

MARCH 6 - 14, 2027

9 DAYS, 8 NIGHTS

NEPAL - RESTORE

(WELLNESS TRAVEL EXPERIENCE)



Wellness Travel with Sisters Traveling Solo

Our wellness-centered trips are geared towards the woman looking to break away from her four walls, reset, refresh, and refocus. Each trip will focus on a set of wellness centered, including but not limited to hiking, meditation, pampering, food & digital detoxing, and relaxation. If you are seeking to visit tourist attractions, or tour areas outside of our selected wellness site, our traditional or cultural trips will be a better option for you. The ideal wellness traveler is someone looking to regroup, and self reflect.

Country Overview

Nepal is a country of towering Himalayan peaks, ancient temples, serene lakes, and rich spiritual traditions. Known for its breathtaking landscapes and diverse cultural heritage, Nepal draws visitors seeking natural beauty, wellness, cultural immersion, and transformative travel experiences. From the bustling streets of Kathmandu to the peaceful serenity of Pokhara, Nepal offers an unforgettable blend of adventure, spirituality, and relaxation.



Kathmandu, Nepal (4-nights)

Kathmandu, Nepal's vibrant capital city, is home to centuries-old temples, sacred religious sites, and bustling bazaars. The city blends Hindu and Buddhist traditions seamlessly, offering travelers deep cultural immersion.

Pokhara, Nepal (4-nights)

Pokhara is a peaceful lakeside city surrounded by snowcapped Himalayan peaks. Known for its scenic beauty, calm atmosphere, and outdoor activities, it is the perfect destination for relaxation and exploration.



General Information:

CURRENCY:	Nepalese Rupee (NPR)
CURRENT EXCHANGE RATE:	1 USD = 133 NPR
AIRPORT CODE(S):	Arrival: Tribhuvan International Airport (KTM) Depart: Pokhara Airport (PKR)
PASSPORT REQUIREMENTS:	Passport validity duration of stay. 6 months passport validity beyond entry date; 2 blank pages per entry.
VISA REQUIRED?	No. (for US Citizens) All other Country residents check www.visahunter.com
VACCINE(S) REQUIRED FOR ENTRY?	None (source US State Department)
HISTORICAL WEATHER TEMPERATURE	65°F – 85°F

Tentative Itinerary



DAY 1 - ARRIVAL

Arrive at Tribhuvan International Airport (KTM). Make your way to our host hotel. If you need help finding a transfer company, be sure to reach out to our team for suggestions. After check-in, take the rest of the afternoon at leisure to unwind from the long flight. In the evening, we will get together for a welcome dinner.

Resort Check-In: 3 PM local time.

Meal(s) Included:
Welcome Dinner

DAY 2 - WELLNESS RETREAT

Start your morning with a mindful yoga session designed to bring awareness to your breath and physical state, easing you into a calm and centered mindset.

After yoga, enjoy scheduled spa services at your leisure. Later, take a relaxing walking village tour, exploring the local community surrounding the resort. Guests who wish may also enjoy mountain biking—bikes are available at the resort for use. As the day winds down, participate in a Chakra and Sound Healing session intended to restore balance and support deep relaxation. We will end the evening with a serene sundowner overlooking the valley.

Meal(s) Included: Breakfast, Dinner



DAY 3 - TEMPLES & HERITAGE TOUR OF KATHMANDU

Today after breakfast, we will explore several of Kathmandu's most culturally and spiritually significant landmarks. We will begin with a visit to Swayambhunath (Monkey Temple), a sacred Buddhist site offering panoramic views of Kathmandu Valley.

We will then visit Pashupatinath Temple, one of the most important Hindu temples in the world. Next, we will explore Boudhanath Stupa, the spiritual center of Tibetan Buddhism in Nepal and a UNESCO World Heritage Site. We will end our day with a guided walk through Durbar Square, known for its ancient palaces, temples, and traditional Nepali architecture.

