

UNRAVEL
TRAVEL

NEPAL



A scenic view of a mountain peak with prayer flags in the foreground. The image is split vertically. The left side shows a close-up of a stone wall and a large pile of rocks with a string of colorful prayer flags draped over them. The right side shows a wide view of a snow-capped mountain peak under a blue sky, with a string of prayer flags in the foreground.

WHAT IS UNRAVEL TRAVEL

A one-week experiential travel program where adventure meets enrichment.

Join us for a unique vacation that combines exploring popular spots and hidden gems with daily thematic workshops led by local experts, set in magical outdoor settings. Immerse yourself in the local culture, connect with an exclusive group of just 15 adventurers from diverse walks of life, and positively impact the local economy.

This is more than a trip; it's an immersive experience that brings you closer to the world and yourself.

PACKAGE 1

AMOUNT	DATE	ARRIVAL & DEPARTURE
49,999 ₹	7 NOV 2024 <i>thursday</i> TO 14 NOV 2024 <i>thursday</i>	KATHMANDU

NOTE: YOU HAVE TO BOOK THE ROUND TRIP FLIGHTS FROM YOUR DESTINATION TO KATHMANDU

PACKAGE 2

AMOUNT	DATE	ARRIVAL & DEPARTURE
63,999 ₹	6 NOV 2024 <i>Wednesday</i> TO 14 NOV 2024 <i>thursday</i>	GORAKHPUR

NOTE: YOU HAVE TO BOOK ROUND TRIP FLIGHTS FROM YOUR DESTINATION TO GORAKHPUR

50% of Amount need to be paid during registration, second installment on 15th October



We are going here

NEPAL,

WITH ITS MAJESTIC PEAKS,

ancient temples, and tranquil valleys, is the perfect escape for those yearning to live simply and meaningfully. This November, as the post-Diwali festivities light up the country, join us on a retreat that embraces the art of living with less. With crisp weather and a vibrant cultural pulse, this journey is all about reconnecting with what truly matters.

START IN KATHMANDU,

where the city's ancient spirit and post-festival energy welcome you with vibrant markets and sacred temples. Then, head to Pokhara, the gateway to the Himalayas, where serene lakes, mountain reflections, and the easy pace of life invite you to slow down and breathe.

From **Pokhara**, we venture into the heart of simplicity—**Landruk, Dhampus, and Ghandruk**—charming villages that offer stunning Himalayan views and the genuine warmth of the Gurung community. Cook with locals, walk terraced fields, and experience a life where less truly means more. Each day spent here is a lesson in living fully with less—finding joy in quiet moments, breathtaking vistas, and rich, simple connections.

THIS RETREAT IS NOT JUST A JOURNEY THROUGH NEPAL

it's an invitation to rediscover the magic of simplicity in the heart of the Himalayas. Escape the clutter, embrace the stillness, and find beauty in every step of this soulful adventure.

“LIVE WITH LESS” IN NEPAL

Begin your days with calming yoga and breathwork sessions to ground yourself, followed by sound healing and meditation workshops that help clear the mind and find clarity in simplicity.

Embrace the art of Newari cooking, a delightful way to understand Nepal's food culture, focusing on using fresh, local ingredients to create dishes that are simple yet deeply satisfying. Discover the Gurung community's wisdom, where the values of communal living, eco-friendly practices, and organic lifestyles have been passed down through generations.

Dive into hands-on workshops in pottery, where crafting with earth teaches patience and the beauty of imperfection. Experience the ancient tradition of rice harvesting and sustainable eco-tourism practices that highlight how living with less can coexist.

Despite facing extreme weather conditions—from the harsh winters in the high Himalayas to the intense monsoon rains that sweep through its valleys—Nepalis have steadfastly embraced a simple, self-sufficient mountain life.

Nepalis are known for their profound respect for all cultures, reflecting the country's rich mosaic of ethnic groups and traditions. Every corner of Nepal tells a story of coexistence, where ancient customs blend seamlessly with the modern world.

Our retreat centers around the ethos of lightening the load—physically, mentally, and spiritually.



