



Yoga & Adventure

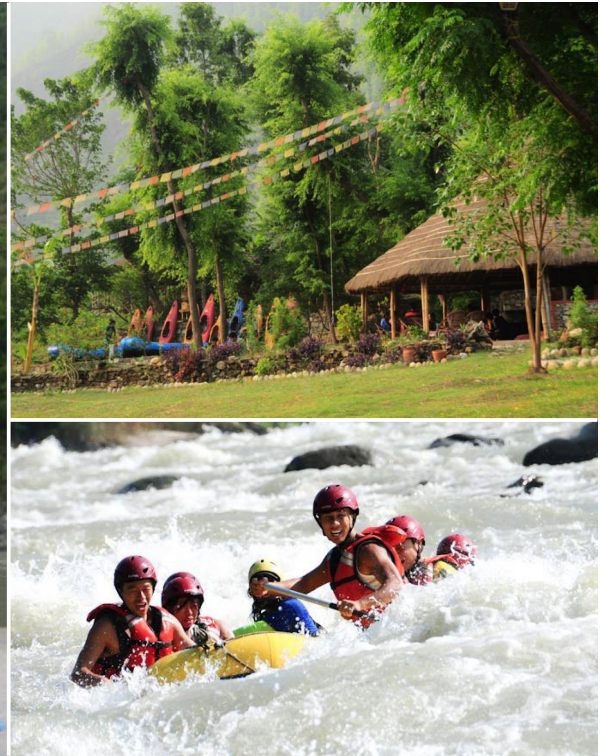
The Essence of Himalaya

If you want to capture the essence of the Himalayas; Culture, Nature and Adventure; this is the journey for you.

Practice the spirituality that is so tangible in everyday life, feel the air of great times past, experience the thrills of nature and the must-do whilst in the foothills of the world's highest peaks - go trekking.

Join us on this 13 days trip of spiritual yoga with our own guru and thrilling adventures at *Royal Beach Camp*, experience the historical air of *the ancient city of Bhaktapur*, see the important sites of *Kathmandu* and trek through *the beautiful landscape and local villages* of the Annapurna region.

Top this wonderful adventure with a stunning sunrise over the Himalayan peaks from the height of 3210 meters!



Day 1 | You are picked up at the airport and arrive at RBC. Get settled in your bamboo hut and meet up with our yoga guru. Today we will have a relaxing evening session and take the evening to rest after your long journey. Dinner is served in our café and you can have a hot drink with the other guests in the bar. Take an early evening and fall asleep to the sounds of the river softly flowing by outside your hut.

Day 2 | We start the day with cup of tea and meet our yoga guru for the morning session. After breakfast you get to try kayaking. We begin with the basics, depending on the level of your kayaking experience. We cover how to get in and out of the boat, basic paddling and rescue techniques. We train ferry glide (crossing the river) and getting in and out of eddies. You can also try the Eskimo-roll. In the late afternoon we do a 1,5 hour yoga session on the beach.

Day 3 | We rise with the sun and do our morning yoga session. After a rest and breakfast we raft the Trisuli River and punch some class III – IV challenging white water, including aptly named rapids like Ladies delight, Monsoon, Upset and Surprise! On forget to look up between the rapids, there might be monkeys on the river sides and the steep hills tower up around us like patchwork. In the afternoon we have some time to relax before the evening yoga at the beach. Enjoy the sun setting after an eventful day.



Day 4 | The mornings will become your favourite time of the day as we start another day with a yoga session at the beach.

After breakfast we do a trip to the temple of Manakamana – according to Hindu tradition the goddess is said to fulfil the wishes of all those who visit her temple. Located at the top of a mountain range at 1302 meters, we hop on Nepal's only cable car to reach it. After giving our gifts and making our wishes to Manakamana and return to the camp for afternoon yoga.

By now you will have learnt that time is not a relevant in Nepal. We hope that you have found it, perhaps surprisingly, easily to let go of the watch around your wrist or the clock on your cellphone.

Enjoying your last evening at the camp with good food, good drinks and good company.

Day 5 | As you wake up to your last yoga session be extra mindful to the moment. Let it become a peaceful memory for you to bring out and recall in the future.