Meal(s) Included: Breakfast, Lunch

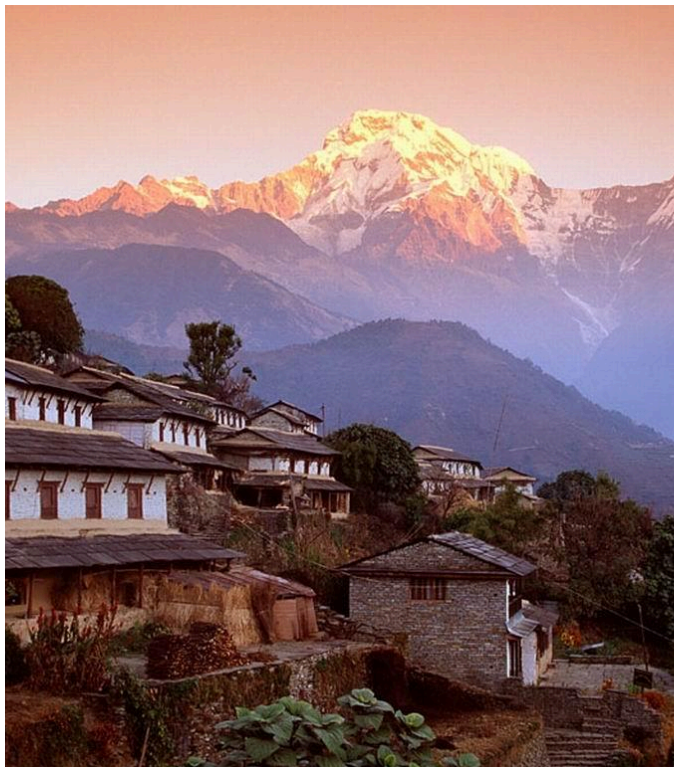


DAY 4 - WELLNESS / FREE DAY

Today is a free day for personal restoration. Guests may participate in heart-opening wellness sessions, enjoy spa services, or relax poolside.

Use this time to unwind and recharge.

Meal(s) Included: Breakfast



DAY 5 - FLY TO POKHARA

Today after breakfast, we will head to the airport as we make our way to Pokhara. Known for its lakeside serenity and views of the Annapurna mountain range, Pokhara offers a peaceful retreat surrounded by nature.

In the evening, we will enjoy sunset views over the Annapurna range followed by a group dinner.

Important: Passport copies will be needed to book your domestic flight. This information must be submitted at least 5 months prior to the trip departure date.

Meal(s) Included: Breakfast, Dinner

DAY 6 - SPA EXPERIENCE & NEPALI COOKING CLASS

Today begins with a relaxing spa session at the hotel. Take this time to unwind before continuing deeper into our cultural exploration of Nepal.

Later in the day, we will participate in a **Nepali Cooking Class**, where guests will learn to prepare traditional dishes including momos (dumplings), Nepali chicken curry, black lentils, tomato chutney, and the classic dessert kheer.

Guests will enjoy the dishes they prepare for lunch.

Meal(s) Included: Breakfast, Lunch





DAY 7 - POKHARA TOUR

Our day begins with a serene visit to the Lakeside area, where we will board a traditional wooden boat and visit **Tal Barahi Temple**, situated on an island in the middle of the lake. We will then continue to **Patale Chango (Devis Falls)**, one of Pokhara's most photographed natural wonders.

Next, we will explore **Gupteswor Mahadev Cave**, home to a revered Shiva shrine, followed by visits to **Mahendra Cave** and **Chamero Gupha (Bat Cave)**, both known for their dramatic limestone formations.

