

Exclusive Gourmet Hike & Yoga day



Exclusive Gourmet Hike & Yoga day

Url: <https://wildyakexpeditions.com/trips/exclusive-gourmet-hike-yoga-day/>

Duration

1

Max. Altitude

2,100m (6,889ft)

Difficulty

Easy

Group Size

6 to 8 participants

Per Person Cost

USDCHF 250

Country

Switzerland

Region

Valais

Prime Activity

Hiking

Minor Activity

Yoga

Meals

Surprise lunch

FACTS ABOUT TRIP

- 1-day of relaxation & adventure in the Swiss Alps
- Yoga session in an exclusive spot (no previous yoga experience necessary)
- Surprise gourmet lunch with local products
- Afternoon tea and home made cakes
- Max 8 participants

HIGHLIGHTS

- Great experience to **refill your energy** in the mountain air
- **With Andrea Sherpa-Zimmermann & Valérie Horyna**
- **No need to be a yoga expert**
- **Small group**

Overview

Refill your energy in the Swiss Alps!

Tired? Do you need a break in your daily routine? Close your eyes and feel the pure mountain air!

WILD YAK EXPEDITIONS presents an **energizing exclusive day in the Swiss Alps**. We start the day with an **invigorating hike** enjoying the beautiful mountain surroundings. At some time, we stop for our **Gourmet lunch with local products** as further highlight of the day. We then end our day with a **relaxing yoga session in an exclusive place**.

Get inspired and go back home with a new energy!

Program

Show Detail Itinerary

▪

Day 01

Whitepods - Les Cerniers

10:00am: Welcome at Whitepod in Les Cerniers by Andrea & Valerie

We start the day with an energizing hike on the mountain paths above Monthey. Immerse yourself in the beautiful and authentic landscapes of the Swiss Alps for a 3-4-hours hike with confidence. At a certain point, we make a well-deserved break to enjoy the WILD YAK surprise lunch, before coming back to the Whitepod in Les Cerniers.

We enjoy the relaxing yoga session specially prepared by Valerie in an exclusive place. Yoga as you have never done before!

A delicious afternoon tea time as farewell.

17:30: end of the day

WILD YAK Services

- Organization of your Trip by WILD YAK
- 1 yoga session in the eco-luxury resort Whitepod
- 1 guided hiking tour with WILD YAK
- Surprise Gourmet Lunch and afternoon tea time
- All taxes included

Logistics

WILD YAK EXPEDITIONS' PHILOSOPHY

WILD YAK EXPEDITIONS focuses on security and **quality**. We believe that this is the best way to guarantee **an excellent and relaxed alpine experience**.

In addition, we adapt the group size to the conditions in the mountains in order to guarantee the best

security for you and our guide. Hence, we benefit from **greater flexibility** and can **better tailor personal support**.

Ramhitti, Boudha-6,
Kathmandu, NEPAL
+977 98511 49396
norbu@wildyakexpeditions.com

Chemin des Avouillons 45,
1926 Fully, SWITZERLAND
+41-(0)79 478 83 21
info@wildyakexpeditions.com