

Tour Prospectus

Date

- 12 days: January 27th to February 7th 2019.

Itinerary

Day 1

- Arrive Kathmandu – Transfer to 5 star hotel.
- Optional Evening Yoga Class
- Welcome Dinner



Day 2

Orientation to Thamel – walking tour.

- Morning Yoga Class
- Orientation tour of the markets.
- History and cultural tours
- Optional PM Yoga class
- Trek preparation – source gear, clothing etc.



Day 3

- Morning Yoga Class
- Cultural and historical site tour – Boudnath, Monkey Temple
- Optional PM Yoga.



Day 4 – 11: Langtang Trek.

This special itinerary was designed by Lhakpa Jangba – local community leader and experienced guide from Langtang. Lhakpa has intimate knowledge of the history, culture, environment and traditions of these areas. He has been involved in the Earthquake rebuilding efforts.

Day 4

- Private Jeep to Shyru Bensi (7-8 hours drive from Kathmandu).

Day 5

- Shybru Bensi to Lama Hotel which is 6 hours walk. A fair amount of up and down. Shybru Bensi is 1500m and Lama Hotel 2450m (climb 950m).

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Day 6

- Lama Hotel to Mundu Village which is 6 to 7 hours walk. Mundu is 3580m (climb 1100m). It's an easier walk then yesterday.

Day 7

- Mundu Village to Kyanjin Gomba which is 3 and half hours walk. Kyanjin is last place on Langtang trek - 3850m.
- Option to rest and relax or have a little explore.
- We reach Kyanjin by lunch time and option to climb Kyanjin Ri which is 4773m. It takes 4 hours up and down.



Day 8

- Kyanjin Gomba to Lama Hotel 6 hours walk.

Day 9

- Lama hotel to Khamjim which is 6 hours walk. Stay the night in Homestay accommodation in Khamjim with local families while in Khamjim.



Day 10

- Traditional Celebration of Losar (Tibetan New Year).

Day 11

- Khamjim drive to Kathmandu. Return to Hotel in Kathmandu.
- Farewell dinner.

Day 12

- Morning Yoga.
- Farewell.



Pricing

\$2,700 per person (twin share). A \$500 (non-refundable) deposit will secure your booking. Balance due December 31st 2018.

Early Bird Special: \$2,500 (\$200 discount + over \$500 added value, see website for details) is available for bookings received by August 31st 2018. Early-bird remaining balance paid by 1st October 2018.

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Inclusions

- Transfers to/from Airport
- 4x nights in a 5 Star Hotel in Kathmandu with breakfast daily (3 nights before the trek and 1 night after).
- Daily Morning Yoga in Kathmandu.
- Optional evening yoga in Kathmandu
- Welcome Meal on first night.
- Guided tours of Kathmandu and locations of cultural and historical significance, orientation to the city so you can explore at your own pace.
- Free time to shop, explore and relax.
- Private car transfers to/from Kathmandu to start of Trek.
- Tea-House lodge-style accommodation when trekking.
- 3 meals from the Tea-House menu each day.
- Experienced trekking guide for the duration of the Trek.
- All permits for trekking
- Porter (1 porter for 2 people – 12kg maximum pp)
- Optional gentle Yoga Class every afternoon of the trek.
- Farewell Meal on return to Kathmandu.
- Traditional celebrations of Losar with local village.
- Fundraising donation to the Langtang community to continue to rebuild homes and economy.
- Further cultural activities.
- Advice from an experienced Physiotherapist for the duration of the tour.
- We are also organising various cultural activities with more details out as soon as they can be finalized (such as cooking classes).
- Private facebook group to help you prepare including tips, what to pack/bring/buy there, footwear, backpacks – and more. This gives you access to an experienced Physiotherapist for advice throughout the lead-up to the trip.



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Not Included

- Flights
- Visa & Passport costs
- Medical health checks, vaccinations etc.
- Travel Insurance
- Alcoholic & soft-drinks, snacks and bottled water while trekking – boiled, cooled water is available and is much more environmentally friendly than bottled water
- Physiotherapy hands-on consults during the tour
- Other meals/items not expressly listed in the list of “included”

Travel Partner

We are working with Matt Strange and his team from iTalk Travel Mount Barker for flights and further travel arrangements. We strongly recommend our participants use his services as it allows us to keep up to date with all participants' travel plans. We have used Matt on multiple occasions and have always found him to be organised, attentive, accurate in advice and reasonably priced.

Alterations to the Itinerary

In Nepal sometimes even the best laid plans can come unstuck for reasons beyond our control. Therefore the tour and trekking itinerary is subject to change without prior notice. On the chance that this does occur, a suitable replacement activity will be found.

Cancellation Policy

Please note that there will be no refunds or discounts for arriving late, leaving early, flight cancellations, travel delays or illness (without exception). We are unable to provide compensation for unforeseen circumstances (injury, family emergency, etc) as costs are incurred by us when booking and reserving services and accommodation. To protect yourself further, we strongly encourage you to purchase travel insurance.



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Cancellation Policy (continued)

To cancel, you must send an email stating that you wish to cancel to:

emily@physiyogastrath.com.au. If you cancel your participation in the Yoga Trek, the following refund policy applies

- 90 days or more prior to the start of the yoga retreat, you receive refund of fees paid, minus the \$500 deposit
- 31-90 days prior to the start of the yoga retreat, you receive 50% refund of fees paid (not including the \$500 non-refundable deposit)
- 0-30 days prior to the start of the yoga retreat, there will be no refunds or credits

If We Cancel the Yoga Trek

- If we have to cancel the Yoga Trek due too few participants, we will provide a full refund of all deposits and payments. We cannot however compensate you for airfare or travel costs incurred.
- In the unlikely event that we must cancel a yoga retreat due to weather, natural disaster or political upheaval, we cannot guarantee a full refund as it will depend on us receiving a refund from the hotels/services we pay deposits to. To cover these risks, we highly recommend you purchase travel insurance.

Travel Insurance

Travel Insurance can protect you in case:

- You cancel your participation in the Yoga Trek
- The retreat is cancelled due to weather, natural disaster, or not enough participants
- Lost luggage
- Medical expenses and the cost of repatriation should you become ill or injured

The best way to protect yourself from any unforeseen circumstance is to purchase Travel Insurance. Please discuss Travel Insurance needs with Matt at iTalk Travel.