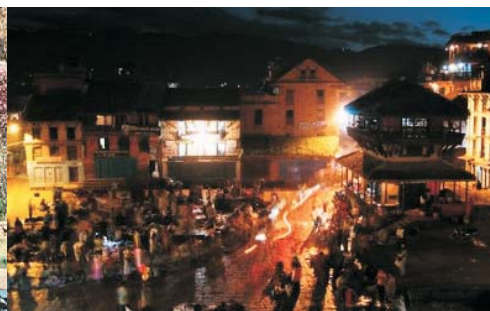


Himalayan destination Trip Enhancements



We offer Incentive Travel organizers a wide variety of adventure activities, team building exercises, spiritual healing and theme functions for a memorable event.



1 Yoga and Spiritual healing exercises

A. YOGA

The different types of exercise carried out in each yoga session:

a. Introduction / Description b. Cleansing c. Chanting ("A", "U" & "Ma") d. Warm-Up e. Postures: Basic, Intermediate & Advance f. Pranayam (Breathing) g. Shavasana (Body & Mind Relaxation)

B. REIKI HEALING

C. MEDITATION

D. NATUROPATHY

● Mudtherapy ● Hydrotherapy

E. MASSAGE

● Herbal Massage ● Moxa Massage ● Thai Massage ● Tumeric Massage

F. TAI CHI & QIGONG

● Basic Level

G. YOGIC CLEANSINGS

● Neti ● Kunjal ● Basti ● Trataka ● Dhauti



2 THEME PARTY IDEAS

a. YETI NIGHT

Dinner follows a traditional drink of brewed Chyang or Tongba & musicians & dancers from the nearby village provide entertainment. During the evening, the Yeti makes an appearance, causing chaos amongst the locals. We soon discover that Yeti is not a fierce as the legend makes out, and Yeti's comical antics entertain those brave enough to remain.



b. BHAKTAPUR NIGHT

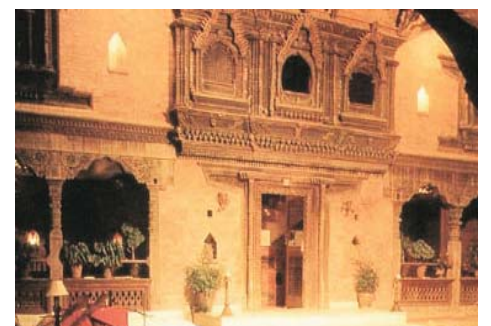
We recreate Bhaktapur's Durbar Square. Guests enter through a replica of the town's Golden Gate & are welcomed by hostesses in traditional Jyapuni dress offering "Raksi", the local distilled spirit poured from an aunti. Staff in typical Newari costumes will serve a banquet featuring the subtle yet varied flavors of traditional Nepalese food. During the feast, Newari musicians will play and visiting troupe of performers will entertain with local dances.

c. HIPPIE THEME PARTY

Seating with cushions, psychedelic covers, armrest pillows, low tables & music will create a seventies evening. With flowers, incense, candles & a signature welcome drink, will set the mood for an evening of memories old and new. The evening includes a welcome to all guests with tika, Hare Rama scarves & a welcome drink. A live band singing songs of 60s & 70s follows this. Hawker stalls will be serving Nepali, Indian & Western cuisine. Recommended dress code: psychedelic wear

d. EVEREST BASE CAMP EVENING THEME PARTY

The magic of the Everest Base Camp will be recreated for you at your hotel in Kathmandu. From the image of Lukla Airport at the entrance of the party venue to the minor details of a trekker's evening at the base camp, Guests will experience the thrill of an adventure night out. The evening includes a Puja Ceremony to seek the holy blessings. This is followed by Sherpa Dance with the music of natural sound & monastery music. Recommended dress code for the evening is trekker's gear. Regional specialty drinks & Nepali barbecue dinner is served.



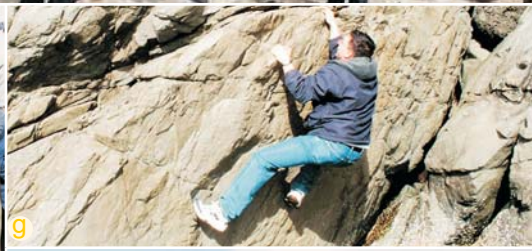
e. Dwarika's Kathmandu Village Resort Heritage Theme Party

Dwarika's epitomizes an era of the Malla dynasty. We just weave around the existing ambience to create the medieval cities of Patan & Bhaktapur where the guests are transported to an evening of tradition & cuisine from the Malla Period. The guests experience a true Nepalese renaissance, as they wine and dine amidst the splendor of a bygone era. The whole courtyard will be buzzing with weavers, potters, wood carvers, etc., and an exclusive "Madira Griha" (Bar) to soar up your spirits. Nepalese 9 Course meal and a deluxe ethnic Newari cuisine presentation.



4 Adventure activities:

- a. Mt. Flight
- b. White-water rafting
- c. Mountain Biking
- d. Bird watching trips
- e. Trekking
- f. Hiking
- g. Rock Climbing
- h. Golf
- i. Bungy Jumping
- j. Para Gliding
- k. Canoeing
- l. Micro-light flight
- m. Cable Car
- n. Jungle Safari
- o. Boating & Fishing
- p. Sky Trek



3 Team building Exercises at Borderlands and The Last Resort



MarcoPolo Travels Nepal

P.O. Box 2769 Heritage Plaza II Kamaladi, Kathmandu, Nepal

Tel: 977 1 4247215, Ext. 013 Fax: 977 1 4244484

Email: md_marco@polo.com.np

incentives.marcopolo@subisu.net.np

www.marcopolo.com.np