

## **OVERVIEW - The 21 Stages of Meditation, Nepal, Oct 7 - 19, 2026**

Day 1 – Arrival in Kathmandu at the ALOft Kathmandu Thamel  
Arrival, airport transfer, settling in, light evening gathering

Day 2 & 3 – Kathmandu  
Champadevi Hiking Tour, Tour of Kathmandu Durbar Square and Boudhanath with English Speaking hiking guide, air travel to Pokhara

Day 3 – Pokhara  
Arrival to Heritage Hotel Suites & Spa, Dinner by the Lake

Day 4 & 5 – 1st Journey of The 21 Stages of Meditation

Day 6 – Temagi Trek, Enjoy Pokhara & Rest

Day 7 & 8 – 2nd Journey of The 21 Stages of Meditation

Day 9 – Royal Trek, Enjoy Pokhara & Rest

Day 10 & 11 – 3rd Journey of The 21 Stages of Meditation

Day 12 – Monestary & Sound Healing / Enjoy Pokhara

Day 13 - Departures from Pokhara

### **ACCOMMODATIONS**

You will be staying in carefully selected boutique accommodations in Kathmandu and Pokhara, chosen for comfort, quiet, and proximity to our practice spaces.

Kathmandu, [Aloft Kathmandu Thamel](#)

Pokhara, [Heritage Hotel Suites & Spa](#)

### **VISA**

Most nationalities can obtain a visa on arrival in Nepal.  
Detailed guidance will be provided upon registration.

**Once registered, you will receive a detailed welcome guide with travel, packing, and preparation support.**