

## NEPAL



Everest base camp

Kala Pattar summit

Kathmandu

Patan Durbar Square

Namche Bazzar

Himalayas helicopter ride

Shiva smoking ritual

Hindu temples

Buddhist monasteries

Breathing yoga class



## THE TRIP OF FOR YOUR LIFE!

### Mt. Everest & Phi Phi islands

A mind blowing, z3ndo inclusive trip!!

Wake up in mystic Kathmandu, get drop off by helicopter in the Himalayas, hike to mt. Everest base camp, then fly into Bangkok, time to relax and soak in the turquoise warm waters of Thailand...

daily "z3ndo sunset meetings" included !

Say what!!?



## THAILAND



Ko Phi Phi Islands

"The Beach"

Snorkel

Monkey Island

Railay Beach

Water front Rock Climbing

Ocean front Bungalow

Sea kayaking

Bangkok

Meditation class

