



BHUTAN & BEYOND

## Nepal Wellness Experience- 9 days/8 nights

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### Private Tour Introduction:

Wellness also goes hand in hand with Nepal and this private tour includes the remote Begnas Lake Resort that is the focus of the wellness component of this tour.

This is a private tour, with daily departures, year round. Please note we do feature this tour as a set group departure if you prefer to travel with other like minded travellers.

### Brief Itinerary Overview.

2 nts Kathmandu – exploring, hiking & sightseeing.

5 nts Begnas Lake Resort – wellness, yoga, massages, sightseeing, hiking & exploring.

1 nt Bhaktapur – exploring & sightseeing.

### Why Book With Bhutan & Beyond?

- 20 years' experience, service & knowledge in the South Asia region.
- We personally visit these regions annually. (COVID-19 exempt)
- Competitive pricing and luxury hotel upgrade options.
- Exceptionally well-constructed & flexible itineraries.
- Experts at combining [India](#), [Bhutan](#) & Nepal.
- ATAS Accredited via our parent company MTA Travel.
- Provision of our SHERPA app weblink for your COVID-19 requirements.
- Access to our exclusive travel app COMPANION.

### Private Land Tour Inclusions:

- 2 nts in Kathmandu incl breakfasts.
- 5 nts at Begnas Lake Resort. (full board).
- One escorted day excursion to Pokhara city and the Phewa lake-side, from Begnas Lake.
- Individual hikes and ethnic village visits in the surrounding hills during stay at Begnas Lake Resort.
- 1 nt Bhaktapur incl breakfast.
- Return airport transfers in Kathmandu & Pokhara
- Sightseeing tours as per the itinerary with English speaking guide.
- Private air-conditioned vehicle for all touring.
- Domestic airfares & taxes – Kathmandu/Pokhara/Kathmandu

### Wellness Inclusions at Begnas Lake Resort:

- Enjoy freshly cooked to order meals from our special a' la carte Ayurveda Vegetarian menu, for the entire stay with seasonal fruits/juices and specially prepared Ayurvedic drinks.
- Ayurveda massages such as Whole Body, Rejuvenation Massage, etc; by trained therapist as per Ayurveda doctor's prescription.
- Daily Yoga exercises conducted by our Yogacharyas.



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### Private Land Tour Exclusions:

- Nepal visa – which can be arranged on arrival at Kathmandu airport for US\$30.00 per person (valid for 15 days)
- Travel Insurance (with essential COVID-19 cover).
- Entrance fees at museums & sights, payable directly on the day.
- Lunches & dinners (except as detailed above at Begnas Lake)
- Expenses of personal nature such as beverages, tips, laundry, telephone bills etc.

### Payment & Cancellation Conditions:

- 20% deposit payment due, on confirmation of your Nepal travel booking.
- Deposit date until 45 days prior arrival in Nepal – Land tour deposit is refundable less [B&B service fees](#).
- 45 days prior to arrival in Nepal – your final payment is due & immediately becomes non-refundable.

*Please note:* – These conditions cover land travel arrangements only not airfares which are subject to their own cancellation conditions.

CALL THE BHUTAN & BEYOND TRAVEL EXPERTS TODAY ON AUS [Toll free](#), James – [0412 416 111](#), Nicola – 0413 598 669

### NEPAL WELLNESS EXPERIENCE ITINERARY – 09 DAYS/08 NIGHTS

#### Day 1:

##### Arrival in Kathmandu

Meet and greet at the airport with traditional 'Khada' (silk scarf blessed by a Buddhist monk) welcome. Transfer to your hotel.

Remainder of the day at leisure.

##### Overnight at Kathmandu Hotel

#### Day 2:

##### Tour of Kathmandu, Bodhnath & Pashupatinath (B)

After breakfast this morning visit old Kathmandu with its quaint market place selling beads, bangles and spices. Also visit the Temple of the Living Goddess – "Kumari" who is considered to be the incarnation of the "Virgin Goddess". The temples, shrines and different sections of the palace are contributions of various dynasties over centuries and epitomize the religious and cultural heritage of the people. The old Durbar Square consists of the old Hanuman Dhoka palace, the Kal Bhairav temple, Taleju Bhawani temple and innumerable temples of various architectural styles. All around the splendor of historical monuments is the hustle & bustle of the market place. Walk through the stone paved lanes to the Ason bazaar where you can see the vendors selling vegetables and old shops selling spices and grocery.



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### Day 2 - continued

This afternoon, go on a spiritual journey to explore Bodhnath Stupa, this area is also known as Little Tibet because of Tibetan pilgrims who inhabit here. It is the biggest stupa in Nepal and is located on a flat land in the shape of an Octagon. This Stupa, set in a pattern of a “Mandala” is encircled by houses and monasteries where Rinpoches (Buddhist monks) reside. Around the base of this strikingly enormous and simple stupa is a ring of 108 images of the Buddha and 147 insets containing prayer wheels. Witness afternoon prayer rituals in one of the nearby monasteries.

