

Yoga, Trek, Sightseeing, Jungle Activities in Chitwan National Park and Ayurveda Retreat in the Majestic Himalayas of Nepal

Option 1 (13 days)

Sunday 21st September – Friday 3rd October 2025

\$7124.00

- Early bird special is **\$6124.00** until the end of April 2025
- Includes yoga, trek, sightseeing and jungle activities in Chitwan National Park

Option 2 (18 days)

Sunday 21st September – Wednesday 8th October 2025

\$9738.00

- Early bird special **\$8738.00** until the end of April 2025
- Includes yoga, trek, sightseeing and jungle activities in Chitwan National Park plus Ayurvedic Health Retreat

Accommodation

- Accommodation is twin shared room in hotels; however, shared accommodation in guest houses during trek
- Single Supplement: Additional \$800 (available for selected locations)

Embark on a transformative journey to Nepal, guided by two distinguished wellness experts: Dr. Pradeep Neupane and Monica Braithwaite. This unique retreat seamlessly blends the ancient wisdom of Ayurveda with the holistic practices of yoga, meditation, and Reiki, offering participants an unparalleled opportunity for personal growth and healing.

Bookings can be made through either Dr Pradeep Neupane or Monica Braithwaite on the websites and mobile numbers provided below.



<https://www.vibrantayurveda.com.au>

0452 506 389

Dr. Pradeep Neupane

Dr. Pradeep Neupane is one of the most experienced and respected Ayurvedic doctors in Australia. He successfully operates Ayurvedic centres in Brisbane and the Gold Coast, 'Vibrant Ayurveda' offering exceptional holistic care. Beyond his clinical practice, Dr. Neupane conducts various workshops and retreats, sharing his extensive knowledge of Ayurveda and wellness.

One of his most cherished endeavours is organising Yoga and Ayurveda retreats in his homeland, the Himalayan country of Nepal. Growing up amidst the serene energy of the Himalayas and the rich cultural heritage of Nepal, Dr. Neupane has a deep connection to the region's traditions. To preserve authenticity, he collaborates directly with trusted local organisers, many of whom are family friends, ensuring a personalised and genuine experience.

Dr. Neupane's retreats combine the ancient wisdom of Ayurveda, the rejuvenating power of detoxification, and the tranquility of the Himalayan landscape to offer a transformative journey toward holistic health and well-being.

Before travelling, you will receive a complimentary consultation with Dr Neupane that will be used to create your personalised treatment plan at the Ayurveda Health Home in Nepal.



<https://wellwithinreach.com.au>

0449 223 097

Monica Braithwaite

Monica Braithwaite is a distinguished educator and holistic health practitioner with nearly three decades of teaching experience. She holds a Bachelor of Education in both Classroom and Outdoor Education, providing her with a strong foundation in pedagogy.

Her foundational studies in nursing offer a deep understanding of human anatomy and physiology, essential for addressing both physical and emotional health. Monica has furthered her expertise with a Master's in Biomedical Yoga Therapy and Allied Health, specialising in neuroscience and biomedicine.

As a Senior Level 3 Yoga Teacher, 9D Breathwork Facilitator and certified Usui Reiki Level 11 Practitioner, Monica integrates her extensive knowledge into personalised therapy sessions and yoga classes.

Monica is also trained in sound healing medicine, utilising various instruments to elevate energy and restore harmony. She is the founder and owner of 'Well Within Reach', a yoga, reiki, and meditation studio located in Ferny Hills, Brisbane, Australia.

Monica will be providing daily yoga and meditation sessions, where possible, throughout the 18 days.

Arrival and Kathmandu Exploration (Days 1-2)

1

Sunday 21st September 2025

Day 1: Arrival in Kathmandu

On September 21st, we will meet our tour representative at the Tribhuvan International Airport in Kathmandu and then transfer to the Ambassador Hotel for our first overnight stay.

