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Tour Operator : Madam Tours

Address : Madam Tours, Bhagwanbahal, Thamel. (In front of the Chaya Complex entrance)

Tel : +977 1 4414079/4411642/ 9841547560/9813887848

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***It's not about the miles it's about the smiles***

***A private 10 day, 9 night exploration of the spirit of Nepal, through hiking and yoga.***

***-3 nights Kathmandu, 3 nights Poonhill trek, 3 nights Pokhara-***

***Includes, Excludes & Highlights of the tour:***

**Includes:**

- Airport transfers
- All Domestic Transportation (Land and Air)
- All accommodations (Double deluxe room)
- Guide's & Driver's and all staff's insurance and wages
- Entrance fees to all sightseeings
- Meals and Refreshments as it is mentioned in the Itinerary

**Excludes:**

- International Airfare, Visa fee to Nepal
- Any other cost other then the one mentioned above
- Meals that is not listed above
- Gratuities
- Your personal costs
- Any other personal expenses that may occur
- Personal insurance, health insurance, flight cancellation and etc..

***-Highlights-***

- Hike into Rhododendron forests
- Panoramic Himalayan views
- Connect with nature and the inner you
- Experience the benefits of yoga and meditation
- Visits to UNESCO World Heritage Sites



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## Outline Itinerary

- Day 01: Arrive Kathmandu, Pick up from the Airport, Hotel overnight
- Day 02: Flight to Pokhara and hike from Nayapul-Ulleri (B & L Included )
- Day 03: Ulleri to Ghorepani hiking (B & L Included)
- Day 04: Ghorepani-Poon hill-Ghorepani and Hike to Tadapani (B & L Included)
- Day 05: Tadapani-Ghandruk-Kimche hiking and Drive to Pokhara (B & L Included)
- Day 06: Full day Yoga session in Pokhara (B, L & D Included)
- Day 8: Either one more day of Yoga or Pokhara sightseeing (B,L & D Included)
- Day 9: Flight to Kathmandu and Sightseeing of WHS. (B & L Included)
- Day 10: Shopping, Exploring kathmandu or a free day (B Included)
- Day 11: Departure

Quotation:

Number of Pax	Hotel's Standard (5 Stared or same standard)
Min 2	Nrs

Hotels are basic but clean & tidy, You can wish for a standard hotel, except on the trekking route.

HOTEL OPTION	CATEGORY ROOM
<a href="#">Dalai-La Boutique Hotel</a> or Budget alternative <a href="#">Dondrup Guest House</a>	Deluxe / Twin share or Single
Tea Houses on the Poon hill trek	Deluxe / Twin share or Single
<a href="#">Purna Yoga Retreat</a> or <a href="#">Atmashree Yoga center</a> , Pokhara	Deluxe / Twin share or Single



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### **Day 01: Arrive Kathmandu, Pick up from the Airport, Hotel overnight**

Arrival Kathmandu. After refreshments at the hotel, you will have a short briefing about your upcoming tour with one of our experienced staff members.

### **Day 02: Flight to Pokhara and hike from Nayapul-Ulleri (B & L Included )**

Sit back and relax on your flight to [Pokhara](#). Enjoy your drive uphill to [Nayapul](#) (1070m). Hike into the lush, green hills to [Ulleri](#) (1952m), the largest Magar village where you spend the night.

### **Day 03: Ulleri to Ghorepani hiking (B & L Included)**

Connect to nature on trails through the Rhododendron and Magnolia forests to reach [Ghorepani](#) (2874m). Enjoy the view of majestic white peaks and the red rhododendron.

### **Day 04: Ghorepani-Poon hill-Ghorepani and Hike to Tadapani (B & L Included)**

Wake up early and climb [Poon Hill](#) (3210 m) for the beautiful sunrise view over the panoramic Himalaya. Descend back to [Ghorepani](#) for breakfast. Continue to [Tadapani](#) (2630m) where you spend the night.

### **Day 05: Tadapani-Ghandruk-Kimche hiking and Drive to Pokhara (B & L Included)**

Hike down to [Ghandruk](#) (1982m) – a beautiful and picturesque Gurung village. Spend some time here to explore and enjoy a meal with a stunning view. Continue down to [Kimche](#), where a 4x4 waits for you. Take a rest and enjoy your drive to the [Yoga and Meditation retreat](#) where you will spend the night.

### **Day 06: Full day Yoga session in Pokhara (B, L & D Included)**

After an amazing and beautiful hike on where you have pushed your strength to the limits, you might feel both overwhelmed and tired but same time full of energy. Stay connected with that energy and the inner you on your Yoga retreat program for the day

### **Day 07: Either one more day of Yoga or Pokhara sightseeing (B,L & D Included)**

Either spend one more day on the Yoga Retreat for their daily program or spend the day enjoying the surroundings of Pokhara. Why not visit a Sisterhood of Survivors project or a Tibetan refugee camp.



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### **Day 08: Flight to Kathmandu and Sightseeing of WHS. (B & L Included)**

Sit back and relax on your flight back to **Kathmandu**. Spend your afternoon together with devout Buddhists for a walk around the stupa of **Boudhanath**. Wander in ancient grounds of **Pashupatinath** – the sacred Hindu shrine at the banks of the holy Bagmati River.

### **Day 09: Shopping, Exploring kathmandu or a free day (B Included)**

Spend today enjoying your surroundings of crazy and fantastic Kathmandu or go for shopping with madam Sarala from Madame Tours.

### **Day 10: Departure**

It is extremely hard to say goodbye but life has to go on.. so we rather say: See you next time!! Namaste. Our Experienced driver will come and pick you at the hotel and drop you to the Departure gate of TIA.



Booking conditions:

If the booking has to be made for the holiday package the passenger/Visitor needs to partially deposit certain amount depending on the number of days ahead to departure.

1. In the booking time 20% of the total amount has to be paid.
2. Full payment has to be done after arrival and before tour begins.

Please refer to our website's [Terms and Conditions](#) page for further information.



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We wish you pleasant holiday and we thank you for selecting Madan Tours.com. Please remember us for your future travel needs as well.

Kind Regards,  
Madam Tours & The team



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