**NEPAL/HIMALAYAN YOGA, TREK & DETOX HOLIDAY ITINERARY**

**1-20 October 2023**

**Day 1 Arrive in Kathmandu … overnight stay**

* Visit the Monkey Temple
* Enjoy a ‘Welcome’ group dinner with our Nepalese personnel, at a traditional Nepalese restaurant with cultural music and dance

**Day 2 Fly to Pokhara**

* Depart by air to Pokhara (flight not included in price .. allow up to aud$200)
* Drive to Urreli
* Commence trek the same day

**Day 3 to 9 Trekking Annapurna Trail to Annapurna Base Camp**

* Trekking 4-5 hours each day
* Overnight at Guest Houses
* All meals provided

**Day 10 & 11** **Drive to Pokhara**

* Settle into hotel for a 2 night stay
* Relax or sightsee
* Guided tours can be organised to historic sites
* Shopping and enjoying traditional cuisine is a must

**Day 12 Drive to Bandipur**

* Overnight in the Country Hotel
* Visit the village and the local school; meet the children and enjoy cultural music

**Day 13 & 14  Drive to Chitwan**

* Enjoy the drive beside the mighty Trisuli River
* Visit the National Park for jungle activities and viewing of wild life.
* Relax with a drink and watch the amazing sunset, then an evening of Cultural Dance.

**Day 15** **Drive to Kathmandu**

* Depart after breakfast for a picturesque 200km road trip to Kathmandu
* Settle into the Ayurveda Health Home in the mountains outside of Kathmandu
* Enjoy some free time

**Day 16 to 20**  **Ayurvedic Detoxification/Rejuvenation Program**

* Detox Panchakarma Program … a personalised healing therapy program
* Yoga sessions are included in your daily program
* Ayurvedic specialist doctors and therapist will attend your daily health care
* Freshly made Ayurvedic meals provided and adjusted to your personalised plan
* A Nepalese festival will be shared with the group during your stay

**Included in price:**

* Transport to and from the Health Home
* 5-day Detox Program (included is a consultation with Dr Pradeep Neupane, Brisbane, prior to leaving Australia)
* Accommodation, meals and at least one treatment per day
* Guided yoga sessions each day

**Day 20 or 21**: Depart Kathmandu Airport to return home.

**GENERAL INFORMATION**

**Trek to Annapurna Base Camp**

The Annapurna Base Camp is extremely picturesque, with natural beauty of forest, mountains, and the Himalayas, intermingled with Nepalese and Tibetan culture and its people.

* Annapurna base camp trek is one of the most popular treks in the world.
* Individualized professional care from the team of experienced guides and sherpas.
* Each day the trek will start with yoga, breathwork and energisation exercises and end in the evening with relaxing/rejuvenating yoga.
* Each day you are provided with an early breakfast and then leave on your trek
* Overnight stays will be in countryside hotels and guest houses
* Trekking involves a 4-5 hours per day, taking time to see, feel and photograph the natural beauty of this Himalayan region. Annapurna is the 10th highest peak in the world.

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| Day 2 | Fly to Pokhara. Drive to Kimchee and begin trek to Ghandruk … overnight stay |
| Day 3 | Trek Ghandruk to Chumrung … overnight stay |
| Day 4 | Trek Chumrung to Bamboo … overnight stay |
| Day 5 | Trek Bamboo to Deurali … overnight stay |
| Day 6 | Trek Deurali to ABC via Machhapuchhre Base Camp |
| Day 7 | ABC to Bamboo |
| Day 8 | Bamboo to Jhinu Danda |
| Day 9 | Leave Mathhque and Drive back to Pokhara |

**Ayurvedic Health Home Kathmandu**

The new Ayurvedic Health Resort rests in the mountains just outside of Kathmandu. It is in the middle of a beautiful rainforest. Your individually prepared Ayurvedic Detox Program is designed by the Ayurvedic doctors in Brisbane, prior to your leaving. A team of experienced Ayurvedic Specialist Doctors and therapists at the resort attend your daily health care throughout the program. Freshly made Ayurvedic meals are provided and are adjusted to your personalised plan. Classical yoga sessions will start your day. During your stay, a Nepalese festival will be shared with the group, your Nepalese friends and family