(No meals included on day 1)

2

Monday 22nd September 2025

Day 2: Sightseeing in Kathmandu

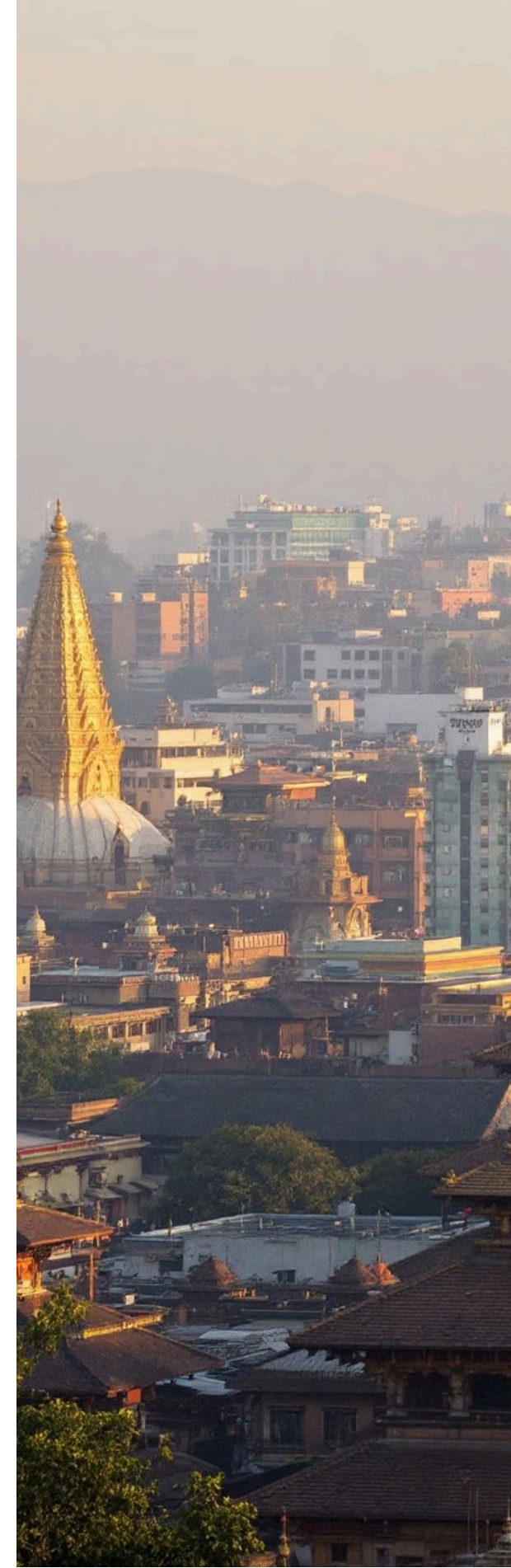
On September 22nd, we will explore different religious and historical places in Kathmandu Valley, including Pashupatinath Temple and Swayambhu Stupa, both UNESCO World Heritage Sites. The evening will consist of a welcome dinner (drinks not included) in one of the most authentic restaurants in Kathmandu, followed by a cultural performance.

Accommodation: [Hotel Ambassador by ACE Hotel](#)

(2 evenings- Sunday 21st and Monday 22nd Sept)

Included meals: Breakfast, Welcome Dinner (Day 2)

Meals not included: Lunch as sightseeing day





Trek Begins: Pokhara to Ulleri (Day 3)

1

Tuesday 23rd September

Day 3: Morning Flight to Pokhara

We will depart in the morning for a domestic flight to Pokhara, a brief 25-minute journey. Upon arrival, we'll securely store our luggage at Hotel Barahi Pokhara, allowing us to explore the city unencumbered.

2

Afternoon: Drive to Hile and Trek to Ulleri

We will embark on a 2.5-hour jeep journey to Hile, where we'll enjoy lunch before commencing our trek. The trail ascends approximately 1,000 meters, leading us past numerous rivulets and natural springs. Midway, we'll reach the traditional Magar village of Ulleri, situated at an elevation of around 2,080 meters.

Trek details: (2080m), 2-3 hours, 3km

Overnight stay: Purnima Guest House Ulleri, Kaski (Tuesday evening)

Included meals: Packed breakfast, lunch and dinner

Trekking to Ghorepani and Poon Hill (Days 4–5)

Wednesday 24th September 2025

Day 4: Trek to Ghorepani

Embarking from Ulleri, a one-hour hike brings us to Banthanti, a small settlement situated at approximately 2,250 meters. Continuing through lush rhododendron forests, we reach Nangethanti at around 2,460 meters. After a few more hours of trekking, we arrive at Ghorepani, a picturesque village located at an elevation of approximately 2,850 meters.

From Ghorepani, we are rewarded with breathtaking views of Dhaulagiri, the world's seventh-highest mountain at 8,167 meters, as well as the village of Tukuche and the surrounding Himalayan ranges.

