

# Buddhist Pilgrimage Tour – Nepal, Tibet, Bhutan & India

Kathmandu Lumbini Tour via Pokhara - Tibet (Lhasa) to Kathmandu by drive via Rongbuk (EBC) - Kathmandu to Bhutan to India by flight



## Overview

**Buddhist Pilgrimage Tour – [Nepal, Tibet, Bhutan & India](#)** is a tour of ultimate destinations in South Asia hovering over four beautiful nations following the **footprints of Lord Buddha** himself. These divine sites constitute the sites connected to his life and the areas where he lived, meditated, or taught the truth about life. This tour will take you closer to the **Buddhist practice, the lifestyle of monks, divine teachings, and the key to salvation in life.**

This pilgrimage sails through the Buddhist Temples and monasteries with the bliss of [Lord Buddha](#) and his followers Padmasambhava, Milarepa, Naropa, and Tilopa. Commencing at the [Birthplace of Lord Buddha- Lumbini](#), We will make our way to the ancient treasures and symbols of nirvana in the capital. Skipping the majestic Himalayas, we will explore a more vivid side of it in **Tibet**. Tibetan Buddhism and the traditional components are one to discover visiting the holy lakes and monasteries here. Sailing through the Himalayas and the majestic monastery, we will head to the [lap of Everest and Rongbuk monastery](#). The pearl of Buddhist devotion hidden under the green hills of Himalayas, **Bhutan** is a place to lose it all. The tour gets a vibrant twist entering [India](#). The Gangetic plains and Northern India, the areas where Buddha spent teaching the noble truth of life will be our destinations here. The culture and traditions, the pilgrims and devotees, the nature and the sensation of fulfillment are all the experiences

you will return with from this tour of a lifetime.

A tale seeking absolute peace and a soul rinsing journey to find your inner self, hover the Buddhist religion, culture, history, and art with Asia Experiences.

## Highlights

- **Nepal:** 6 Nights in Kathmandu, Pokhara, Lumbini with Boudhanath, Swoyambhu Stupa.
- **Tibet:** 7 Nights in Lhasa & Overland with Potala Palace, Drepung Monastery, Ganden Monastery & Drayerpa Cave, Yamdrok-Tsho Lake, Rongbuk Monastery, Everest Base Camp.
- **Bhutan:** 3 Nights in Bhutan with Taktsang Monastery, Thimphu, Punakha Dzong.
- **India:** 7 Nights in India with Delhi, Varanasi, Sarnath, Bodhgaya, Patna, Kushinagar

## Outline

1. Choose your own departure date
2. Select the comfort level of accommodation
3. Adjust activities to cater to special interests
4. Modify tour duration and any aspect of the tour as needed
5. Flexible travel route {start from Kathmandu and end to New Delhi or vice-versa. }
6. Overland tour from Tibet (Lhasa) to Kathmandu via EBC or vice-versa (fly in - drive out)

## Your Journey day by day

### Day 01 : Arrival in Kathmandu

Our guide/representative from Asia Experiences will receive you from the arrival section of the Tribhuvan International Airport (TIA). He/she will drive you to the hotel. After reaching there, head out for a market tour here to get the firsthand glance of Kathmandu. You can try some Nepali cuisine as dinner today and rest for the day. Overnight at Kathmandu.

### Day 02 : Tour of Swayambhunath Pagoda (Monkey), Boudhanath Temple & Kathmandu Durbar Square

Our religious tour of today constitutes of three major UNESCO world heritage sites in Kathmandu valley. We will start the day with a short drive to the Buddhist temple of Swoyambhunath. One of the oldest temple of Nepal and also popular as 'The monkey temple,' there are many small and big stupas and Buddhist sculpture in the premises. Next, we will drive to Boudhanath, the most significant Buddhist stupa in the valley. The white dome here and hundreds of pilgrims circumambulating it is a pleasant experience to join. After the tour, we can visit the Kathmandu durbar square near the hotel and rest for the day. Overnight at Kathmandu.

*\*Note: We will apply for the Tibetan visa today as it might take up to 3 days for visa arrival at the Chinese embassy. With your original passport and 2 pp size photos for this purpose.*

### Day 03 : Drive to Pokhara & Tour of David Falls/Shiva Cave & Boat on Phewa Lake.

We will take a scenic hill drive to Pokhara from Kathmandu valley after breakfast today. The journey of about 5 hours will bring you closer to the hill lifestyle of Nepal. After reaching there, we will visit the Davids falls. This pristine underground waterfall is a beautiful display of nature. Next is the cave of Gupteshor Mahadev or Shiva cave which too have some shrines inside to pay a visit. In the evening, we will take a boat to explore the Phewa Lake and get a breathtaking sunset view. Overnight at Pokhara.

