

## Himalayan View Yoga Trek Nepal

Duration: Days



### Overview

<b>Trip Grade:</b> Easy	<b>Max Altitude:</b>
<b>Activity:</b>	<b>Group Size:</b>
<b>Arrival On:</b> Kathmandu, Nepal	<b>Departure From:</b> Kathmandu, Nepal
<b>Meals:</b> All meals during trek & breakfast in kathmandu	<b>Accommodation:</b> Stone Built Houses (tea houses) during trek

Yoga, a combination of physical and spiritual soothing exercise, is getting more popular in the present world of tight daily scheduled life. And a daily short yoga heals the mind and relaxes us, now yoga done in the Himalayan Kingdom has become an emerging trip, walking through the serene forest with Flora and Fauna, everyday view of snowcapped mountain range, a sound of trumpets, cymbals, big drums with the voices of relaxing chantings by monks early in the morning can be the best ambience for the Yoga trek. This 5 days yoga trip is designed by [Himalayan Holyland Treks and Expedition](http://Himalayan Holyland Treks and Expedition) to offer you a yoga experience in Himalayan Kingdom Nepal.

## Itinerary

**Day 01:** Arrival at TIA, Kathmandu and a humble welcome by Himalayan Holyland Treks representative to transfer to the hotel.

**Day 02:** Move to Panauti (Newari village) after a short yoga and visit old temples and locals the walk to Namubuddha to attend evening ceremony in the Monastery and overnight there.

**Day 03:** Early morning sunrise view and Yoga Time then walk to Balthali Village, Evening Yoga in the hotel garden and overnight at the hotel

**Day 04:** Early morning yoga with the view of the Panauti Valley and mountains and back to Bhaktapur Durbar Square then participate in Farewell dinner with cultural show

**Day 05:** A short leisure day with coffee before the happy departure

### Cost Includes

- => Airport pick up and drop by private transport
- => Â Heritage sites entrance fees and taxes
- => HotelÂ on B/B basis Kathmandu
- => Guide, porters
- => Insurance of guide and porters
- => Company map
- => Company T-shirt
- => farewell dinner with cultural show

### Cost Excludes

- => Nepal entry visa
- => Lunch and Dinner in Kathmandu
- => All the personal expenses and alcoholicÂ beverages
- => Tips for guide and porter

