UNSEEN VOYAGES

Travel Solo. Not Alone.

MOUNTAINS + MINDFULNESS + SISTERHOOD / 2027

NEPAL: RESTORE + RISE

A restorative journey through Nepal's living heritage.

27 NOV-03 DEC 2027

7 DAYS / 6 NIGHTS

WOMEN-ONLY SMALL GROUP

Curated and organized by Amreen (@justgowithamreen)

USD 1,299 PER PERSON / TWIN SHARING

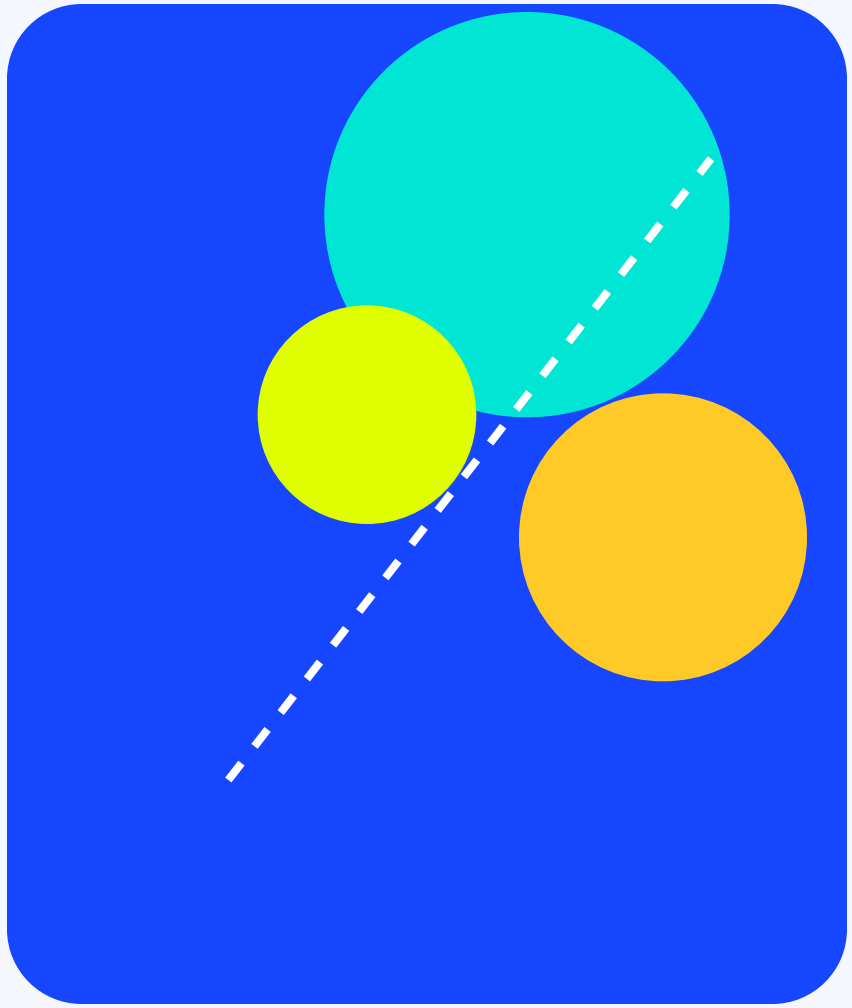
NEPAL: RESTORE + RISE

Travel outward. Return to yourself.

Seven days connecting Kathmandu's sacred landmarks, Pokhara's lakes and mountain views, and the quiet sunrise rhythm of Nagarkot. Yoga, meditation, sound healing, massage, gentle adventure and an unhurried wellness day turn this women-only journey into space to explore, reconnect and recharge.

USD 1,299 PP

TWIN SHARING



MOVE. BREATHE. RESTORE.

A women-only small-group journey balancing culture and soft adventure with intentional time for rest, reflection and meaningful connection.

01

SACRED KATHMANDU

Temples, stupas and historic squares reveal Nepal's layered spiritual heritage.

02

POKHARA CALM

Phewa Lake, Shanti Stupa and Himalayan horizons create room to exhale.

03

BODY + BREATH

Yoga, candle meditation, sound healing and massage support a slower rhythm.

04

NAGARKOT RESET

Two mountain nights create space for sunrise, rest and a full day to recharge.

7 DAYS. NEPAL WITH INTENTION.

Six nights across Kathmandu, Pokhara and Nagarkot, designed for women who want both discovery and renewal.