- Day 4: Ghorepani (2,874m/9,429ft), 9km

Overnight stay: The Sunny Hotel Ghorepani (Wednesday evening)

Included meals: Breakfast, Lunch, and Dinner

Thursday 25th September 2025

Day 5: Poon Hill Sunrise and Trek to Tadapani

We will begin our day with an early morning ascent to Poon Hill (3,210 meters), covering approximately 2.9 kilometres, to witness a breathtaking sunrise over the Himalayas.

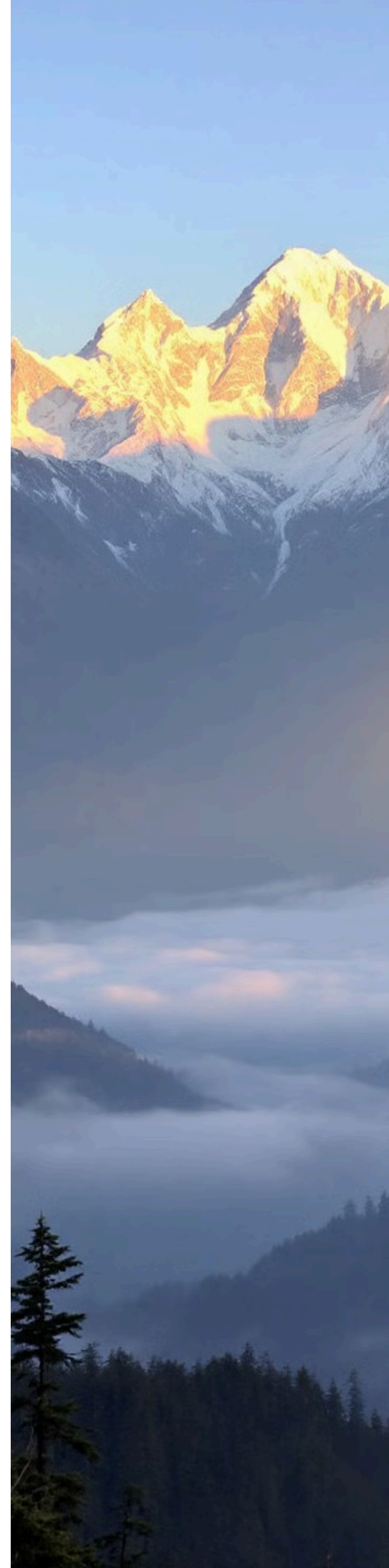
After breakfast, we'll head east, climbing a nearby ridge before descending through lush rhododendron forests and passing spectacular waterfalls to reach Tadapani. Along the way, we'll explore picturesque villages, terraced farmlands, and alpine landscapes, immersing ourselves in the region's natural beauty and cultural richness.

Trek details:

- Day 5: Tadapani (2,700m/8,860ft), 10km

Overnight stay: Hotel Panorama Point Tadapani, Ghandruk

(Thursday evening)



Trekking to Ghandruk and Return to Pokhara (Days 6–7)

1

Friday 26th September 2025

Day 6: Trek to Ghandruk

After breakfast, we start our trek to Ghandruk, making a steep descent through dense and dark forests of old rhododendron trees. By afternoon, we enter the village of Ghandruk, a slope settlement with stone houses mostly inhabited by the Gurung people.

Overnight stay: Breeze Guest House and Restaurant, Ghandruk (Friday evening)

Trek details:

- Day 6: Ghandruk (1940m/6369ft) 6.5km
- Breeze Guest House and Restaurant, Ghandruk (Friday evening)

2

Saturday 27th September 2025

Day 7: Trek to Seuli Bazar and Drive to Pokhara

We will trek from Ghandruk to Seuli Bazaar, passing the Modi River. We will take a bus from Seuli Bazar. At Birethanti, we will have lunch and continue to Pokhara.

Trek details:

- Day 7: Seuli Bazar to Pokhara (2-hour drive)
- Accommodation: 3 nights [Hotel Barahi, Pokhara](#)

(Saturday, Sunday and Monday night)

Included meals:

- Day 6- Breakfast, Lunch, and Dinner
- Day 7: Breakfast and lunch

Meals not included:

- Day 7 dinner is at own expense in Pokhara village



Pokhara and Chitwan National Park (Days 8–11)

Sunday 28th September – Monday 29th September 2025

Days 8–9: Pokhara Sightseeing

Enjoy Pokhara by visiting Davis Falls, Gupteswor Cave, Fewa Lake, and White Gumbha.

