

Nepal Yoga Trek | Duration: 13 Days Days | Cost: \$1500

Nepal Yoga Trek combines two of Nepal's most distinct traditions. Combination of these elements creates a more fulfilling adventure that opens the mind, body & soul for greater relaxation and deeper awareness. Nepal Yoga Trek takes you to the ultimate serene beauty of Nepalese Himalayas as well as the majestic beauty of cultural and historical places of Nepal including all round fitness and inner peace. If you are passionate about the yoga, Nepal's Yoga Trek benefits you in the two major advantage of yoga & meditation and they are Physiological Benefits & Biochemical Benefits. The main aim of the yoga is to unite the mind, body & soul. It helps you become more aware of your body's posture, alignment, and patterns of movement. It makes the body more flexible and helps you relax even in the midst of a stress stricken environment.

At a Glance:

- **Tour code:** TTGNYT001
- **Style:** Wellness-mind, body & soul
- **Grading:** ▲▲▲▲▲
- **Suitable for:** 1900m
- **Duration:** 13 Days
- **Start in:** Kathmandu |Airport
- **End in:** Kathmandu |Airport
- **Transport:** Air+Overland
- **Price:** 1500

Highlights of the tour:

- Immerse yourself in this Yoga experience
- Mindfulness meditation practices
- Breathtaking view of snow capped mountain ranges
- Getting along with ethnic people and thier culture
- Magnificent sunrise and sunset view

What's Included:

- Kathmandu Airport transfers
- 3 meals during trek
- An experienced insured and equipped English speaking guide
- Guided sightseeing and entry fee in Kathmandu
- Internal flights and land transport involved in the itinerary
- Flights of guide
- 3-4* accommodation in Kathmandu with breakfast

What's Not Included:

- Travel Insurance
- Nepalese Visa
- Tips for Guide and other trek staff
- Lunch & Dinner in the city
- Additional costs due to illness, rescue
- Additional cost due to force majeure, changes of flight and itinerary
- Personal drinks and bar bill

Kathmandu Arrive

When you arrive in Kathmandu at Tribhuvan international airport, You will be warmly greeted by our airport representative. After Traditional warm welcome you will Transferred to Hotel, we will discuss about the trip and briefing about the Package, evening Typical welcome dinner.

Walking tour of Kathmandu/ Everest flight

Today you are going to visit the Kathmandu durbar square. After that you will visit the local markets and interact with local peoples. After breakfast if you are interested then you can experience a flight to the Himalayas to see majestic Mount Everest. You can take a beautiful photograph of the world's highest mountain from the cockpit. Then you will return to hotel and take a short rest. At the end make a walking tour of Kathmandu durbar square.

Kathmandu-Rafting-Yoga

Early morning you will driven away from the Kathmandu to the rafting starting point. We will enjoy breakfast together and prepared for rafting expedition. Expert guide will explain about the safety precaution and equipment used. During rafting time you can fully enjoy by taking the photographs as well as short time

swimming experience. You are served by freshly cooked lunch at the bank of the river on the newly setup camp where you will be having dinner tonight. Before that you will do evening yoga course.

Yoga| Drive to Chitwan

Early morning wake up and you will do yoga then have a delicious hot breakfast in hotel. While doing yoga, it also includes meditation, pranayam which will make your mind body and soul fresh and stress free. Then continue your next destination to Chitwan having a lunch in the way. After some hour you will reach Chitwan where you can do sightseeing, walking in the river bank, shopping or relaxing. Evening you will attend cultural dance program with typical Nepali dinner. Overnight in hotel of Chitwan.

Chitwan sightseeing

Today you will have full day jungle activities. We will explore flora and fauna and wild animals as well as one horn rhino. We will explore the medicinal herbs which is available on that region.

Chitwan to Pokhara

Today after breakfast you are driven to Pokhara through scenic mountain terrain and upon reaching Pokhara you will transfer to hotel, relax and freshen-up in hotel. This picturesque town set on the laps of Annapurna Mountains is the staging area of all treks in this region. The evening can be spent most enjoyably on the bank of the Fewa Lake which reflects the towering Fishtail Peak in its water. Visit Barahi Temple on the lake side during sunset. Overnight in Pokhara.

Pokhara-Annapurna Eco Village-Yoga

Leaving behind Pokhara City, drive for about 30 minutes to Hymja. Trekking through the village, forest and great view of Annapurna range will take you to Annapurna Eco Village. Lunch and evening explore the village with interacting with the local villagers about their daily lifestyles and traditions. Then after that take activity participate on evening yoga which will make your mind, body and soul more energetic and strengthfull.

Free day at Annapurna Village- yoga

Early morning after wake up have a delicious hot breakfast. After that you will take a walk and visit the Annapurna eco villages, during that you can interact with local peoples and children about their daily lifestyles and traditions. At midday lunch and explore the surroundings of the eco villages. Then there will be the yoga class at the evening to make you healthy and more energetic. Spend your night in Annapurna Eco Village.

Eco village-Dhampus trek

Wake up early today to get spectacular sunrise over the Annapurna range. Watch the mountain peaks turn to shimmering gold. Of 14 mountain peaks higher than 8000 metres in the world eight are in Nepal. Three among them can be seen from this spot if the sky is clear. Enjoy such memorable moment, take breakfast in the garden having good views of the Himalaya and then trek to Dhampus. The trek is short but quite memorable with fantastic mountain view and country side. Visit Dhampus village, a settlement of British Gurkhas, in the late

afternoon. You will also have an opportunity for a close look at the daily lives of the villagers. You can enjoy beautiful sunset again.

From Dhampus to Pokhara back

Trek downhill for about 2-3 hour after breakfast and drive to Pokhara. If you have still energy you can hike to World Peace Stupa and trek down to Davi's Fall for about 3 hours. If not just enjoy the lake city.

Pokhara-Kathmandu

After breakfast, you will be driven back to Kathmandu and check-in our hotel. Rest of the day we are totally free. (On your way back, you may stop for a while to visit Manakamana Temple, believed as the wish fulfilling goddess by cable car).

Kathmandu-Bouddha-Pashupatinath-Bhaktapur

You begin your sightseeing tour of Kathmandu valley by visiting two very important religious centers, Pashupatinath temple for the Hindus, nearby along the banks of the river Bagmati is the cremation area for the dead. Boudhanath is possibly the largest Stupa in the world and the center for Tibetan school of Buddhism. Then you will be driven back to Bhaktapur the medical cities of devotees and the best preserved of all the old cities of Kathmandu Valley. The guide will drive you to our resort in Nagarkot. You will have Himalayan sunset views and spend the night in the resort

Departure

Final warm farewells, our airport representative will accompany you to the airport see you off. Fly back to home.

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