UNIQUE HIDDEN ITINERARY

Every retreat is thoughtfully designed to include both popular attractions and hidden gems, ensuring a comprehensive exploration of the destination; every day is a new surprise for you. Trust us when we say we'll keep the itinerary a secret.

THEMATIC WORKSHOPS

Each retreat revolves around a specific theme, with daily workshops conducted by local experts. These workshops not only enhance your travel experience but also provide a deep dive into the local culture and traditions; none of them are mandatory to be a part of, but hey learning new things on the go never hurt anyone. (except for that one guy who tried to outsmart the Kalaripayattu mentor last year)

IMMERSIVE EXPERIENCES

From tasting the local cuisine to engaging in traditional crafts, our workshops are set in magical outdoor settings that bring you closer to the destination, its people, and their way of life. We don't rush the retreat, we want you to soak in every bit and minute of the day. Even though we have a structure in place, we leave room for flexibility as well.



COMMUNITY AND CONNECTION

Travel with a group of like-minded (or not) strangers, forming connections and friendships that enrich your journey. Together, you will explore, learn, and grow, creating memories that last a lifetime. Who knows, you might find your soulmate here. It could be a person, a place, a thing, or yourself.

LOCAL IMPACT

By involving local experts and businesses, we ensure a positive impact on the local economy, fostering a two-way exchange of culture and knowledge. We don't do small talk, we believe in making bigger impacts with our retreats.



ITINERARY

6TH NOVEMBER TO 14TH NOVEMBER

8 Nights | 9 days

- 6th Nov: Arrive in Gorakhpur at your convenience, overnight stay.
- 7th Nov: Leave early morning for Bhairava airport (3hours along with crossing the Sanauli border) followed by a 30min flight to Kathmandu. Rest and city excursion for the rest of the day.
- 8th Nov: Relaxed day at Kathmandu with local excursion followed by local authentic activities and workshops with Nagarkot Sunset Excursion.
- 9th Nov: Fly to Pokhara followed by a drive to Ghandruk Phedi heading to Landruk Village
- 10th Nov: Trek to Dhampus village followed by a sound healing session.
- 11th Nov: Village Tour with rice harvesting session along with wellness activities and a short hike to Annapurna Eco-Lodge
- 12th Nov: Drive back to Pokhara with recreational sessions where you can indulge in adventure activities like Bungee Jumping, Zipline, Hot Air Balloon rides, and ATV rides.
- 13th Nov: Head to Kathmandu with the scenic route
- 14th Nov: Early morning flight from Kathmandu to Bhairawa airport and drop at Gorakhpur.



WORKSHOPS TO LOOK FORWARD TO

- YOGA & BREATHWORK
- SOUND HEALING
- MEDITATION
- POTTERY
- NEWARI FOOD CULTURE
- GURUNG COMMUNITY INSIGHTS
- RICE HARVESTING
- ECO-TOURISM
- ORGANIC LIVING

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YOGA & BREATHWORK

Reconnect with yourself through guided yoga and breathwork sessions that focus on finding balance within. These practices encourage a simpler approach to wellness, teaching you to draw strength from within and embrace the beauty of mindfulness without the need for anything.



2 SOUND HEALING

Immerse yourself in the soothing vibrations of sound healing, an ancient practice that uses sound frequencies to calm the mind and body. In a world of noise, this workshop helps you find clarity and peace, showing that true harmony lies not in abundance.





3 MEDITATION

Experience the power of simplicity with meditation sessions designed to clear mental clutter and foster inner peace. Learn to let go of the unnecessary and focus on the present, embracing a minimalist mindset.

4 POTTERY

Get your hands dirty in our pottery workshop, where creating something beautiful from simple clay mirrors the art of living minimally. Crafting with your hands reminds us that satisfaction comes not from accumulation but from creation.



5 NEWARI FOOD CULTURE

Discover the flavors of Newari cuisine, deeply rooted in tradition and simplicity. Learn to cook with local ingredients, celebrating the joy of communal meals and the art of making the most with what's available.



6 GURUNG COMMUNITY INSIGHTS

Engage with the Gurung community and gain insights into their resourceful way of life. Explores their traditions, self-sufficient practices, and deep respect for nature, demonstrating that richness comes not from material wealth but from a close-knit, purposeful existence.



