

Earthbound Expeditions

Mountain Yoga Retreat Nepal And Tiger Safari

12 days, from US$1,487 per person

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

Mountain Yoga Retreat Nepal And Tiger Safari Overview

yoga retreat in nepal mountains, Yoga trek in Nepal

Mountain Yoga Retreat Nepal And Chitwan Tiger Safari tour :

The combination of Yoga and trek in Nepal is one of the unique ways of enjoying Yoga and meditation whilst being surrounded by serene beauties of the tall Himalayan Mountains. Yoga Retreat Nepal in the Annapurna region provides is a spiritual experience as you are surrounded by the Himalayas where the energy of the mountains could be felt. For passionate yoga practitioners and hikers, this tour is ideal so you are spiritually connected to mother nature. Yoga in the mountains also gives you the benefit of not worrying about altitude sickness, fatigue, and other mountain-related problem which are common at high altitude.

At the North of Nepal's famous Lake city Pokhara (200 km west of Kathmandu) lies the Poon Hill Ghorepani trek. The Poon hill Ghorepani trek is an immensely popular short trek to the Annapurnas. The breathtaking mountain scenery of the whole Annapurna range and the beautiful ethnic Gurung villages justify the popularity of Ghorepani Poon hill trekking and are the bestseller among all our short trekking tours.

After the completion of the Yoga trek and driving back to Pokhara, we head to Chitwan National Park. The National Park in a short journey from Pokhara. It is a world heritage propert. At the reserve, you will experience being amidst the best biodiversity Nepal has to offer in Chitwan National Park, where the chance of sighing some of the rare felines like the Royal Bengal Tiger, Leopards, 500 species of Birds, one-horned Rhinos and a plethora of native flora. Crocodile and increadible Tharu culture are other attractions in Chitwan you can add on your Nepal Yoga trek.

Cost Includes/ Excludes

Includes

- Sightseeing in Kathmandu where Earthbound Expeditions city tour guide will accompany you..
- Overland round transportation by private bus.
- All accommodations - twin sharing room on bed and breakfast basis.
- All necessary trek Permits.
- Sleeping bags and down jackets for trek will be provided
- Traditional Nepali dinner with a cultural show.
- Airport transfers on arrivals / departures flights.

Itinerary

> **Day 1**
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> ### Arrival at Tribhuwan International Airport (TIA), Nepal.
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> You will be greeted on your arrival by one of our representatives at Tribhuvan International Airport, Kathmandu. And transfer to check into the room and spend some relaxing time until we meet again in the evening for the 'Yoga Mountain Trek and Tigers Safari Nepal' briefing. You will be acquainted about the briefing time on your arrival at the hotel. Overnight at the hotel.

Day 2

Kathmandu city Tour

Today will be the first day of initiation to the yoga class. After breakfast, we leave for sightseeing of UNESCO heritage sights in Kathmandu that includes Syambhunath or Monkey Temple - one of the oldest Buddhist Stupa in Valley. Pashupatinath - the cremation places of Hindu death body. Boudhanath - the biggest Buddhist temple and Patan Durbar Square - the most beautiful example of metal and stone carving back to 14th century. We will have a short meditation session on returning from the tour that will relax you from the wholes days stress. Overnight at the hotel.

Day 3

Kathmandu to Pokhara

Today after breakfast in Kathmandu, we head towards the beautiful Himalayas of Nepal. We take a long scenic drive 200 km west of Kathmandu by tourist coach, or you have an option to fly at about USD 124 extra cost. Pokhara, also known as the gateway to the Annapurna circuit, is a famous sightseeing point for travelers with beautiful lake and mountain ranges. Amongst the most beautiful lake cities in the world, many of the ten highest mountains can be sighted from Pokhara. The most beautiful sightseeing places in Pokhara are Temple in Phewa Lake, boating in Phewa Lake. Practice yoga and meditation in the evening.

Day 4

Pokhara- Nayapul-Tikhedunga

After breakfast in Pokhara, we take a drive of one and a half hour to Nayapul from where we officially start the journey on foot towards the Himalayas. We head towards Tikhedunga trekking through village area, dense Rhododendron forest, and at times crossing small streams and waterfalls along the way. The first day of the hike is short and considerably easy. After we reach Tikhedunga, you get to relax your tired body with a session of yoga amidst hills. B.L.D.

