

Mindful Himalaya and Khumbu Flight



Trip Overview

The Mindful Himalaya and Khumbu Flight is a five-day journey that blends luxury, mindfulness, and the majesty of the Himalayas. Guests begin in serene Dhulikhel, where curated spa rituals, yoga sessions, and quiet reflection set the tone. The itinerary includes a private Everest helicopter flight with champagne brunch at Kongde, contemplative monastery visits, heritage walks, and hands-on cultural experiences. Each day balances adventure and introspection, offering opportunities to connect with local traditions, the natural environment, and inner stillness. From panoramic Himalayan vistas to the tranquil rhythms of village life, this journey is designed for those seeking rejuvenation, mindful exploration, and luxurious comfort.

Total Trip Days: 5 Days

Trip Highlights

- Stay at the Dusit Thani Himalayan Resort, with suites offering expansive valley and mountain views
- Private Everest helicopter flight with a champagne brunch at Kongde, overlooking Everest, Lhotse, and Ama Dablam
- Mindful activities including yoga, meditation, and spa rituals featuring Himalayan salts and local botanicals
- Visit Namu Buddha Monastery for blessings, chanting, and a traditional vegetarian lunch
- Explore Panauti Heritage Town and participate in a hands-on brass workshop
- Scenic terraces, sunset vistas, and private picnics to experience the rhythm of Himalayan life
- Personalized VIP transfers, late checkouts, and curated cultural experiences for a seamless, luxurious journey

Itinerary

Day 1:

On landing in Kathmandu, VIP staff expedite formalities and escort guests to a waiting vehicle for the scenic drive to Dhulikhel. Dusit Thani sits above terraced hills and sal forest, designed for stillness and space. After check-in, a therapist offers a short shoulder and scalp ritual with Himalayan juniper to dissolve travel fatigue. A gentle sunset yoga session is followed by a light Thai-Nepali dinner using garden greens and local trout.

Accommodation: Dusit Thani Himalayan Resort, Valley View Suite

Meals: Dinner

Day 2:

The day opens with birdsong and a view to snow peaks. A guide leads a contemplative walk along farm lanes to Namu Buddha, a ridge-top monastery revered by Buddhists. Monks chant in the main hall while guests light a butter lamp and receive a blessing cord. A simple vegetarian lunch is offered at the monastery guest kitchen. The afternoon is reserved for the resort's signature spa ritual with warm stones and Himalayan salts. Dinner is served alfresco beside lanterns and a small fire bowl.

Accommodation: Dusit Thani Himalayan Resort

Meals: Breakfast and Dinner

Day 3:

Before sunrise, guests are driven to Kathmandu for a private helicopter flight to the Khumbu. The pilot traces the classic Everest approach, revealing Tengboche and the great cirque of peaks, then lands on the ridge near Kongde for a long champagne brunch with a broadside view of Everest. The return flight glides past Namche and the river gorges, touching down in Kathmandu late morning. Guests are driven back to Dhulikhel for a quiet afternoon by the pool, a nap, and an optional private gong meditation before a light dinner.

Accommodation: Dusit Thani Himalayan Resort

Meals: Breakfast and Dinner

Day 4:

A late start preserves the relaxed pace. The route descends to Panauti, a river-confluence town with brick lanes and tiered temples. In a family brass workshop, guests watch molten metal poured into sand molds and try their hand at finishing a small bell to take home. A terrace picnic is arranged on a hillside above the town. Toward evening, guests climb the gentle stairway to Dhulikhel's Kali Temple for a horizon-wide sunset. Back at the resort, a private chef cooks a tasting menu that pairs Nepali spices with Thai technique.

Accommodation: Dusit Thani Himalayan Resort

Meals: Breakfast and Dinner

Day 5:

The final morning is left open for a long breakfast and an unhurried spa soak. Checkout is arranged late so no one rushes. The drive back to Kathmandu includes a short stop at a boutique for curated textiles and ceramics before the private drop-off at the international terminal for departure.

Meals: Breakfast