

REAL RAW NEPAL



12 DAY YOGA HIKING ADVENTURE

Travel like you mean it!

Experience the raw beauty and divine
nature of Nepal, it's people,
culture and spirituality.



Melitta Pinney

www.melittapinney.com.au | Ph: 0408 266 267 |  



ABOUT YOUR GUIDE

Having lived in Nepal for several years, Melitta has a deep love and respect for this sacred land and its people. You will benefit from her 20yrs of travel, hiking and Nepali cultural experience.

Melitta has 10 years Yoga Teaching experience, a background in Positive Psychology and a lifelong passion for hiking in the Himalayas and showing people just how accessible it can be!

DISCOVER YOUR AUTHENTIC SELF

On this trip, Melitta will not only guide you through the beautiful sites and landscapes of Nepal, she will also take you on an inner journey of self discovery.

You will have the opportunity to stretch your mind and body to new levels of transformation, whilst having lots of fun on this life-changing, small group adventure.



A photograph of two young Buddhist monks with shaved heads, wearing traditional orange robes. They are looking towards the camera with gentle expressions. The monk in the foreground is slightly out of focus, while the one behind him is sharper.

REAL, RAW NEPAL

YOGA HIKING ADVENTURE

DAY 1: Welcome to Kathmandu!

DAY 2: Community and culture

DAY 3: Overland to hillside village Bandipur

DAY 4: Buddhist Monastery visit

DAY 5: Walk to Pitam Deurali (2100m)

DAY 6: Walk to Forest Camp (2900m)

DAY 7: Walk to Badal Danda (3300m)

DAY 8: Walk to High Camp, R&R (3500m)

DAY 9: Mardi Himal First Lookout (3700m)

>>> PM: Walk 1.5hr to Low Camp (3050m)

DAY 10: Walk to Siding Village (1700m)

DAY 11: School visit and explore Pokhara

DAY 12: Return flight to KTM and farewell

* Return scenic flight to KTM included

DETAILED ITINERARY

DAY 1: WELCOME TO KATHMANDU

Begin with morning yoga bliss, followed by breakfast and a visit to Swayambunath Temple. We are then very lucky to be invited to Nepal's only Traditional Art University to learn to paint our very own mandala by a nationally acclaimed Artist.

Enjoy a walking tour through the old city of Patan; once the seat of the Royal Newar Kingdom. Filled with stunning UNESCO architectural wonders, this is the perfect introduction to this spectacular culture.

Two nights twin accomodation and breakfast are included. All other meals are at your own expense as it's cheap and more fun to choose for yourself whilst in KTM.





DAY 2: WALK WITH PURPOSE & COMMUNITY

Enjoy the amazing breakfast selection on offer at the hotel and gear-up for a gentle 1.5hr walk at a mystery destination 20km outside of the Kathmandu Valley.

Here we will meet some extraordinary people, enjoy a yoga session and have an experience that is unique to the Real Raw Nepal (i.e completely unknown to the 'tourist trail.')

On the way there, I'll teach you some Nepali language phrases. You will be amazed at how far knowing a few Nepali phrases helps you to connect with the locals who are keen to interact.

Today we will also experience the UNESCO site; Boudha Stupa. This is one of the holiest Buddhist sites in KTM, the center of the Tibetan refugee community and one of the largest stupas in the world. It is a truly uplifting and peaceful place to visit and soak up the atmosphere.





DAY 3: OVERLAND TO BANDIPUR

Today begins with our usual morning yoga practice; suitable for all abilities and bodies as the focus is on mindfulness; breath-work and modified asana (physical postures) to suit your unique body and ability.

The yoga sessions are optional and strongly encouraged as they complement both our inner journey (quietening of the mind and becoming more present) and the physicality of our outer journey; whether it be sitting on a bus, integrating experiences or hiking.

I usually teach yoga in the morning (before our daily activities begin; when the mind is quietest), however this may change to adapt to our travel needs, weather and facilities so please be 'flexible' (excuse the pun;)

The trip from KTM to Bandipur takes around 6hrs depending on traffic and is well worth the journey. Bandipur is a beautiful, well-preserved, hilltop Newar town with lush, colorful vegetation and pristine vistas

Unlike most trading posts in the Nepal hills, Bandipur has retained its age-old cultural attributes – temples, shrines, sacred caves, innumerable festivals, and a Newari architecture that harks back to the Kathmandu Valley of old.

This is a great opportunity to begin to unwind from the color, chaos and culture of Kathmandu as we take one step closer to nature and the Himalaya Mountain Range that lies beyond Pokhara.

A simple dinner is provided at our lodging and the rest of the night is yours to relax.

DAY 4: MONASTERY STAY NEAR POKHARA

After morning yoga and a leisurely breakfast, we continue to experience REAL RAW Nepal as we watch the life and people of various towns roll by on our journey (5-6hrs) to the lakeside city of Pokhara.

For those who are interested, we can certainly continue to practice our Nepali language skills in preparation for use whilst hiking.

We stay at Pema Tsal Buddhist Monastery on the outskirts of town where the atmosphere is more quiet and relaxed.

