

Itinerary for Package: Mind Body and Soul Experience

- **Why Mind, Body, Soul experience is popular for?**

- Explore UNESCO-listed medieval Kathmandu, including Durbar Square, Pashupatinath and Boudhanath
 - Stay at the iconic **Dwarika's Hotel**, an award-winning 'living museum'
 - Enjoy yoga and wellness experiences in inspiring Himalayan settings
 - Relax at **Tiger Mountain Pokhara Lodge**, a world-renowned eco-luxury retreat with panoramic mountain views
 - Take gentle village walks through terraced hills and traditional rural communities
 - Rejuvenate at **Dwarika's Resort, Dhulikhel** with personalised Ayurvedic consultations and holistic therapies
 - Experience daily yoga, meditation, healing treatments and creative activities
 - Savour nourishing farm-to-table cuisine from organic gardens
 - A perfectly balanced journey combining culture, nature, luxury and wellbeing
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Package Duration: 9 days

Day 1: Arrive Kathmandu (1350m)

Upon arrival in Kathmandu, Tribhuvan International Airport, you will be welcomed by the representative from Rural Journeys and transferred to hotel by private vehicle. Although the fertile Kathmandu Valley has been inhabited for thousands of years, its rich and varied cultural legacy essentially began during the 14th century under the Malla Dynasty. Patronized by the nobility, Newar artisans constructed temples, monasteries and elaborate courtyards that constitute a fascinating architectural history. Rest of the day at leisure or stroll around hotel or if early arrival, visit nearby Pashupatinath Temple, is more than just a religious destination. It is a combination of religion, art, and culture. It offers peace and devotion. Hundreds of rituals are performed here every day. The temple premise is an open museum. Designated a UNESCO World Cultural Heritage Site in 1979, this temple is an important destination for art historians. It displays a variety of temple design some of which are Dome style, Pagoda style, Shikhara style and so on. On the other side of the river is a small forest Shleshmantak, home to animals like deer and monkeys. A traditional crematorium stands on the banks of the River Bagmati. Overnight at Dwarika's Hotel

Day 2: Kathmandu sightseeing

Morning: Participate in group yoga session at the hotel After breakfast sightseeing tour of Kathmandu Durbar Square, which never fails to impress visitors with its ensemble of palaces, courtyards and temples built during the Malla period. The Durbar Square includes the Hanuman Dhoka Royal Palace - the historic seat of the royalty; the magnificent Taleju Temple towering more than 40 meters; Kumari Ghar - the residence of the Living Goddess, Kumari and Kal Bhairav - the God of Wrath. Thereafter visit Swoyambhunath Stupa, resting on a hillock 3km west of Kathmandu, it is one of the holiest Buddhist Chaityas in Nepal. It is said to have evolved spontaneously when the valley was created out of a primordial lake more than 2,000 years ago. This stupa is the oldest of its kind in Nepal and has numerous shrines and monasteries on its premises. Afterwards, visit Boudhanath, is one of the UNESCO World Heritage sites in Kathmandu. The 36-meter-high stupa of Boudha is massive and dominates the skyline in the area. With countless monasteries around it, Boudha is the center of Tibetan Buddhism in Nepal. Take an early morning or evening stroll around

the inspiring white dome buzzing with energy; observe the devout people circumambulating, light a butter lamp and say a little prayer, look around for souvenirs, or enjoy the view from a rooftop restaurant with a hot cup of coffee, Boudhanath is always full of life. Rest of the day at leisure
Overnight at Dwarika's Hotel

Day 3: Kathmandu – Pokhara (1350m)

Transfer to airport for flight to Pokhara (30mins) or drive to Pokhara – 200kms (6-7hrs) and check-in at Tiger Mountain Pokhara Lodge. National Geographic Adventure has included the Lodge as one of the World's Top 50 Eco-Lodges – the only one of its kind in the sub-continent and invited the lodge to join their top 25 Unique Lodges of the world. With eighteen rooms in thirteen individual bungalows all constructed from local materials and in the local architectural vernacular, the hill top setting ensures every room has dramatic and different views of the Dhaulagiri, Annapurna or ManasluHimal (all 27,000ft/8,000m peaks). The gardens are designed to flow naturally and blend with the surrounding village lands and community forest. Grassy banks are be-speckled with wild flowers for most of the year. A swimming pool has the finest views of Machhapuchhare, or Fish Tail. All rooms have private verandas and some have their own private gardens too. The Lodge emphasises pure relaxation at the gateway to the high Himalaya with a range of therapies, Ayurvedic and shiatsu massage, yoga and meditation under the concept of "The Essence of Tranquility." Food is often organic, and locally sourced. Tiger Mountain Pokhara Lodge is the ideal place to relax and good base for day walks to explore the local villages of Gurung, Brahmin and Chhettris, each with their distinctive culture, architecture and lifestyles, for those wishing to walk but not trek. Overnight at Tiger Mountain Pokhara Lodge

