DESTINATION: WELLNESS & YOGA RETREATS

# Hattiban Climbing, Pharping and Sound Healing *Retreat*

3 Days

| | |
|---|---|
| **3 days** Duration | **Kathmandu** Starts at |
| **Kathmandu** Ends at | **October to March** Best season |
| **1 to 15 people** Group size | |

OVERVIEW

## The trip

This Hattiban climbing and sound healing retreat is a slow three days on the southern rim of the Kathmandu Valley that mixes a real climbing day with time to switch off. You drive south to the Buddhist caves and monasteries of Pharping and the Kali temple of Dakshinkali, then set up camp on the Hattiban ridge above Pharping. Day two opens with a singing bowl session, then guided climbing on the Hattiban limestone on a top rope, no experience needed, and a second singing bowl session after you come down. On the third morning you drive back to Kathmandu. It suits first-time climbers, couples and small groups who want an active break with a calmer, reflective side rather than a pure adrenaline trip.

HIGHLIGHTS

## Trip highlights

The moments this trip is built around.

- Thrills: Guided top-rope climbing on limestone
- Location: Hattiban ridge above Pharping
- Best season: October to March
- Good for: First-time climbers and small groups

ITINERARY

## Day-by-day itinerary

Your day-by-day plan. Everything is customizable — add nights, swap activities, or change hotels.

### 1 Pharping, Asura Cave and Dakshinkali, then Camp at Hattiban

- Pickup from your hotel and drive south towards Pharping and the Hattiban ridge
- Visit Pharping and the Asura Cave, where Guru Rinpoche is said to have left a handprint in the rock, and the monasteries around it
- See Dakshinkali, the Kali temple on the valley's southern rim
- Drive up to the Hattiban ridge and set up camp, then dinner and the night in your tent

### DAY 2 Singing Bowl Sessions and Rock Climbing

- Breakfast, then a singing bowl session at camp to start the day calmly
- Safety briefing and a gear check with your climbing guide and assistant guide
- Climb the Hattiban limestone on a top rope, starting easy and moving up as you gain confidence, and learn a little rope handling and belaying if you want to
- A second singing bowl session after climbing, then dinner and a second night in the same tent on the ridge

### 3 Hattiban to Kathmandu

- Sunrise and a slow morning on the ridge
- Breakfast and break camp
- Short walk to stretch climbing-tired arms and legs
- Drive back to your hotel in Kathmandu

INCLUSIONS

## What's included

**Included**

- Private vehicle to Hattiban and back
- Licensed guide on day 1
- Climbing guide, assistant guide and site charge
- Two nights camping at Hattiban, dinner and breakfast
- Two singing bowl sessions on day 2
- Climbing gear hire

**Not included**

- Lunches and drinks
- Travel insurance
- Tips and personal expenses

PACKAGE PRICING

## Package pricing

Price per person for every group size we price. Bigger group? Ask us and we will price it.

| GROUP SIZE | PRICE PER PERSON |
|---|---|
| 1 person | $901 / person |
| 2 people | $388 / person |
| 3 people | $373 / person |
| 4 people | $347 / person |
| 5 people | $346 / person |
| 6 people | $330 / person |
| 7 people | $341 / person |
| 8 people | $329 / person |
| 9 people | $335 / person |
| 10 people | $326 / person |
| 11 people | $328 / person |
| 12 people | $321 / person |
| 13 people | $333 / person |
| 14 people | $327 / person |
| 15 people | $328 / person |

**Prices are per person, in US dollars. No card fee · no hidden costs.** What each price includes and excludes is in the What's included section above.

