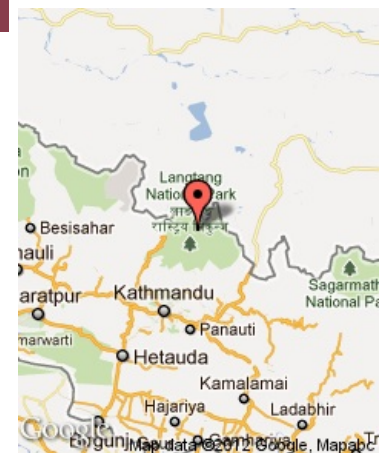


Detox Holiday in Nepal



Highlights

Reinvigorate mind and body in the world's number one trekking destination! Combining hiking, yoga, mediation and a super-nutritional dietary regime, this 20-day detox holiday in Langtang, Nepal is a workout like no other!

Set high in the midst of the Himalaya and long-shielded from the tides of urbanisation, Nepal is a country of extraordinary geographic and cultural diversity. The world's youngest republic is home to eight of the planet's ten highest mountains, including mighty Mt. Everest, as well as sub-tropical forests, marshy grasslands and fertile valleys. It was in one such folded foothill that Guatama Buddha, founder of the Buddhist tradition, was born some two and a half millennia ago. While Buddhism would go on to become the religion of choice in much of east Asia, Nepal has long been a majority Hindu nation. This tradition, in turn, has bestowed upon the country some of the world's most elegant and enigmatic architecture and a unique artistic heritage.

Put the gym membership on standby - this three week detox holiday in Nepal might forever change the way you think about health and fitness! You'll be based in the Langtang region, home to monkeys, bears and countless yeti sightings, not to mention several epic (6,500m+) mountains! Sections of the hike will be at high altitude to improve your BMR (Basic Metabolic Rate), and there are also sessions teaching yoga and mediation techniques en route! It's not all action though – the trip ends with a jungle safari at the spectacular Chitwan National Park, world-renowned for its rhinos and tigers and the perfect place to reflect on this life-changing experience.

Is it for me?

This is an incredible tour that truly merits the tacky truism: 'life-changing'! At the same time, this clearly isn't everyone's cup of camomile tea. While we're confident that anyone could benefit from three weeks of hiking in the Himalaya, you're going to need a fair amount of willpower and discipline, not to mention a decent level of fitness. The itinerary for this trip is fairly fixed – even meals are carefully planned by the team dietician – so those who see holidays as a chance to cut loose might be left a bit lost by this one. The emphasis here is on long-term wellbeing, not the usual quick-fix relief of a beach holiday. Rest assured, the glow lasts longer than the tan!

Accommodation

For this three-week trip you'll be staying at a combination of hotels, lodges and tea houses. These range from the semi-luxurious (three-star hotels with all mod cons) to the neat and simple (tea houses dotted along the trekking route), but all are clean and comfortable, often in spectacular settings. Food is an important part of this tour. A dietician will make recommendations on the food that will be served on the trip, generally something light and unprocessed. During the trek especially you can expect some pretty simple fare, all organic and vegetarian. Fear not, you'll have a chance to sample a wide variety of Nepalese dishes at the beginning and end of the trip.

Itinerary

Day 01: Arrival at Airport

You will be picked up from the airport and transferred to the hotel, where there will be a trip briefing and welcome dinner in the evening

Day 02: Preparation

After breakfast, you will see some of the rich cultural heritage of Kathmandu and will also get a chance to prepare for your trip by stocking up on gear and provisions as required.

Prices from

965 GBP (20 days) per person

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Day 03: Sundarikal - Chisopani

After breakfast, you will drive to Sundarikal (45 minutes) to begin your trek. After a quick briefing, you will start a steep uphill climb to the valley rim and over to Chisopani where you will spend your first night.

Day 04: Kutumsang

After breakfast, you will set off downhill before starting on the south-north ridge in the Himalayas towards Langtang. You will finish your day's trekking at Kutumsang.

Day 05: Tharepati

Today will see you trekking to Tharepati (3510 metres) Enjoy the view of the peaks of Dorje Lhakpa (6,900m) and the Jugal Himal mountain range to the north-east and the misty rhododendron forests of the Helambu valley to the east. Walking distance: 5 hours on standard walk.

Day 06: Trek to Phedi (3630 metres)

The trail starts descending down to Ghopte, which is about an hour and half walk from Tharepati. After Ghopte, the trail starts going up hill towards Phedi which is about four to five hours walk

Day 07: Trek to Gosainkunda (4380 metres)

The trail starts climbing uphill until you reach Lauribinayak Pass, which is the highest pass of the trek. You might be able to see Surya Kunda Lake, Surya peak to the north east. Then the trek starts going down hill following Saraswati Kunda, Surya Kunda and to the holy lake of Gosainkunda. Walking distance: four and half hours.

Day 08: Trek to Sing Gompa (3250 metres)

You start walking towards Lauribina, then descend down to Sing Gompa. Explore an old monastery and a cheese factory on your own.

Day 09: Trek to Thulo Syabru (2210 metres)

After an hours flat walk to Danda, the trail starts descending to Thulo Syabru. You can visit a Gompa nearby and explore the village.

Day 10: Trek to Lama Hotel (2410 metres)

After an hour and half walk, you will reach the river bank where you follow the main trekking trail towards Langtang. O/N at Lama Hotel.

Day 11: Trek to Langtang (3330 metres)

Starts with gentle up hill walk following the Langtang river bed until you reach Ghora Tabela. Another gentle up hill walk follows to Langtang village. Visit Langtang Gompa and the beautiful village itself. O/N at Langtang.

Day 13: Trek to Kyanjin Gompa (3730 metres)

This day will be a rest day for you. After lunch, you could walk to the old Kyanjin monastery. There are several places to do short hikes like Tsergori (viewpoint), Langsisari. You could even walk up to the Langtang glacier, or visit a cheese factory

Day 14: Lama Hotel

Return back to Lama Hotel the same way.

Day 15: Trek to Syabrubesi

You will be walking downhill most of the time through the Langtang river bed until you get to Syabrubesi, where you can go and visit the Chilime Hydropower project (1st Nepali hydropower project). O/N Syabrubesi.

Day 16: Kathmandu

Return to Kathmandu (8-9 hours drive from Syabrubesi). Begin the next part of your adventure!

Day 17: Chitwan

Upon arrival at the jungle lodge, the managers and naturalists will brief you on the activities they have planned. After lunch you will start your jungle activities such as elephant safaris for 2 hours deep into the jungle to experience the wildlife, flora and fauna of the park at close quarters or a bird watching tour will be organized. Dinner and overnight at the jungle lodge

Day 18: Elephant Safari

Wake up call will be at 5:30am. Tea / Coffee will be served and there will be either an elephant safari or a nature walk. After breakfast, canoe ride or a bird watching tour. Lunch at the lodge and after lunch an elephant briefing at the Elephant stables where naturalists will give a lecture on the Asian Elephant. Here you will have an opportunity to witness and participate in the bathing of an elephant. Dinner and overnight at the jungle lodge.

Day 19: Kathmandu

Wake up call at 5:30am. After Tea/ Coffee there will be an early morning elephant safari or nature walk. Breakfast and transfer to waiting vehicle for drive back to airport and flight back to Kathmandu.

Day 20: Farewell

Free day until departure to airport

Details

Price includes

Food, accommodation, guide, porters, doctor, transfers.

Price details

Price is per person in a group of six.

Typical Duration

3 weeks

Comfort level

Reasonably comfortable (Inns, B&Bs, luxury camping etc.)

Experience required

A reasonable interest is all that is needed