danger of starving.

1996-2006 年的尼泊尔内战结束之后，人们捐赠稻草和干草解决这里牛的饥饿问题。

- It is the one of the popular Hindu's religious place. It is located in southern part of pyuthan district.

斯瓦加德瓦里是印度教的宗教场所之一，位于皮乌坦区的南部。

- Main visitor of this religious area are Nepalese and Indians.

斯瓦加德瓦里的朝圣者主要来自尼泊尔和印度。

Trekking : 徒步

swargadwari is also popular for the trekking. it takes two days to reach there by foot.

斯瓦加德瓦里徒步线路也很有名，徒步需要两天时间。

The footfall in swargadwari increase dramatically on June-July. Anyone can reach there from two routes; from bhingri, and fromGhorahi. It takes around 5 hours from bhingri to reach swargadwari, and around 8 hour from Ghorahi, dang. but the routes are extremely breath taking. It lies on the top of the hill, surrounded by pine forest. There are vast number of Rhododendron trees on the way and in swargadwari itself.

在 6 月至 7 月，斯瓦加德瓦里的游客增加许多。人们可以通过两条路线到达这里；一、Bhingri 的路线，二、Ghorahi 的路线。从 Bhingri 到达斯瓦加德瓦里大约需要 5 个小时，从 Ghorahi 大约需要 8 个小时。这条徒步路线的风景优美。斯瓦加德瓦里位于松树林环绕的山顶上。前往斯瓦加德瓦里的途中有大片的杜鹃花树林。

Tour Activities Around Sorgadwari

斯瓦加德瓦里朝圣以及周边游玩项目

LUMBINI TO SWARGADWARI TOUR PACKAGE

蓝毗尼到斯瓦加德瓦里旅游行程

ITINERARY OPTION 1

行程选择 1:

If arrived Lumbini in the morning

早上到达蓝毗尼

Day 1: Take breakfast in Lumbini and visit Local sight seen at Lumbini and Butwal Manimukunda Park. After Lunch drive to Palpa visit some Tourist place and overnight at Palpa Tansen HOME STAY

第一日: 早上在蓝毗尼享用早餐后, 游览蓝毗尼、布德沃尔 Manimukunda 公园。午餐后前往帕尔帕, 游览一些旅游景点, 晚上住在帕尔帕坦森。

Day 2: Early in the morning visit local sight seen at Palpa after Breakfast drive to Ridi we will arrive Ridi and Take lunch and visit some Tourist place After that drive to Tamghash we will arrive Tamghas then go Resunga visit in the evening return back to Tamghash or if you interested can overnight at Resunga Ashram

第二日: 早上参观帕尔帕的当地景点。早餐后前往里迪游览一些景点, 享用午餐。下午前往 Tamghash, 然后去参观雷松噶并回 Tamghash。若游客感兴趣在此更长时间的游览, 可以在雷松噶僧舍住宿。

Day 3: Early in the morning Breakfast After that drive to Sandikharka(Arghakhanchi) on the way we will visit local sight seen like SupaDeurali Temple overnight at Sandikharka (Arghakhanchi)

第三日: 早餐后驾车前往 Sandikharka (Arghakhanchi), 在路上参观苏巴德乌拉里寺庙等地方, 晚上在 Sandikharka (Arghakhanchi) 住宿。

Day 4: Early in the Morning Breakfast then drive to Swargadwari, Pyuthan On the way we will visit NARSING STAN HANGSAPUR BAMRUK we will arrive at swargadwari, Pyuthan hotel check inn overnight at Swargadwari, Pyuthan

第四日：早餐后驾车前往皮乌坦的斯瓦加德瓦里。在路上参观 NARSING STAN HANGSAPUR BAMRUK。在斯瓦加德瓦里住宿。

Day 5: Early in the morning breakfast then return back to lumbini on the way

Lunch

第五天：早餐后返回蓝毗尼，途中用午餐。

ITINERARY OPTION 2

行程选择 2:

If Arrived Lumbini in the day

中午或下午到达蓝毗尼

Day 1: visit inside Lumbini overnight at Lumbini .

第一日：游览寺庙圣园，在蓝毗尼住宿。

Day 2: After breakfast drive to Palpa (near 85 KM driving hrs 2.5 hrs)

Journey will start around 08 Am we will arrive 10:30 after re-fresh take lunch

then visit Palpa tourist place included Rani Mahal Overnight at Home stay at

time you will feel own house

第二日：早餐后开车前往帕尔帕（大约 85 公里，需要 2.5 小时），大约

上午 8 点出发，10:30 到达。到达后，稍事休息享用午餐然后参观王后宫

殿等帕尔帕旅游胜地。晚上住当地民宿。

Day 3: After Breakfast drive to Ridi (around 65 Km driving 1:5 hrs) Journey

will start around 08 Am will arrived around 09:30 then visit Tourist place and

doing Puja after that take Lunch ,After Lunch drive to Tamghash (40 KM

driving 1 Hrs) we will arrived around 02Pm directly going Resunga (3 KM

take time 15 Minute) if you are interested to stay at Ashram can stay or

return back to Tamghash overnight at Hotel

第三日：早餐后前往里迪（65 公里，约 1.5 小时到达），上午 8 点出发，

09:30 左右到达, 然后参观旅游景点并在圣地朝拜。午餐后前往 Tamghash (40 公里, 约 1 小时), 2 点左右到达, 然后前往雷松噶游览景观 (3 公里, 15 分钟)。游客可以选择住在雷松噶僧舍或返回 Tamghash。

Day 4: Early in the morning Breakfast After that drive to Sandikharka(Arghakhanchi) on the way we will visit BichitraGufa (cave) DhurkoteGulmi (15 KM Driving 1 Hrs) and NARSING STAN HANGSAPUR BAMRUK Arghakhanchi (35 KM 2 Hrs) then (73 KM 3 Hrs) we will arrived SandikharkaArghakhanchi 18 :00 overnight at hotel Sandikharka (Arghakhanchi)

第四日：早餐后前往 Sandikharka (Arghakhanchi)，途中可参观 BichitraGufa (洞穴)、DhurkoteGulmi 和 NARSING STAN HANGSAPUR BAMRUK，下午六点钟左右到达 Sandikharka (Arghakhanchi)。晚上在 Sandikharka (Arghakhanchi) 住宿。

Day 5: Early in the Morning Breakfast then drive to Swargadwari, Journey will start 08 Am (On the way we will visit SupaDeuraliArghakhanchi we will arrive around 16:00 at swargadwari, Pyuthan if you are interested to overnight at Ashram can at swargadwari, Pyuthan or we have to return back to Bhingri for overnight at hotel check in overnight at Swargadwari, Pyuthan

第五日：早餐后前往斯瓦加德瓦里，上午 8 点钟出发 (在途中参观苏巴德乌拉里寺庙)，下午 16:00 点钟左右到达斯瓦加德瓦里。在斯瓦加德瓦里僧舍住宿或返回 Bhingri。

Day 6: Early in the morning breakfast then drive to butwal on the way you can visit Tilaurakote and Mani MukundaparkButwal overnight at Butwal

第六日：早餐后前往布德沃尔。途中游览提罗拉科特和 Mani Mukunda 公园 (可二选一)，晚上在布德沃尔住宿。

Sisne Mountain

西斯内峰

Situated at the northern boundary of Rukum district, Sisne Mountain is one of the most beautiful mountains of Nepal. The mountain located at Kanjirowa mountain range measures 5841 meter high. It is locally known as Murkutta (scarecrow) Himal and virgin mountain, yet not climbed by any climber.

