

Nepal Wellness Itinerary



Trip Style

Wellness

Duration

8 Days



Active 3



Walking



Nature



Yoga

Kathmandu to Kathmandu

Join us on this relaxing journey where you'll spend time in the Himalayan mountains breathing fresh air, having mindful experiences, and stretching your body and soul with meditation and yoga sessions in stunning scenery. Our journey will take us hiking up the glacial Modi Khola River, passing through tiny Gurung settlements before slowing down in the alpine town of Pokhara to reconnect with nature and yourself, leaving you humbled by the power of mother earth. At the end we finish with the perfect sunset experience to reflect on our goals and achievements.

Highlights

- Visit Swayambhunath Temple
- Meditate in Pokhara
- Hike to Ghandruk, Landruk, Tolka & Phedi
- Experience 360 degree views of the Annapurna ranges
- Sunrise yoga
- Immerse in a cleansing mudbath
- Wake yourself up with a Hatha flow
- Sunset at the Pokhara World Peace Monument

Day 1: Arrive Kathmandu

We'll begin this journey in the lively and bustling city of Kathmandu, the capital of Nepal, with an explosion to the senses - so take a deep breath! If you decide to arrive a day or two earlier, this is a great opportunity to explore the city's labyrinth of backstreets, courtyards, colourful market stalls and ancient temples for your first taste of Nepal's culture and friendly people. Your guide will meet you at the hotel in the afternoon to go through your weeks itinerary and answer any questions you may have. Tonight, we'll head out for our first dinner together at a local restaurant, for your first experience of Nepalese dining - a culinary crossroad as the people of Nepal have many different backgrounds and ethnicities, and this multitude of influences is reflected within the country's cuisine.

Stay: Hotel Thamel Eco Resort, Kathmandu (L, D)



Day 2: Visit Swayambhunath temple, fly to Pokhara, evening meditation/stretch session

This morning we'll wake amongst the liveliness of the city before head a short distance out of town to an ancient stone pilgrim stairway that leads to the Swayambhunath Temple. Swayambhu is an ancient religious architecture atop a hill in the Kathmandu Valley, the Tibetan name for the site means 'Sublime Trees', for the many varieties of trees found on the hill. Each temple is extremely ornate and richly decorated with gold and vibrant prayer flags, though it's not only the spiritual décor that draws visitors. You may encounter macaque monkeys as they enjoy the walk up the stairway – they've even been known to steal hats on occasion, so stay alert! The smell of incense and butter lamps will follow you as you gaze out over the sprawling city of Kathmandu below. Each morning before dawn hundreds of Buddhist and Hindu pilgrims ascend the steps from the eastern side that lead up the hill, passing the gilded Vajra and two lions guarding the entrance, and begin a series of clockwise circumambulations of the stupa. After lunch, we'll take a short flight to Pokhara, where we'll enjoy the next few days hiking and meditating in the blissful Annapurna mountains. Dinner will be on the lakefront at one of our favourite lakeside restaurants. This evening we can relax and unwind with a meditation/stretch yoga session.

Stay: Pokhara Eco Resort, Pokhara (B, L, D)

Day 3: Hike to Ghandruk

Today we start our hike into nature. After breakfast we'll start that hike at Naya Pul, where a stone paved trail will take us on a gradual ascent, past rice paddies on our way up the valley, with high peaks looming ahead. We'll pass by the villages of Chane and Kimche, located in a large agricultural area, as well as Kyumi, a settlement famous for its highly prized native beehives. Keep an eye out for a small lake and panoramic mountain views, especially of the Annapurna South, as you get higher. The trail will continue along the Modi Khola River among the exotically rich mountain culture. Once we reach our destination for the night we'll enjoy a traditional dal bhat (lentil curry) meal cooked by our Nepalese hosts. Ghandruk is rich in culture of the famous mountain tribe of Gurungs, and hosts dramatic views of the mystic peaks of Mt Annapurna, Mt Machapuchare (Fishtail), Mt Gangapurna and Mt Hiunchuli.

Stay: Ghandruk (B, L, D)

Hiking: 13.2 kilometers (8.2 miles) 5-7 hours, +920m (3018ft)



Day 4: Hike to Tolka

Our day will begin with sunrise over Annapurna South, Himchuli, Machhapurche & the countryside, an experience you'll never forget! After a delicious breakfast we'll depart for Tolka, hiking back down to the Modi Khola river where the path continues a gradual up-down beside the river and the fine oak and rhododendron forests teeming with exotic birds. The trail then heads back up the other side of the valley where we'll stop for lunch in Landruk, located in a small clearing, nestled with the forests and incredible mountains. The village itself has farming terraces that will instantly capture your heart. After lunch we'll continue on a reasonably flat trail before a final push uphill to reach Tolka, our home for the night. You'll be humbled by the generosity and warmth of the Nepalese people living in these mountains, with seemingly so little, but so much kindness to give.

