



# **Yoga Trek Nepal**

## **Tour Prospectus & Itinerary**

### **NEW DATES: February 25<sup>th</sup> – March 11<sup>th</sup>**

Updated September 30, 2018



## Itinerary

*The Kathmandu Valley itinerary was carefully compiled by Emily Eglitis and Lhakpa Jangba to include the highlights of the city as well as the opportunity to test your trekking legs with a Hillside retreat. Emily is a Physiotherapist and Yoga Teacher with over 10 years experience and can tailor a yoga practice to accommodate all levels of ability. Please note all Yoga Classes are optional.*

*The Trekking Itinerary was especially 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 and has selected our stops to include the less often visited sites on the trekking circuit to spread the tourism dollar around.*

*We sincerely hope you join us to experience this amazing region.*

**Please note: The order of activities in Kathmandu may change without notice to best suit the groups needs. The content will remain the same.**

### Day 1 – February 25<sup>th</sup>

- Arrive Kathmandu – Transfer to 5 star hotel.
- Orientation to Thamel walking tour.
- Welcome Dinner.

### Day 2

- Morning Yoga Class
- Boudnath, Pashupatinath temples, Durbar Marg

### Day 3

- Drive to hillside town of Dhulikel. Hike Dhulikel to Namobuddha (3 hours) or take transfers the whole way. Namobuddha is one of the most important buddhist sites in Nepal (and the world)
- Optional evening Yoga

### Day 4

- Return to Kathmandu – acquire any last minute trekking gear or equipment based on yesterday's Hike

### Day 5 – March 1<sup>st</sup> – Trek Begins

- Transfer Private Jeep to Syrubensi (approx 8 hours)



### **Day 6**

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

### **Day 7**

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

### **Day 8**

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

### **Day 9**

- Kyanjin Gomba to Lama Hotel (6 hours walk).

### **Day 10**

- Lama hotel to Khamjim Village which is 6 hours walk.
- Stay the night in traditional Home stay accommodation with local families.

### **Day 11**

- Celebrate Losar in Khamjim Village

### **Day 12**

- Travel back to Kathmandu. Farewell Dinner. Overnight accommodation in hotel. Breakfast included.



## 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).
- 1x night at a Hillside retreat (breakfast included)
- 7 Nights accommodation in Langtang region
  - 5 night Tea-House Lodge or hostel accommodation
  - 2 night village home-stay
- Optional Yoga Classes Daily (unless travel/time does not permit)
  - Optional gentle Yoga Class after walking days.
  - Morning Yoga in Kathmandu
- 2 dinners (welcome meal first night, farewell dinner final night)
- All breakfasts
- All meals whilst on Trek from the Tea House menu
- 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 Treks and Day Hikes.
- Experienced trekking guide for the duration of the Trek.
- All permits for trekking
- Porter (1 porter for 2 people – 12kg maximum pp)
- 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.
- Advice from an experienced Physiotherapist for the duration of the tour.

We are also organizing various cultural activities with more details out as soon as they can be finalized (such as cooking classes). We are a small group and will do our best to accommodate the desires of the group. All activities in and around Kathmandu are optional.

You will have access to a closed 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.



## Pricing

**\$2,900** per person (twin share). A \$500 (non-refundable) deposit will secure your booking. Balance due December 31st 2018. Single Supplement available on request.

### **Early Bird Special: \$2,500**

- \$400 discount
- Early-bird remaining balance paid by 1st October 2018.

### **Extended Offer for Trekking Preparation Package: Extended to 1<sup>st</sup> October 2018**

Trekking takes preparation. Preparation takes time. We want you to have the best experience possible. So bookings received by the 1st October 2018 will also receive the following Complimentary Physiotherapy Assessment and Treatment Package from PhysiYoga (Strathalbyn) valued at \$370.

#### **The package includes:**

- 1x Initial/long Consultation (60 minute) with a Physiotherapist.
- 3x follow-up (30 minute) Standard consultations.
- A personalized training plan for preparing your body for your Yoga Trek.
- 90 minute Yoga for Trekking Workshop (PhysiYoga Strathalbyn) – Date TBA

The first 8 bookings also receive a designer Travel Yoga Mat by Yoga Design Lab made from natural tree rubber and recycled bottles. Eco-friendly, biodegradable and machine washable in cold water. Valued at \$78 – yours free!

#### **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.

- 31C Hutchinson St, Mount Barker SA 5251
- (08) 8391 5277
- [matt@mountbarker.italk.travel](mailto:matt@mountbarker.italk.travel)

## 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.

To cancel, you must send an email stating that you wish to cancel to: [emily@physiyogastrath.com.au](mailto: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.