西斯内峰位于鲁库姆区的北部边界，是尼泊尔最美丽的山峰之一。西斯内峰是 Kanjirowa 山脉中一座海拔为 5841 米的山峰；当地人也称其为 Murkutta（稻草人）峰，是一座至今无人完成攀登的处女峰。

Jaljala& Thabang

加尔加拉与塔邦

Jaljala is an important religious as well as tourist destination of Rolpa district. Recently built beautiful pond has added gaiety to the temple of Jaljaladevi. The visitors can have unique experience of “walkon the cotton” while stepping on the vicinity of the temple. Similarly, Thabang is famous as the cradle of Maoist revolution as the revolution began from here. The Gorilla Trekking Route is being promoted to offer experience of Gorilla warfare to the tourists.

加尔加拉是罗尔帕（Rolpa）区非常重要的宗教、旅游胜地。近期建造的池塘为加尔加拉女神庙锦上添花。在踏入寺庙的那刻起，游客便产生一种仿佛像是“走在棉花上”的独特感受。塔邦是革命圣地，有着“毛主义革命”摇篮的美誉。现在在推广游击战徒步路线，让游客感受到革命时期打仗的体验。

Tour Activities Around Rolpa

罗尔帕的游玩项目

Bageshwori Temple: Bageshwori 寺庙

Located at Nepalgunj, the temple of Bageswari is one of the most famous temples of Nepal. The religiosity of the temple is very high as it is believed to have fallen the tongue of the Satidevi here. The Kinnars are worshiped first here then the deity is paid homage.

Bageswari 寺位于尼泊尔根杰，是尼泊尔最著名的寺庙之一。在宗教里，这座寺庙的地位非常高，因为传说 Satidevi 女神（姻缘、长寿女神）肉身的舌头掉在这里。最早海吉拉（Kinnars）在这里朝拜神灵。

Major Sites Around Dang, Banke&Bardiya

磅、班给、巴迪亚地区的主要旅游景点

Bardiya National Park

巴迪亚国家森林公园

Bardia National Park Nepal is the largest untouched wilderness in the Terai region of Nepal. The park protects 968 sq km of sal forest and whispering grassland, bordering the Geruwa and Karnali Rivers. The atmosphere is wonderfully tranquil and with the current slump in tourism, you may well have the whole place to yourself. There are estimated to be around 22 royal Bengal tigers and 100 one-horned rhinos at Bardia but these animals are elusive and sightings are rare. Other mammals in the park include grey langurs, rhesus macaques, leopards, civets, hyenas, sloth bears and barking, spotted, sambar and hog deer. Bardia also has more than 250 species of birds, including the endangered Bengal florican and sarus crane. Gharial and marsh mugger crocodiles and Gangetic dolphins are occasionally spotted on rafting and canoe trips along the Geruwa River.

尼泊尔巴迪亚国家公园（Bardia National Park, Nepal）位于尼泊尔特莱平原（Terai），是一片纯净天然的原始森林。公园覆盖了面积约 968 平方公里的婆罗双树森林、草原、格鲁瓦河和格尔纳利河接壤的地带。这里非常宁静，游客置身其中，仿佛拥抱着整片森林。森林公园里大约有 22 头家孟加拉虎、100 多头独角犀牛，但是这些野生动物很难寻到，需要游客长时间的计划和耐心观察。公园里生活的有灰叶猴，猕猴，豹，麝

香猫，鬣狗，懒熊、吠鹿、梅花鹿、水鹿、豚鹿等其他哺乳动物。这里还有超过 250 种鸟类，其中包括濒危鸟类孟加拉鸨与赤颈鹤。沿着格鲁瓦河（Geruwa River）漂流或划独木舟时，经常可以看见恒河鳄（Gharialcrocodiles）和沼泽鳄（marsh mugger crocodiles）（Gangetic）与恒河豚。

3 Nights 4 Days Package Program

巴迪亚三晚四日游

Itinerary in detail: 详细行程

Day 1:第一日

- Drive to Bardia National Park by private car or Public vehicles from Lumbini.

从蓝毗尼乘车（私家车或其他交通工具）前往巴迪亚国家公园。

- Arrival and Relax in our Tharu bar or beautiful garden.
到达后在塔鲁族餐吧或美丽的花园放松身心。
- Discover Tharu life and culture through our Tharu village and culture tour. This essentially dances performed by local Tharu dance troupes and is a highlight of any visit to Forest Hideaway. You will see the colorful dances with traditional costumes and music.

参观塔鲁村，了解当地文化，观看表演。游客可以欣赏穿着鲜艳的民族服装演出的传统舞蹈与音乐。

- Stay overnight in Forest Hideaway Hotel and Cottages.
在森林公园附近住宿。

Day 2:第二日

- Whole day walking safari to view Gangetic Dolphin- swimming possible.

在森林公园徒步，很有可能看到恒河豚游泳。

- Walking in allows you to explore the rich diversity of the jungle, grasslands and

rivers. This is the best way to see wildlife and nature close up. Your guide can give you in-depth information on the habitats you pass through, details of the plant and animal life you encounter and will brief you on general tracking tips.

徒步穿越丛林，走进森林可以看到草原，树林，与河流沼泽的多元化生态环境。这是近距离观察自然与野生动物的最好方式。森林导游为游客介绍植物、动物以及鸟类，还会讲解遇到野生动物时保护自我的方法。

Stay overnight in Forest Hideaway Hotel and Cottages.

在森林公园附近住宿。

Day 3

第三日

- Exploration of Tiger territory (Half day Walking)

在老虎活动区域寻找老虎踪迹（可选择半日徒步，安全第一）

- Elephant back safari

骑大象穿越森林

• Bardia National Park provides a number of well looked after domestic elephants. These fearless, majestic animals provide the safest and easiest way to move around inside the park. Walking through tall grasslands and dense jungle, you'll sight wildlife safely from the back of the elephant.

巴迪亚国家公园精心照顾大象。这些无所畏惧的高大动物为探险森林公园提供安全感，所以骑大象穿越森林是安全的选择。大象穿越茂密的草原和丛林时，游客可以安全地观察野生动物。

- Jeep safari

坐吉普车穿越森林

• This is the fastest way to explore the park, allowing you to journey deep into the jungle. You visit some of the best viewing towers and you go off-road in a four-wheel drive vehicle for an unforgettable safari experience.

吉普车穿越是探索森林公园的最快方式，可以带游客深入森林参观。在穿越过程中，路上有很多观景塔，游客可以在安全地点下车登观景塔看风景、寻找野生动物。坐吉普车穿越森林将是一次难忘的森林探险体验。

- Option: Rafting (minimum 4 persons)

漂流（最少 4 人）（可选择项目）

- An early morning 30 km drive by jeep will drop you by the Karnali River. This is followed by a serene day rafting down the gentle Karnali. Drifting down the river allows you to spot wildlife, especially the endangered freshwater Gangetic dolphin, the gharial crocodile, exotic birds and big game on the nearby river banks. Swimming is also possible and sometimes the dolphins may join you!

早上乘坐吉普车到格尔纳利河岸（大约 30 公里）。在纯净的格尔纳利河顺流而下，观看稀有的动植物、鸟类等，尤其是稀有的淡水恒河豚、恒河鳄。确保安全的前提下，游客可以下水游泳，可能也会有河豚加入！

- Stay overnight in Forest Hideaway Hotel and Cottages.

在森林公园附近的酒店住宿。

Day 4: 第四日

- Early morning Bird watching followed by chance to relax or explore the surrounding village.

早上在周围村子附近观鸟。

- Explore the community forest, river habitats and open water areas to see the wide range of varieties of birds. Bird watching is best done on foot for the least disturbance, but you can take a jeep safari or drift down the Karnali River for sightings of the many river birds. Our well-trained guides can help identify the different varieties of resident and migratory birds encountered. During the months of September, November, February and April, migratory birds arrive to augment then number of residential birds giving birdwatchers a great opportunity to enjoy their sport.

