

Ayurveda Retreat Nepal

Nepal Trail Circle

Daily Itinerary

This Ayurveda Retreat Nepal with Short Trek and Jungle Safari offers a perfect balance of wellness, nature, and adventure. The journey combines a rejuvenating residential Ayurveda program in Kathmandu with a scenic short Himalayan trek for light activity and mountain views, followed by an exciting wildlife safari experience in Chitwan National Park. Each day is thoughtfully planned to support healing, relaxation, and exploration. Please note that this is a sample itinerary, and the actual schedule may vary depending on weather conditions, travel logistics, and individual wellness requirements.

Day 1: Arrive in Kathmandu (1,400m/4,593ft) and transfer to your hotel for rest and orientation.

Day 2: Drive or fly from Kathmandu (1,400m/4,593ft) to Pokhara (822m/2,697ft) and stay overnight by the lakeside.

Day 3: Drive from Pokhara to Nayapul (1,070m/3,510ft) and trek to Ulleri (2,050m/6,726ft).

Day 4: Trek from Ulleri (2,050m/6,726ft) to Ghorepani (2,874m/9,429ft).

Day 5: Early hike from Ghorepani (2,874m/9,429ft) to Poon Hill (3,210m/10,531ft) for sunrise and trek down to Tadapani (2,630m/8,629ft).

Day 6: Trek from Tadapani (2,630m/8,629ft) to Ghandruk (1,940m/6,364ft).

Day 7: Trek from Ghandruk (1,940m/6,364ft) to Nayapul (1,070m/3,510ft) and drive to Chitwan National Park (200m/656ft).

Day 8: Jungle activities in Chitwan: elephant safari, jeep safari, canoeing, bird watching, and visit to Tharu village.

Day 9: Optional additional jungle activities or relax in Chitwan.

Day 10: Drive from Chitwan (200m/656ft) back to Kathmandu (1,400m/4,593ft) and check in to your residential Ayurveda retreat center.

Day 11 to 15: Begin residential Ayurveda retreat in Kathmandu including personalized consultation, daily therapies, yoga sessions, meditation, and Ayurvedic meals.

Highlights

- Moderate trekking through Ulleri, Ghorepani, Poon Hill, Tadapani, and Ghandruk with panoramic views of Annapurna, Dhaulagiri, and Machapuchare.
- Sunrise at Poon Hill (3,210m/10,531ft) for breathtaking Himalayan vistas.
- Traditional Gurung villages and cultural experiences along the trail.
- Jungle adventure in Chitwan National Park with wildlife safaris and Tharu cultural immersion.
- One-week residential Ayurveda retreat in Kathmandu for personalised therapies, yoga, meditation, and wellness guidance.
- Combination of active trekking, wildlife adventure, and deep relaxation/wellness immersion.

Essential Packing List

Clothing:

- Moisture-wicking base layers
- Fleece jacket or sweater
- Insulated down jacket
- Waterproof and windproof outer shell
- Trekking pants
- Hiking shorts
- Warm socks
- Gloves or mittens
- Warm hat
- Sun hat

Clothing Ideas for Ayurveda Retreat

- Loose-fitting tops and t-shirts: Lightweight cotton or bamboo fabric for comfort during therapies and yoga.
- Loose trousers or palazzos: Comfortable for lounging, walking, or Ayurvedic treatments.
- Long-sleeve shirts or light sweaters: For mornings or evenings if it's slightly cool.

Hiking Gear:

- Sturdy hiking boots
- Backpack (50-70 liters)
- Sleeping bag (rated to -20°C/0°F)
- Trekking poles
- Headlamp
- Sunglasses
- Sunscreen (SPF 50+)
- Lip balm with SPF
- Water bottles or hydration reservoir
- Water purification tablets or filter
- First-aid kit
- Toiletries

Altitude Information

Altitude is generally moderate compared to high Himalayan treks, but the route still passes through elevations above 2,500 meters at Ulleri, Ghorepani, and Poon Hill. At these altitudes, the air contains less oxygen, which can make breathing slightly harder and increase the risk of mild altitude-related symptoms such as headache, fatigue, or nausea. Proper acclimatization, including ascending gradually, taking breaks, staying well-hydrated, and listening to your body, is essential to ensure a safe and enjoyable trek. While severe altitude sickness is unlikely on this route, careful pacing and awareness are still important, especially during early morning hikes to Poon Hill.

Key Altitudes:

- Kathmandu 1,400m/4,593ft
- Pokhara 822m/2,697ft
- Nayapul 1,070m/3,510ft
- Ulleri 2,050m/6,726ft
- Ghorepani 2,874m/9,429ft
- Poon Hill 3,210m/10,531ft
- Tadapani 2,630m/8,629ft
- Ghandruk 1,940m/6,364ft
- Chitwan National Park 200m/656ft

Acclimatization Tips:

- Ascend gradually and avoid rapid increases in elevation.
- Drink plenty of water to stay hydrated.
- Avoid alcohol and smoking, which can exacerbate altitude sickness.
- Eat a high-calorie diet to maintain energy.
- Listen to your body—rest if you feel symptoms like headache, nausea, or dizziness.

Safety Tips

- Stay hydrated: Drink at least 3-4 liters of water per day.
- Pace yourself: Walk slowly and steadily to conserve energy and avoid overexertion.
- Monitor for symptoms of altitude sickness: Headache, nausea, dizziness, and shortness of breath are common symptoms. Descend immediately if symptoms worsen.
- Be aware of weather conditions: Mountain weather can change rapidly. Be prepared for sudden changes in temperature and precipitation.
- Protect yourself from the sun: Wear sunscreen, sunglasses, and a hat to protect yourself from the intense UV radiation at high altitudes.
- Respect local customs: Dress modestly and be mindful of local traditions and beliefs.

Contact Information

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Summary

This information sheet outlines everything you need to prepare for your Ayurveda Retreat Nepal, including a detailed itinerary, trip highlights, recommended packing list, altitude guidance, and important safety tips. Designed to help you travel with confidence and peace of mind, it ensures a smooth, safe, and enriching experience as you combine wellness, gentle adventure, and the natural beauty of the Himalayas.