

Kathmandu Yoga Tour
05 Nights 06 Days
2022



Detailed Itinerary

Day: 01 Arrival at Kathmandu.

You will be welcomed by our staff standing with your name-card in the airport arrival terminal and transferred to your hotel by the private vehicle. There will be a small meeting about the trip in the evening.

Day 02: Kathmandu Exploration Day

The day starts with an early morning yoga practice. Our yoga teacher will be there to conduct an energizing yoga session. Later after breakfast, it is a full exploration day in Kathmandu. We take you for a cultural sightseeing tour of Heritage monuments in Kathmandu valley. We go for an in-depth and guided tour of Swoyambhunath – the ancient most Buddhist stupa in Kathmandu valley; Kathmandu Durbar Square – one of the medieval palace squares in the valley and the place where the living goddess of Kathmandu resides; and Boudhanath – the biggest Buddhist stupa in the world. The day will give you an understanding of the rich cultural, spiritual and historical heritage of Kathmandu valley. Once we come back at the hotel, we will have a relaxing meditation session.

Day 03: Cultural Heritage Exploration - Nagarkot

Third day of Kathmandu Yoga Tour starts with morning yoga session to energize us for the day. After the yoga session and breakfast, we get ready for the exploration of the day. We check out the hotel today as we are going to stay overnight at Nagarkot. We will explore the heritage sites of Patan Durbar Square – one of the medieval palace squares in Kathmandu valley; Pashupatinath – the Hindu cremation site on the bank of River Bagmati; and Bhaktapur – the city of devotees where ancient and medieval architecture along with traditional local life style can be explored. After the full day exploration of different heritage sites in Kathmandu valley, we drive to Nagarkot to stay overnight. Nagarkot is a beautiful hill station 32 kilometers in the



east of Kathmandu. We sit for a peaceful meditation session in the natural atmosphere of Nagarkot.

Day 04: Nagarkot – Kathmandu

We wake up early in the morning for sunrise that comes over the Himalayan range. The spectacular Himalayan range and beautiful sunrise make a perfect start of the day. Yoga practice along with the rise of the sun makes it even more wonderful. After sunrise yoga and breakfast, we prepare for a beautiful day hiking trip to Changu Narayan. The hike is of about 3 hours that takes us through local villages, terraced rice and cornfields and some peaceful wooded area. The hiking eventually comes at Changu Narayan temple, the oldest Hindu temple in Kathmandu valley and one of the cultural heritage monuments in Kathmandu valley.

After exploring Changu Narayan temple and having lunch there, we drive back to Kathmandu.

We will have rejuvenating meditation session in the evening.

Day 05: Pharping, Bungamati and Khokana Exploration

As always, the 5th day of Kathmandu Yoga Tour starts with morning yoga session to prepare for another awesome day. After the breakfast, our day exploration sets off towards Pharping, an outskirts of Kathmandu with beautiful surroundings, monasteries and temples. We visit Asura Cave where Guru Padmasambhava had meditated in the ancient times. Visit of monasteries and temples is another attraction in Pharping. Later, we drive to Bungamati and Khokana to explore traditional Newari village, culture and life style of local people living there. These two villages are uniquely Newari settlements with rich cultural and life style heritage.

We return back to our hotel after the day exploration of the sites finishes. We enjoy evening meditation session.

Day 06: Final Departure

On the day of your departure, enjoy your breakfast at the hotel and complete the checkout procedure. Our staff of IME Travels will see you off at the Tribhuvan International Airport for your flight for your onward destinations.

You can then get ready to depart home after completing your amazing journey in The Himalayan country.



Tour Price:

Total tour cost per person in twin sharing basis (Validity: End of December 2022)

No of PAX payable (On Twin/Double Room Basis)	Using Three Star category Hotels
Minimum 02 PAX	US\$ 825.00 /- Per Person

Cost Includes:

- ✓ All international airport transfer.
- ✓ 4-night hotel in Kathmandu and 1 night in Nagarkot.
- ✓ Twin sharing 3-star accommodation with breakfast.
- ✓ 4 Day full sightseeing with tour guide and vehicles.
- ✓ Every day morning evening yoga with meditation with our wellness consultant.

Cost Excludes:

- ✗ Visa fees to Nepal and all flight for Buddhist Heritage Tour.
- ✗ All lunch and dinner through the Kathmandu Yoga Tour.
- ✗ Personal trekking and adventure gear, clothing and accessories.
- ✗ Entrance fees
- ✗ Extra supporting staff, laundry, battery charge, and communication expenses
- ✗ Personal expenses like bar bill, snacks, water, chocolate.
- ✗ Expenses incurred due to emergency evacuation, natural disasters, or personal reasons.
- ✗ Entrance fees during the Buddhist Heritage Tour.
- ✗ Tips and any gratitude for trekking staffs and tour guide.
- ✗ **Any further services not mentioned in 'What is included'**

- The driving times mentioned are approximate times and do not include breaks in the journey for sightseeing, photo/tea/meal/rest stops. There may be delays in transfer time due road conditions, road repair/widening works, inclement weather and other unforeseen circumstances.
- Please note that at the moment there are numerous areas where road conditions are not very good due to road widening/repair works and you may experience rough and bumpy drives and traffic congestion in places.
- You acknowledge that the nature of travel requires flexibility and will permit reasonable alterations to products, services or itineraries by IME Travels. The route, schedules, accommodations, activities, amenities and mode of transportation are subject to change without notice due to unforeseeable circumstances or events outside our control (including but not limited to Force Majeure, illness, mechanical breakdown, flight cancellations, strikes, political events and entry or border difficulties). No



reimbursements, discounts or refunds will be issued for services that are missed or unused after departure due to no fault of the service provider.

Payment Policy:

- ✚ Payment must be made in advance or before arrival
- ✚ Late payment may effect on services and provided itinerary program as well.
- ✚ Payment Mode would be, Remit, Bank Swift or Card payment.
- ✚ Payment made by credit card will incur additional 3 percent bank service charge of the total payment.

Travel Insurance:

- ❖ You are requested to ensure that you are adequately insured for the full duration of the tour in respect of illness, injury, death, loss of baggage and personal items, cancellation and curtailment. The choice of insurer is the sole discretion of the client.

