



# YOGA AT THE FOOTHILLS OF THE HIMALAYA

JOIN DORIS ON A 13-DAY CULTURAL, TREKKING & YOGA EXPERIENCE

NOVEMBER 19<sup>TH</sup> – DECEMBER 1<sup>ST</sup>, 2017



## About Nepal and this Trip

Located between India and Tibet, Nepal offers a fantastic array of attractions for tourists. It's best known as the home of Mount Everest, but there is much more to the country than just the world's highest mountain.

Nepal is a fascinating land of ancient history, scenic grandeur, and vibrant cultures & people. It's also one of the richest countries, in the world in terms of bio-diversity, due to its unique geographical position. Nepal is situated between the world's two largest & most ancient civilizations (China & India) and has an incredibly diverse culture because of this unique location.

Nepal is the holy land of Lord Pashupatinath and Gautam Buddha, where the Hindus and Buddhists have coexisted for centuries in total harmony. Lord Buddha, the 'light of Asia', was born in Lumbini in Nepal's southern plains. This makes Nepal a sacred pilgrimage destination for all Buddhists. The temple of Pashupatinath is Nepal's most sacred Hindu shrine and one of the four most important sites in the world for Shiva worshippers.

Doris will host you on this journey and will provide a thoughtful balance of discovering Nepali hospitality and culture, trekking through some of the most stunning landscapes on the planet, and providing an unparalleled opportunity to practice yoga and align your mind, body, and spirit.

## About Doris



After graduating from Tufts University in Massachusetts with a degree in International Relations, I continued my studies in academia and received my Masters in Mass Communications. However, as I journey through life I realize that practicing and teaching yoga is my dharma and my path. Yoga has changed my life, and I find great joy from my own practice and from my students. I began practicing yoga in 1993. I have studied extensively at Foothill College with Ben Thomas, a Senior Certified Iyengar teacher with over 30 years of experience.

I received my teaching certificate in 2004 at the Avalon Art & Yoga Center. I had the opportunity to study with globally renowned restorative teacher, Judith Lasater at the Iyengar Institute in San Francisco and received my restorative teacher certification. I attend yoga workshops throughout the state because I believe in the importance of knowledge and staying “fresh” in the discipline of yoga.

I tend to draw upon many styles of yoga as I believe there is only one yoga and each style of yoga brings new understanding to the yogic path. I try to tune into the needs of each student whether it is building strength and flexibility or becoming more self-aware in their own practice. I focus on alignment, infusing balance and creating space with each asana as, I consider, most injuries are caused by either being misaligned, out of balance or from a lack of space.

Please contact Doris at [yogagirl\\_33@yahoo.com](mailto:yogagirl_33@yahoo.com) with any questions and to reserve your spot now!

[www.DorisYoga.com](http://www.DorisYoga.com)

## Trip Itinerary

Day	Plan	Evening
1	Arrival in Kathmandu, transfer to hotel, and orientation	Kathmandu
2	Sightseeing, culture, landmarks, and yoga	Kathmandu
3	Flight to Pokhara, sightseeing, landmarks, and yoga	Pokhara
4	We begin our trek, exploration, and yoga	Syauli Bazaar
5	Trek to Ghandruk, exploration, and yoga	Ghandruk
6	Trek to Little Paradise (Ghandruk Kot), exploration, and yoga	Ghandruk Kot
7	Trek to Tolka, exploration, and yoga	Tolka
8	Trek to Australian Camp, exploration, and yoga	Australian Camp
9	Trek to Khade and drive to Pokhara	Pokhara
10	Flight to Kathmandu and we head to Nagrakot	Nagrakot
11	Drive to Bhaktapur for sightseeing, culture, landmarks, and yoga	Bhaktapur
12	Drive to Kathmandu, exploration, yoga, and farewell dinner	Kathmandu
13	Transfer to airport and catch international flight home	Travel home

## Trip Details

**DAY1: KATHMANDU** - Arrival at Kathmandu Airport, where you will be picked up and driven to the hotel for your stay while in Kathmandu.



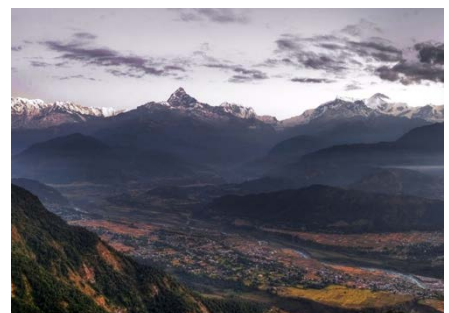
**DAY2: KATHMANDU** - You will have a half day sightseeing tour of interesting landmarks of Kathmandu like Boudhanath Stupa (Buddhist) and the famous Pashupatinath Hindu temple. (B)

**DAY3: FLIGHT to POKHARA** - After breakfast, we take a morning flight to Pokhara (a short 25 min flight). We will have a half day sightseeing tour of interesting places around the Pokhara Valley. Later, we will have free time for a walk around the Phewa Lake banks and the beautiful Lakeside. (B)



**DAY4: NAYAPUL to SYAULI BAZAAR TREK (1160m)** - After a short drive to Nayapul (1.5 hours), our short trek to Syauli starts which takes around 2.5 hours of walking. (B,L,D)

**DAY 5: SYAULI BAZAAR to GHANDRUK (1940m)** – We move on towards Ghandruk, a well-known trekking location. Ghandruk with an altitude of 1940m is one of the beautiful Gurung villages in that area. One can see the differences in the lifestyle of the people to that of their neighbors in the lower areas. Ghandruk is well known for the number of its men folk who have served in the British Gurkha regiments. From our lodge at Ghandruk, we have spectacular views of Annapurna South (7219m), Hiunchuli (6441m) and Machapuchhare (6993m).