在社区森林（森林公园缓冲带）、河流栖息地观看各种各样的鸟类。最好步行观鸟，这样减少对鸟的干扰。游客也可以乘坐吉普车到格尔纳利河，漂流到河边观察各种湿地鸟禽。森林导游会帮助游客识别看到的鸟类包括候鸟。一般 9 月份到 11 月候鸟已经迁徙到这里，2 月到 4 月返回。这个期间，

这地方，是鸟的天堂，也是观鸟者的乐园，可以享受到最佳观鸟的时期。

- Departure after lunch to Nepalgunj Airport by private car and fly back to Kathmandu and transfer to your own Hotel.

午餐后乘车前往尼泊尔根杰机场，飞回加德满都，入住酒店。

Tour Activities Around Bardiya

巴迪亚森林公园周边游玩项目

Dhorpatan Hunting Reserve

多尔帕坦禁猎保护区

Dhorpatan Hunting Reserve adjoins Rukum, Myagdi and Baglung districts in the Dhaulagiri Himal range in West Nepal. Putha, Churen and GurjaHimal extend over the northern boundary of the reserve. Dhorpatan Hunting Reserve was established in 1983 and was gazetted in 1987. Management objectives of the reserve allow sports hunting and preserve a representative high altitude, ecosystem in Western Nepal. The reserve extends over an area of 1325 km² and is the only hunting reserve in the country to meet the needs of hunting for Nepalese and foreign hunters of blue sheep and other game animals . Local people depend on the reserve to meet their requirements of timber, fuel-wood, fodder, and pasture.

多尔帕坦禁猎保护区毗邻尼泊尔西部道拉吉里山脉周围的鲁库姆区（Rukum），苗格地区（Myagdi）和巴格龙区（Baglung），保护区面积达1325平方公里，延伸到北部的Putha、Churen和Gurja雪山区域。多尔帕坦禁猎保护区成立于1983年，1987年正式实行保护工作。保护区的管理目标是允许狩猎活动并保护尼泊尔西部的高原生态系统。这是尼泊尔唯一一处允许国内外猎人狩猎岩羊和其他野生动物的狩猎区。当地人的伐木、薪柴、放牧等需求都依赖于这片保护区。

Every year livestock grazing activities begin from February and last until October. More than 80,000 livestock enter the reserve for grazing. The majority of people belong to the Mongoloid race, including Mugar, Thakali and Gurung, Amalgamation of different ethnic groups has resulted in a mixed pattern of cultures.

保护区附近的藏族难民营给森林带来了更大的人为压力。每年2月到10月份可以放牧牲畜，数量超过80,000头。这里主要有穆加、塔卡利、古隆族等属于蒙古人种（黄种人）的少数民族。多民族的融合形成了这片地区的文化多样性。

The area's vegetation is characterised by well-developed mixed-hardwood forest at lower elevation and many plant species of drier climate to the north. Tree species include fir, pine, birch, rhododendron, hemlock, oak, juniper and spruce. As in many other protected environments of Nepal, the reserve includes several villages inhabited by hill tribes as well as people of Tibetan descent who supplement farming with trade and animal husbandry. The reserve is one of the prime habitats of blue sheep, a highly prized trophy animal, which is the main target of hunters. Other game species are ghoral, serow, Himalayan tahr, black bear, pheasant and partridge. Endangered species of the area include the red panda and cheer pheasant. Controlled hunting is allowed with proper licence and certain seasons of the year. Game licence is issued by the Department of National Parks and Wildlife Conservation in Kathmandu and there are a few hunting outfitters who can make arrangements for expeditions. Besides hunting, Dhorpatan is also an attractive destination for the trekkers and wildlife enthusiasts as protection has enabled animal numbers to increase in this rarely visited area.

保护区的低海拔处有硬木森林、北部高海拔区有耐寒耐旱植物，这是保护区的植被特点。北部地区的树种有冷杉、松树、桦树、杜鹃花、铁杉、橡树、杜松、云杉等。与其他保护区一样，这片保护区周围也有多个藏

族村庄，他们以畜牧业、卖草药补充农业经济的收入。保护区是岩羊的主要栖息地之一，岩羊是一种非常珍贵的动物，是猎人的主要目标。其他猎物有斑羚、鬣羚、喜马拉雅塔尔羊、黑熊，雉属类、灰山鹑等。小熊猫（红熊猫）和彩雉是保护区的国家保护濒危物种。针对有狩猎许可证的猎人在规定季节与时期开放狩猎活动。由加德满都国家公园和野生动物保护部颁发狩猎许可证，专业的狩猎组织者可以组织狩猎活动。除狩猎外，多尔帕坦禁猎保护区还是徒步旅行者与野生动物爱好者喜爱的旅游区。这里的保护工作开展后稀有动物的数量在不断增加，这是对保护者工作的最大鼓励与肯定。

FESTIVALS AND EVENTS

蓝毗尼节假日

Buddha Purnima: 佛诞日（浴佛节）

The full moon during the month of May is celebrated as Buddha Jayanti or Buddha Purnima or Baishakh Purnima or Vesak Day around the world. Lord Sakyamuni Buddha was born on Purnima meaning full moon in Sanskrit, of Baishakh, the first month of Nepali calendar in 623 BC, got enlightenment on Baisakha Purnima of 588 BC and passed away on Baishakh Purnima of 543 BC. This auspicious day is therefore a Trisamyoga (threefold blessed) and is celebrated to mark the birth anniversary, the day of enlightenment and the day of Mahaparinirvana (passing) of Lord Sakymuni Buddha.

在每年的五月份满月之日，在世界各地庆祝佛诞日（浴佛节）。释迦牟尼佛在满月之日诞生，那是公元前 623 年的尼历一月份（梵语说 Baishakh）。佛祖在公元前 588 年的尼历一月份满月之日觉悟，公元前 543 年的尼历一月份满月之日圆寂。因此，这个吉祥的日子是 Trisamyoga（三倍祝福），所以人们在这一天纪念释迦牟尼佛诞辰、觉悟与圆寂之日。

The event is celebrated enthusiastically but in a gentle manner, keeping in mind the Buddha's teaching of peace and compassion. People go to viharas,

stupas and shrines to pay homage to Lord Sakymuni Buddha by offering prayers and recite Buddhist sutras. Kheer (rice pudding) is served to recall the story of Sujata, who offered Lord Sakyamuni Buddha a bowl of Kheer to give up extreme austerity that eventually helped him get enlightened.

佛诞日纪念佛陀的慈悲心与智慧，人们会非常虔诚地庆祝这节日。人们去佛塔、寺庙与神社，进行拜佛、祈祷、诵经等活动。为纪念牧女给佛陀献乳糜（讲述牧女（梵文说 Sujata）的故事，她献了一碗乳糜帮助释迦牟尼成佛），现在人们都会做牛奶米粥吃（乳糜，梵文为 Kheer）。

Month: Baishakh/May

时间： 尼历一月份/公历五月份

Venue: Lumbini, Ancient Kapilavastu, Devadaha, Ramagrama, Buddhist monasteries across the region

地点： 蓝毗尼、迦毗罗卫国、天臂城、拉玛格拉玛（八分舍利塔）、全国的佛教寺院

Key Features: Paying homage to Lord Sakyamuni Buddha; worshipping, praying and reciting Buddhist sutras, offering flowers, lighting, serving food to the poor and helpless.