Here we will enjoy a tour of this functioning Monastery, including a visit to the school where Monks aged 6-20yrs+ attend (all free of charge). The fees from our stay at the Monastery hotel all go towards the Monk's board, food and education.

A simple dinner is provided at our lodging and the rest of the night is yours to relax.



DAY 5: HIKE TO PITAM DEURALI (2100m)

Morning yoga takes the form of meditation with the Monks whilst they chant morning prayers. You won't want to miss this! After breakfast, we travel by jeep (1hr) to the start of the Mardi Himal Trek!

Today we walk together at a comfortable pace for 4-5hrs with our expert Mountain Guide and his team of friendly Porters who know these mountains inside out so we are in good hands!

Joy really IS in the journey so find your own pace and be mindful as you walk through the vast valley and take in the first glimpses of villages and rhododendron forests. Today will be the start of many opportunities for some magnificent photography and flora/fauna spotting.

We'll stop regularly at tea houses and for loo breaks as needed along the way. Experience a traditional lunch on route at a typical Nepali Teahouse.

Arrive at High Deurali by 4pm, settle into our Guesthouse (2-3/room) and enjoy free time until our hearty group dinner.

DAY 6: WALK TO 'FOREST CAMP' (2900m)

Early morning yoga to relieve the muscles and awaken the mind, breakfast and off we go. Today we really start to get into the exquisite simplicity of hiking in the mountains as we begin to notice the landscape change as we ascend and gain appreciation of REAL RAW Nepal and the way of life for locals.

Anytime is a good time to practice your Nepali language skills so speak to locals as we wander through villages. Start with 'Namaste' (Hello) which literally translates to "I worship the place of divinity in you for when you are in that place in you and I am in that place in me; we are one."

Expect to walk for 5-6hrs today and take your time; slow and steady is the antidote for preventing altitude sickness. We walk together as a team and are here to find peace in the journey (vs conquering mountains;) so relax and enjoy the process.

Arrive at Forest Camp by 4pm, settle into your room, kick off your hiking boots and enjoy free time until group dinner.



DAY 7: WALK TO BADAL DANDA (3300m)

Easy morning yoga to start your day, breakfast, onward and upward (5-6hrs today.) After 1hr the trail opens out to a ridge with spectacular views of Machhapuchhre and Annapurna South which really lifts your hiking spirit.

You will feel like you have stepped back in time and naturally begin to slow down to meet the pace of mountain life. This is ideal! Go slow and steady, breathe fully and take breaks regularly.

We reach Badal Danda mid-afternoon and enjoy a well deserved chia (tea) and relax before dinner.



DAY 8: WALK TO HIGH CAMP (3500m)

Those who are feeling super energised, robust and armed with a head-torch can hike 2-3hrs to reach the Viewpoint for Sunrise views and then return back to High Camp.

It's also perfectly fine to sleep-in, enjoy a leisurely morning and practice the Nepali art of "time passing." The choice is yours! We will have ample Guides for all options.

Yoga is all about cultivating inner wisdom, observing the mind and the balance of Yin and Yang; ease and effort.

NB: The effects of altitude can occur regardless of fitness or hiking experience. This is precisely why I have included several choices on the most challenging day. None of us know how our bodies will adapt until we are actually at altitude and in this instance 'less really is more.'

We connect for a group brunch and walk downhill for 2hrs to Low Camp (3050m)



DAY 9: OPTIONAL SUNRISE VIEWPOINT, TO SIDHING (1700m)

Morning yoga and breakfast, then we make our descent down to Sidling (5-6hrs.)

I invite you to bring the qualities of yoga off the mat and into your walk today. Take time out to walk alone, become silent and mindful of each step. Use your *walking poles* (great for your knees and ankles on the downhill) to find an ease of rhythm in your gait. Allow your breath to become smooth with the ease of lowering altitude.

This is a beautiful opportunity to consciously engage with yourself and your inner journey, to self-reflect and feel gratitude for this moment, for the eagles flying above and indeed; for the privilege of every single inhalation and exhalation, for this very moment.

Arrive at Sidhing to enjoy a tour of the village and enjoy free time to explore, to ponder, to play, to connect and treasure your final night in the Himalayan mountains

...



DAY 10: SCHOOL VISIT AND R&R AT RESORT HOTEL

Yoga, breakfast and a visit to the local school before we take a 3hr jeep ride back down to our hotel in Pokhara.

After all that hiking, flexibility of character and simple mountain lodging; take those hiking boots off once and for all and enjoy a 'real shower' with fresh towels and a comfy bed.

DAY 11: A FREE DAY TO EXPLORE POKHARA

Optional yoga, breakfast and a whole day to enjoy exploring Pokhara for yourselves. Choose from options such as a boat trip on Lake Phewa or a walk up to the Peace Pagoda to enjoy some spectacular mountain vistas.

Indulge your 'foodie' side in the many restaurants and cafes or some retail therapy (plenty of gift ideas for family/friends.)

DAY 12: RETURN FLIGHT TO KTM

Today we fly back to Kathmandu together, enjoy some R&R at our hotel and close the trip with a group dinner.

Take a moment to thank yourself for saying YES to your inner fulfilment by joining this journey.

Namaste

