



Trekking with Yoga Retreat in Nepal - Itinerary

1. Arrive in Kathmandu airport (1340m)

Welcome to Nepal! Our representative will meet you with your name card showing outside the airport will pick up from the airport and transfer to hotel .We will shortly briefly about trip plan . Hotel in Kathmandu – B

2. Yoga & Sightseeing around Kathmandu Valley.

Your tour guide for the day will meet you at your hotel. Your first stop will be Nepal's most important Hindu sight, Pashupatinath. Hotel in Kathmandu – B

3. Drive from Kathmandu to Pokhara (820m) by tourist bus & Yoga class in the Evening, about 7 hours or 30 minute flight.

After breakfast you will be picked up from your hotel to start your journey to Pokhara. Located about 200 km west from Kathmandu, the drive mostly follows along the Trishuli riverside. Enjoy the views from your window of the changing landscapes. In the evening you may feel like doing some sightseeing. Hotel in Pokhara – B

4. Pokhara to Tikhedhunga & Yoga class in the Evening,, drive 1.5 hours by car to Nayapul.

After Breakfast you will drive from Pokhara to Nayapul to start your trek. Your guide will then check you in at the tourist check point in Birethati. The trail leads up through beautiful rice, maize and millet farms passing through several countryside villages all the way up to Tikhedhunga (1620m). Tea House in Tikhedhunga – B.L.D

5. Trek from Tikhedhunga to Ghorepani (2860m) & Yoga class in the Evening,, will take about 6 hours.

The trail goes steep up for 1.5 hours through stone steps where the trail leads through cultivated fields. The rest of the trail weaves through enchanting rhododendron and oak forest (blooms in March, April). Arriving at the top of the Ghorepani pass, you will be taken to your accommodation and have a chance to rest your feet. Tea House in Ghorepani – B. L.D

6. Trek from Ghorepani to Ghandruk (1940m) & Yoga class in the Evening,, will take about 7 hours.

It's an early morning start today as you hike one hour up to Poon Hill (3210m). This hill is famous for it's sunrise views of the Annapurna range. The glowing mountains are superb for photographers. After about one hour we will walk back down to the lodge at Ghorepani. After breakfast we will start the trek to Ghandruk. A

steep uphill walk to the village of Deurali, will offer more spectacular views of the mountains we pass through more rhododendron forest on our way down to the river. Crossing the bridge we head up to the village of Tadapani. From Tadapani we will gradually make our way down to Ghandruk. Ghandruk is a beautiful village occupied with an ethnic cast of Gurung and explore its rich culture as well as the museum. Tea house in Ghandruk- B. L.D

7. Trek from Ghandruk to Nayapul about 4hours, then drive to Pokhara 1.5 hours. & Yoga class in the Evening,

Walk all the way down through steps till Syauli bazaar. Then follow the newly constructed road till Birethanti along with Modi River. After check out from the check point head to Nayapul and grab a car to Pokhara. Hotel in Pokhara – B. L

8. Drive back to Kathmandu & Yoga class in the Evening,, about 7 hours.

We leave Pokhara and drive back to Kathmandu. Once back at your hotel you can relax or go explore the maze of souvenir shops in Thamel.(optional flight from Pokhara to Kathmandu \$100 extra per person) Hotel in Kathmandu – B

9. Farewell from Nepal and fly back to home.

After breakfast enjoy your time visiting around and finally we will drop you to the airport. B

INCLUSIONS

- All airport pick up and departure
- All transportation in A/ c car, van or tourist deluxe bus
- Yoga Mat & Yoga Guru
- Daily Yoga class
- Three star category hotel in the city in twin sharing bed with breakfast basis & standard trekking lodge during trekking
- Kathmandu sightseeing with city tour guide
- Whole accommodations during trips
- Sleeping bag, down jacket during trek, T- short and trip achievements certificate
- Full board meals during trekking as mentioned in the itinerary (Breakfast, Lunch, Dinner)
- First aid medicine item ,
- Trekking permit & TIMS card (Trekking Information Management System)
- Necessary staff, guide & porters their salary, accommodation, meals and their insurance, professional guide (for two guest one Sherpa porters to carry baggage)
- One especial farewell dinner program

- Our government tax & official expenses

EXCLUSIONS

- All your personal expenses & any types of drinks
- Tour entrance fee in the city, your extra meals in the Kathmandu, bar bills etc,
- Clients international air ticket
- Clients travel insurance & tips for the trekking crew

URL: <https://www.sunriseadventuretrek.com>