节日活动： 拜佛、祈祷与诵经，用鲜花、油灯供佛，给出家人四事供养，帮助穷人。

Ramadan (Ramazan)

斋月

Ramadan, also pronounced as Ramazan, Ramadhan, or Ramathan is the ninth month of the Islamic calendar. The Muslims observe fasting (Sawm or Roza) for the whole month of Ramadan to commemorate the first revelation of the holy Quran to Muhammad. Observing Roza is regarded as one of the Five Pillars of Islam. All Muslims, except those who are ill, travelling, elderly and women who are pregnant, breastfeeding or having menstrual period fast

during Ramadan that lasts for 29–30 days, based on the sightings of the crescent moon.

The Muslim communities in and around Lumbini region also observe Ramadan with equal devotion. They fast from dawn till the sunset (they do not drink even water) and refrain from smoking, and engaging in sexual relations and sinful behavior like false speech (insulting, backbiting, cursing, lying etc.) and aggressive actions. Muslims eat and drink before dawn and after sunset only during the whole month. They believe that spiritual rewards (thawab) are multiplied if the fasting is observed in the month of Ramadan. During this festival people gather in Mosques, offer salat (prayers) to Allah and recite the verses of Quran. They give Zakat (charity, alms) to needy people. The day of Eid al-Fitr marks the end of Ramadan on which people exchange greetings to each other and feast on the best food.

斋月是伊斯兰教日历的第九个月。为了纪念《古兰经》对穆罕默德的第一次启示，穆斯林在斋月的整个月进行斋戒。斋月是伊斯兰教的五功之一。除了病人、旅宿者、老人、孕妇、产妇、母乳喂养以外，其他所有穆斯林教徒按规定斋戒（29-30天）。

蓝毗尼及其周围地区的穆斯林社区也以同样的奉献精神过斋月。他们从黎明到日落禁食（甚至不喝水），不能进行吸烟、房事、虚假言论（侮辱、背后说话、诅咒、撒谎等）和攻击他人的任何行为。这个月里他们只在黎明之前和日落之后吃饭喝水。信徒们认为如果能按规定完成斋月，功德会增加三倍。在节日期间，人们聚集在清真寺，向安拉祈祷（念经）、念古兰经，并帮助穷人。开斋节是斋月结束的第一天，这一天开始人们互相问候并享用美食。

Month: Jestha/May

时间: 尼历一月份/公历五月份

Venue: Muslim communities and mosques

地点: 穆斯林社区与清真寺

Key features: Fasting (Sawm or Rosa), refrain from sinful behaviour,

gathering in mosques, offer of salat (prayers) to Allah, giving Zakat (charity) to needy people, exchange greetings etc

节日特色：斋戒（Sawm 或 Rosa），避免任何不良行为，在清真寺聚集，向真主祈祷，帮助穷人，相互拜访、问候等。

TeejaVrata (Haritalika)

提吉节

Teeja is an important festival to Hindu ladies, which celebrate four days from *Bhadra sukladvitiya to panchami*. On the occasion Hindu ladies pray to Siva in order to fulfill their demands and dance for recreation. Except the Hindu ladies other community ladies also participate at the free movement of recreation of Teeja. At present, it is going to be common festival to all Nepalese women.

提吉节是印度教的妇女节，从尼泊尔日历五月份的满月后第二日至第五日过提吉节。在节日期间，印度教妇女向湿婆神许愿、祈祷，围在一起跳舞来增加节日欢乐。除印度教妇女们外，其他宗教或民族的妇女也会参加提吉节的娱乐活动。现在，提吉节已经成为了所有尼泊尔妇女的共同节日。

It is celebrated in Nepal as well as in some Indian Provinces, where the Hindus are inhabited. According to the social belief Parvati, daughter of Himalaya, was proposed to marriage with Vishnu, but she was not agreed for this proposal. Her friends took her away from her living site. She had prayed living at a lonely place in order to receive Siva as her husband in ancient period. Due to Her prayer, Siva became happy and satisfied with her. Parvati got Siva as her husband. Due to the influence of social custom and tradition it is celebrating to get good and friendly life partner at present. Hindu women follow and celebrate Teej occasion for their happy family life and to fulfill their demands.

除尼泊尔以外印度的一些省份也会过提吉节。据神话记载，喜马拉雅山

山神提议把自己的女儿雪山神女嫁给毗湿奴（印度教保护神），但雪山神女并不想嫁给毗湿奴。她的朋友们便悄悄把她带出家藏了起来。雪山神女独自在一处向湿婆神祈祷，祈求自己能嫁给湿婆神。她的祈祷感动了湿婆神，他非常高兴，并且十分喜欢神女。最终雪山神女嫁给了湿婆神，从此在世间逐渐确立了这个节日传统。节日里印度教未婚妇女们都祈愿能找到自己喜欢的生活伴侣，与此同时已婚妇女们会祈祷家人身体健康，阖家生活美满幸福。

Dada Dashain

德赛节

Durga Puja in Nepal is celebrated as Dashain or Tika. The festival marks the victory of Goddess Durga over demon king Mahishasura. The festival also epitomizes the victory of virtue over vice or good over evil. It is the longest and auspicious festival celebrated by Nepali and its diaspora all over the world. It is also an occasion when all the family members get together and meet old friends. The festival is observed for 15 days, starting from the shuklapaksha (bright lunar fortnight) of the month of Ashoj (September or October) and concluding on purnima, the full moon. The first day of Dashain is observed as Ghatasthapana by worshiping the Goddess Durga, setting up a kalash (a brass, copper or silver pitcher with large base and narrow mouth to dispense water) with holy water and sowing jamara (seeds of barley and maze sewn in a bed of soil, cow dung and sands in a plate made of sal leaves left left in the dark area for sprouting). Goddess Durga and the kalash are worshiped for nine days in a row. The seventh, eighth and ninth days are grandly celebrated as Fulpati, Mahaastami and Mahanawami respectively. The Goddess Durga is worshiped in saktipith (the temples dedicated to Goddess Durga and her other incarnations) in many ways with or without animal sacrifices. The tenth day is celebrated as Vijaya Dashami or Tika (victory day of Goddess Durga over Mahishasura). The senior family

members bless the younger ones with Tika and jamara. The Hindus in and around Lumbini celebrate Dashain by worshipping image of Goddess Durga for fifteen days.

德赛节是朝拜难近母(杜尔迦,梵文为 Durga Puja)的节日,称之为 Dashain 或 Tika。德赛节纪念难近母女神击败恶魔王摩西娑苏罗(Mahishasura),标志着美德战胜邪恶的象征。这是尼泊尔人及海外侨民庆祝最长的吉祥节日。对于尼泊尔人来说,这也是拜访亲朋好友聚在一起的机会。从尼历六月份(9月-10月)的朔月开始到满月之日结束,共15天。在德赛节的第一天进行 Ghatsthapana,盛吉祥水(梵文为 Kalash,在口小肚大的铜器里装满水)、发麦芽(梵文为 Jamara,在树叶制作的盘子上装满土并撒上大麦和玉米的种子),祭拜难近母(杜尔迦)女神。杜尔迦女神与吉祥水一直拜到第九天。节日的第七、第八和第九天分别为 Fulpati、Mahaastami、Mahanawami。在难近母(杜尔迦)女神的庙里进行祭祀活动(动物祭祀或植物祭祀等)。节日第十天是十胜(梵文为 Vijaya Dashami)或点提卡,梵文为 Tika,点在额头上的颜色或大米。这是难近母(杜尔迦)女神打败 Mahishasura 的胜利日。长辈们给家人和亲戚点提卡(Tika)和装点 Jamara,送上健康快乐幸福的祝福。蓝毗尼及周边地区的印度教徒也会庆祝15天的德赛节。

Month: Ashwin/ October

时间: 尼历六月份/公历十月份

Venue: Hindu households, Durga Temples, public places

地点: 印度教家庭、难近母(杜尔迦)女神、公共场合

Key features: worshipping of goddess Durga, growing Jamara, (seedings of maize or barley); family get together; getting tika on forehead and blessing from seniors.

