

Tentative Itinerary Nepal

LEARN ABOUT TIBETAN AND HIMALAYAN POLITICS AND RELIGION AND THE ISSUES FACED BY COMMUNITIES IN EXILE.

Activities on this Return to Study Abroad Program may include:

SATURDAY, APRIL 28

- Arrival at Tribhuvan International Airport, Kathmandu (8am-4pm). Airport Pickup & Transport to [Pure Vision Healing Center, Pharping](#)
- Free time to rest, relax, settle in
- Optional group dinner at retreat center

SUNDAY, APRIL 29

- Welcome, Introductions, & Orientation
- Temple Visit: Asura Cave (Guru Rinpoche Cave), Vajrayogini, Dakshinkali
- Welcome Lunch at Retreat Center
- Guest Lecture & Optional Consultation: Tibetan and Himalayan Traditional Medicine - Amchi Sherab
- Group Dinner

MONDAY, APRIL 30

- Depart for Boudha, Kathmandu
- SIT Drop-off Activity in Boudha, Debrief & Discussion
- Lunch at SIT Boudha Program Center and overview of [Current SIT Nepal Programs and Themes](#)
- Small-group Nepalese/Tibetan Cooking Class with members of SIT's homestay network in their homes and dinner with families

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TUESDAY, MAY 1

Old Patan City Day Trip:

- Walking Tour of [Patan](#) (Lalitpur) with Anil Chitrakar (with stops at Patan Durbar Square, and [Patan Museum](#))
- Lunch at [Raithaane](#)
- Free Afternoon for rest or independent exploration of local sites at your own pace
- Group Dinner at Hotel with Debrief & Discussion
- Visit [Boudha Stupa](#) for evening prayers

WEDNESDAY, MAY 2

Kathmandu Exploration and Pokhara Excursion:

- Visit [Swayamhunath Stupa](#) with Nazneen Decleer & Sanjay Shrestha
- Lunch with Locally Based Alumni & Commemoration of [Hubert Decleer](#), founding Academic Director of SIT Nepal: Tibetan & Himalayan Peoples at SIT Boudha or Naxal Program Center
- Airport Transfer, Domestic Flight to Pokhara
- Free Evening in Pokhara and Independent Dinner

THURSDAY, MAY 3

Pokhara Excursion:

- Site Visit: [Tashiling Tibetan Refugee Settlement](#)
- Group Lunch
- Site Visit: [3sisters Adventure Trekking](#)
- Free Evening in Pokhara and Independent Dinner

FRIDAY, MAY 4

- [Morning Cable Car Sarangkot Mountain View Lookout](#)
- Final Program Wrap-up & Debrief
- Free afternoon for independent lunch, explorations, shopping
- Final Celebratory Farwell Dinner- Fishtail Lodge

SATURDAY, MAY 5

- Option 1: Transport to **Tribhuvan International Airport, Kathmandu** (schedule flights for after 5PM)
- Option 2: Depart Independently Directly From Pokhara, using Pokhara as a jumping-off point for further post-program exploration (popular options: trekking in [Annapurna region](#); Terai Plains of [Lumbini](#) - birthplace of Lord Buddha; [Chitwan National Park](#))