Stay: Tolka (B, L, D)

Hiking: 9 kilometers (5.6 miles) 4-5 hours, -240m (787ft)

Day 5: Hike to Phedi, and back to Pokhara



We'll start the day ascending from Tolka for a short time, the morning rewarding us with great views of the Annapurna Himalayas Range and it's also an excellent opportunity for bird-watching; there are many different species in this area. We'll farewell the now familiar peaks once we reach the village of Dhampus, an excellent ridge-top vantage point, where the rhododendron forest gives way to grassy meadows. We'll enjoy lunch here before weaving our way down a series of stone staircases to the village of Phedi, where we'll take the short journey back to Pokhara. Tonight, we'll all head out for a celebratory dinner after our 3 day hike!

Stay: Pokhara Eco Resort, Pokhara (B, L, D)

Hiking: 10.8 kilometers (6.7 miles) 5-6 hours, -870m (2854ft)

Day 6: Morning yoga, cleansing mudbath and sunset at the Pokhara World Peace Monument

Today is a chance to really unwind as we begin our day with a morning yoga practice with locally experienced teachers. We'll begin the morning with a meditation following by a yoga session which features pranayama breathing practice, dynamic sequences as well as static asanas. After setting our intentions for the day, you'll have the option of a mud bath! Natural red clay is sourced from the local area and the clay has a purifying and moisturising effect on the skin, as well as absorbing impurities and helping to release toxins. Or if you'd prefer, you can relax or explore Pokhara, the adventure playground of Nepal and the main town on the shores of Lake Phewa, the lake at the heart of town. This evening we'll rent boats to access the steep but short trail to hike up to the World Peace Monument for sunset. Built by Japanese Buddhist Monks, the World Peace Pagoda sits atop a hill overlooking Lake Phewa. We'll catch the amazing views of the city, lake and Annapurna Range at the Stupa as the sun sets, soaking in the last rays of the day. This is the time for reflection and we encourage you to set new wellness goals for your life back home.

Stay: Pokhara Eco Resort, Pokhara (B, L, D)

Day 7: Morning Hatha flow, return to Kathmandu

This morning, on the shores of Lake Phewa, we'll set up our yoga mats for a Hatha flow practice with our local teacher. This is our last chance to connect deeper with our inner landscape, gain clarity and inner calmness in the Himalayan mountains before we farewell Pokhara and take a short flight back to Kathmandu. This afternoon we'll have the opportunity to walk to Durbar Square, the place where Nepal's kings were crowned in past times. Located in the centre of old town Kathmandu, the square is the city's greatest example of traditional architecture – so much so, that it was designated a UNESCO World Heritage site in 1979. You could also wander among Kathmandu's many markets or if you'd prefer, relax at the accommodation and reflect on your weeks adventures. Tonight we'll meet at a local restaurant for our final dinner together to celebrate our achievements and adventures in the Himalayas.

Stay: Hotel Thamel Eco Resort, Kathmandu (B, L, D)



Day 8: Farewell!

Today is the final day of your Nepal Wellness Adventure and we hope that you've taken time to relax and unwind and feel invigorated after your week of being immersed in nature. If you have extra time after your trip, we're happy to make suggestions on how to make the most of it.

Useful Info

Group Size

This trip has a maximum of 14 guests, plus two experienced guides. Let us know if you're wanting your own trip leader, as this may affect our trail permit numbers.

Trip Start

On the first day of the trip you'll meet your trip leader and your group in the lobby of Hotel Thamel Eco Resort at 5pm.

Trip End

You'll be in Kathmandu in time for flights departing at any time on the last day of your trip.

Fitness

As an Activity Level 3 trip, your guests will need a reasonable level of fitness for this itinerary. They'll get to experience yoga, hiking, kayaking, and will have our experienced guides to help them along the way. Typically hikes on this trip range from 4 to 6 hours and there won't be much flexibility as you'll be hiking between the accommodations. It's recommended that guests prepare and do some training so they get the most out of their journey.

Accommodation

The Nepal Wellness Adventure is a great mix of hiking and yoga that touches on a popular route through the Annapurna mountains in an Active style. We'll stay in local tea houses (small local guesthouse) on the trail and in comfortable hotels in the cities. All the tea houses are located in spectacular surroundings with stunning views.

Included:

- All guiding services - two guides per trip.
- All accommodations
- All meals as noted, and we can cater for any dietary requirements such as vegetarian, vegan, gluten and dairy free.
- All activities as described above - hiking, kayaking, yoga and cruises.
- All transportation from trip start to trip end.