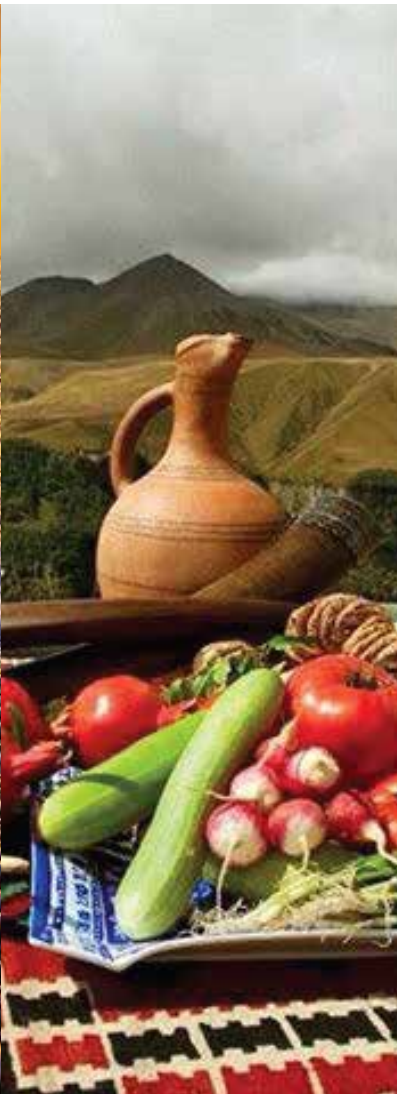




STEP in
GEORGIA



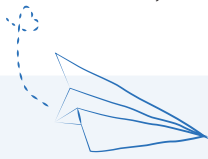
HIKING AND YOGA RETREAT AT BORJOM-KHARAGALI NATIONAL PARK

This retreat is a rare opportunity to live in rural areas of Georgia, meet locals and share the experience, taste the regional products, admire the beautiful landscape, get off the beaten track, and experience the Georgian culture from the inside...while adding more mindfulness in your daily lives.

AVAILABILITY: FROM MAY TO OCTOBER:

There is no "level" required here: the invitation during those yoga sessions is to mainly "listen" and "observe" the feeling of the moment, both physically and mentally. We welcome people who have been practicing for a while, or beginners, and it all work out very fine.

HIGHLIGHTS:



- Daily yoga sessions in a stunning environment (hatha)
- Hiking trip at Borjom- Kharagauli National Park
- Daily organic homemade breakfasts | Cheese and wine tasting |Honey degustation and Georgian cuisine culinary master class at Atskuri “Barbale”
- Guided tour to the cave town of Vardzia

SHORT VERSION OF THE TOUR ITINERARY

DAY 1: TBILISI – BORJOMI

Arrival, transfer to Borjomi, check in the hotel, dinner and overnight.
Borjomi is famous for its mineral waters with healing powers.

DAY 2: BORJOMI – KHARAGALI NATIONAL PARK. EASY HIKING.

Early breakfast at the hotel, easy hiking, picnic in the nature, yoga sessions, overnight at the hotel. Borjomi-Kharagauli National Park has 12 trails. Tourist route network is up to 400–2,642 meters and allows hiking for one or several days.. Paths are marked and well-arranged. Tourist shelters, picnic spots and camping sites are arranged along the routes. Sites for setting up a fire are also allocated. The routes function throughout the year.



**DAY 3: BORJOMI – ATSKURI
"BARBALE" – BORJOMI**

After early breakfast drive on to the direction Atskuri, where you will have the possibility to taste local cheese and honey. Take a part to prepare famous Georgian Khachapuri and other goodnesses. Late in the evening drive back to Borjomi, overnight.

DAY 4: BORJOMI – TBILISI

Early breakfast at the hotel
Drive back to Tbilisi.

**CONTACT US
TO CHECK IF THERE IS AVAILABILITY
FOR THE NUMBER OF PLACES YOU REQUIRE.**

**BUDGET AND PRECISE CALCULATION OF THE PRICE,
WILL BE PLACED AFTER ORDERING THE ACTIVITY.**



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