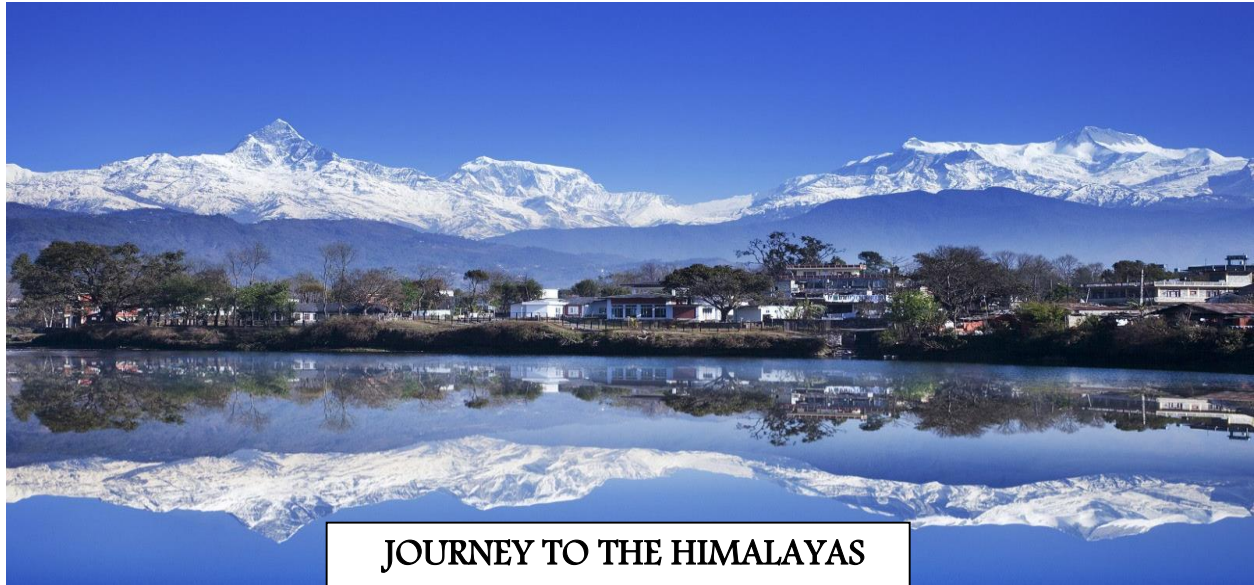


HOLIDAYS WITH YOGA PRESENTS 8 DAYS YOGA RETREAT TO NEPAL

24 – 31 MARCH 2019



JOURNEY TO THE HIMALAYAS

8 Days tour: 2 nights in Kathmandu & 4 nights in Pokhara

Synopsis: A visit to Nepal is a must for a million reasons. The mountain sides at the northern end of the country are some of the most idyllic on the planet; lush as well as arid, with bio diversity and a dazzling variety of cultural and natural settings. No matter what your expectations, Nepal will surprise you with its warm hospitality and the ocular feast of its mountains and plains, its serene hills and its untamed gushing rivers.

In the city of Kathmandu alone there are seven UNESCO World Heritage Sites that have got to do with the country's rich history and architecture. The historic palaces of Malla and Gorkha kings, legends of the Kumari Living Goddess, temples and monasteries are a sight to behold. The lakeside town of Pokhara offers fantastic views of the mountains, Annapurna range and fish tail peaks including Annapurna I, which, at an altitude of 8,091m, is the tenth highest mountain in the world. Phewa Lake is the travelers' focal point in Pokhara, and is the second largest lake in Nepal and on a clear day the Annapurna mountains are perfectly reflected on its mirror surface.

24 Mar / Day 01: DEPART SINGAPORE BY JET AIRWAYS

Dep 1115hrs/ Arr 1925hrs

A traditional garland welcome on arrival in Kathmandu, capital city of Nepal.
Transfer to hotel and check in. Rest of the evening, free and easy.

Overnight Hotel

25 MAR / DAY 2: KATHMANDU – POKHARA (Breakfast) 7am Yoga

We travel from Kathmandu to Pokhara in the morning. The 6 hour drive passes through the lakeside town, offering the best views of the Himalayas, Mount Annapurna 1 (8000m) , Annapurna South, Fishtail Peak, Dhaulagiri and Lamjung. The Phewa lakeside is a nice and relaxing place to visit.
Upon arrival, check-in hotel and refresh. We visit **Davis Fall, Seti Gorge**, Tashiling monastery and enjoy walks along the Phewa lakeside.

