



## KATHMANDU WELLNESS TOUR: A JOURNEY OF RENEWAL AND RELAXATION

The yoga and wellness tour in Nepal offers an Ayurveda healthy home center where you will be practicing different kinds of yoga with a yoga teacher. As soon as you finish your yoga in the center you will be taken to a different part of Kathmandu such as Pasupatinath, Bouddhanath, Kathmandu Durbar Square, etc. Along with that, you will be taken to neighboring cities i.e Patan where Patan Durbar Square is situated, and Bhaktapur where Bhaktapur Durbar Square is located.

### Includes

- Traditional welcome on arrival with Nepali scarp or Garland
- Ayurvedic treatment for 3 days in quiet and peaceful surroundings away from the city area
- Pick up and drop off from/to Ayurveda center
- Arrival & departure transfers by private vehicle as per the group size.
- 02 mineral water each day while on a city tour or traveling outside Kathmandu.
- 02-Full day Kathmandu City sightseeing with the service of a licensed guide.
- 03-nights' accommodation in Kathmandu on Twin sharing basis on a Full board Plan
- Monumental areas entrance fees while sightseeing Tour in Kathmandu
- Welcome Dinner
- All meals (Breakfast, Lunch, and Dinner)
- Applicable 24.3% Govt Taxes
- Fulltime assistance
- cost included for 4-star hotel at deluxe room.

## Excludes

- International Air ticket
- Nepal Entry Visa Fee
- Travel Insurance
- Meals except those mentioned above
- Expenses of Personal Nature i.e. beverages and other services except those mentioned in the itinerary
- Tips Donations and gratuities

## Itinerary

### Day 1: Arrive in Kathmandu

Arrive at Tribhuvan International Airport in Kathmandu. Welcome, meet, and assist our Going Nepal representative & transfer to the hotel. Welcome drink followed by tour briefing. After a long flight rest of the day, you can relax inside your hotel room. The evening is free for your own. Welcome Dinner with the Going Nepal representative and Stay Overnight at the Kathmandu hotel and prepare for the wellness program.

### Day 2: Transfer to Ayurveda Center

Breakfast and check out from the hotel. Transfer to the Ayurveda center for your wellness program. You will have a short consultation with the doctor and afterward, start your program. These 3 days Ayurveda package is full of intense care and touch that enables you to experience the healing powers of Ayurveda. In these 3 days, you can enhance yourself with an understanding of the newer dimension of health. The day starts with yoga, cleansing of sensory organs, and deep stimulation with therapies. This develops a sense of total feeling, and relaxation and enriches the subtle harmony.

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#### Day 5: Full-Day Kathmandu City Tour

Check out from the Ayurvedic center and transfer to your hotel. Check-in and after a while proceed for Full day sightseeing around Kathmandu valley. A Tour guide comes to receive you and takes you sightseeing around Kathmandu valley. The first stop will be Kathmandu Durbar square- the highest and most popular fascination in Kathmandu lies in the old town of Kathmandu, before the previous imperial castle. It is one of the three Durbar Squares in Kathmandu Valley recorded as UNESCO World Heritage Sites. As a group of exemplary models and more than 50 sanctuaries, castles, and yards that go back to the twelve to the eighteenth hundred years, the square keeps up its unique structure style and fabulousness and continues the tour towards Swayambhunath- Located at the top of the hill, Swayambhunath which is also known as monkey temple “Swayambhunath” means “self-created” and refers to the belief that the hill emerged spontaneously from the great lake that once covered Kathmandu Valley. It had become an important center of attraction for both Hindu and Buddhist religions. After finishing a tour of Swayambhunath we stop for a Lunch break en route for an hour and after lunch head towards Patan Durbar Square which is situated at the center of the city of Lalitpur. It is one of the three Durbar Squares in the Kathmandu Valley, all of which are UNESCO World Heritage Sites. One of its attractions is the ancient temples and royal palace where the Malla Kings of Lalitpur resided. Patan Durbar Square is the old palace of the medieval rulers of Patan, believed to have been founded by King Veer Deva in 299 A.D. The square contains innumerable buildings embellished with elaborately carved windows and balconies in the Newar tradition. Krishna Mandir and Hiranya Varna Mahavihar are the main attractions here and handicrafts, stone crafts, arts, paintings, foods, and many other things can be explored on the street. After a tour of Kathmandu city back to the hotel, Dinner, and overnight.

#### Day 6: Full-Day Kathmandu City Tour

Breakfast and proceed for the full-day sightseeing to Pashupatinath Temple which is

famously known as the temple of Lord Shiva where Hindu people from all around the world come to visit here. Next, Boudhanath which is also the world's largest stupa. Boudhanath is the center of Tibetan culture in Nepal. The 36-meter-high stupa of Boudhanath is one of the largest stupas in South Asia. After refreshment and lunch continue sightseeing to Bhaktapur Durbar Square which is Spread over an area of 6.88 sq. km, 12 km south-east of Kathmandu, Bhaktapur, or Bhadgaon showcases the splendor of the Golden Age of Nepali art and architecture. At the Bhaktapur Durbar Square, you will find many fine examples of sculpture, woodcarving, and pagodas dedicated to different gods and goddesses – the Nyatapole & Dattatray Temples, Golden Gate, Palace of 55 windows, etc. After finishing the tour drive towards the hotel. After completing the tour, drive back to the hotel and rest. Dinner and overnight at the hotel.

## Day 7: Departure

Breakfast and check out from the hotel. Please check all of your belongings before checking out. Timely transfer to Tribhuvan international airport for catching your flight to your onward destination.

## Highlights

- Yoga in the Ayurveda hotel home
- Sightseeing in Kathmandu, Patan, and Bhaktapur
- Welcome and farewell dinner
- Your Language speaking Guide

## Travel Information

- Confirmation will be received at time of booking
- Not wheelchair accessible
- Infants must sit on laps
- Not recommended for travelers with back problems
- Not recommended for pregnant travelers
- No heart problems or other serious medical conditions

- Travelers should have a moderate physical fitness level
- This is a private tour/activity. Only your group will participate

## Things to know

- Getting a Nepal Visa upon Arrival
- We will be there at the Airport to receive you before an Hour your flight lands,
- You will be greeted by enthusiastic Namaskar
- You will always welcome with warm charming smile
- You should not have biff in Nepal
- If you are planning for a SIM card, you can get it in the Airport.
- Mention in the itinerary destinations Entrance fees for the world heritage site will be paid by GoingNepal.
- Most often you will be welcome by Tikka and khata.
- You should strictly remove the footwear before entering any religious areas.
- Nepal consist of Eight out of Ten highest peak of the Mountains in the world.
- Before bag packing it's always better to talk with your guide

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