#### **Day 04 : Drive to Lumbini and Lumbini Tour**

Our tour starts early today with a short drive to Sarangkot to view a majestic sunrise over the Annapurna and Macchapucchre (fishtail) mountain ranges. We will drive to the Lumbini, the birthplace of Lord Buddha after the visit today. After resting for a while in our hotel, we will enter the central region of Lumbini. One of the most divine place for Buddhist pilgrims all around the world, Lumbini is a complex of temples and archeological findings of the Shakya kingdom (500 BC). The Maya Devi temple, Ashokan pillar, World Peace Pagoda Myanmar Golden Temple, Dharma Swami Maharaja Buddha Vihar, and China temple are the primary sites we will be visiting here. We can join the monks and pilgrims for the tour and enjoy the calm atmosphere here. Overnight at Lumbini.

#### **Day 05 : Drive to Kathmandu**

We will drive back to Kathmandu after breakfast in Lumbini. The drive is pleasant and scenic from the plains of terai to the green hills. Passing by the lush jungles and hill settlements on the way we will enter the valley. In your spare time today, you can visit some local stupas and monuments from the hotel. Overnight at Kathmandu.

*\*Note: we will collect the visa for Tibet visit from the Chinese embassy in Kathmandu after arrival.*

#### **Day 06 : Fly to Lhasa (Tibet) and rest today.**

We will take a flight to Tibet today leaving Kathmandu. The beautiful mountains view from the plane will lead us to Lhasa for the second part of our pilgrimage tour. After landing at the airport, our representative will receive you there and drive you to your hotel in Lhasa. You can try some local cuisine and rest for the day there. In the evening, head out for a market tour in here and explore the local traditions. Overnight at a hotel in Lhasa.

#### **Day 07 : Tour of Potala Palace & Drepung Monastery**

We will start the day with a drive to Potala palace, a majestic masterpiece of Tibetan architecture and Buddhist culture. Our guide will explain the significant role of the palace exploring the rooms and courtyards of the palace. We will also visit small shrines throughout the premises. The prayer room and halls have Buddhist sculptures, paintings, and murals, which one can gaze and admire. Our tour turns next to one of the three Gelug monasteries in Tibet, Drepung monastery. You can explore the chief building and four colleges here. After spending a spiritual time here, we will return to our hotel in Lhasa. Overnight at Lhasa.

#### **Day 08 : Tour of Jokhang Temple, Sera Monastery & Norbulingka palace**

After breakfast, we will head to the Barkhor Street and Jokhang Temple. One of the major religious

centers in Tibet, we can explore and circumambulate through the markets to learn more about Tibetan culture here. The second of the three Gelug monasteries, Sera monastery is next to visit in Lhasa. We will explore the monastery, the great assembly hall and three colleges here and head towards the Norbulingka Palace. We will complete the UNESCO world heritage site list with a visit to this magnificent Summer Palace of the Dalai Lamas. Locals gather and celebrate festivals on the premises here which have one of the most beautiful gardens in our tour. Overnight at Lhasa.

#### **Day 09 : Tour/Excursion of Ganden Monastery & Drayerpa Cave**

We will take a short drive to the northeast end of Lhasa and visit the Ganden monastery after breakfast. The scenic drive here concludes three primary Gelug monastery visits of Lhasa. Although not in its prior condition, this monastery stills reflects the shades of Tibetan Buddhism and architecture. We will head towards the DraYerpa cave from here. We will visit the major monastery and number of meditation caves in the premises Yerpa. One can get a bliss of nature and Buddhism with centuries-old caves and constituents in this visit. We will return to Lhasa after the visit and rest for the day. Overnight at Lhasa.

#### **Day 10 : Drive from Lhasa to Shigatse via Gyantse (Pelkor Monestary & Tashilunpo Monastery)**

We will head towards Shigatse today visiting the monasteries in between to lead our Buddhist pilgrimage tour to the Tashilupo monastery at Shigatse. The drive is smooth with majestic landscape views. We will have a ride besides the glazing holy Yamdrok Lake. The pristine lake with a view of the surrounding peaks and glaciers is one to treasure. From here we will do the Gangbala pass and reach Gyantse. A brief exploration of this historically significant city in Tibet will follow the premises of Pelkor monastery or Palcho monastery. Continuing our drive, we will reach Sighaste in the afternoon. Here we will visit the Tashilupo monastery, one of the biggest functioning monastery in Tibet. Overnight at a hotel in Shigatse.

