

Earthbound Expeditions

Nepal Yoga Trek – 10 Days

10 days, from US$1,187 per person

Duration	Group size	Country
10 days	**8 People**	**Nepal**

Nepal Yoga Trek - 10 Days Overview

Yoga trek in Nepal Himalaya, Yoga retreats in Nepal

Join Yoga trek and tour in Nepal Himalaya:

Are you a yoga and trekking adventure enthusiast? Join our Yoga and trekking adventure in the Himalaya! Is Yoga trek appealing to you? Yes? Then, why delay? Come to join us for yoga and walking holidays tour in the arms of country that has a number of high mountain ranges i.e Himalayas like Mount Everest, Mount Annapurna, Mount Manasalu, Mount Makalu etc. It is also a country of Sprituality.

Experience the mystique of the mighty Himalayas in the company of expert local guides and kindhearted yogis. Relish a satisfying blend of unmatched treks, temple explorations, local cultures, yoga, and meditation.

Experience the magic of Nepal Do yoga and meditation in the Himalaya where it originated, our award-winning Yoga teachers are here to welcome you.

Travel to the eternal journey of happiness by taking up this incredible journey to the magnificent Himalaya abode of the Gods where they believe that the great Yogi Lord Shiva dwells. The breathtaking mountains, fresh rivers, lush valleys, exquisite temples, hospitable people, mouth-watering cuisines…these all awesomeness are in mystic Nepal waiting for you to experience.

NEPAL is the must visit place on the Earth.

You can stay a few days in Yoga retreat and spa or extend the trip to Chitwan national park or do rafting in Trishuli river after this Yoga trek.

There are easy Yoga tours for the people who don't want to do the trek in Nepal. We can organize the yoga retreat group tours around Kathmandu, Pokhara, and Lumbini – the birthplace of Buddha who is a great meditator of all times. Get the full Experience of travel and tour with the Yoga and meditation in the country of Gods and high Himalayan Ranges. This adventure Yoga Trek and Tour in Nepal cost starts from USD 1187

Contact: earthboundnpl@gmail.com for further details. The groups from the worldwide Yoga studio, yoga centers are welcome to join Nepal yoga trek or Nepal yoga retreat tours with Earthbound Expeditions.

Cost Includes/ Excludes

Includes

- All land transportation are provided.
- Comfortable Accommodations on twin sharing basis.
- Breakfast and dinner as per the itinerary.
- Yoga and meditation classes
- Government trained, experienced trekking guide
- Necessary number of porters
- All necessary trek permits
- A cultural show and dinner

Itinerary

Day 1

Arrival Day - Kathmandu

You will be welcomed and received on your arrival at Tribhuvan International Airport (TIA), Kathmandu by our staff member. You will then be transferred and checked into hotel, home stay or Yoga retreat. The trip briefing will take place at some time in the evening. You will be informed about the briefing time on your arrival by our representative. -Evening Meditation

Day 2

Kathmandu - Yoga class and drive to Pokhara

Early morning yoga class We take breakfast after yoga class and we check out the hotel to go to Pokhara. A 7 hours drive by tourist bus takes us to the amazingly beautiful city of Pokhara 200 km west of Kathmandu. The drive is very scenic which goes through the winding and stretching road along side the famous rafting river of Trishuli and later on Marsyangdi. The passing through some beautiful small Nepali towns will give you some glimpses of countryside of Nepal. -Evening meditation

Day 3

Pokhara 900 m - Tikhedhunga 1527 m

Early morning yoga class We take breakfast after yoga class and get ready to drive from Pokhara to Nayapul which is about 1.5 hours drive and eventually trek to Tikhedhunga on a nice dirt road alongside beautiful river stream. The beginning of the trek gives you glimpses of the Himalayan peaks but rest of the day we will enjoy the beauty of green mountain surroundings and local villages. We will spend the night at an comfortable Guest House (called the tea house) at 1527 meters.

Day 4

Tikhedhunga - Ghorepani

After a mouth watering mountain breakfast at the tea house we start the trek of the day. Probably, the most difficult day of the trek given that the trail goes only higher in elevation. The first part of the trek is a steep upward walk for about 2 Hrs and then a gradual upward walk. The walk on the stone paved steps is a daring adventure early in the morning. The whole trail leads you through villages and forest to Ghorepani where your efforts will be rewarded with magnificent close up views of the Himalaya (given the weather is clear). We will stay the night at a Guest House at 2810 meters.

Day 5

Ghorepani - Poon Hill 3210 m - Tadapani 2700 m

Early morning hike to Poon hill, the highlight of the trip, about 1.5 Hrs, to see the spectacular sunrise and the views of 10 different peaks. We will trek back to Ghorepani for the breakfast. After enjoying the second mountain breakfast, we will trek to Tadapani, another great place to take in close up views of the Himalaya. It is a pleasant walk through a lush green forest. Eventually we will stay the night at a guest house at 2700 meters.

Day 6

Tadapani 2700 m trek to Jhinu

We are craving for yet another 6 hours walk today. Today's walk takes us through beautiful mountain civilization and some forested areas. We will also admire the meditative sound of the flowing river that we come across the trail. When we reach today's destination, Jhinu, we take a short relaxing break and then get ready to go to take a refreshing natural hot spring bath.

Day 7

Jhinu - Pokhara

The last day of our trek in the mountain is also no less interesting than other days. After 4 hours of a beautiful scenic walk, we take a Jeep ride to Nayapul and another ride to Pokhara. Free time. Stay in Pokhara. Evening Meditation class

Day 8

Pokhara Exploration Day

Early morning yoga class. Today is the day to explore Pokhara. We go for boating on the lake and visit a temple in the middle of the lake. We have free time to enjoy the beauty of Pokhara. We can go for relaxing massage, spa treatment. We can go for adventure activities like Paragliding, ultralight flight, zip flyer etc in an extra cost. Stay in Pokhara. -Evening Meditation class

Day 9

Pokhara - Kathmandu

Early morning yoga class We are driving back to Kathmandu today after our breakfast. It takes us about 7 hours to reach Kathmandu. We can fly back with an extra cost. Later in the evening, we go for farewell Nepali dinner with cultural show in Kathmandu and can have discussion about the trip experience. -Evening Meditation class

Day 10

Departure Day

Today is our last day of the Nepal Yoga Trek, so we will transfer you to airport for the departure to home.

What's included

- All land transportation are provided.
- Comfortable Accommodations on twin sharing basis.
- Breakfast and dinner as per the itinerary.
- Yoga and meditation classes
- Government trained, experienced trekking guide
- Necessary number of porters
- All necessary trek permits
- A cultural show and dinner

Not included

- Expenses of personal nature such as tips, telephone calls, laundry etc.
- International airfares and Insurance
- Airport taxes.
- Visa fees.
- Entrance fees to the monuments in Kathmandu.
- Lunch and dinner where not metioned

Photos, videos and reviews of this trip: earthbound.rajansimkhada.com/nepal-yoga-trek-10-days