DAYS 1-2	KATHMANDU	Arrival, yoga, meditation and living heritage
DAYS 3-4	POKHARA	Lake calm, Himalayan sunrise, hiking and rafting
DAY 5	BHAKTAPUR + NAGARKOT	Ancient streets and a mountain retreat
DAY 6	NAGARKOT WELLNESS DAY	Sunrise, yoga, rest and optional spa time
DAY 7	DEPARTURE	Breakfast and airport transfer

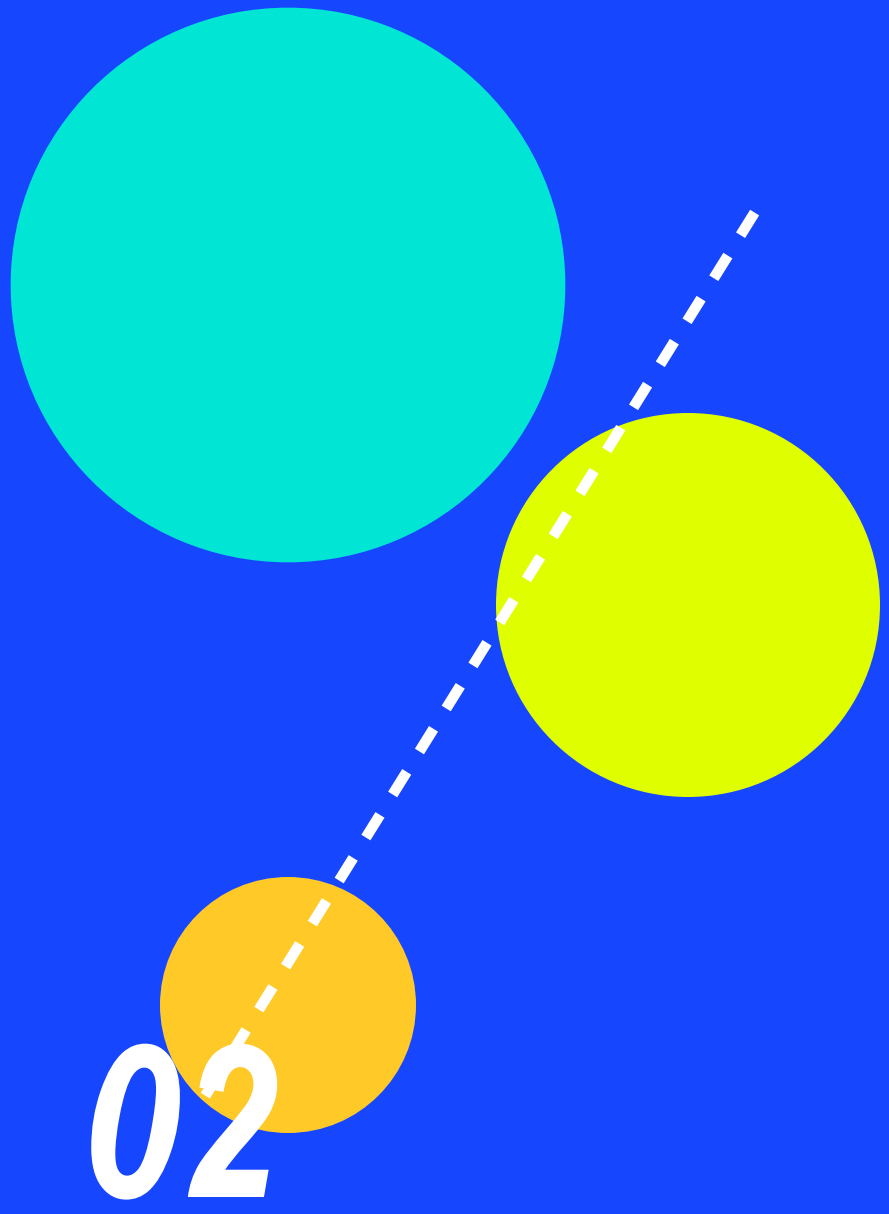


DAY 1 / 27 NOV

ARRIVE IN KATHMANDU

Meet the group on arrival, transfer to the hotel and settle into Kathmandu. Enjoy a gentle city orientation and an easy first evening together.

Hotel Lo Mustang or similar / no meals included



DAY 2 / 28 NOV

YOGA + SACRED KATHMANDU

Begin with yoga and candle-gazing meditation, then visit Pashupatinath, Boudhanath and Kathmandu Durbar Square. Choose one included 60-minute massage: Ayurvedic, Swedish or Zen Shiatsu.

