

Trip Name : Nepal Yoga Holiday

Trip Cost	US \$1750
Starting Point	Kathmandu
Ending Point	Kathmandu
Type	GuestHouse/Hotel
Grade	Easy
Duration	10 Days
People in Group	Minimum 1 and Maximum 6
Best Time	September to December and February to June
Max. Elevation	1592 mt.

Trip Highlights:

- Yoga practices staying at the Yoga Retreat Center for 2 full days and 3 nights
- Tour of major World Heritage Sites
- Visit of main temples and religious shrines
- Jungle tour and Elephant safari
- Adventurous drive on the hilly road
- Small hike and activities
- Awesome Mountain views along the tour

Trip Details:

Yoga is known as a group of physical, mental and spiritual practices originated in ancient South Asia. This has become a popular theme in order to keep the health sound and bring happiness in life. We have designed a package holiday combined with some Yoga retreats and tour to the historic town of Kathmandu, jungle activities in Chitwan and naturally beautiful Pokhara City. This holiday is ideally suitable for individuals, couples and Yoga learners. We are hoping that this holiday will be beneficial to bring some relaxation to both body and soul and energize for the next daily busy schedule.

Our Yoga Holiday includes three nights in a Yoga retreat Center in Kathmandu. The Yog Guru will instruct some daily discipline while staying at the retreat center. This generally starts with wake up call followed by herbal tea. Then Yoga exercise will begin for two hours followed by breakfast and herbal tea. There will be some therapy and leisure until lunch hour. After lunch, it is optional to enjoy nature/village walk, temple visit and self practice or take leisure. The evening starts with herbal tea and regular prayer, Yoga exercise and meditation for two hours. After dinner, interested may take part in the discussion or take leisure before going to bed. The Yoga package includes Suryanamaskar, Yogasana, Bandha, Pranayama, Shanty Path (Peace Mantra), Spinal Asana, Yoga-nidra, Mudra, Meditation and some therapy by a professional Yoga instructor.

When the Yoga retreat is over, you will be picked up and transferred to a city hotel for your regular tour to the specified places. Nepal has the richest and most diverse cultural landscapes throughout the country. The cultural heritage is synthesized more in the Kathmandu Valley. The three major ancient cities namely Kathmandu, Patan and Bhaktapur represent a harmony of elegant architecture and refined culture. These cities have a concentration of religious monuments unequalled in the world. Another beautiful attraction of Nepal is the southern lowland known as the Terai covered with dense tropical jungles teeming with diverse wildlife and exotic birds that offers the exciting safaris. Elephant back-ride, canoe ride and jungle walk are the major safari activities available in the jungles. Pokhara is yet another destination that should not be missed. The panoramic Himalayan views and pleasing weather will give a fantastic memory of the tour.

How We Make This Trip Responsible?

Trekking Encounters promotes Responsible Tourism and strictly follows the responsible travel guide lines.

(Picture Courtesy: HIYA)

Cost Includes:

- Welcome drinks in Kathmandu
- Accommodations at city hotel on a twin share basis with breakfast in Kathmandu and Pokhara
- Accommodations at Yoga retreat center on a twin share basis with full board meals
- Two Yoga sessions per day including Yoga mat
- Accommodations with full board meals (B/L/D) and all safari activities in Chitwan
- An English speaking City Tour Guide as per in the itinerary
- All internal ground transport by private vehicle

Complimentary:

- A Trekking Encounters T-shirt
- A farewell Nepali dinner with live culture program

Cost Excludes:

- Meals other than mentioned
- Entrance fees to the monuments
- Bar and beverages bills, bottled water
- Nature of personal expenses
- Personal cloths and equipment such as sleeping bag, jacket, boots etc.
- Personal insurance
- Tips to the staff
- International Airfare and Taxes

Add-Ons:

Mt. Everest Flight

Activity: Mount Everest sightseeing flight.

Duration: One hour.

Frequency: Everyday in the morning between 6am to 9am.

Cost: US\$ 224 per person. Group discounts available.

Ground transfer: Included by a private vehicle. Two persons minimum needed.

Airport tax: Included.

Airline: Buddha Air, Simrik Airlines and Yeti Airlines.

Short Hiking Trips

Sundarijal Nagarkot Trek - 3 days.

Sarangkot Dhampus Trek - 3 days.

Poonhill Ghorepani Trek - 4/5 days.

Jomsom Muktinath Trek - 3 days.

Everest View Trek - 4/5 days.

Jungle Safari in Bardia National Park

Activities: Jungle safari on elephant-back, jungle walk, boat ride, jeep drive.

Accommodation: Jungle lodges.

Transportation: Not included.

Meals: Included.

Duration: 4 days and 3 nights.

Cost: Starts from US\$ 475 per person.

Bird Watching in Koshi Tappu Wildlife Reserve

Activities: Bird watching, boat ride and wildlife viewing on jeep drive.

Accommodation: Resorts, Tented camps.

Transportation: Not included.