节日活动: 祭拜难近母(杜尔迦)女神;发麦芽(Jamara);家庭聚会;长辈给家人及亲戚点提卡并相互祝福健康快乐幸福。

Tihar

万灯节

Tihar, also known as *Deepawali*, *Deewali* and *Yamapanchak*, is a five-day long festival where crow, dog, cow and Laxmi (the Goddess of wealth), oxen and kin brothers are worshipped. It is second biggest Hindu festival after Dashain in Nepal. Popularly known as the festival of lights among visitors, the houses are illuminated with *diyos* (oil lamps) and colorful tinsel lights throughout the night.

万灯节 (Tihar) 也被称为 *Deepawali*、*Deewali*、*Yamapanchak*，是一个为期五天的节日。在节日中，人们会拜乌鸦、狗、母牛、Laxmi (财富女神)，公牛和血缘兄弟。这是尼泊尔第二大印度教节日 (第一是德赛节)。这节日以灯火通明而被游客所知，人们会在家里通宵点油灯、亮起五光十色的灯。

The first day of the festival is *Kaga* Tihar and crows are worshiped and offered foods in believe that it prevents grief and untimely death in the family. The following day is *Kukur* Tihar or the day to worship the dog. People offer garlands, tika and food to dogs and acknowledge its loyalty and service to human beings. The third day is celebrated as *Gai* Tihar and Laxmi Puja. Cows are worshiped in the morning with garland and offered the food they like. In the evening, people worship Laxmi and welcome her to their homes with much enthusiasm by illuminating their rooms, houses and surroundings believing that she likes those places which are well lit and bright in the night. The fourth day is observed as *Goru* Tihar or *Govardhan* Puja and oxen are worshiped with garland and offered foods. The fifth or the final day of Tihar is *Bhai* Tika. Sisters worship their brothers by offering a long and colorful vertical tika on their foreheads, garland of marigold and delicious dishes wishing them long and prosperous life. The brothers, in turn, promise to look after the sisters, offer gifts and money and thank them for their love and care. This festival which tightens the warm relationship between brothers and sisters is celebrated by the Hindus living in and around Lumbini region with

equal enthusiasm and indulgence.

节日第一日为乌鸦节 (Kaga Tihar), 人们朝拜乌鸦并提供食物, 大家认为乌鸦可以防止家庭悲伤与过早离世。节日第二天是狗节 (Kukur Tihar), 人们朝拜狗并给它带上花环、点提卡、喂养食物, 以表达对狗忠诚服务人类的感谢。节日第三日为母黄牛节 (Gai Tihar) 和吉祥天女 (财富女神/Laxmi Puja) 节。早上拜母牛, 给母牛戴上花环并奉上食物。到了晚上, 人们拜吉祥天女 (Laxmi), 用各种灯光照亮房屋及周围, 热情地欢迎吉祥天女 (Laxmi) 来到自己的家中。人们认为吉祥天女 (Laxmi) 会去那一夜最亮的地方。节日第四日为公黄牛节 (Goru Tihar 或 Govardhan Puja), 给公黄牛戴花环奉上美食。万灯节 (Tihar) 的第五天 (最后一天) 是 Bhai Tika。姐妹们拜访兄弟, 在兄弟的额头上点提卡, 戴上千日红的花环, 奉上美食, 祝福他们长寿健康。反过来兄弟们为感谢姐妹的爱戴和照顾, 也会奉上礼物和红包。居住在蓝毗尼及周边地区的印度教徒以同样的热情庆祝这拉近兄弟姐妹关系的万灯节 (Tihar)。

Month: Kartik/ October to November

时间: 尼历八月份/公历 10 到 11 月份

Venue: Hindu Households, temples, public spaces

地点: 印度教徒家庭, 寺庙, 公共场合

Key features: Worshipping crows, dogs, cows/oxen and offering food; welcoming and worshipping Laxmi(goddess of wealth); lighting oil lamps; playing Deusi and Bhailo; eating sel roti, offering tika and garland and delicious food to brothers by sisters.

节日活动: 拜乌鸦、狗、母黄牛、Laxmi 吉祥天女、公黄牛并给它们奉上食物; 拜吉祥天女 (Laxmi) 并迎接女神来家里; 点油灯; 唱 Deusi 和 Bhailo 歌曲拜访各家各户; 吃尼泊尔小吃 Sel 和 roti; 给兄弟们点提卡、戴花环、吃美食。

Chhath Parva: 太阳神节

The four-day long Chhath Parva is primarily observed from Kartik Shukala Chaturthi to Kartik Shukala Saptami (October/November) by natives of Mithila region, but it is gaining popularity in other parts of Nepal in recent days. The festival is dedicated to the Sun (Suryadev) and observed by thanking him for sustaining life and prosperity on the earth. People worship the sun to ensure the longevity, stability and prosperity of family members, friends and relatives.

弥提罗地区的人从尼历七月朔月后第四日 (Kartik Shukala Chaturthi) 到尼历七月朔月后第七日 (Kartik Shukala Saptami) (公历 10 月/ 11 月) 庆祝太阳神节。现在尼泊尔其他地区越来越流行过太阳神节。这是太阳神 (Suryadev) 的节日, 感谢太阳养育地球上的万物以及给人类带来的繁荣。人们朝拜太阳, 祈求亲朋好友长寿、快乐、幸福。

The first day of the Chhath is Naha Kha meaning bathe and eat. People clean their home and surroundings and take a holy dip in nearby river or pond. They offer water, flowers, and fruits to the sun and take only one meal on this day. Kharna or Lohanda is the second day of the festival and people break fasting after the sunset by worshipping the earth and offering kheer (rice pudding), puris (bread), and fruits, mainly bananas. Chhath is the third day on which people prepare Prasad (holy fruits and foods offered after puja) whole day at homes. In the evening, all adherents gather at the nearby river, lake or pond to make Sanjhiya Arghya (evening offerings) to the setting sun. Holy lamps are lit under a canopy of five sugarcane sticks to mark Kosi puja on the third night by the families having new birth or marriage in the family. The five sticks signify the human body elements or Panchatatva: the earth, water, fire, air and sky. Evening cultural programs with folk songs, music and dances add to festivity of Chhath. The fourth and final day is Bihaniya Argha, meaning morning offerings to the sun. The devotees, along with their family and friends, assemble at river, lake or pond before sunrise and make morning offerings to the rising sun. People break fasting after morning offerings and Prasad along with foods are distributed to the families and friends.

太阳神节的第一天是 Naha Kha, 意思是洗澡, 吃饭。这一天人们打扫房屋

以及周围环境，并在附近的河流或池塘里洗浴。他们向太阳神献水、鲜花和水果进行祭祀。这一天人们只吃一顿饭。节日的第二天是 **Kharna** 或 **Lohanda**，日落之后人们献米粥、油饼和水果（主要是香蕉）祭拜大地。节日的第三天是太阳神节最重要的一天，人们在家全天准备斋饭（祭祀后吃的圣果和食物）。到了傍晚，所有信徒都聚集在附近的河流、湖泊或池塘旁，在夕阳西下时进行黄昏祭（**SanjhiyaArghya**）。夜晚时分人们进行幸福祭祀（**KhusiPuja**），家里有新生儿或新婚的家庭将五根甘蔗捆绑在一起点燃圣灯。五根甘蔗是代表着人体的五大元素（**Panchatatva**）：地、水、火、风、空。人们唱颂歌、跳舞，这些传统表演大大增加了太阳神节的欢乐气氛。节日的第四天（也是最后一天）是晨祭（**BihaniyaArgha**），祭祀清晨的阳光。亲朋好友一起在日出前到附近的河、湖或池塘旁聚集，并为升起的太阳作祭祀。晨祭后人们可以吃斋饭（食物、水果等）并送给亲朋好友。

Month: Kartik/ October to November

时间：尼历八月份/公历 10 到 11 月份

Venue: Danda river, Tinauriver,Tharahi river (Ramagrama), Bhagirati river and Tribeni Dham

地点：丹达河，提瑙河（Tinau River）,Tharahi 河（拉玛格拉玛）,Bhagirati 河和 Tribeni Dham

Key features: Taking a bath at holy rivers and ponds; offering fruits (mainly bananas) and flowers to Sun god; Worshipping of earth.

