Itinerary for Package: Sumptuous experience of Mind, Body and Soul

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Why Sumptuous experience of Mind, Body and Soul is popular for?

- **Explore Heritage**

Discover the timeless art and architecture of Kathmandu’s medieval centres, while enjoying the rare privilege of staying in an award-winning heritage hotel — a true ‘living museum’ blending history with luxury.

- **Retreat to Nature**

Escape to the peaceful countryside and experience the infinite charm of rural Nepal at a luxurious wellness retreat.

- **Holistic Experiences**

Reconnect with yourself through yoga and meditation, hands-on Nepali cookery classes, rejuvenating spa sessions, and scenic hikes — the perfect balance of relaxation, culture, and adventure.

Package Duration: 6 days

Day 1: Arrive Kathmandu

Meet upon arrival in Kathmandu and transfer to hotel. Kathmandu is the largest city and capital of Nepal and the namesake of the Kathmandu Valley. Once thought to be the fabled and inaccessible Shangri-La, Kathmandu is now a hub for independent travelers as well as a growing vacation spot catering to all budgets. As a result of considerable urban growth in recent decades, it is now part of one continuous urban area together with Patan to the south and Bhaktapur to the east. Rest of the day at leisure or stroll around hotel or if early arrival, visit nearby Boudhanath, a Buddhist Stupa said to be one of the largest in the world. This massive structure stands tall with four pairs of eyes each facing the four cardinal directions. Overnight at Dwarika’s Hotel Day 2: Kathmandu sightseeing Morning: Participate in group yoga session at the hotel After breakfast set for a full day sightseeing of Kathmandu Durbar Square also called the 'City of Glory’. Visit includes, Durbar Square, Kasthamandap - said to be constructed from a single piece wood. KumariGhar - Home to the World's only living Goddess. A short visit to Bhairab - the God of destruction, Taleju Temple - built in 1549 AD and Hanuman Dhoka Palace. Thereafter visit SwoyambunathStupa, said to be one of the oldest Buddhist Stupas in the World, which is majestically set high on a Hill overlooking Kathmandu Valley. OR (optional) Early morning wake up and get ready for the exclusive Mt. Everest (Khumbu valley) sightseeing flight. Transfer to domestic airport and board helicopter flight to Lukla. Once Helicopter refueling at Lukla, fly high for Khumbu valley sightseeing combined with majestic views of five of the world's highest mountains, Everest, Lhotse, Makalu, Cho-Oyu as well as Gyajung Khang (the highest under 8000m) and Ama Dablam. Afterwards, you will land at Kongde lodge, which is unique as it is one of the highest hotels in the world at 4250m. You will be again rewarded with majestic views Everest, Lhotse, Makalu, Cho-Oyo, Gyajung Khang and Ama Dablam Champagne breakfast will be served while having you enjoying breathtaking views of snow-capped mighty Himalayas. Afterwards, return to Kathmandu by Helicopter via Lukla. Afterwards, visit Thamel, which is known by its narrow alleys crowded with various shops and vendors. Commonly sold goods include food, fresh vegetables/fruits, pastries, trekking gear, walking gear, music, handicrafts, souvenirs, woolen items and clothes. Small grocery stores,

budget hotels, restaurants, pubs and clubs also line the streets. Rest of the day at leisure Evening: Enjoy the diverse flavors of Nepal with a 6-course fine-dining experience at authentic Nepali restaurant Krishnarpan at Dwarika's. Overnight at Dwarika's Hotel

Day 2: Kathmandu sightseeing

Morning: Participate in group yoga session at the hotel After breakfast set for a full day sightseeing of Kathmandu Durbar Square also called the 'City of Glory'. Visit includes, Durbar Square, Kasthamandap - said to be constructed from a single piece wood. KumariGhar - Home to the World's only living Goddess. A short visit to Bhairab - the God of destruction, Taleju Temple - built in 1549 AD and Hanuman Dhoka Palace. Thereafter visit SwoyambunathStupa, said to be one of the oldest Buddhist Stupas in the World, which is majestically set high on a Hill overlooking Kathmandu Valley. OR (optional) Early morning wake up and get ready for the exclusive Mt. Everest (Khumbu valley) sightseeing flight. Transfer to domestic airport and board helicopter flight to Lukla. Once Helicopter refueling at Lukla, fly high for Khumbu valley sightseeing combined with majestic views of five of the world's highest mountains, Everest, Lhotse, Makalu, Cho-Oyu as well as Gyajung Khang (the highest under 8000m) and Ama Dablam. Afterwards, you will land at Kongde lodge, which is unique as it is one of the highest hotels in the world at 4250m. You will be again rewarded with majestic views Everest, Lhotse, Makalu, Cho-Oyo, Gyajung Khang and Ama Dablam Champagne breakfast will be served while having you enjoying breathtaking views of snow-capped mighty Himalayas. Afterwards, return to Kathmandu by Helicopter via Lukla. Afterwards, visit Thamel, which is known by its narrow alleys crowded with various shops and vendors. Commonly sold goods include food, fresh vegetables/fruits, pastries, trekking gear, walking gear, music, handicrafts, souvenirs, woolen items and clothes. Small grocery stores, budget hotels, restaurants, pubs and clubs also line the streets. Rest of the day at leisure Evening: Enjoy the diverse flavors of Nepal with a 6-course fine-dining experience at authentic Nepali restaurant Krishnarpan at Dwarika's. Overnight at Dwarika's Hotel

Day 3: Kathmandu –Dhulikhel (Dwarika's Resort)

After breakfast drive to Bhaktapur Durbar Square, among the three Durbar squares in Kathmandu valley, the Bhaktapur Durbar Square is by far the most elegant with its large open space facing south. Bhaktapur, also called the "City of Devotees" where you will meander down narrow lanes past centuries old homes and temples. The tour will begin with a visit to Durbar Square, The Golden Gate, Places of 55 Windows, Lion's Gate. The Nyatpola Temple - the tallest of its kind in Nepal, Bhairab Temple, the Pottery Centre and Dattratraya Temple. Thereafter, continue drive to Dhulikhel and check-in at Dwarika's Resort (total - 1hr15mins driving). 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, ChobaBhamre, 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 4: Dhulikhel (Dwarika’s Resort)
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 5: Dhulikhel (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 6: Departure
Free till departure transfer to international airport for onward flight.