Day 4: Tiger Mountain Pokhara Lodge

Two nights stay here will allow to enjoy a range of therapies, Aurvedic and Shiatsu massage, yoga and meditation surrounded by pure nature listening birds songs, the best antidote to our stressful life and also the chance to walk amongst these hills and forests, through scrub and alder groves, and to enjoy the impressive sight of terraced fields, reaching thousands of feet up and down the mountainsides. The lower terraces are usually for rice, the higher ones for barley, wheat, potatoes, buckwheat and millet. The lodge is surrounded by natural gardens of fruit trees, shrubs and bamboo providing a haven for wildlife including over 275 species of butterflies as well as birds to be seen on our walks and, with luck, we may glimpse an interesting animal or two: Northern Red Muntjac, Nepal Grey Langur, Orange-bellied Squirrel and Yellowthroated Marten have all been seen here. Overnight at Tiger Mountain Pokhara Lodge

Day 5: Tiger Mountain Pokhara Lodge

Two nights stay here will allow to enjoy a range of therapies, Aurvedic and Shiatsu massage, yoga and meditation surrounded by pure nature listening birds songs, the best antidote to our stressful life and also the chance to walk amongst these hills and forests, through scrub and alder groves, and to enjoy the impressive sight of terraced fields, reaching thousands of feet up and down the mountainsides. The lower terraces are usually for rice, the higher ones for barley, wheat, potatoes, buckwheat and millet. The lodge is surrounded by natural gardens of fruit trees, shrubs and bamboo providing a haven for wildlife including over 275 species of butterflies as well as birds to be seen on our walks and, with luck, we may glimpse an interesting animal or two: Northern Red Muntjac, Nepal Grey Langur, Orange-bellied Squirrel and Yellowthroated Marten have all been seen here. Overnight at Tiger Mountain Pokhara Lodge

Day 6: Pokhara–Dhulikhel (1650m)

After a final morning's walk or relaxation on the terrace, we leave the lodge today, making the short flight back to Kathmandu. Upon arrival, receive and transfer to Dhluikhel (approx. 1hr drive) and check-in at Dwarika's Resort, Dhulikhel. Dhulikhel is an ancient town located at 30 km east of

Kathmandu along the Kathmandu - Kodari or Arniko Highway (way to Tibet) is famous for its scenic beauty and tradition - a lovely place. From this place, one can have a complete panoramic view of the snowy ranges of Annapurna range, Langtang, Choba Bhamre, Gaurishanker, Number Karyolungetc including the good view of the sunrise over the Majestic Himalayas. Dwarika's Resort: With the belief in the need for maintaining harmony between the body, mind, spirit and earth for a peaceful, healthy and balanced life, the Dwarika's Resort is built on the philosophy of respecting nature and self. The resort takes its inspiration from ancient Hindu Vedic scriptures (vedas), Buddhist medicine and traditional Himalayan knowledge. Upon check-in at the Resort, detailed briefing will be given by the resident staff about the holistic activities for 4 days staying at the Resort followed by welcome drink. After check-in, have some rest or explore the big area of the Resort and their facilities before lunch. After lunch: Private consultation with the resident Ayurvedic Doctor to acquire knowledge of our ancient health care principles and wisdom. Use of Fitness Centre, Swimming Pool, Meditation Maze, Chakra Sound Therapy Chambers, Himalayan Rock Salt Room, Garden of Nine Planets along with painting and pottery classes. Lunch and Dinner at Dwarika's Resort, Dhulikhel - Enjoy the nutritious and thoughtfully prepared meals by Resort's Chefs, with wholesome ingredients from their own organic farms Overnight at the Dwarika's Resort

Day 7: Dwarika's Resort, Dhulikhel

Daily Yoga and Meditation sessions - Sign up for routine classes and explore the benefits of these ancient lifestyle arts One session of Himalayan Oil Massage - Rejuvenate your mind and body through Himalayan Oil Massage as the relaxing massage promotes your body's natural healing process through the use of traditional herbal oils Use of Fitness Centre, Swimming Pool, Meditation Maze, Chakra Sound Therapy Chambers, Himalayan Rock Salt Room, Garden of Nine Planets along with painting and pottery classes. Breakfast, Lunch and Dinner at Dwarika's Resort, Dhulikhel - Enjoy the nutritious and thoughtfully prepared meals by Resort's Chefs, with wholesome ingredients from their own organic farms

Day 8: Dwarika's Resort

One Udwartana with Steam bath - Relax and revive your glow with this harmonious combination of herbal body scrub with unique combination of skin rejuvenating herbs, followed by a revitalizing steam bath One session of relaxing Head, Neck and Shoulder massage - Indulge in this revitalizing massage that relieves tension from your head, neck and shoulder Use of Fitness Centre, Swimming Pool, Meditation Maze, Chakra Sound Therapy Chambers, Himalayan Rock Salt Room, Garden of Nine Planets along with painting and pottery classes. Breakfast, Lunch and Dinner at Dwarika's Resort, Dhulikhel - Enjoy the nutritious and thoughtfully prepared meals by Resort's Chefs, with wholesome ingredients from their own organic farms Overnight at Dwarika's Resort

Day 9: Return home

Free till departure transfer to international airport for onward flight.