Accommodation:

- Pokhara: [Hotel Barahi](#) (3 evenings, Saturday 27th, Sunday 28th and Monday 29th evenings)

Tuesday 30th September 2025

Day 10: Drive to Chitwan National Park

After a scenic 150 km drive to Nepal's southern plains, we'll check in at our resort and enjoy lunch. In the afternoon, we'll engage in wildlife activities, such as jeep safaris and guided jungle walks, offering opportunities to observe species like the one-horned rhinoceros and Bengal tiger. Later, our nature guide will brief us on the program for the following day, ensuring a well-informed and enriching experience.

Wednesday 1st October 2025

Day 11: Jungle Activities

Experience an exhilarating day in Chitwan National Park, including a jungle safari to observe diverse wildlife. Engage in an elephant bath, where you can participate in bathing these gentle giants. Enjoy a serene canoe ride along the Rapti River, offering close encounters with aquatic birds and crocodiles. Embark on a guided jungle walk to explore the park's rich flora and fauna. Conclude the day with a cultural program featuring traditional Tharu dance performances, providing insight into the local heritage.

- Accommodation Chitwan: [Park Safari Resort](#)

(2 nights, Tuesday 30th Sept and Wed 1st Oct evenings)

Included meals:

Day 8 and Day 9 Breakfast only (Pokhara)

Day 10 Breakfast, lunch and dinner

Day 11 -Breakfast, Lunch, and Dinner (Chitwan)

Meals Not included: Day 8 and Day 9 lunch and dinner



Kathmandu and Ayurveda Health Home Retreat

Option 1

Thursday 2nd October Day 12: Return to Kathmandu

- Drive back to Kathmandu
- Accommodation in Hotel Ambassador by ACE Hotels

(Thursday evening)

Friday 3rd October

Day 13: Departure from Kathmandu Airport

- Private vehicle for airport drop off included.

Included meals:

- Day 12 Breakfast
- Day 12 Dinner at Hotel
- Day 13 Breakfast

Meals not included: Day 12 Lunch

Option 2

Thursday 2nd October Day 12: Return to Kathmandu

- Drive back to Kathmandu
- Accommodation in Hotel Ambassador by ACE Hotels

(Thursday evening)

Friday 3rd October – Wednesday 8th October

Day 13–18: Ayurveda Health Home (6 days)

- Complimentary consultation with Dr Neupane prior to leaving. Customised detox treatments at Ayurvedic Health Home in Nepal.
- 2 daily treatments (example massage and steam sauna)
- Daily yoga and meditation sessions with Monica Braithwaite
- Freshly prepared Ayurvedic meals

Accommodation:

- [Health Home](#) (for retreat participants)

Wednesday 8th October

Day 18: Departure from Kathmandu Airport

- Private vehicle for drop off included.

Included Meals

- Day 12 Breakfast
- Day 13 - Day 17 Breakfast, lunch and dinner (Home Health Retreat)
- Day 18 Breakfast

Meals not included: Day 12 Lunch



Trip Details and Recommendations

Trip Includes

- Airport pickups and drops by private vehicle
- Hotel accommodation with majority of meals (some meals not included)
- Trekking with breakfast, lunch & dinner
- Porter service (10 Kg per trekker, one porter for two trekkers) (does not include the \$10 tip to be paid by trekker each day).
- All ground transportation on a comfortable private vehicle
- Entrance fees for sightseeing/monument visits
- All necessary paperwork and permits
- All government and local taxes
- Consultation with Dr Pradeep Neupane prior to retreat
- Daily yoga, where possible, with Monica Braithwaite
- Extra night accommodation for early return

Trip Excludes

- Nepalese visa fee
- Excess baggage charges while trekking
- Lunch on days 1, 2, 8, 9 and 12
- Dinner on days 7, 8 and 9
- Travel and rescue insurance
- Personal expenses
- Tips for guides and drivers (\$10 tip per day of trek required for porters, sightseeing guides \$20-\$30 and drivers \$20-30)
- Wi-Fi costs

Weather and Seasons

Spring and Autumn are the best seasons for trekking in Nepal. Be prepared for sudden rain, thunder, and snowstorms. Minimum temperature at night can be 4-5 degrees Celsius.

Recommended Vaccinations for Nepal

It's advisable to consult with a travel health clinic or your GP at least 6–8 weeks before departure. This allows time to complete any vaccination series and ensures maximum immunity.

