

## Himalayan Sunrise Tour - 7 Days

Himalayan Sunrise Tour is the ultimate way to capture rare sunrise glimpses from the epic hill stations of Nepal. Each of these stations has some unique flavor to add up in the sunrise. For instance, the Nagarkot hill blends the view of the sunrise with the vast valley and open forest creating a perfectly serene atmosphere. On the other hand, Bandipur viewpoint is exposed to views of some of the invincible snowy peaks that turn golden during the sunrise.

In this package, we have combined the historical sightseeing, Everest Heli flight, natural exploration, and rafting with the sunrise tour. During historical sightseeing, you will explore the UNESCO listed cultural heritage sites in the Kathmandu valley and the antique Bandipur town in Pokhara. For natural sighting, Pokhara is enough; while for rafting, Trishuli is the ultimate choice of the avid rafters. This Himalayan Sunrise Tour has all the reasons to entertain and inspire you throughout the trip.

## ITINERARY IN DETAIL

### Day 1: Arrive at Tribhuvan International Airport in Kathmandu, Nepal

Welcome to the land of Himalaya! On arrival in Kathmandu Airport, you will be met by our representative who will be waiting with an Icicles Adventure sign. Upon meeting our company's representative at arrival terminal at the airport, you will be transferred to your respective hotel in our private comfortable vehicle. Accommodation: Kathmandu Hotel.  
Included Meal: B

### Day 2: Experience Mountain flight followed by sightseeing around Kathmandu valley

In the early morning we will go for a scenic Mount Everest flight. This amazing experience will take you over Sagarmatha National Park, over some of the highest peaks in the world, climaxing with getting up close to Mount Everest. Late in the morning, we start a guided tour to four of the historical and spiritual sites in Kathmandu which are also listed as UNESCO World Heritage sites to provide you an insight on the history, religious significance, architecture, and culture of prosperous Kathmandu. We will visit Pashupatinath, Swoyambhunath, and Bouddhanath today. After exploring these sites, we will drive to Nagarkot. Nagarkot is a hillstation out of Kathmandu popular for Himalayan sunrise and sunset views.

#### Kathmandu valley

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**Pashupatinath**, scared Hindu Temple of Pashupatinath dates back many hundreds of years and makes it one of the most important Shiva locations across the Indian subcontinent. Besides being a place of worship, it is also the most important cremation site for the Hindus in Nepal. Here you will see Hindu holy men (sadhus) meditating, pilgrims bathing, and occasionally funeral pyres burning on the ghats.

Next we will visit **Swoyambhunath Stupa**, popularly known as Monkey temple due to abundance of monkey found in the shrine area is a 2000 years old stupa situated on a hillock. It is world's most glorious Buddhist shrine and its main temple is capped by a pinnacle of copper gilt and is painted on the four sides with all seeing eyes of Lord Buddha.

Next come **Bouddhanath** which is a Buddhist shrine and one of the large Stupas in the world. You will visit Bodhnath Stupa, one of the biggest Buddhist shrines in the world, where you can observe Buddhist monks in prayer in the monasteries surrounding the stupa. The shrine has unique octagonal Mandala design with hundreds of prayer wheels and the 108 images of the Buddha are set into the niches around the huge structure. The area of Bouddhanath is also famous for over 50 Tibetan monasteries, thus the area is also known as 'Little Tibet'. As you

wander round the shops surrounding the stupa, you will find yourself interacting with monks in their maroon and saffron robes, and traditionally dressed Tibetan refugees who live here at the religious center for Himalayan Buddhists. You can join the locals to circumambulate the stupa, bargain for handicrafts in the shops or sit on a rooftop restaurant and absorb the atmosphere. We drive to Nagarkot for and enjoy the sunset views. Accommodation: Kathmandu Hotel. Included Meal: B

### **Day 3: Nagarkot to Dhulikhel**

We get up early in the morning before sunrise and wait to see the rays of sun hitting the distant Himalayan range. If the weather is beautiful you just won't be able to describe the beautiful moment and the sceneries as the sunrises behind the Himalayas lighting the Himalayas first and then half of the world! From Nagarkot we drive to Dhulikhel. Dhulikhel is also famous for the views of more than twenty mid-eastern Himalayan peaks including Mt. Annapurna, Mt. Ganesh Himal, Mt. Langtang, Mt. Gaurishanker, Mt. Lhotse and many others. We also visit Panauti and drive back to Dhulikhel. Accommodation: Hotel. Included Meal: B

