

# YOGA TREK AROUND THE KATHMANDU VALLEY



Not exactly away from the Kathmandu Valley but feels miles away from it. This is one of the ideal destination for the Yoga trek in the lap of Nature. Thus, experience yourself Yoga trek around the Kathmandu valley with Yoga Guru and hiking guide with full of nature, calm and peace.

**Type:** 

**Trip Duration:** 07 Days

**Group Size:** 02 - 20 pax

**Best Travel Time:** All around the year.

## HIGHLIGHTS

- Yoga and meditation with experienced Yoga guru
- View of snow covered mountain ranges
- Splendid sunrise view
- Accommodation, meals, and English speaking guide are included
- Airport pick up / drop off included

## ITINERARY

**Day 01:** Your arrival at Kathmandu airport. You will be warmly welcome by our office staff and transfer to hotel. *Overnight at hotel, inclusive of breakfast.*

**Day 02:** Early morning you will be introduced with your yoga teacher, engaged yoga class around one hour. After breakfast about 45 minutes drive to Sundarijal and trek to Chisapani, Yoga at evening. *Overnight at hotel, inclusive of breakfast, lunch and dinner.*

**Day 03:** Trek to Nagarkot. *Overnight at hotel, inclusive of breakfast, lunch and dinner.*

**Day 04:** Get up early in the morning for sunrise and panoramic views of Himalayas and Yoga. After breakfast trek to

**Nepal Hiking Pvt. Ltd. [NepalHiking.com]**

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Dhulikhel, evening sunset view and yoga. *Overnight at hotel, inclusive of breakfast, lunch and dinner.*

**Day 05:** Morning enjoy with sunrise and Himalayan views. After breakfast trek to Blathali. *Overnight at Balthali Village Resort, inclusive of breakfast, lunch and dinner.*

**Day 06:** Morning walk around village and rice field, after breakfast about 45 minutes easy walk down to Khopasi, where our car will be waiting and drive back to Kathmandu via Panauti. Evening yoga. *Overnight at hotel, inclusive of breakfast.*

**Day 07:** Transfer to airport for your onward journey. **\*\*\*Farewell \*\*\***

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## **COST DETAILS**

### **Cost Includes**

- Airport pickup and drop by private car/van.
- 2 nights twin sharing accommodation in Kathmandu inclusive of breakfast.
- Meals (Breakfast, Lunch and Dinner) with cup of tea or coffee in each meal during the trek.
- Twin sharing guest houses or lodges during the trek
- 1 highly experienced trekking guide and Yoga teacher.
- All sorts of Entrance fees, permits and so on.
- Government taxes.
- Office Service Charge.

### **Cost Excludes**

- Any meals in Kathmandu other than breakfast.
- Travel insurance.
- International flight tickets to and from Nepal.
- Nepal entry visa fee US\$ 30 (duration 60 days from date of issue)- you may easily issue the visa upon your arrival at Tribhuvan International Airport - Kathmandu
- Items of a personal nature.
- Any kind of alcoholic drinks, hot water, hot shower, cold drinks, laundry, phone call, internet.
- Tips for guide, porters, driver...

**NOTE:** *Tipping is expected but not mandatory.*