



NYF – 10 Nights / 11 Days

river raft adventure & yoga w / Dasa Das

Be Like Water – Flow, Learn, Adapt, Be brave, Stay in Peace

Travel Date: 14th October – 24th October 2024

Overview of the Itinerary:

Kathmandu

October 14th
Day 1

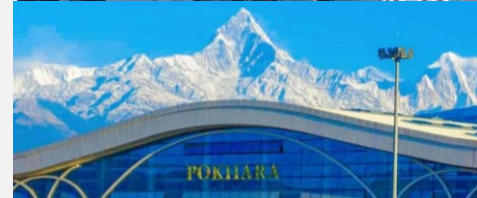
Arrival at Kathmandu International Airport.
An agent will welcome and transfer to the Hotel
Welcome cultural dinner is planned to enjoy Nepalese traditional dance, music and authentic Nepalese dinner at an ancient architectural building of 150 yrs of history.



Swayambu Fly to Pokhara

October 15th
Day 2

Early morning drive to a Hilltop Swayambunath stupa, 2000 yrs old. According to legend, a lake filled the Kathmandu valley until the Bodhisattva Manjushri drained it with a slash of his sword, thus remaining a single lotus flower bloomed on a hilltop transforming into now Swayambu Nath (means- self existent one). You will have a chance to visit a monastery & meet Venerable Monk for blessings. Lunch on your own and then pack & ready to fly to Pokhara rest or explore Pokhara Lakeside for yummy dinner or shopping if time permits.



Yoga, Music & Wellness Festival October 16th Day 3

Ready for Nepal Yoga Festival **Day 1**
Morning breakfast at the hotel and take a free shuttle ride to PURNA CENTER our venue. Welcome bag at Check in & ready for Welcome Open Ceremony, classes, meet soulful attendees & evening concerts. Enjoy Herbal tea all day and Healthy lunch/ dinner served



Yoga, Music & Wellness Festival October 17th Day 4

Ready for Nepal Yoga Festival **Day 2**
Morning breakfast at the hotel and take a free shuttle ride to PURNA CENTER our venue. Enjoy your classes, meet soulful attendees & evening concerts Relax enjoy Herbal tea all day and Healthy lunch / dinner served



Kali Gandaki Rafting

Lower Kali Gandaki Rafting

October 18th
Day 5

Morning Early Breakfast at Hotel, 7 am Departure to

START POINT:

Ramdi / 5 hours' drive from Pokhara



Kali Gandaki Rafting

Morning yoga class

7-8 - Breakfast

9-12 - Rafting

12-2 - Lunch

2-4:30 - Rafting

6-7 - Dinner

Camp fire, Meditation & go to Bed.

October 19th
Day 6



Kali Gandaki Rafting

Morning yoga class

7-8 - Breakfast

9-12 - Rafting

12-2 - Lunch

2-4:30 - Rafting

6-7 - Dinner

Camp fire, Meditation & go to Bed.

October 20th
Day 7



Kali Gandaki Rafting

Morning yoga class

7-8 - Breakfast

9-12 - Rafting

12-2 - Lunch

2-4:30 - Rafting

6-7 - Dinner

Camp fire, Meditation & go to Bed.

October 21st
Day 8



Kali Gandaki Rafting

Morning yoga class

7-8 - Breakfast

9-12 - Rafting

12-2 - Lunch

2-4:30 - Rafting

Ending Point Devghat / 5hr drive back to Pokhara.

Overnight at Pokhara.

October 22nd
Day 9



Fly to Ktm

Breakfast at Purna, Pokhara Tour and Catch Fly back to Kathmandu. Overnight at Kathmandu Hotel.

October 23rd
Day 10



Departure

Adventure Tour concludes today with your departure from Kathmandu.

If time permit makes a last-minute gift shopping around depending on your flight schedule.

October 24th
Day 11



SUBHA YATRA – Have a safe flight back home

NOTES: DURING THE FESTIVAL TIME IF YOUR PREFERRED CLASSES ARE NOT AVAILABLE OR FULL FOR THAT DAY, YOU ARE WELCOME TO EXPLORE THE TOWN OR BOOK AN EXCITING TOURS POKHARA HAS TO OFFER .WE WILL HAVE TOUR AGENTS THERE TO HELP YOU BOOK FOR A FEE OR TRY SOME FREE HANDS-ON WORKSHOP AVAILABLE TO YOU FOR A DONATION TO SUPPORT THE NEPALESE ARTIST OR YOU CAN JUST ENJOY THE VENUE W/ TRICKLING WATER SOUNDS &

Package Cost

Twin Sharing Base: USD 1850

Cost Includes

- Accommodation on twin sharing basis in Pokhara & Kathmandu.
- Sightseeing in Swyambhunath, including Transport and Entrance fee.
- All Meals & programs during the Festival.
- 2 night in Kathmandu Hotel
- 4 Nights Partner hotels in Pokhara till festival with twin sharing basis.
- 4Nights river side beach camping with all the Meals.
- All the Pickup and Drop and sight seen tour Transports
- Flight ticket cost from Kathmandu - Pokhara - Kathmandu
- Airport pick and drop facilities in Pokhara and Kathmandu
- 4Night / 5 Days Kali Gandaki River Rafting Adventure with Yoga and all the meals.
- Professional English-speaking licensed guides highly trained and safety certified to international standards in Whitewater River Guiding, Swift Water Rescue and Wilderness First Aid
- Professional safety kayakers
- Gear raft support
- International name brand ISO/CE certified rafting equipment including helmets, PFDs, paddles, splash jackets and wetsuits
- Dry bags and pelican boxes to keep your personal items dry and safe on the river
- Variety of fresh, hygienically prepared meals while on the river, including tea, coffee, hot chocolate and treated drinking water
- Camping logistics and equipment including shelters, tents, simple mattresses and sleeping bags
- Round trip transportation
- River permits
- Industry standard first aid kits
- All the Government Tax

Cost Excludes

- Main meals during the Kathmandu Stay.
- Beverages (Hard/Soft drinks + Mineral Water Bottles)
- Vaccination & Nepal entry visa fee

- International airfare and airport tax
- Footwear
- Items of a personal nature including swimwear, towel and toiletries
- Insurance - we provide insurance for our crew – but participants must be properly insured through an emergency medical travel plan.
- Tips for guides - if you feel that our crew did a great job, you are invited but not obligated to offer a personal tip.
- Personal travel equipment and medical supplies
- Expenses of personal nature such as bar bills, laundry, communication charges, donation etc.
- Any cost arises due to flight cancellation, landslide, road blockage, political disturbance etc.
- Any other services and expenses that are not specifically mentioned in the program
- Expenses due to flight delay, sickness or any other contingency

What to Bring for Rafting

- Shorts / ½ pants
- T-shirt
- Sport sandals or comfortable shoes that can get wet and will stay on your feet
- Polypropylene / quick dry long shirts
- Swimwear
- Track pants / comfortable long pants
- Warm fleece
- Jacket (waterproof shell)
- Travel towel
- Socks
- Shoes (not essential – do not bring big trekking boots)
- Pyjamas (something comfortable to sleep in)
- Warm hat (in cold months)
- Travel towel
- Personal toiletries
- Sunscreen / sunscreen lip protection
- Mosquito repellent
- Water bottle
- Head lamp / flash light
- Personal first aid kit
- Sleeping bag (if you do not have one – we will provide a complimentary rental)
- A little cash for treats, tips and the occasional chance for photographs