

Mountain High – Hike & Yoga Retreat

 21st – 23rd November (Fri–Sun)

 Dhotrey – Tonglu – Tumling

 Pickup & Drop: Yoga Center, Salbari

Day 1 – Friday

 8:00 AM – Departure from Salbari

 Refreshments en route

 Arrive at Dhotrey · Check-in · Relax

 Evening snacks & early dinner

Stay: Dhotrey

Day 2 – Saturday

  Morning Yoga: 6:00–7:00 AM (by the hills)

 Breakfast: 7:30 AM

 **Scenic 4–5 hr hike to Tonglu**

 **Tea, lunch & rest**

 **Group sharing circle + Dinner**

Stay: Tonglu

 **Day 3 – Sunday**

 **Sunrise walk to Tumling (5:00 AM)**

 **Breakfast at Tonglu (7:30 AM)**

 **Descend to Dhotrey by noon**

 **Lunch: 12:00 PM**

 **Return to Siliguri by 2:00 PM**

 **ETA: 7:00–8:00 PM**

Includes:

 **Round-trip vehicle pickup & drop**

 **All meals (veg) – breakfast, lunch, dinner, snacks, tea**

 **Yoga sessions & guidance**

✓ Comfortable homestay accommodation

✓ Local trek guide

✓ Trek snacks & refreshments

🧡 Things to Carry:

🧥 Warm jacket & windcheater

🧢 Sun cap & warm hat

👟 Comfortable trekking shoes

🧦 Warm socks

💧 Water bottle

🧴 Personal toiletries

🧗♂️ All treks are managed by a Certified UIAA Mountain Guide, along with a local guide registered under the Sandakphu National Park Committee.