Meal(s) Included: Breakfast, Lunch

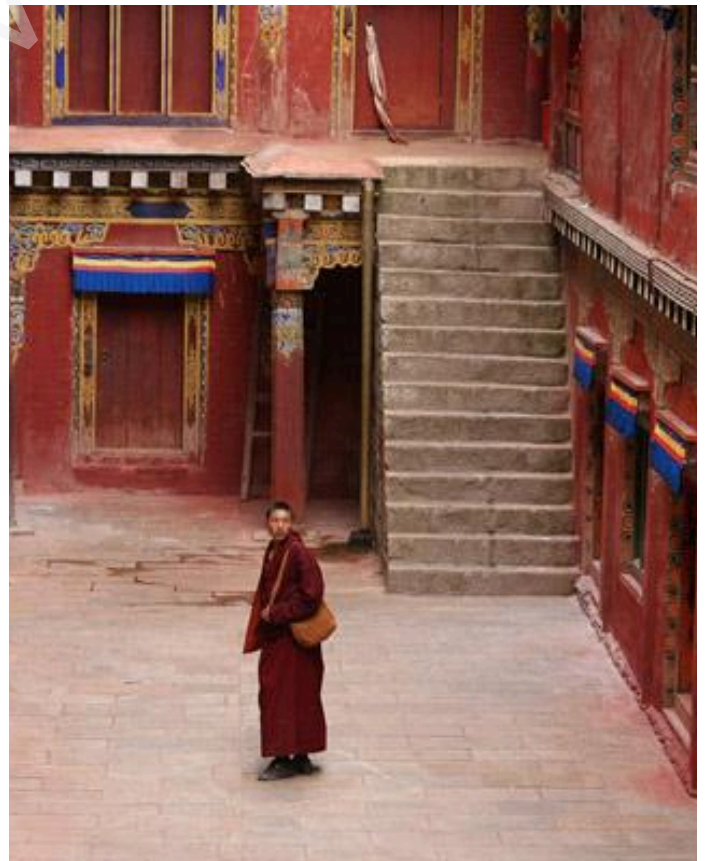
DAY 8 - TIBETAN BUDDHIST

We will visit Matepani Gompa, a Tibetan Buddhist monastery located on a forested hill. Inside the monastery, you'll find intricately carved columns, vibrant paintings, and colossal guardian images of the Buddha. Guests may also receive a private blessing (this will depend on special permission and is not guaranteed) with the Head Abbot. In the evening, we will gather for a farewell dinner, celebrating sisterhood, reflection, and the beautiful journey we've shared in Nepal.

Meal(s) Included: Breakfast, Dinner

DAY 9 - DEPART POKHARA

Today we will begin to depart Pokhara.



What's Included:

Lodging

Lodging (9 days, 8 nights) – Stay in Kathmandu and Pokhara with accommodations selected for comfort, location, and alignment with the wellness focus of the trip.

Cultural & Sightseeing Experiences

- Kathmandu Temple & Heritage Tour – Visit Nepal's most culturally and spiritually significant sites including Swayambhunath (Monkey Temple), Pashupatinath Temple, Boudhanath Stupa, and Durbar Square.
 - Pokhara Full-Day Sightseeing Tour – Explore Lakeside Pokhara with a boat ride and Tal Barahi Temple visit, Patale Chango (Devis Falls), Gupteswor Mahadev Cave / Temple, Mahendra Cave, Chamero Gupha (Bat Cave), Shanti Stupa (World Peace Pagoda), and the International Mountain Museum.
 - Old Bazaar Visit – Explore Pokhara's Old Bazaar (Ganesh Tole & Ram Krishna Tole) and experience the traditional marketplace and local culture.
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Spiritual Experiences

- Monastery Visit – Visit Matepani Gompa (Tibetan Monastery).
Disclaimer: A private prayer or blessing is not guaranteed and will depend on group count and priest availability at the time of visit.
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Wellness Experiences

- (3) Massage Treatments – Dedicate time to yourself with scheduled spa treatments. **All massage sessions are 60 minutes each.**
 - (2) Yoga Sessions – Guided yoga sessions designed to support relaxation, balance, and mindful movement. All sessions are 45 minutes each.
 - Chakra & Sound Healing Session – A restorative sound healing experience focused on relaxation and energetic alignment. 30 - 45 minutes.
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Culinary Experience

- Nepali Cooking Class – A hands-on cooking experience where guests will learn to prepare traditional Nepali dishes and enjoy the meal created during the class.
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Transportation

- Domestic Flight – One-way domestic flight from Kathmandu (KTM) to Pokhara (PKR).
 - Airport Transfers – Arrival airport transfer in Kathmandu and departure airport transfer in Pokhara. Airport transfers are provided on the day of arrival from the airport to the hotel only. Our team cannot coordinate transfers for anyone arriving the day before and returning to the hotel. Departure transfers are provided between 12 AM - 12 PM local time. No transfers are provided after 12 PM local time.
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Meals

- Meals – Meals as listed in the trip itinerary.
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Tours & Activities

- Tours & Activities – Tours and activities as listed in the trip itinerary.

What's NOT Included:

International flights, gratuity, travel visa, travel insurance, or any other cost not listed in “what’s included” section.