Overnight Hotel



Annapurna Range

26MAR / DAY 3: POKHARA HIKE TO AUSTRALIAN CAMP VIEW POINT (Breakfast) 7am Yoga

Morning we take a 45 min drive to **Kande** for an easy to moderate, one way hike of 2 hours to Australian Camp. You get a beautiful view of Annapurna Himalayan ranges from here, including the famous Fish Tail Peak. We will spend afternoon exploring this area, enjoying the scenery of the snow mountains in front.

Overnight Hotel



Kande, Australian camp point

27 MAR / DAY 4: KANRE OR PHEYDI TO POKHARA (Breakfast) 7am Yoga

We enjoy the beautiful sunrise in the morning at Australian Camp point. After breakfast we trek back to Kande and take a 45min drive back to Pokhara.

Afternoon is free and easy, browsing the many interesting shops, book store and souvenir places on the lake front.



28 MAR / DAY 5: POKHARA (Breakfast) 7am Yoga

Morning we take an excursion to Peace Pagoda for a bird's eye view of 3 highlights : Phewa Lake, Annapurna Himalayas and Pokhara city. We will then be transferred to trail head for a 30 minutes walk up to **Peace Pagoda**.



Peace Pagoda, Pokhara

Here you will find the golden painted stories of the life of Buddha. This is the best spot to take photographs.

Rest of the day at leisure.

Overnight Hotel

29 MAR / DAY 6: POKHARA – KATHMANDU (Breakfast) 7am Yoga

We start early for a 6 hours' drive back to Pokhara.

You have an option to take a 25 minutes flight back to Pokhara.

In the afternoon we visit **Swayambhunath** stupa, also known as "monkey temple". It is a landmark that offers view of the city. It is abode of the legendary Manjushree deity of Wisdom.

Evening we will have a farewell Nepali dinner with cultural performance (Optional)

Overnight Hotel

30 MAR / DAY 7: DEPART KATHMANDU BY JET AIRWAYS (Breakfast)
Dep 2030hrs

OPTIONAL MOUNT EVEREST FLIGHTSEEING – 6.30am: Take the 1hour fascinating journey by Air to view the Himalayas, including the world's highest peak, Mt Everest 8848metres. Return to hotel for breakfast and continue with the day tour.



Morning at leisure. Afternoon, we tour the bustling city center of ancient heritage which goes back to the 12th century former Palace Square. We visit **Durbar Square** and the **Kumari Ghar**, the residence of the revered Living Goddess.



Kathmandu Durbar Square

Transfer to Kathmandu airport for your flight back to Singapore.

31 MAR / DAY 8: ARRIVE SINGAPOR- Arr 0925hrs

Tour Cost:

USD \$1198 / Per Pax based on twin or triple sharing

USD 190 / Single Supplement

Services included:

- Airfare on Jet Airways on Economy Class
- Airport Tax (subject to changes)
- All transfers and tours as per itinerary by private bus
- English speaking guide
- Hotel on Bed & Breakfast - 2 nights in Kathmandu
- Hotel on Bed & Breakfast - 3 nights in Pokhara
- Hotel on Bed & Breakfast - 1 night in Australian Campsite Guest House
- Entry fees for tourist attractions as per itinerary
- 10% Govt. Service charge and 13% VAT payable to Nepal Government
- Yoga activities

Services not included:

- Airfare Pokhara- Kathmandu **USD \$115** (Optional) - subject to change without notice
- Nepal visa fee
- Expenses of personal nature; soft drinks, hard drinks, telephone calls, laundry etc
- Tips, gratuity to Guide and Drivers
- Any expenses caused by factors beyond our control like flight cancellation, road blocks, vehicle malfunction etc
- Any travel, medical or evacuation insurance
- Anything not mentioned in the above inclusion

Nepal Visa:

Apply at the airport on arrival for 15 days multi re-entry visa

Cost **USD \$25** with 1 color recent passport photo

Mode of payment:

Fund transfer or Cheque (Fund transfer to BPS Wellness Centre,
DBS Current Acct 020-010913-0)

Contact Details:

Shashi 91016707

Lakshmi 97397006

Please visit our website for more details:

<https://www.holidayswithyoga.com>

Place	Hotel 4*	Night
Kathmandu	Hotel Rama Inn	02
Pohkara	Mt Kailash Resort	03
Australian Camp Site	Camp Guest House	01

* listed hotels if not available similar standard will be confirmed.