Meals: Included.

Duration: 3 days and 2 nights.

Cost: Starts from US\$ 480 per person.

More Challenging Rafting in Trips

Seti River: 3 Class – 2 Days – 32 Kilometers – Cost starts from US\$ 80 per person.

KaliGandaki River: 4 Class – 3 Days – 56 Kilometers – Cost starts from US\$ 140 per person.

BhoteKoshi River: 4/5 Class – 2 Days – 18 Kilometers – Cost starts from US\$ 85 per person.

- **Cost includes:** Top quality Rafting equipment, Highly trained Crew, Well organized camping, Hygienic food.

- **Transportation:** Bus transportation included and depends.

Bungy Jumping / Canyoning / Paragliding / Ultralight Flight

We can check and deliver information and cost as per your interest received for Bungy Jumping, Canyoning, Paragliding and Ultralight Flight. Bungy and Canyoning can also be customized together.

Shopping Tours

Package available on demand.

Shopping items: Pashmina items, Paubha/Thangka, Woolen Carpets, Root Art, Ceramics, Shaligram (Holy Rocks), Masks of deities, Khukuri, Tea, Spices, Garments and Knitwear, Musical Instruments and Music, Glass Ornaments, Jewelry and Gems, Metal Wares, Sculptures, Wood Carvings, Rudraksha (Rosary), Incense, Natural Buttons, Fiber Products, Wood Game Boards, Fancy Hats, Bamboo Crafts, Bags and Accessories, Leather Articles, Lokta Paper and items made by Lokta, Nepali Dolls, Home Decors, Books and Maps and innumerable other unique items which are found nowhere else.

Trip Itinerary:

Day 01 : Arrival in Kathmandu.

Reception by the Office Representative at the airport and we shall transfer you by our comfortable vehicle to a hotel located in the downtown followed by a short pre-trip meeting.

Day 02 : Kathmandu City Tour. Transfer to the Yoga Retreat Center.

After breakfast, sightseeing tour of World Heritage Sites will be started by an experienced City Tour Guide. Tour includes to Swoyambhunath, Boudhanath, Pashupatinath and Patan Durbar Square. The entirely stone made Krishna Temple, three-storied golden temples and the three main courtyards of the Durbar Square are the main attractions of Patan. Then transfer to the Yoga Retreat Center near Swoyambhunath.

Day 03 : Stay at Yoga Retreat Center.

Yoga activities and leisure.

Day 04 : Stay at Yoga Retreat Center.

Yoga activities and leisure.

Day 05 : Drive to Chitwan National Park.

Drive for approximately 5-6 hours along the bank of the Trishuli River to reach Chitwan National Park. There will be a short briefing on the program and facilities after rooms are assigned. After dinner, we are ready to witness the typical cultural dance performed by local Tharu community. This cultural show is known as Tharu Stick Dance.

Day 06 : Chitwan - Full day Safari activities.

Wake-up call will be followed by tea or coffee and tour starts with elephant back-ride safari to explore the jungle and wildlife where you will be able to see the one-horned rhinoceros, several types of deer, monkeys, wild boar, sloth bear, leopard and if lucky, the Royal Bengal tiger. This exciting ride lasts for 2-3 hours. After lunch, we are ready for canoe trip on the Rapti River. A traditional dug-out canoe takes you on a silent trip down the Rapti River to view aquatic birds and the animals of the river banks. We continue our excursion to EBC (Elephant Breeding Camp) to learn more about these fascinating animals on a visit to the elephant stable.

Day 07 : Drive to Pokhara.

After breakfast, we begin our journey to Pokhara through half of the same road we covered on the previous day. This is about 4-5 hour scenic drive and we will pass through many village settlements and small towns. Pokhara is an ultimate destination for relaxation with the magnificent Annapurna range and the serenity of beautiful Fewa Lake. Our Pokhara tour starts with a boat ride on the Fewa Lake where we can see the shadow of Mt. Fishtail over the Lake water.

Day 08 : Tour of Pokhara.

We drive to Sarangkot to witness the Himalayan panorama that dominates Pokhara City early morning. The towering Annapurna and the famous 'Fishtail' peaks are the highlights of this trip. We drive back to hotel for breakfast via the visit of sacred Bindhyabasini Temple. After breakfast, we will visit David Falls, Gupteshwor Cave and the World Peace Pagoda. We will also visit the International Mountain Museum before ending today's tour. You are free to explore the colorful town in the evening.

Day 09 : Drive back to Kathmandu, Nepali cultural dinner.

After breakfast, we are now retracing our drive through the scenic Highway on the bank of the Trishuli River and end our tour in Kathmandu. After refreshing and taking some rest, we will join the typical Nepali dinner with live cultural program. The show ends at 9PM and we are back to the hotel for rest.

Day 10 : Final departure.

This is the time to say good-bye and transfer to airport. Fly out Kathmandu with some beautiful memories. The drive from Thamel to airport takes about half an hour and needs to report 2 and half hours before the flight time.