#### **Day 11 : Drive to Rongbuk Monastery (EBC) from Shigatse**

We will start a highway ride to Tingri and the Rongbuk Monastery from Shigatse. Rongbuk monastery is also the highest monastery in the world at an elevation of 4980 meters. Passing high passes and small settlements with Tibetan art and culture in the way, we will reach Tingri. We will get majestic views of Mt. Everest nearing the monastery. After reaching Rongbuk, we will rest for the day at a guesthouse there. Overnight at Rongbuk.

#### **Day 12 : Drive to Kerung/Gyirong (China/Nepal border)**

We will start early today with a view of a beautiful sunrise over the Everest. After exploring the Rongbuk monastery, we will continue our drive to the Nepal-China border in Kerung/Gyirong. The vegetation changes with green hills coming in for rocky terrain. Beside the Trishuli River, we will stay on the Chinese side for the day. Overnight at Kerung.

#### **Day 13 : Drive to Kathmandu from Kerung/Gyirong**

After parting with your Tibetan guide and driver, our Nepalese escort will bring you to the capital Kathmandu from Kerung. We will stop by small settlements and enjoy the surrounding environment to reach Kathmandu. The hill highway drive with segments of adventure packed portions makes this drive

memorable. We will head towards our hotel and rest for the day at Kathmandu.

#### **Day 14 : Fly to Bhutan (Paro) and drive to Thimphu**

We will take a morning flight from TIA Kathmandu to the airport in Paro Bhutan today. The Himalayan flight with divine views and scenery will lead us to Paro valley. Our representative will receive you at the airport and drive you to Thimphu. After reaching Thimphu rest for a while and head out for a market tour. You can also try some local cuisine of Bhutan in the market. Overnight at a hotel in Thimphu.

#### **Day 15 : Thimphu Sightseeing with Dochu La Pass**

We will take a short drive to the Dochula pass from Thimphu. The trip is relaxed, and the scene from the road is outstanding too. We will visit the 108 Chortens in the pass, also known as DrukWangyalChortens here. The DrukWangyal Monastery and Royal BonaticalPark are two other significant attractions you can visit here. The view of the Himalayas highlighted by Mt.GangkarPuensum (7,158m) is pristine from the pass. We will then return to Thimphu and visit the TashichhoDzong and the ZileukhaThangthongDewachen Nunnery above the dzong here. Overnight at a hotel in Thimphu.

#### **Day 16 : Drive to Paro, Taktshang monastery hike, Paro exploration**

We will drive to Paro early today and start the Taktsang Monastery hike. A scenic drive will take us to the foot of the hill of Taktsang monastery. After reaching the top, we will explore the monastery and the caves where Guru Rinpoche meditated to tame a Tiger demon hence also called the Tigers lair. The full hike exploration and back will take about 5 hours, and we will return to Paro from the hike. We will travel to KyichuLhakhang, a Buddhist temple here in Paro. After the visit, we will return to the hotel and rest for the day.

#### **Day 17 : Fly to New Delhi from Paro, Delhi Sightseeing**

We will leave Paro and head for Delhi today. The guide will drive you to Paro airport before the departure, and we'll reach Delhi after 2.5 hours of flight. Our representative will meet you at the airport after landing and transfer you to the hotel. You will visit some of the major attractions in Delhi depending upon your flight time here. You can visit the India Gate, RashtrapatiBhawan (Residence to the president of India) & Parliament house near the hotel. Overnight at a hotel in Delhi.

#### **Day 18 : Delhi exploration and Varanasi (Flight)**

We will continue our Delhi exploration, before the flight to Varanasi today. Qutub Minar and the Lotus Temple are among the places we will visit alongside the one we've missed exploring today. You can try some local cuisine here too. We will drive you to the airport for the flight to Varanasi next. After reaching there, you will head towards the hotel and rest. In the evening, we will take a short walk to the Ganges Ghat and witness the SandhyaAarti (evening prayer) there. Overnight at a hotel in Varanasi.