Proceed to Pashupatinath, the holiest of Hindu shrines in Nepal. The temple of Lord Shiva, Pashupatinath, with a tiered golden roof and massive silver doors is famous for its superb architecture. The best view of the temple is from the terrace on the wooded hill across the river. The Bagmati River is lined with dharmasalas where the “Sadhus” (holy men) live and cremation ghats. In the evening, participate in the Arati (multiple lamps) ceremony on the banks of the holy Bagmati river.

### Overnight at Kathmandu Hotel

### Day 3:

#### **Fly Kathmandu/Pokhara. Transfer to Begnas Lake Resort. (B, L, D)**

This morning after breakfast, depart your Kathmandu hotel in time to check-in for your flight check-in for your short flight to Pokhara 25 mins.

On arrival at Pokhara airport your will be greeting and transferred by road to Begnas Bazaar where you will join a boat transfer to the beautiful Begnas Lake Resort. (35 mins ride).

Remainder of the day to enjoy the facilities on offer at Begnas Lake Resort (as per details below).

### Overnight at Begnas Lake Resort.

### Day 4 to Day 7:

#### **Wellness, Hiking & Exploring. (B, L, D)**

After breakfast, visit the Himalayan Nature Spa for consultation with the Ayurveda doctors. After assessing the status of your “Doshas”, they will help structure a wellness regime of various Ayurvedic treatment therapies which also include your special dietary requirements and a schedule of Yogic exercises and meditation to bring about a holistic change for a more healthy and rejuvenated YOU.

During this period you will be assigned with a professional personal therapist who will administer all the prescribed Ayurvedic massages and treatments which would be supervised by the Ayurveda physicians.



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Yoga and Meditation classes are conducted daily 06:00hrs-08:00hrs and 16:00hrs-18:00hrs by our Yogacharyas. Morning sessions are mostly dedicated to simple stretching and breathing exercises such as Pranayam and Kapalbhaati and different techniques of Mediation to help you increase self-awareness and concentration power. Evening Yoga classes are more technical following the Ayengar school of Yoga.

Generally, there are no dietary restrictions except that you may be advised to stay off certain types of vegetables or fruits that do not suit your body type. All three meals – Breakfast, Lunch and Dinner will be Ayurvedic vegetarian food specially cooked to order from our extensive vegetarian menu by our Ayurveda Chef. Free cooking classes are conducted regularly by our Ayurveda Chef to explain the basic concepts of Ayurveda cooking and the importance of fresh organic inputs from our own vegetable garden.

Since most of your wellness sessions will be in the morning, in the afternoon explore or hike the surrounding hills with its ethnic hill tribe villages, organic farms and the village school supported by the Resort. We can especially recommend the Begnaskote hike (approx 3 hours) and rated moderate so a reasonable degree of fitness is required. On one of the days our resort guide will be happy to take you on a tour of Pokhara city and show you its main touristic attractions.

### **Overnight at Begnas Lake Resort.**

#### **Day 8:**

#### **Fly Pokhara/Kathmandu & Bhaktapur Sightseeing and Exploring. (B)**

After breakfast, drive back to Pokhara airport and check-in for your flight to Kathmandu (25-minute flight). On arrival in Kathmandu, you will be greeted and transferred by road to Bhaktapur (45 min drive).

This afternoon, tour of ancient city of Bhaktapur famed for its picturesque Durbar Square. Entering the Durbar Square (palace square) through the Royal Gate, the sparseness of the temples is immediately apparent. The main square contains temples and other architectural show pieces such as; the Lion Gate, the statue of King Bhupatindra Malla, the Palace of 55 windows, the Bell of the barking dogs, the Batsala temple, the Nyatapola temple and the replica of Pashupatinath temple. Walk through the narrow lanes visiting the various temple squares as well as the potters square where you may see potters busy making different types of clay pots with their hands.

### **Overnight at Bhaktapur Hotel.**

#### **Day 9:**

#### **Day of departure. (B)**

Transfer to Kathmandu airport in time to check-in for your onward flight.

**Goodbye & Namaste'**



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### Hotel Options:

Location:	Standard Category Hotels:	Deluxe Category Hotels:
Kathmandu	4* Hotel Tibet International/Hyatt Place	5 * Hyatt Regency (guest room)
Begnas Lake (Pokhara)	Begnas Lake Resort (superior room)	Begnas Lake Resort (premier room)
Bhaktapur	Hotel Heritage or similar (standard room)	Hotel Heritage or similar (standard room)



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