Hotel Lo Mustang or similar / breakfast included







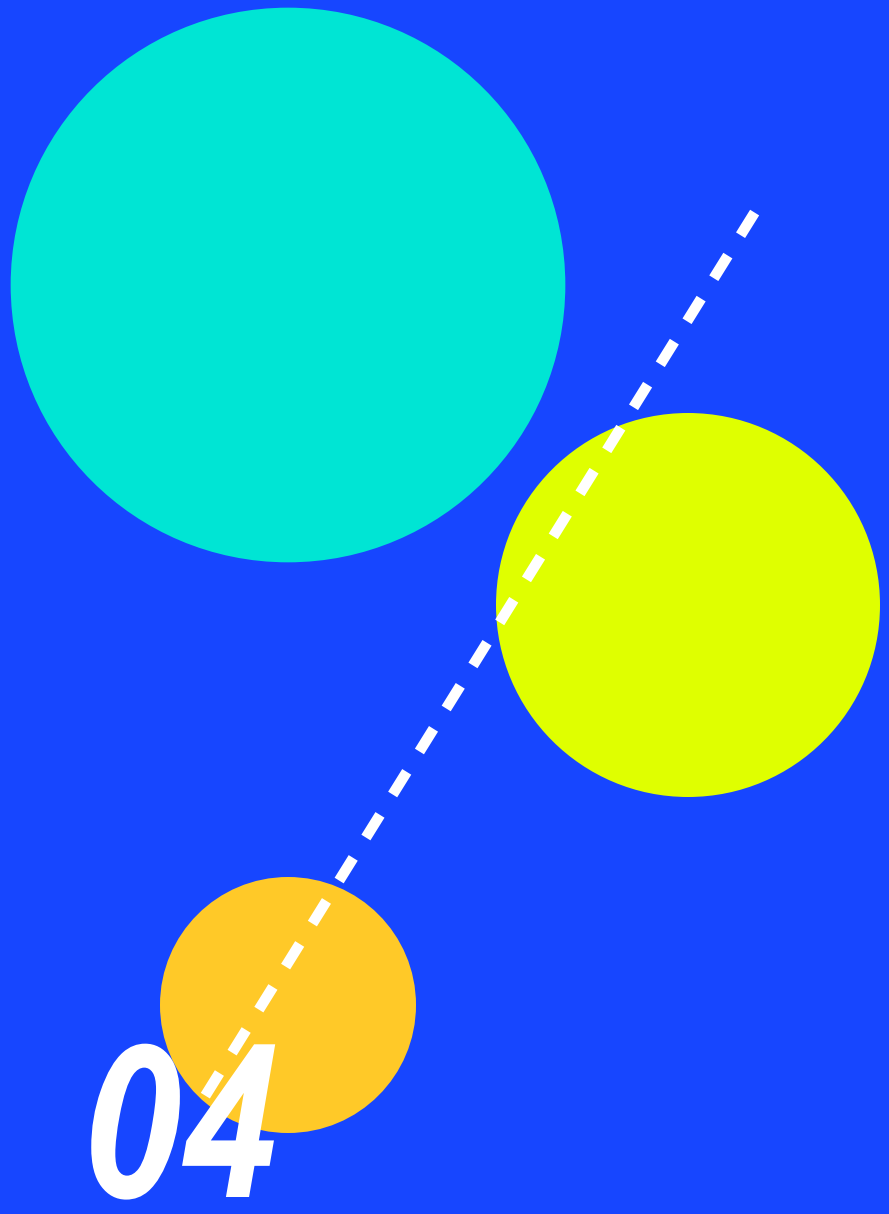


DAY 3 / 29 NOV

FLY TO POKHARA

Start with yoga and sound healing, fly to Pokhara and explore Phewa Lake by boat before visiting Shanti Stupa for wide valley and mountain views.

Hotel Portland or similar / breakfast included



DAY 4 / 30 NOV

SARANGKOT + SOFT ADVENTURE

Watch sunrise from Sarangkot, follow a two-to-three-hour downhill hike and join a one-hour Seti River rafting experience. Later, explore Pokhara and unwind with yoga and massage.