### **Day 4: Dhulikhel to Daman**

From Dhulikhel we set off for Daman, resort town at 2400m of altitude and popular for wide range of Himalayan views seen from there including Mount Everest, Annapurna, Manaslu, Ganesh Himal, Langtang, Dorje Lakpa, Gauri Shankar, Cho Oyu. The view tower at Daman offers the views of an amazingly large section of the Himalayan range stretching from Mt. Everest in the East to Mt. Dhaulagiri in the West. You will enjoy hiking around the villages that offers an opportunity to connect with the local people and observe their daily lifestyles. At sunset we enjoy the Himalayan views from the view tower. Accommodation: Hotel/Resort. Included Meal: B

### **Day 5: Drive to Bandipur, on the way 2 hours rafting (142 km / 5 hrs)**

After breakfast, we start driving to Bandipur. Driving today is adventurous and pleasant as it snakes down hugging the mountain side through terraced fields. Drive today provides plenty of opportunity to view cultivated terraced fields, rivers, streams, green valleys, rocky gorges, farmlands and typical rural life of Nepal. Upon arriving at the Fising, we will get down and join the rafting in the Trishuli River. It takes about 2 hours to reach Kurintar, from where we will catch a bus to the Bandipur. Bandipur, a medieval Newari village dramatically perched on a ridge offers amazing views of the central Himalayan Mountains. Bandipur was once on the trading route between Tibet and India. We explore the surroundings, visit the bazaar, and gain an insight into the traditional way of life in a Newari village and spend night in Bandipur Village. Walking Time: 4-5 hrs. Accommodation: Resort in Bandipur. Included Meal: B

### **Day 6: Bandipur to Pokhara**

We get up early morning to view the sunrise over the mountains from Bandipur. After breakfast, we continue drive to Pokhara. If you are on the right pane of your vehicle the journey today provides plenty of opportunity to view cultivated terraced fields, rivers, streams, green valleys, rocky gorges, farmlands and typical rural life of Nepal. We take lunch break in a restaurant along the way. Upon arrival in Pokhara, the naturally beautiful city with many crystal clear lakes you may take time to spend leisurely at Phewa lakeside or just hang around the market. Pokhara is a naturally beautiful city with lakes, snow capped mountain views. Pokhara is also a starting point to many adventure treks and climb, so we can say Pokhara is a natural and adventure hub

### **Day 7: Pokhara City Tour**

We wake up early in the morning for a drive up to Sarankot, a hilltop near Pokhara to view Himalayan sunrise. After spending some time at Sarankot, we return back to our hotel in Pokhara and after breakfast we spend the whole day sightseeing, relaxing, and hanging around the beautiful Pokhara city and lake side areas. We will take a boat ride across the lake (Phewa Tal), which is the second largest in Nepal. We can also visit the Peace Pagoda from where we will enjoy excellent views of the mountains including the Annapurnas and the famous fishtail peak, Machhapuchhare, along with views back across to Pokhara. We visit the fascinating International Mountain Museum, where you will learn some amazing tales, and hear about the exploits of the various climbing expeditions in the past – some ending in triumph and some in tragedy. Further exploration will be around Davi's fall, Mahendra cave, temple and monastery. The lakeside area has great shopping opportunities and Internet cafés. Accommodation: Hotel.

Included Meal: B

### **Day 8: Pokhara to Bhaktapur**

After breakfast you will drive from Pokhara. We will directly go to Bhaktapur, which was once the capital of Nepal and the Great Malla Kingdom during the 15th century. Its rich heritage, inspiring temples and artisanal history played a big part in Bhaktapur being named a UNESCO World Heritage site. Spend the day exploring Bhaktapur's famous temples, starting at Durbar Square, which is reputed to be the most beautiful piece of art in Nepal. Durbar Square is home to the majestic Lion Gate and Golden Gate. After touring around Bhaktapur Durbar Square we drive back to Kathmandu. Accommodation: Kathmandu Hotel. Included Meal: B

### **Day 9: Trip conclusion, shopping and final departure**

Today your cultural and wildlife tour in Nepal with Trekking experience ends. If you have late flight you may explore around Kathmandu yourself or spend time shopping and strolling around the Thamel area. Finally, you will be transferred to International airport 3 hours prior to your flight time.