Day 5

Tikhedunga to Ghorepani

Today's hike is relatively the longest day of the trek. Early morning start after breakfast, most of the walk involves climbing staircases. The trek takes you to a closer view of the Machhapuchhre or Fishtail Mountain. The lunch en route will be at the beautiful village of Ulleri which is surrounded by green forest hills. The trek from Tikhedhunga to Ghorepani is about 6 hours. On reaching Ghorepani, you will be treated with the view of the sunset over Dhaulagiri Mountain. B.L.D.

Day 6

Ghorepani- Poonhill- Tadapani

Early in the morning, we hike up to the top of Poon Hill for the mesmerizing sunrise view across a magnificent Himalayan range. From the summit, you can savor the panoramic views of the Himalayas including Dhaulagiri, Tukuche, Dhampus, Nilgiri, Annapurna South and Machhapuchhre. After relishing the stunning mountain views for a while, we hike down to Ghorepani for lunch and then head towards Tadapani. We climb up to Deurali passing the beginning, descend steeply through the dense forest and then walk through remarkable river gorges to Tadapani. Overnight at Tadapani.

Day 7

Tadapani- Chomorong

After breakfast, today we trek down to Chomorong through beautiful forests and landscapes. Chomorong is a beautiful Gurung Village which provides gorgeous sceneries. We can walk further downhill to Jhinu for a natural hot spring bath. Overnight in a simple guest house.

Day 8

Chomorong - Syaulibazzar- Pokhara

We wake up for an early morning Yoga practice to prepare you for a beautiful day. Today will be the last day of your trek on foot in the Himalayas as we head towards Syaulibazzar and then drive to Pokhara. During the hike, you will have an opportunity to explore the picturesque views of cascading waterfalls, gentle rivers, dense forests, terrace field, and stunning Himalayan peaks for the last time. From Syalibazzar we further trek down to Nayapul and then take a drive to the city of Pokhara. Overnight at the hotel in Pokhara.

Day 9

Pokhara to Chitwan National park

Today we wave goodbye to the beautiful mountains of the Himalayas and continue our journey with a drive towards Chitwan National Park for once in a lifetime wildlife experience. In the evening we enjoy a relaxing session of yoga and meditation in a dynamic environment. B.L.D.

Day 10

Chitwan National Park Safari

Today, we explore one of the wildest jungles inscribed as UNESCO's world heritage site. The Chitwan National Park offers one of the unsurpassed wildlife experiences in whole Asia. During Breakfast, Jungle Guide will brief us on jungle activities and safari activities including elephant ride, jungle walk, canoeing, bird watching, visiting Tharu villages and elephant breeding center and more. If you're lucky enough, you will have a chance to spot one-horned rhinos, deer, monkeys, and amazing colorful birds not just that you may spot leopard, wild elephant, sloth bear or even royal Bengal Tiger. Overnight at the lodge.

Day 11

Chitwan National Park to Kathmandu

After exploring this wonderful jungle, today we drive back to Kathmandu by a tourist bus, or you also have the option to fly at USD 124 extra. In the evening a farewell Nepali cultural show and dinner will be hosted for you. B.D.

Day 12

DEPARTURE.

Your short and marvelous time in Nepal ends today. With lots of gratefulness, we will drop you to the airport 2-3 hours before your flight schedule for your return flight to home. Namaste!

What's included

- Sightseeing in Kathmandu where Earthbound Expeditions city tour guide will accompany you..
- Overland round transportation by private bus.
- All accommodations - twin sharing room on bed and breakfast basis.
- All necessary trek Permits.
- Sleeping bags and down jackets for trek will be provided
- Traditional Nepali dinner with a cultural show.
- Airport transfers on arrivals / departures flights.

Not included

- Airfare from and to Kathmandu.
- Sightseeing monument entrance fees.
- Nepal Visa fee.
- Travel insurance.
- Tips to guides.
- Lunches and dinners not mentioned above.
- All personal expenses.
- Expenses raised by those events which are not under our control.

Photos, videos and reviews of this trip: earthbound.rajansimkhada.com/mountain-yoga-retreat-nepal-and-tiger-safari