

HIKING CULTURAL AND YOGA EXPERIENCE OF NEPAL



Departing November 4 2024 and April 4 2025

Day 1 Arrive Kathmandu met and transferred to your hotel situated in Thamel (B)

Day 2 – Explore Kathmandu, Durbur Square on a 1/2-day sightseeing tour with a guide including transport, guide, and entries. (BD)



Day 3 – Chitwan You will be collected from your hotel and transferred to the domestic airport for your 20-minute flight to Bhadrapur. On arrival you will be met by the staff of your lodge and

driven the 30 minutes to your hotel. On arrival you will be served drinks and given a briefing on your next 2 days' activities. After the briefing you will be escorted to your cabin and lunch will be served in the dining room. After a very healthy organic lunch you will be introduced to your naturalist guide who will take you on a walk through the Tharu village to share their world with them as you reach out to touch another culture. Later you will visit the elephant stables where your guide will explain the difference of the Asian and African elephants. At 5pm you will enjoy a relaxing jungle sunset cocktail hour by the Rapti River before returning to your hotel for the evening meal **(BLD)**

Day 4: Chitwan An early rise for those who wish to go venture into the jungle for a 2-hour bird watching walk, with the camps experienced naturalist. After breakfast you will transfer to the inside park by dug-out canoe. We pass a pageant of bird life, and our naturalists are there to share their knowledge of the jungle with you. During the walk you will visit the Elephant Breeding centre where you will see the first twin elephants born in Asia. After the visit your jeep will meet you and escort you on a short drive through the jungle, returning to your lodge for lunch. Later in the afternoon you will have the choice of going on a jeep safari or elephant ride in the jungle. Before dinner you will experience a cultural show from the local Tharu Village people. Experience the unique society of the Tharu people who have lived for centuries close to the jungle. Their rich traditions reflect their intimate relationship with the natural world. **(BLD)**

Day 5 Chitwan – Pokhara This morning there will be an optional early morning jungle hike. Breakfast will be served at the lodge before transferring by tourist bus to Pokhara (4 hour journey). Met and transfer to your hotel in Pokhara. **(BLD)**



Day 6 Free Day Pokhara Relax and enjoy this lovely city situated on Phewa Lake. 3rd May (B) **One recommendation is to take a helicopter scenic flight to Annapurna Base Camp the hotel can arrange this for you and the cost is approximately AUD\$200 It is certainly worth the experience. (B)**



Day7-8 Pokhara – Lwang Village. (2 nights) After breakfast you will be accompanied by your guide and transfer by Landcruiser for your 2-hour drive to Lwang Village **Homestay** is a beautiful experience. Lwang is a beautiful scenic hilly village lying in the Kaski district 20 klms from Pokhara. The village is highly famous for organic tea gardens an homestays. Lwang is inhabited mainly by Brahmin, Chhetri, Gurung, Blacksmith, Tamang, Newar people. Visitors will have a great opportunity to experience the culture of people of various races and castes. Visitors stay in a small stone roofs houses with clean rooms, toilet and hot shower. You will be served with typical Nepali food (dal, rice, curry) and local chicken, alcohol made from local millet, and be ntertained by a cultural

performance.

Your Homestay in Lwang will be an extraordinary experience where you will be surrounded by tea plantations with views of Pokhara in the distance. **(BLD)**

Day 9 Lwang Village to Dhampus This morning you will transfer to the outskirts of Pokhara by jeep. Dhampus is situated 1950 mtrs above Pokhara with stunning views of the Annapurna Ranges and Phewa Lake. Here you will spend the night in lodge accommodation. **(BLD)**



Day 10 Dhampus – Pokhara – Kathmandu after an early morning jungle walk and leisurely breakfast. We will transfer to the airport for a quick 30 minute flight scenic to Kathmandu. On arrival we will be whisked off to our Yoga Homestay. The homestay is surrounded by historical temples with amazing spiritual values. It's located in the City of Temples, Bhaktapur district, Nagarkot village which is a well-known yoga region in Nepal. Bhaktapur is a **UNESCO World Heritage site. (BD) Hotel**



Day 11 -12 YOGA RETREAT. During your 2 day stay you will enjoy **two** daily yoga classes with **Meditation, Sound Healing, Pranayam** and Kunjal Kriya. We provide mindfulness meditation and other meditation techniques. There will be on offer daily hiking through stunning landscape and with river walks, visiting historical temples surrounding Bhaktapur village, and **Nagarkot** village.

Ninety eight percent of food served in the homestay is organic from their farm. You will be provided with pure **healthy vegetarian meals** three times daily. The homestay accommodation is clean and comfortable with private bathroom and hot shower.



Day 13 Nargakot - Bhaktapur – You will depart your homestay after breakfast and transfer by vehicle to Kathmandu. On the way you will stop at Bhaktapur for a guided tour of this amazing UNESCO city. The afternoon is free to explore this amazing tourist destination. Overnight Bhaktapur. Tonight, you will be treated to a farewell dinner. (BD)

Day 14 Kathmandu – Depending on your time of departure you may be lucky to enjoy an exciting last few hours in Bhaktapur before transferring to the airport for your onward journey. (B)

Cost: \$4100 per person

Inclusions:

***13 breakfasts, 8 lunches,9 dinners**

- *2 nights Kathmandu Hotel including breakfast
- *Guided Sightseeing Kathmandu including entries
- * Flight to Kathmandu -Chitwan
- *2 Nights Chitwan including all meals and activities
- *Transfer by tourist bus to Pokhara
- *2 nights Pokhara Hotel including breakfast
- * 2 Nights Homestay Lwang Village including guide service all meals
- *Transfer by jeep to Lwang Village
- *1-night Dhampus lodge stay including all meals
- *National park permits and Tims permit
- *Transfer by vehicle to Dhampus to Pokhara airport
- * Flight Pokhara/Kathmandu
- *Transfer from Kathmandu Airport to Yoga Retreat
- * 3 nights yoga retreat including all meals and activities
- *One of the highlights is a traditional cooking class
- *Transfer to Bhaktapur
- *1-night Bhaktapur including Breakfast and dinner
- *Bhaktapur to Kathmandu airport transfer
- *Farewell dinner
- *All airport transfers