After breakfast we go canyoning. As we walk the small trails up the hills, covered in lush forest streams and some beautiful waterfalls will appear, as if from nowhere. Lets hook on to the ropes and go off the edge! We jump and slide the smaller falls and abseil down the bigger ones. A real thrill!

We return to the camp for lunch and a rest before leaving for Pokhara in the afternoon.

Check in to the hotel and have a relaxing evening in the city. Make sure to get some rest before the trek.

Day 6 | Wake up to the prospect of yet another adventure! After breakfast your guide will pick you up at the hotel and you start the drive to *Nayapul* (1011m), where you will begin your five days trek.

Start by cross the flag covered suspension bridge over the Modi river. Along the way we will come across the many horse caravans walking up and down the trek

to supply the villages with goods and fresh produce. Lunch will served at a small local restaurant.

The trek continues along the green terraced fields and small, picturesque villages until we reach today's destination, *Tikhed Hunga* (1951m).

As during the rest of the trek, we will stay at a local guesthouse. This small village is located amongst lush forrest and waterfalls, take the rest of the day to explore the surroundings.

Trekking time: about 6 hours.

Day 7 | Wake up early and have breakfast served by the owner of the guesthouse. The day starts with a show-of-strength as we climb the 3500 steps up to the village *Ulleri*.

The steps are surrounded by terraced fields and cherry trees and offers beautiful views of the lush valley. If we are lucky we can see our first glimpse of the Himalayas today as the snow clad Fishtail mountain can be seen from just below the village.

Lunch will be served in a small village as the climb becomes easier.

Beautiful streams and waterfalls flow along the lush forrest trail and prayer flags mark places of significance for locals and trekkers alike. Magnolias flower in its simple splendour in the spring season and orchids can be seen growing on the branches of the trees. Further up the jungle is replaced with beautiful rhododendron forests which grows ever more intense in number and colour.

This forrest is old and carries a feeling of mystical fairytales from time immemorial. We reach *Ghorepani* (2926m) in the afternoon after a long days walk.

The name Ghorepani stems from the word horse 'ghora' and water 'pani', which tells of the village's past as an important rest stop for traders. If the weather is clear we can see just how close to the Himalayas we are!

Trekking time: about 6 hours.

Day 8 | Poon Hill & Rest Day.

Just before dawn we rise and trek up to *Poon Hill* (3210m) to view the magnificent sunrise over the Annapurna Range. Around 5 AM we join the pilgrimage of trekkers with lit headlamps moving up the hill.

At the top find a good spot and embrace the magical moment as the sky slowly changes from dark to florescent blue and the sun casts its glowing rays on the Himalayan peaks.

Grab a warming coffee or hot chocolate on your way down.





Spend the rest of the day in *Ghorepani* (2874m). Take the opportunity to explore the mountain village and the surrounding hill side. Speak to the locals and other trekkers over the village's famous apple pie, yum!

Find a spot and practice some yoga or read a good book with the mountains as your backdrop. After the long trek and the high climb remember to hydrate and have a good nights sleep.

Day 9 | After breakfast back in *Ghorepani*, we start our trek with a climb up through Rhododendron forests and open glades.

After a while we reach the ridge and Poon Hills unknown little brother with yet more views over the mountains. We continue the trek along the ridge, offering views of both the mountain and hill region. Keep an eye out for deer, rare birds, pheasants as well as the Langur and Rhesus monkeys.

We reach the small settlement of *Tadapani* (2630m), literally meaning 'far from the water', and enjoy a well earned lunch.

After lunch we continue downwards to the famous village of *Ghandrung* (1940m), one of Nepal's most picturesque villages, where we will stay the night.

Ghandrung flows up and down the hill in swirling stepped paths surrounded by green farming lands and prayer flags waving in the wind.

Take a stroll around the village and see the traditional white and terracotta painted houses decorated with cron drying in the sun.

Trekking time: about 8 hours.

Day 10 | Today we go slowly down the steep trek from Ghandrung. We will pass small communities on the hill side and meet locals heading up the hill on their way home from work or school in Pokhara. We can see the paper from a small paper making factory drying in the sun and buy colourful notebooks from the same factory in a small community further down the trek.

Today you will experience first hand how steep the land is where these hardy farmers work. Imagine carrying fertilizer up and down these paths or picking rice in the heat of the sun.