节日活动：在河里、池塘洗礼，给太阳神献水果（主要是香蕉）与鲜花，祭拜大地。

Gai Jatra: 神牛节

Gai Jatra (Procession of Cow) is one of the most popular festivals in Nepal. King Pratap Malla of Kathmandu introduced it in the medieval period in order to make his queen smile, who was grief-stricken by untimely death of her beloved son. Today, it is celebrated with humorous acts, parody, mimicry comedy etc. to forget the grief caused by the death of close relatives and family members. Traditionally, the family whose member had died in the preceding year must participate in the public procession in the

streets of the city leading a cow. If cow is not available, young kids dressed as cow are taken in the procession. The participants act like monkeys and other animals to remind people that the death eventually befell in their family too. Once the cow procession is over, participants dress up and wear masks and entertain people with songs, jokes, mockery and humors until late evening. The Newar communities in Bhairahawa, Butwal and Tansen observe Gai Jatra with more fervor.

神牛节是尼泊尔最受欢迎的节日之一。在中世纪，加德满都普拉塔普·玛拉（Pratap Malla）国王为了让沉浸在丧子之痛的王后恢复过来，创造了神牛节。现在，人们以幽默、讽刺、模仿、喜剧等方式过此节日，以忘记失去亲友带来的悲伤。上一年家里有人去世的家庭必须带牛参加节日游行，如果没有牛，将孩子打扮成牛游行。游行人的行为就像猴子或其他动物一样，提醒人们每个家庭最终都会降临死亡之神。神牛节游行结束后，游行人戴面具装扮着一直唱歌到深夜、讲笑话、表演喜剧等方式娱乐人们。在百日哈瓦、布德沃尔、坦森的尼瓦尔社区更加热衷于过神牛节。

Month: Bhadra/ August

时间：尼历五月份/公历八月

Venue: Tansen , Palpa, Butwal, Bhairahawa, (especially among Newar communities)

地点：坦森、帕尔帕、布德沃尔、百日哈瓦（主要在尼瓦尔社区）

Key features: Observed by the family which has lost member in the preceding year; procession of cow; dressing up and wearing masks and entertaining people with songs, jokes, mockery, and humors until late evening.

节日特色：上一年家人去世的家庭参加神牛节游行；神牛节游行；戴面具、装扮、唱歌到深夜、讲笑话、扮幽默，表演喜剧等方式娱乐人们。

Losar

洛萨尔（尼泊尔北部地区各民族的新年）

‘Lo’ means new and ‘sar’ means ‘year’. Losar is an important festival for every

Buddhists, especially Sherpa, Gurung, Tamang, Thakali and other Buddhist people, who live in the north belt of Nepal. New year and usually falls in January, February, and December. It is more important to all Buddhist monks. Monks clean their stupas to put special decorations on it. Major Buddhist stupas, vihara and chaitya are decorated with prayer flags during the Lhosar festival. It regards that the tradition of Losar had influenced from Chinese civilization, due to the influence in the northern region. Three types of Losar, especially Tamu Losar, Sonam Losar and Gyalpo Losar are celebrating in Nepalese Buddhist communities from ancient period. In course of migration the Himalayan people, they are also living in the Terai region of Nepal. They also celebrate and conduct various activities on the occasion. Being a New Year of the Himalayan people, they eat their traditional foods and they perform their traditional dance during this festival and exchange greetings of the New Year with celebrations and family gatherings. In their villages, the folklore and dances are performed. Gurungs celebrate Lhosar in 15th of Poush, Tamang celebrates in 15th of Magh whereas Sherpa celebrates in 15th of Falgun. Tamu Losar is celebrated by Gurungs throughout the region by organizing events in traditional outfits and cultural programs. On the occasion, they attend celebrations and festivities either on Buddhist shrines or their community home. They used to gather in courtyards in ancient times around the villages to celebrate Losar. In Kathmandu, people go to Tudikhel to celebrate Losar. Poush 15th represents the end of the winter and the start of spring, which also makes Tamu Losar beautiful with seasonal changes.

“Lo”的意思是“新”，“sar”的意思是“年”。洛萨尔（尼泊尔北部地区各民族的新年）是生活在尼泊尔北部地区佛教徒的新年，特别是夏尔巴人，古隆，塔曼，塔卡利以及其他佛教徒的重要节日。洛萨尔通常在公历的12月份、1月份或者2月份。洛萨尔对佛教僧侣更为重要。他们清洗佛塔，用特殊的方式装饰佛塔。节日期间他们在佛教佛塔、寺庙挂上经幡。有人认为，这北方民族过的节日受到了中国文化的影响。自古以来，尼泊尔北部的佛教徒有三种洛萨尔节日文化，分别是 Tamu 洛萨尔，Sonam 洛萨尔和 Gyalpo 洛萨尔。在迁徙过程中，喜马拉雅山区的一些人定居在尼泊尔南部德赖地区。他们还会过洛萨尔并组织各种文化活

动。作为他们的传统节日，他们吃喜马拉雅山区的传统美食、表演传统舞蹈并相互祝福。他们在社区与公共场合表演民间舞蹈。古隆族在尼历九月十五日过洛萨尔，塔芒（Tamang）族在尼历十月十五庆祝洛萨尔，而夏尔巴在十一月十五日。分布在尼泊尔各地的古隆民族举行传统文化祝活动、展示民族文化的方式庆祝 Tamu 洛萨尔。这时候，他们在佛教圣地或社区举办节日庆祝活动。在古时候，他们聚集在村庄周围的院子里过洛萨尔节。现在加德满都的古隆族会聚集在市中心的公共大操场举办庆祝洛萨尔节的活动。尼历九月 15 号代表着冬天的结束和春天的开始，这也是 Tamu 洛萨尔的美好寓意所在。

All Tamang community native of Nepal celebrates Sonam Losar. They are very familiar with their own culture and language. On the first full moon in the month, Sonam Lhosar occurs in the Nepali calendar and in the English calendar at the beginning of January to the mid-Feb every year but the date may differ. On this day, people clean and decorate their house, and visit monasteries to pray and to hang flags. Gyalpo Losar is celebrated by the Sherpa community and also it is celebrations of Tibetan New Year. The Tibetan calendar consists of 12 lunar months and the first day of the first month is Losar. Sherpa, Tamang, Bhutia, and Yolmo celebrate the losar festivals. This Losar is celebrated for almost 2 weeks. During the first three days, the major celebrations take place.