Routine Vaccinations

Ensure you're up to date with standard immunisations, including:

- Measles, Mumps, and Rubella (MMR)
- Diphtheria, Tetanus, and Pertussis (DTP)
- Polio
- Influenza
- COVID-19

Travel-Specific Vaccinations

- **Hepatitis A:** Recommended for all travellers due to potential exposure through contaminated food or water.
- **Typhoid:** Advised for those visiting smaller cities, rural areas, or engaging in adventurous eating.
- **Hepatitis B:** Consider if you might have sexual contact with locals, require medical treatment, or get tattoos/piercings.
- **Japanese Encephalitis:** Recommended if you'll spend extended time in rural areas, especially during the monsoon season.
- **Rabies:** Advised for travellers who may come into contact with animals, such as during trekking or visiting rural areas.

Regional Health Considerations

- **Malaria:** Risk exists in the Terai region, including Chitwan National Park. Antimalarial medication may be recommended.
- **Cholera:** Vaccination may be considered for those visiting areas with active transmission or during outbreaks.
- **Altitude Sickness:** Be aware of symptoms like headaches, nausea, and dizziness. Consider medications like acetazolamide if recommended by a doctor.

Preventive Measures

- Use insect repellent, wear long sleeves and pants, and sleep under mosquito nets in jungle areas like Chitwan.
- Avoid contact with wild animals to reduce the risk of rabies.
- Drink only bottled or purified water and avoid consuming raw or undercooked food.

Packing List for 18-Day Nepal Retreat

Embarking on an 18-day retreat in Nepal requires careful packing to ensure comfort and preparedness across diverse climates and activities. Below is a comprehensive clothing and trekking bag packing list tailored for such an adventure:

Clothing Essentials

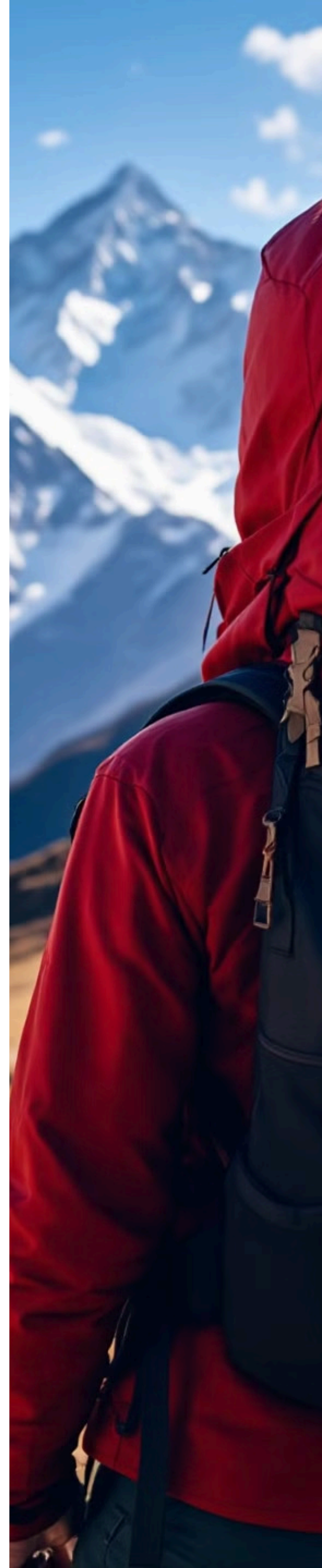
- **Base Layers:**
 - Moisture-wicking t-shirts (2-3)
 - Long-sleeve thermal tops (1-2)
 - Thermal leggings (1-2)
- **Mid Layers:**
 - Fleece jacket or pullover
 - Insulated down or synthetic jacket
 - Raincoat
- **Accessories:**
 - Yoga Mat
 - Sunglasses with UV protection
 - Headlamp with extra batteries
 - Dry bags or stuff sacks for organisation
 - Lightweight towel
 - Personal hygiene items
 - First aid kit
 - Personal medications
 - Sunscreen and lip balm with SPF
 - Insect repellent
 - Camera or smartphone for photos
 - Portable Universal power bank
 - Travel documents (passport, permits, insurance)

Trekking Gear

- **Backpack:**
 - 50-60 litre backpack with rain cover
- **Sleeping:**
 - Sleeping bag rated to -15°C (5°F) (optional)
 - Sleeping bag liner (optional)
- **Hydration:**
 - Water bottles or hydration bladder (2-3 litres total capacity)
 - Water purification method (e.g., SteriPEN, purification tablets)
- **Trekking Poles:**
 - Trekking poles can be purchased before trek for around \$12

Optional Items

- Gaiters
- Earplugs and eye mask
- Reading material or journal and pen
- Snacks (e.g., energy bars, trail mix)



Retreat Gallery

