



## KATHMANDU POKHARA YOGA TOUR: A JOURNEY OF BODY, MIND AND SOUL

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 Pokhara, one of the beautiful city of Nepal where you will complete your half day sightseeing and after you return back to Kathmandu you will be going to 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.
- 01-Half day Kathmandu City sightseeing with the service of a licensed guide.
- 02-nights' accommodation in Kathmandu on Twin sharing basis on a Full board Plan
- 01-nights' accommodation in Pokhara on Twin sharing basis on a Full board Plan
- 01-Half day and Full day Pokhara City sightseeing with the service of a licensed guide.
- Airfare Kathmandu- Pokhara- Kathmandu round trip
- Monumental areas entrance fees while sightseeing Tour in Kathmandu and Pokhara

- 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, 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 Ayurveda Center for your wellness program. You will have a short consultation with the doctor and afterward, start your program. This package mainly aims at awakening the inner impulses of the body's

intelligence and stimulating the process of self-healing through the power of Ayurveda therapies along with the Ayurveda knowledge of self-care and touch.

### Day 3: Ayurveda Treatment

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 9: Fly to Pokhara and Half Day Pokhara City Tour

Check out from the Ayurveda center, transfer to Tribhuvan domestic airport, and catch a flight to Pokhara. After reaching Pokhara you will drive to the hotel. Check-in, welcome, and rest for a while. After some time, you will move to Pokhara Half-day sightseeing to Bindabasini Temple, Seti Gorge, Davis Fall, Tibetan Settlement village, and end your day with boating at Phewa lake. After finishing the trip, you can enjoy your lunch at Lakeside in a nice restaurant. Later in the evening you can visit the lakeside and enjoy around lakeside. Dinner and overnight at the hotel.

## Day 10: Early Morning Sringkot Sunrise, Fly to Kathmandu, And Half-Day Kathmandu City Tour

Today, woke up early as we are going for a magical morning at an altitude of 1600M at Sringkot for viewing the sunrise. It's about an hour's drive from Lakeside where you can have a clear view of the Annapurna Range on a clear day with the sunrise. After watching the sunrise back to the Hotel. Breakfast and check out. You will drive to Pokhara domestic airport for catching a flight to Kathmandu. After reaching Kathmandu Half day sightseeing at Pashupatinath Temple and Boudhanath stupa, located near the International airport. First, we will visit Pashupatinath one of the most important pilgrimages for Hindu people from all around the world dedicated to Lord Shiva also we will witness how the cremation procedure is done at Aryaghat, a bank of Bagmati River is a worthwhile observation to understand the Hindu rituals during the funerals. Afterward, we drive to Boudhanath- Boudhanath Stupa is one of the biggest Buddhist shrines in the world, where we observe Buddhist monks in prayer in the monasteries surrounding the stupa. The Tibetan flavor is well observed in the backstreets of Boudhanath. The maroon-robed monks enchanting the holy prayers and the mega statues of Buddha indulging in different mudras is a great opportunity to grasp the practices of rich Buddhist culture. After finishing the sightseeing drive to the hotel, check in, and rest inside the hotel premises. Dinner and overnight at the hotel.

## Day 11: Departure

Breakfast and check out from the hotel. Timely transfer to Tribhuvan international airport for your onward destination.

## Highlights

- Yoga in the Ayurveda hotel home

- Sightseeing in Kathmandu, Patan, and Bhaktapur
- Welcome and farewell dinner
- Pokhara Sightseeing tour
- 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 be welcomed with a warm charming smile
- You should not have a beef 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 welcomed by Tikka and khata.
- You should strictly remove the footwear before entering any religious areas.
- Nepal consists of Eight out of Ten highest peaks of the Mountains in the world.

- Before bag packing it's always better to talk with your guide

Breakfast and check out from the hotel. Timely transfer to Tribhuvan international airport for your onward destination.