尼泊尔塔芒民族的所有人都过 Sonam 洛萨尔。他们非常热爱自己的文化。在 Sonam 洛萨尔节日期间，人们打扫房子以及周围的地方并装饰房屋。他们去寺庙拜佛、参加法会、祈祷、挂经幡。Gyalpo 洛萨尔是夏尔巴族的节日，也是藏历新年。藏历（阴历）的一月一日为洛萨尔。夏尔巴人、塔芒族、Bhutia 和 Yolmo 族的人也过这个节日。洛萨尔节庆祝十五天，其中前三日最为重要。

Maghi Parva: 塔鲁族新年

Maghe Sankranti, the first day of the month of Magh (January/February) marks the beginning of the sun's journey to northern hemisphere from the south according to the Hindu Lunar calendar. Tharu communities of Nepal celebrate the day as Maghi, their new year. The Hindus take holy bath known as Makar Snan in holy rivers and Lord

Vishnu and the sun are worshipped for good health and prosperity. The Hindus also believe that the person died on this auspicious day attain moksha (salvation). Traditional salubrious foods such as sesame Laddu (ball-shaped sweet), ghee, yam and sweet potatoes are enjoyed in the households. Maghi is celebrated from last week of Paush (ninth month) to 3rd of Magh (tenth month) of Nepali calendar and is the biggest festival of the Tharu community. Nomination of Bhalmansa (chief of community), Guruwa (a necromancer for community worship and healing of people) and Chiragi (security chief to defend the community) is an important social event during the festival. The responsibility of each member of the family is also assigned on the day of Maghi for the entire year. All the family members, relatives and friends come together for the celebration. The Tharus in the Lumbini area enjoy a big feast with lavish amount of meals and homemade liquor in the festival. The Tharu communities in and around Lumbini completely immerse themselves in cultural programs and processions of folk music, songs and dances during Maghi.

根据尼泊尔日历，Maghe Sankranti 是尼历十月份的第一天（公历一月份），标志着太阳从北半球到南半球的开始。尼泊尔的塔鲁族将这一天视为新年（Maghi）。印度教徒在河里洗礼（梵文说 Makar Snan），然后拜毗湿奴（保护神）和太阳神祈求健康繁荣快乐。印度教徒相信，如果在这个吉祥的日子死去，就可以解脱生死轮回。这一天，人们在家里享用传统食物，例如：芝麻 Laddu（圆球状的甜食）、醍醐（Ghee），山药、地瓜等。塔鲁族新年（Maghi）从尼历九月第四周开始到十月第三日（第 10 个月），是塔鲁族最大的节日。节日期间，进行 Bhalmansa（社区负责人）、Guruwa（负责社区祭祀与治病的人）和 Chiragi（社区安全负责人）选举是一项重要的社交活动。在节日期间，家庭里会分配每位成员全年的工作责任。去远方的家庭成员、亲戚都要回到老家一起过年。节日期间，蓝毗尼地区的塔鲁族吃着美食喝着炙烤酒（自己家里制作的米酒和蒸馏酒）举行盛大的过年盛宴，陶醉在传统音乐和舞蹈的新年氛围之中。

Month:Magh/January

时间：尼历 10 月份/公历一月份

Venue: Tharu villages, Magar villages (Jagadishpur, Sainamaina, Khudabagar,

Sisपुर, Panditpur, Ramagrama, Dang, Bardiya, Rolpa)

地点：塔鲁村，马格尔村（贾格蒂斯普尔、塞纳麦纳、Khudabagar、Sisपुर、潘迪特普尔、拉玛格拉玛、殒、巴迪亚、罗尔帕）

Key Features: Taking holy bath (Makar Snan) in Holy rivers; enjoying a big feast with lavish amount of meat and homemade liquor; organizing cultural programs and processions in traditional costumes.

节日特色：在河里或池塘洗礼(Makar Snan)，举行盛大的过年盛宴、传统文化活动。

Holi: 洒红节（也叫胡里节、色彩节）

Holi, or Fagu Purnima is a Hindu spring festival, also known as the festival of colours or the festival to splash love, care and colors among families and friends. The festival signifies the victory of good over evil, a festive day to meet family and friends, forget and forgive, and repair broken relationships. It is celebrated on the Purnima (full moon) of Falgun month in Nepali calendar (February/March).

洒红节（Fagu Purnima）是印度教的春节，也叫色彩节，标志着家人和朋友之间的关爱、友情。这个节日象征着善良战胜邪恶，是与家人和朋友欢聚、忘却过去、原谅他人以及修复破裂关系的节日。在尼历二三月份的满月之日（FalgunPurnima）庆祝这个节日。

Like in many other places in Nepal, the effigy of wicked Holika is placed on a pyre, signifying HolikaDahan (destruction of Holika) in the Lumbini region also. People gather around the fire to sing and dance. Holi fervor begins after Holika bonfire. Children and young people play with dry colours, coloured solution, water guns and balloons filled with coloured water and roam around the neighborhoods and other places to splash colours on each other. People enjoy party, drinks and festive foods such as bhujiya, mathri, malpuwas and other regional dishes in the evening. Visitors to Nepal enthusiastically join the local youths to celebrate the Holi and some appear totally immersed in the colors.

和尼泊尔其他地方一样，蓝毗尼地区的居民也会将邪恶的 Holika 雕像放在火里

焚烧, 象征着消灭邪恶(Holika)。这时候人们聚集在篝火旁唱歌跳舞。焚烧 Holika 后便开始洒红节了。人们会到处挥洒彩色粉末颜料、彩色溶液, 玩儿装着彩色水的水枪和水球, 然后和附近的邻居或其他队伍一起庆祝洒红节。晚上, 人们聚在一起喝饮料吃 bhujiya, mathri, malpuwas 等小吃与美食。外国游客通常也会热情地与当地年轻人一起玩儿洒红, 完全融入在节日欢乐的氛围中。

Month: Chaitra/March

时间: 尼历 12 月份/公历三月份

Venue: Public spaces, tourist centers, neighborhoods and households

地点: 公共场合, 旅游中心, 邻近地区、在家附近

Key Features: The effigy of wicked Holika is placed on the pyre and set fire, signifying, HolikaDahan (bonfire); feasting, singing, dancing, coloring each other for whole day.

节日特色: 把邪恶的 Holika 雕像放在火里焚烧; 人们欢聚一起喝饮料、吃美食、唱歌、跳舞、洒颜料

Major Festival and Events in GLA & Province 5.

蓝毗尼省以及大蓝毗尼区的主要节假日

节假日	时间	地点
尼泊尔新年	尼历一月一日(公历四月中旬)	蓝毗尼与大蓝毗尼区的景区
佛诞日(浴佛节)	尼历一月满月之日(公历五月第一周或第三周)	蓝毗尼、迦毗罗卫国、天臂城、拉玛格拉玛、坦森、Shankarnagar 等地区的佛教寺院
斋月	伊斯兰教日历的第九个月(公历五月最后一周开始, 过一个月)	穆斯林社区与大蓝毗尼区周围的清真寺
Ropain 节(水稻种植节)	尼历三月十五日(公历六月最后一周)	蓝毗尼、百日哈瓦、迦毗罗卫国附近的农田

Bolbum Parva	尼历四月份每个周一(公历七月中旬到八月中旬)	Tauleshwor Nath, Laxmanghat (迦毗罗卫国), Paryowa Dham (塞纳麦纳), Prakateshwor Mahadev (在 Bethari 附近), Triveni Dham
兄妹节	尼历四月第四周或五月第一周(公历八月第二、第三周)	大蓝毗尼区周围
神牛节	尼历四月第四周或五月第一周(公历八月第二第三周)	坦森、帕尔帕、布德沃尔、百日哈瓦(主要在尼瓦尔社区)
克利希那降生节	尼历五月第一第二周(公历八月第二第三周)	大蓝毗尼区周围的克利希那神庙
提吉节(女人节)	尼历五月第二第三周(公历八月第四周或九月第一周)	坦森、帕尔帕、布德沃尔、百日哈瓦、Tribeni 等地区的湿婆神庙
AtawariParba (塔鲁族节日)	克利希那降生日新月后第一个周日(公历八、九月份)	塔鲁族社区、公共场合
JitiyaParba 已婚妇女节	尼历六月第一周(公历九月第三第四周)	印度教家庭与塔鲁族家庭
德赛节	尼历六月第四周到七月第三周之间, 庆祝十五天(公历十月第一到第四周之间)	印度教家庭、寺庙、公共场合
万灯节	尼历七月第三周到八月第一周(公历十月第四周到十一月第一周之间)	印度教家庭、寺庙、公共场合
太阳神节	尼历第七月朔月后第六第七天(公历十月到十月之间)	普斯卡里尼水池(圣池), 丹达河, 提瑙河(Tinau River), Tharahi 河(拉玛格拉玛)等
KartikPurnima (Nahana Puja)	尼历七月满月之日(公历十月十一月之间)	神圣的河流、湿婆神庙、Bhagirathi 河的 Ramghat, Triveni、甘达基河