LEGAL & POLICIES

## Booking & cancellation

Operated by Zeta Tours and Travels Pvt. Ltd. · Effective 2 June 2026

### PAYMENT SCHEDULE

1. **30% — on booking confirmation**
   This first payment confirms your dates and lets us secure permits, domestic flights, guides, porters and your teahouse or hotel nights. Bookings made 15 days or fewer before the start date are payable in full on confirmation.
2. **40% — 15 days before your trip starts**
   The second instalment is due 15 days before the trip starts. For a group of seven or more travellers it is due 30 days before instead.
3. **Balance — 2–3 days before departure**
   Anything still outstanding is settled 2–3 days before departure, or at your pre-trip meeting in Kathmandu.

### REFUND TIMELINE (CANCELLATION)

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|---|---|
| 30 days or more | FULL REFUND |
| 15–29 days | 25% FEE |
| 8–14 days | 50% FEE |
| 7 days or less | NO REFUND |

**Introduction**

At **Uncover Nepal** we believe a trip should be stress-free from the very first step. This policy outlines how bookings work, what happens if plans change, and what you can expect from us at every stage of your journey in Nepal.

Bookings are confirmed in writing by email and are subject to availability at the time of payment. We accept bank transfer, credit card and authorised payment gateways, in US dollars or the Nepalese rupee equivalent; international transaction fees are borne by the traveller, and a payment counts as made only once the funds reach our account.

**Non-refundable services**

Some costs are committed to third parties the moment they are issued and cannot be recovered, regardless of cancellation timing:

- **Trekking permits** — ACAP/national-park entry and restricted-area permits are issued in your name.
- **Domestic flight tickets** — Kathmandu–Lukla, Pokhara and similar sectors, once ticketed.
- **Entrance tickets** to parks, monuments and heritage sites, once issued.
- **Chartered helicopters**, peak-climbing royalties and pre-paid activities.
- **Special hotel rates** booked on non-refundable terms at your request.
- Unused services, early descents, early departures and voluntary trip curtailments.

**Permits & domestic flights**

**Permits**

- Permits are issued by the relevant government authority and in your name; issuing them is not at our discretion.
- Permit and park fees are non-refundable once issued, including if you turn back on the trail.

**Domestic flights**

- Mountain sectors such as Lukla are weather-dependent. Delays and cancellations are common in cloud and are outside anyone's control.
- All cancellations and changes are subject to the airline's fare rules.
- Where a mountain flight is cancelled we will help you rebook or arrange an alternative, but Uncover Nepal is not liable for the delay itself or for onward connections you have booked separately.

**How refunds are paid**

- Cancellations must reach us in writing at contact@uncovernepal.com. The timeline above runs from the date we receive that email.
- We process your refund within 4 to 7 working days of our acknowledgement.
- Money is returned by the original payment method and in the original currency. Your bank may take a few more days to show it.
- When you cancel, bank and transaction fees on both the original payment and the refund are borne by the traveller. If we cannot run the dates we confirmed with you, we refund every cent you paid, fees included.

**No-show & early departure**

- Travellers who do not arrive for the trip are charged the full trip cost.
- Leaving a trip early, and any service you choose not to use, is charged in full and is not refunded.

**Liability & disclaimer**

**Events beyond our control**

Uncover Nepal is not liable for delays or cancellations caused by events beyond our control, including weather, landslides and road closures, natural disasters, government actions, strikes or pandemics.

Your own international flights, travel insurance and Nepal entry visa are your responsibility. We strongly recommend insurance that covers trekking to the maximum altitude on your itinerary, including helicopter evacuation.

**Talk to us**

Questions about a booking or cancellation? Email contact@uncovernepal.com or call +977 9705413894. For urgent queries, WhatsApp us for a faster response.

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## Ready to book this trip?

Share your dates and group size. A Uncover Nepal travel expert will build the best plan for you — free, no pressure.

View tour on web → | WhatsApp us

**Call / WhatsApp:** +977 9705413894
**Email:** contact@uncovernepal.com · **New Baneshwor, Kathmandu, Nepal**
**Web:** uncovernepal.com

This itinerary is indicative and subject to a final booking agreement. Prices, inclusions and day sequence may change with availability, season and group size. Zeta Tours and Travels Pvt. Ltd.