The total duration of the trek will be a gradual uphill walk of 4 hours and an hour of steep uphill. The afternoon is free time to relax or explore the village. (B,L,D)

**DAY 6: TREK to LITTLE PARADISE (GHANDRUK KOT) (2250m)** - The walk of 2 hours will be easier with not many steep ascents. Once you leave Ghandruk village, you enter the oak and rhododendron forest that will keep you cool. The forest comes alive with the sounds of the birds and streams. You now gradually make an ascent to Kimrong Danda, where we stop in for a break for morning tea. We now climb a bit and start walking on the ridge to get to camp for the evening. The views from here are just magnificent and overlook Ghandruk and the valley below. (B,L,D)



**DAY 7: TREK to TOLKA** - We walk from Little Paradise village to Tolka (2590m). The trek is a steep decent with a walk that lasts about 2-2.5 hours. Then make an ascent (about 2 hours) to Tolka, taking in the beautiful views and the natural landscape along the way. (B,L,D)

**DAY8: TREK to AUSTRALIAN CAMP (1650m)**– We start with a gradual walk of about 40 mins. Then we will make an ascent trekking about another 40 mins to Deurali, which means ridge in the local tongue. We will then have a gradual downhill walk to the Australian Camp for about 1.5 hours. The view of the Annapurna range from Australian Camp is breathtaking. (B,L,D)



**DAY 9: TREK to KHADE (Pickup Point) and finishing in POKHARA** – Then we will have a walk to Kade (1.5 hours), which is our pickup point for the drive back to Pokhara. The drive duration is about 1 hour. (B)



**DAY 10: FLIGHT to KATHMANDU \ NAGRAKOT-** After breakfast we fly back to Kathmandu. Then we are transported to Nagarkot, the highest point around the Kathmandu valley and a 2-hour drive. At an elevation of 2,195 meters, it is considered one of the most scenic spots in the area. It is known for a wonderful sunrise view of the Himalayas, including Mount Everest as well as other peaks of eastern Nepal. Nagarkot also offers a panoramic view of the Kathmandu Valley. (B)



**DAY 11: NAGARKOT to BHAKTAPUR** – We then drive to Bhaktapur for a fully guided sightseeing tour in this historically rich city, which holds a rustic and traditional charm of its own. Bhaktapur has the best-preserved palace courtyards and old city center in Nepal. It is listed as a World Heritage site by UNESCO for its rich culture, temples, and wood, metal and stone artworks. (B)



**DAY 12: BHAKTAPUT to KATHMANDU** – We drive back to Kathmandu after a wonderful overnight stay in Bhaktapur. The drive is about 1 hour. (B)

**DAY 13: DEPARTURE** - You will be dropped off at airport on your reporting time for your flight back home. (B)

Trip Price: \$1,995 if reserved by May 15<sup>th</sup>, \$2,195 by June 15<sup>th</sup>, and \$2,395 by August 15<sup>th</sup>

### **Trip Price Includes:**

- Hotels as mentioned (or similar) on twin sharing basis
- Meals as detailed above (B=Breakfast, L=Lunch, D=Dinner)
- Kathmandu-Pokhara-Kathmandu airfare
- All sightseeing and transfers
- Services of local English-speaking tour guide
- Entrance fees at the monuments
- Accompanying Sherpa, assistants, and porters during trek
- All trek entry fees and permits (ACAP & TIMS)
- Yoga instructions by Doris Palmer

### **Trip Prices Excludes:**

- International airfare & departure taxes
- Any meals not detailed above
- Hot Shower and other extras in the lodges during the trek
- Travel/Medical insurance (highly recommended to include evacuation coverage)
- Nepal visa fee (\$25 USD payable upon arrival at Kathmandu Airport)
- Tips for our guides and porters (optional, but expected per custom)

### **Notes on Trekking in Nepal**

Please note the accommodations during the trek portion of the trip are basic and clients should set expectations accordingly. The local lodges feature rooms that are mostly double occupancy. Food will be simple with some variety.

Treks in Nepal are all about the wonderful experiences based on the glorious combination of natural beauty and cultural richness. While in the larger cities, we will have more luxurious accommodations that are built on comfort, clients should not have high expectations during the trek portion of the trip.

PLEASE NOTE: The above itinerary and the timings can be changed due to any unavoidable circumstances like flight delays, bad weather etc.