释迦传昭大法会	每年的十一月到十二月份之间，始于 1993 年	在 TashiRapten Monastery 寺庙
Ubhauri 和 Udhauri 节	尼历八月第四周(公历十一月第二周)	大蓝毗尼区周围的基拉特社区
TamuLhosar 古隆族新年	尼历九月第二周(公历十二月第四周)	贾格蒂斯普尔、布德沃尔、百日哈瓦、Khairahani 周围的古隆社区
公历新年	尼历九月第三周(公历十二月 31 日、一月一日)	蓝毗尼、百日哈瓦、布德沃尔
塔鲁新年 MaghiParba	尼历十月一、二日(公历一月第二第三周)	贾格蒂斯普尔、塞纳麦纳、拉玛格拉玛、Khudabagar, Sispur 周围的塔鲁族、马格尔族社区
十月满月之日 Magh Purnima	尼历十月的满月之日(公历一到二月份之间)	Triveni Dham、蓝毗尼
塔芒族新年 Sonam Lhosar	尼历十月朔月后第一日(公历一到二月份之间)	佛教寺庙、公共场合、塔芒社区家庭
夏尔巴族新年 GyalpoLhosar	藏历新年, 尼历十月十六日(公历二月第四周到三月第一周之间)	佛教寺庙、公共场合、夏尔巴社区家庭
洒红节	尼历十月满月之日(公历二到三月份之间)	公共场合、旅游中心、印度教家庭
春季德赛节 Chaitra Navami	尼历十二月第四周(公历四月第一周)	天臂城、Triveni Dham、Ramghat
十二月满月之日 Chaite Purnima	尼历十二月第四周到一月第一周之间(公历四月第三周第四周之间)	Mayadevi 寺庙、蓝毗尼

Indigenous Tharu Culture

塔鲁民族文化介绍

The Tharus are ethnic people, indigenous to the Terai, the southern plains of Nepal and are very close friend of the nature. They perform Hindu as well Buddhist rituals and also worship the nature. Tharu community is the tribal community residing in the Terai region of Nepal, from the time immemorial. Whereas Rana, Kathoriya and Dangaura sub-group of the Tharus are in the majority in the western Terai, Paschuhan (western) and Rautar sub-groups are in the majority in Lumbini region. The indigenous Tharu communities residing in the peripheral areas of the major Buddhist sites such as Lumbini, Ancient Kapilavastu, Devadaha and Ramagrama also substantially claim to be the descendants of the ancient Sakyas and Koliyas. In recent days, these Tharu people are protecting and promoting these Buddhist heritage sites as a true custodian. Some studies, including Malaria resistant genetic character of the Tharus have proven that this community has been staying in this geographical region and climate at least for two thousand five years. Things to Experience in Tharu Villages Nature-close type of traditional lifestyle, traditional food,cuisine, traditional music/song/dance, unique housing pattern and architecture and craftsmanship are interesting things for the visitors to observe and experience in the Tharu villages.

塔鲁族是居住在尼泊尔南部平原的土著居民，被称为自然界最亲密的朋友。他们不仅信奉印度教，还信奉佛教并保持自然崇拜的传统。塔鲁族是远古时代以来一直居住在尼泊尔特莱平原的各个部落。塔鲁族分为多个分支，其中 Rana、Kathoriya 和 Dangaura 居住在尼泊尔特莱平原的东部，Paschuhan 居住在特莱平原的西部，Rautar 居住在蓝毗尼地区。居住在蓝毗尼、迦毗罗卫国、天臂城、拉玛格拉玛等主要佛教遗址周边地区的塔鲁土著民族大多声称是古代释迦族和居利族的后裔。现在，这些塔鲁族人虔诚守护佛教遗产并促进当地可持续性发展与开发工作。关于塔鲁族的一些研究表明，塔鲁族人有抗疟疾遗传特征，这也肯定了他们在这种气候和环境至少生活了 2500 年的事实。游客在塔鲁族村庄参观并体验塔鲁族亲近自然的传统生活方式、传统美食、传统音乐/舞蹈、独特的居住方式、建筑、手工艺等民族文化。

Also famous for their resistance to the Malaria, Tharu community resides near

marshlands, river, flooded plains and forest and thus largely depends on various types of freshwater fishes, crabs, snails, mussels etc. The Tharus consider Anadi rice (a sticky rice) and mouse from paddy fields as important foods. Other food items include: pig, wild boar, chicken, wild rabbit, pigeon meat, jungle yam, wild root vegetables, wild legumes (black lentil etc.), wild mushrooms etc.

塔鲁族因对疟疾的抵抗力而有名，他们居住在沼泽地、河流、河滩、森林附近，因此他们依赖各种淡水鱼类、螃蟹、蜗牛、各种贝类、田鼠等食物，其他食物有家猪、野猪、鸡、野兔、鸽子、山药、野菜、野生豆类（黑扁豆等）、野生蘑菇等。

Cuisine of Tharu communities varies according to the regions and the festivals. Dhikri, one of the most popular Tharu cuisines, steamed rice flour bread of various shapes is eaten with spicy chutney, lentils or curry. Another popular food Chichar is prepared from steaming Anadi rice. Likewise, Ghonghi (muddy snails) is a much-loved cuisine of Tharu people. These snails are cleaned, boiled then cooked using various spices. Most of the Tharu people used to live in the wooden Badaghar (longhouses) in a joint family of many generations. Jhumra dance, Sakhiya dance and Stick dance are some of the popular dances performed by the Tharu community. However, only two types of dances, Stick dance and Dandiya dance can be observed in Jagadispur Tharu Home-stay, Kapilavastu. Tharu women are the best artisans to weave fiber and Muchha based crafts including Dhakiya, tray, tea mat, table mat etc. Maghi Parva, Jitiya Parva and Atwari Parva are the major festivals of Tharu people. The Tharus also celebrate Buddha Jayanti with great enthusiasm in recent days.

塔鲁族的美食因地区和节日而异。Dhikri 是塔鲁族最受欢迎的美食之一，是米粉做的馒头，和酸辣酱与咖喱放在一起食用。另一种非常流行的美食是 Chichar，蒸 Anadi 米而成。蜗牛也是塔鲁人最喜欢的食物之一，他们把蜗牛清洗后放上各种香料再煮。塔鲁族世代不分家，他们一起住在木制的 Badaghar（长屋）。Jhumra 舞、Sakhiya 舞、击木舞是塔鲁族最流行的传统舞蹈。但在迦毗罗卫国贾格蒂斯普尔塔鲁村，只能观看到 Dandiya 舞和击木舞。塔鲁妇女是编织工艺品的高手，

手工艺品有竹子制作的盘子、托盘、茶垫、餐桌垫等。新年 (Maghi Parva)、Jitiya Parva 和 Atwari Parva 是塔鲁族的主要节日。现在的塔鲁族每年都会投入极大的热情庆祝佛诞日。

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