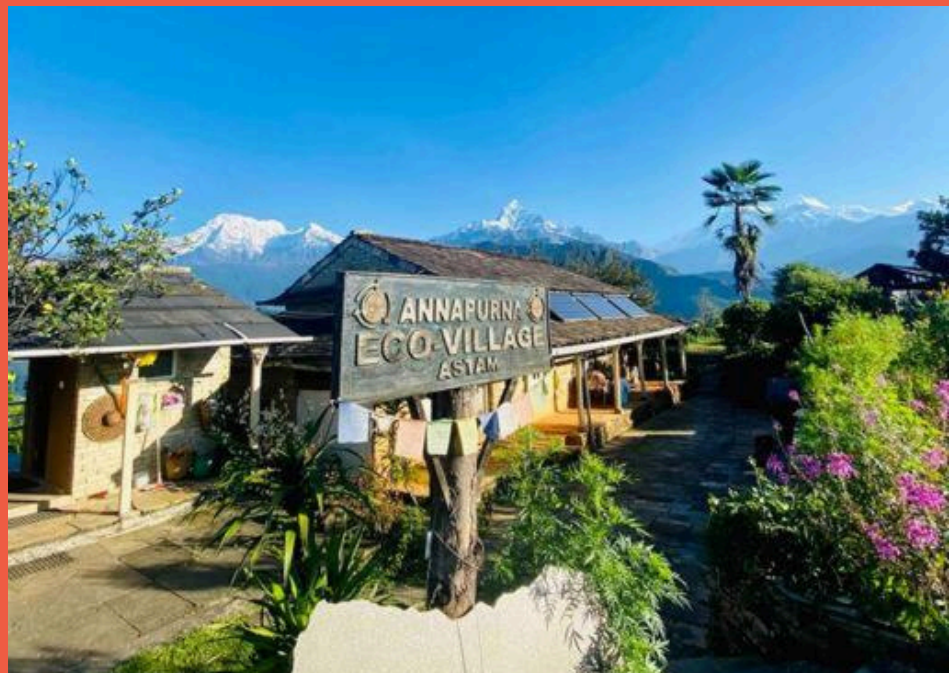


7 RICE HARVESTING

Join local farmers in rice harvesting, a time-honored tradition that epitomizes hard work and unity. This hands-on experience teaches the value of simplicity, showing how sustenance is earned through the land.

8 ECO-TOURISM AND ORGANIC LIVING

Explore sustainable practices and the principles of eco-tourism in Nepal, emphasizing living in harmony with nature. Learn how to minimize your footprint and adopt organic living by nurturing the earth and appreciating life's simple, natural offerings.



THINGS TO KEEP IN MIND

We're excited to have you join us on this immersive journey through the stunning landscapes of Nepal! Before we embark on this adventure, here are a few important things to keep in mind:

- **Adventure-Focused Retreat:** This retreat emphasizes adventure, hiking, trekking, strolling through rugged terrain, and camping in the wilderness. Participants must be physically active and comfortable with these activities. If you have chronic long-term medical conditions, knee/back issues, or other physical limitations, we recommend reconsidering your participation for your safety and comfort.
- **Limited Network Connectivity:** Be prepared for limited or no network connection in certain areas during the retreat. This is a chance to disconnect and fully immerse yourself in the experience. Please let your loved ones know and make the necessary arrangements beforehand.
- **Light Packing:** Pack light and carry only the essentials in a rucksack or trek bag. Trolley bags will be difficult to manage in some regions due to the terrain, so we recommend sturdy, comfortable bags that you can easily carry.
- **Travel Bookings:** When making your travel arrangements, please opt for free cancellation/rescheduling options. While we will refund the retreat booking amount in the event of cancellation due to unforeseen circumstances (weather conditions, COVID-19, or internal conflicts in the region), we cannot be responsible for any travel bookings you've made.
- **Mindset:** This retreat is an opportunity to connect deeply with nature, challenge yourself, and experience the rich culture of Nepal. Come with an open mind, ready for adventure, and a spirit of exploration.