Hotel Portland or similar / breakfast included







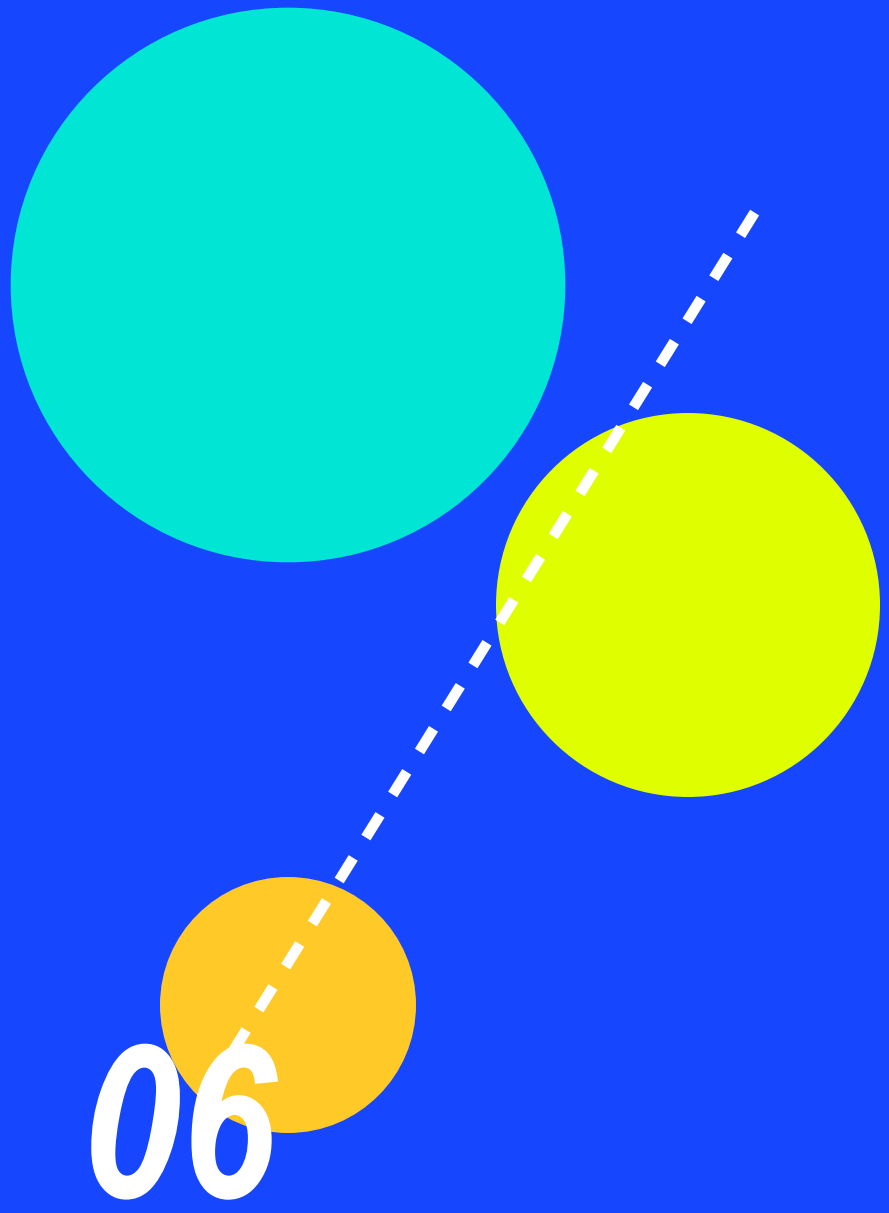


DAY 5 / 01 DEC

BHAKTAPUR + NAGARKOT

Begin with yoga and candle meditation, fly back to Kathmandu and walk through Bhaktapur Durbar Square. Continue to Nagarkot for mountain quiet, massage and evening meditation.

Hotel Mystic Mountain, Soaltee Westend Resort or similar / breakfast included



DAY 6 / 02 DEC

RESTORE IN NAGARKOT

Greet the day with sunrise, gentle yoga and guided breathwork or meditation. Keep the afternoon intentionally spacious for rest, journaling and rejuvenation; an optional spa treatment can be arranged at your own cost.

Second Nagarkot night / breakfast included / optional spa self-paid









DAY 7 / 03 DEC

DEPARTURE

Enjoy breakfast and a final unhurried mountain morning before your transfer to Kathmandu International Airport for the journey home.

Departure day / breakfast included

THE PRACTICAL DETAILS.

INCLUDED

- Six nights' accommodation based on twin sharing
- Daily breakfast from Day 2 through Day 7
- Private airport and itinerary transfers
- Domestic flights Kathmandu-Pokhara-Kathmandu
- Listed Kathmandu and Bhaktapur sightseeing
- Phewa Lake boat ride and Shanti Stupa visit
- Yoga, meditation and sound-healing sessions as listed
- Listed 60-minute massage sessions, Sarangkot hike and Seti River rafting

NOT INCLUDED

- International flights
- Nepal visa and related fees
- Lunches and dinners
- Optional spa treatment on Day 6
- Travel and cancellation insurance
- Personal expenses, tips and shopping
- Anything not specifically listed under inclusions

BEFORE YOU BOOK.

WHO CAN JOIN?

This is a women-only small-group journey created for adults comfortable with shared travel and gentle activity.

ROOMING

The price is per person based on twin sharing. A single supplement may be available on request.

WELLNESS

Yoga and meditation are suitable for mixed experience levels. Tell us about injuries or access needs before booking.

ADVENTURE

The hike and rafting depend on safe weather and river conditions; the order or activity may change if required.

OPTIONAL SPA

Day 6 spa treatments are optional, subject to availability and paid directly by the traveler.

DOCUMENTS

Passport, Nepal visa, insurance and entry requirements remain each traveler's responsibility.

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LET'S GO

Come for Nepal. Return restored.

USD 1,299 PP

TWIN SHARING / WOMEN-ONLY SMALL GROUP

Curated and organized by Amreen (@justgowithamreen)
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