#### **Day 19 : Varanasi & Sarnath Sightseeing**

We will take an early morning drive to Dasaswamedh Ghat today. Here, we will take a boat to cruise in

the mighty Ganges and enjoy the Sunrise view. We will return to the hotel for breakfast before taking a drive to Sarnath. Sarnath is a holy place for Buddhist pilgrims all around the world as it was the site of Lord Buddha's first sermon. MulgandhaKutiVihar, Dhamekh Stupa, Thai Temple, Deer Park, Chaukhandi Stupa, Horinji Temple, and Tibetan Temple are some of the major places you're going to visit in Sarnath. After the visit, we will return to Varanasi. Overnight at Varanasi.

### **Day 20 : Varanasi – Bodhgaya (255 km. / 5 hrs.)**

We will take a drive to Bodhgaya today from Varanasi after breakfast. Stopping in the cities in between for snacks, we will have a smooth ride to Bodhgaya. Bodhgaya is the place where Lord Buddha attained his enlightenment and is one of the four major pilgrimages related to his life. After reaching Bodhgaya, we will rest for the day at a hotel. Overnight at Bodhgaya.

### **Day 21 : Bodhgaya Sightseeing**

Our religious tour of Bodhgaya commences after breakfast today. The area is a place of salvation for devotees and pilgrims all around the world. We will visit the Mahabodhi temple, also known as the Great Awakening Temple here first. The Bodhi tree is a giant tree which is said to be the exact place where Lord Buddha found enlightenment here. The Great Buddha Statue, Thai Monastery, Mankamana, Indonesian Temple, Nippon Japanese Temple, and Muchalinda Lake are some of the significant sites we will visit today at Bodhgaya. In the evening, we can join the other devotees and take a walk around. Overnight at Bodhgaya.

### **Day 22 : Bodhgaya to Patna**

We will visit the remaining temples in Bodhgaya before our drive to Patna today. The journey is short, but we will be visiting many attractions in the way. Starting the drive after breakfast, we will take a slight detour to Rajgir. We will have a short hike to the Vishwa Shanti Stupa in Rajgir. We will also visit Griddhakuta Peak (Vulture Hill) where Lord Buddha used to sit and preach. We can also pay a visit to Nalanda, the site of the 2nd ever university of the world. From here we will worship at the Stupa of Sariputra and visit the temple of Black Buddha. Then we will continue our drive to Patna. Overnight at a hotel in Patna.

### **Day 23 : Patna to Kushinagar**

We will drive to Kushinagar from Patna today. The relaxed drive is about 6 hours long, and we will also visit some of the religious sites in the way. First, we will visit the Buddha stupa, followed by the Lion Pillar (Ashokan Pillar) about 40 km from Patna. This pillar holds historical and archeological values from the times of 200 BC and before. We will continue the drive to Kushinagar stopping for snacks on the way. After reaching Kushinagar, we can visit some of the sites here today. Overnight at a hotel in Kushinagar.

### **Day 24 : Kushinagar exploration, Delhi flight, and final departure**

Kushinagar is said to be the site where Lord Buddha is said to have attained Parinirvana after his death. We will visit the Ramavar Stupa, which was built over the ashes of Lord Buddha. Next, we will visit the

Mahaparinirvana Temple, where a statue of Sleeping Buddha lies. We will then visit the Myanmar Temple and Vietnamese Temple to end the tour. With the tour of Kushinagar, we will conclude all four (Lumbini, Bodhgaya, Sarnath, and Kushinagar) major pilgrimage related to the life of Lord Buddha. We will take a flight to Delhi, and you will board a plane to your home from here.

With a feeling of being close to nirvana and lifelong experiences, your Buddhist pilgrimage tour ends today. The Asia Experiences team will stay connected for your valuable [suggestion and feedback](#).

*Note: If you want to start your tour from New Delhi, we will continue drive to Lumbini via Sunauli Border (Nepal India Border) then Lumbini tour and continue for Kathmandu.*

## **Cost & Inclusion**

### **Nepal :**

- Breakfast in Nepal.

### **Tibet :**

- Breakfast in Tibet.
- Processing Travel Permit and Entry Visa.

### **Bhutan :**

- Full meals in Bhutan.
- Processing Travel Permit and Entry Visa.

### **India :**

- Breakfast in India

### **Extras :**

- Airport pickups and drops service.
- Private ground transportation with A/C.
- Twin-sharing hotel accommodation.
- Local cultural tour guide with English speaking.
- Sightseeing entrance fees for museums and monuments.