INCLUSIONS

- Pick up and drop at the international airport.
- Double-sharing accommodation throughout the retreat (Single occupancy upgrade is available depending on the availability)
- 4 dinners, 8 breakfasts, 3 lunch
- All ground transportation is in private and tourist-standard vehicles.
- Kathmandu-Pokhara transfer in Buddha Air flight.
- 2 Mutuels team members, 1 trek/tour guide, and 1 logistics manager during the trip.
- All the government taxes, and operational expenses.
- Tolls and Permits
- Bhairava - Kathmandu Round Trip Flight for the second package.
- Transport costs from Gorakhpur to Bhairava airport are via the Sanauli border.
- Border and Immigration process and documents.
- Mutuels Stationary and Merchandise
- Workshop Essentials





EXCLUSIONS

- Reaching to the arrival point
- Nepal Visa cost (free visa for Indian Citizens)
- Entrance fees and permits are not mentioned in the above itinerary.
- Meals not included in the itinerary
- Tipping to the tour guide and drivers
- Any changes in the plans with additional services which is not mentioned above.
- Donations to the temple and other monuments (not mandatory)
- Any additional meals, drinks, shopping, or experiences that you wish to have apart from the package
- If you wish to do any room up-gradation, it will be charged separately and will completely depend on the availability of rooms in the property.
- Any loss/damage incurred by the attendee towards the organization, other participants, and the mentors within the duration of the trip.
- Any extra costs that the group incurs due to any circumstances beyond the package and the control of the organizers.
- Access to the photos and videos shot professionally by the team
- Local Adventure activities, like Paragliding, Bungee Jumping, Zipline, Hot Air Balloon rides, and ATV rides are excluded from the package.

CANCELLATION POLICY

- You can avail 100% refund if you cancel 40 days prior to the start day of the trip.
- If you cancel on or 30 days before the travel date, you can avail 50% refund on the booking amount.
- We are not liable to cancel any amount if you wish to cancel after the second installment.
- The trip is non-transferable to any other person.
- **We are not liable to refund any amount if you wish to cancel after 15th October 2024.**
- In case of any unforeseen cancellations due to COVID-19, weather calamities or internal conflicts, we will try to refund the maximum possible amount, subject to the refund policy of booking operators
- We'd advise you to book corporate flight tickets for your commute since the flight cancellation amount is not included in our package or refund.
- In special circumstances, the trip can be carried forward to any other edition of Unravel Travel within the same year or the next 4 months.



TRAVEL ESSENTIALS

Documents:

- Aadhar Card and License both
- Vaccination Certificate

Clothing | Footwear | Accessories (Must-Haves) :

- Sweaters, hoodies, and sweatshirts (winter wear for the evenings/nights)
- Quick dry top and bottom wear
- T-shirts and Tops: Carry a mix of short-sleeved and long-sleeved tops to accommodate varying weather conditions.
- Pants and Shorts: Include both long pants and shorts for flexibility and to adapt to different activities and locations.
- (Hack: It's a good idea to pack clothes that you can easily layer up or layer down depending on the temperature fluctuations)
- Quick-dry towels
- Gloves, Beanies, Scarves, and Thermals if you're sensitive to the cold
- Rain Jacket

Footwear:

- Hiking shoes with a good grip (Casual shoes with a grip are okay too)
- Flip-flops or Sandals: Pack a pair of waterproof flip-flops or sandals for indoor use, such as in your accommodation or for walking in shallow water.
- Sports Socks: Enough pairs.

Other Essentials:

- A trusty ziplock bag to keep your stuff dry (phone, wallet, or even damp clothes) but let's be responsible and take it back with us.
- Headlamps/Torches with batteries (not mandatory, but they might come in handy)
- Suntan lotion and other basic toiletries - Make sure to pack some essential skincare products (maybe even a hat) to keep yourself protected and moisturized
- Sunglasses
- Personal Medication for allergies, body aches, fever, etc.
- Power Bank (Optional, for those extra-long adventures)
- Non-disposable water bottle (compulsory): Please avoid buying mineral water. Let's love Mother Nature just as much as we love a good adventure.
- First-Aid Kit: It's always a good idea to have a basic first-aid kit handy
- A reusable bag: For carrying souvenirs and other purchases





See you soon!

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