After lunch we continue back down and follow the Modi river back to Nayalpul.



Here we are picked up by our jeep and driven back to Pokhara, where we check into our hotel.

Trekking time: about 4 hours.

Enjoy some of the many things Pokhara has to offer. Perhaps a boat trip to the island temple or a stroll through the bustling town centre.

Day 11 | Spend the morning enjoying a good breakfast and fly back to Kathmandu before lunch. If the weather is good you can get some great views over Himalaya from the airplane (flight time around 30 min).

You will be picked up at the airport and driven to your hotel.

After a much needed shower and some resting we will be picked up and driven to Bhaktapur, one of the Kathmandu valleys ancient Newar cities.

Your guide will show you around the old city, telling you about its history and architecture. There will be opportunities to visit the museum and do some shopping. The city is known for pottery and quality woodwork, get gifts for the family or your own home.

Day 12 | Wake up to another day of sightseeing. We start the day by visiting one of the Buddhist monasteries in the Kathmandu valley. Marvel in the imaginative and colourful Tibetan art covering the walls of the monastery and have a moment to look through the monastery's library and little shop.

We drive back into town and visit *Boudanath*, the holiest of the Kathmandu's stupas and is said to contain relics from Buddha himself. Around the circular stupa a shops has sprung up selling everything from antique furniture to rosaries. We will have lunch at a restaurant with rooftop views over the stupa.

After lunch we drive to *Swayabounath*, commonly referred to as the Monkey Temple. Here we will visit a showroom for Tanka paintings. The knowledgeable owner will tell us all about this intricate art and its symbolism.

This is the only place in Nepal where you can find the three spiritual architecture at the same location – the nepalese Pagoda, the South indian Mountain temple and the Buddhist stupa. You will have a moment to wander around, enjoy the great views over the city and look for signs where Buddhism and Hinduism intermix.

Spend the rest of the afternoon as you please. Go shopping for friends and family at home or visit some of the sights near by your hotel, such as *Kathmandu Durbar Square* and the *Garden of Dreams*.

Day 13 | Day of departure.

*Package includes full board, private transport and guide throughout the trip, Kathmandu airport to Kathmandu airport. Detailed list below.
Tips, insurance, VISA fees and international flights are not included.*

Our Package include:

- ≡ Private transport from the airport to Royal Beach Camp.
- ≡ Private transport from Royal Beach Camp to Pokhara.
- ≡ Flight from Pokhara to Kathmandu, including private transport to hotel.
- ≡ Airport drop off from the hotel on the day of departure.
- ≡ 2 nights in a hotel in Pokhara. 1 night before the trek and 1 night after the trek, including breakfast.
- ≡ 2 nights in a hotel in Kathmandu.
- ≡ 2 half-day city sightseeing in Kathmandu. Lunch included on the second sightseeing.

At Royal Beach Camp:

- ≡ Full board meals (lunch Day 1 to lunch Day 5) during the stay.
- ≡ 4 nights accommodation.
- ≡ 7 yoga sessions with our own guru.
- ≡ All activities at Royal beach Camp with our professional guides.
- ≡ Trip to Manakamana temple, incl. transport, entrance fee and cable car fee.

During the trek:

- ≡ Full board meals (breakfast, lunch and dinner) during the trek.
- ≡ Sleeping bags.
- ≡ Tea and coffee during the trip.
- ≡ Accommodation in local guesthouses.
- ≡ Experienced trekking guide and field staff.
- ≡ Private transportation to and from the start / end point of the trek.
- ≡ Professional local guide with extensive experience trained in Wilderness First Aid and accredited by the Nepalese government.
- ≡ First Aid Kit.
- ≡ Necessary Porters to carry all personal gear and group equipment.
- ≡ Adequate insurance for all staff, including porters.
- ≡ Trekking map for each trekker.
- ≡ Trek permit and government tax.

www.royalbeachnepal.com
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Khatauti Khola, Dhading, Nepal

Camp: +977 98 084 13 898 | Mobile: +977 9818 200 187

RAMSILWAL
adventures
www.ramsilwal.com

Nicoloviusgatan 5A, 217 57 Malmö, Sweden

Phone: +46 720 47 77 25 | ram@ramsilwla.com