

# Aseer

WELLNESS & EXPLORE



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Trip Overview



Pricing Details



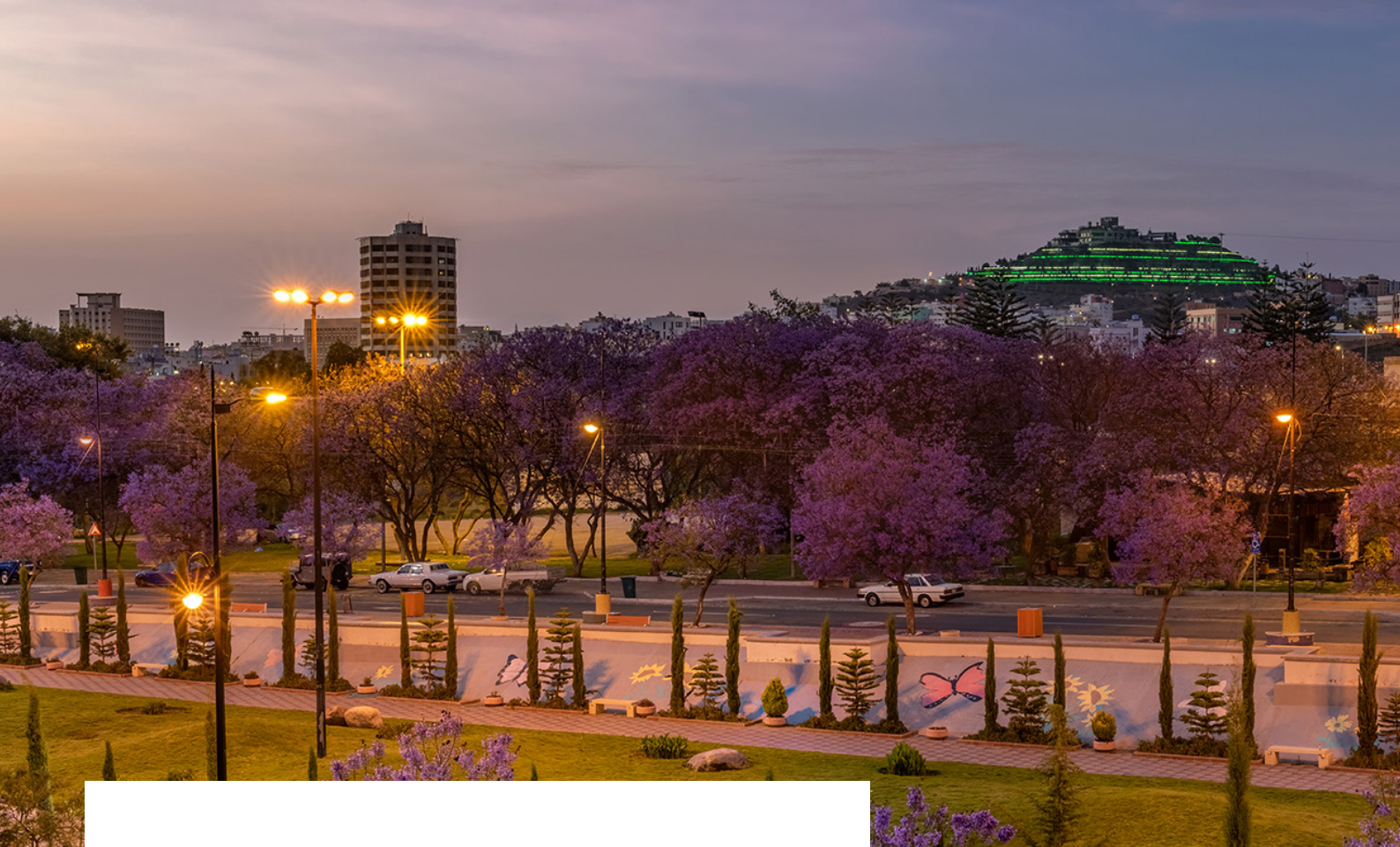
Trip Itinerary



Flight Bookings



Accommodation



# OVERVIEW



Discover the enchanting Aseer region with our immersive Wellness and Explore Trip. Located in Saudi Arabia, Aseer is renowned for its stunning landscapes, rich cultural heritage, and unique blend of traditional and modern experiences. This trip offers a perfect blend of adventure, wellness, and cultural exploration. You will start by exploring the historic Al Basta Town in Abha, followed by exhilarating activities like a sunrise hike at Al Soudah Mountain and a visit to the ancient Rijal Al maa Heritage Village.

Enjoy rejuvenating yoga sessions, scenic walks, and a cultural dive into the Aseer region's history through the Fatimah Museum. The journey promises an enriching experience that combines wellness and natural beauty, cultural immersion, and relaxation.



# YOGA & MEDITATION



Integrating physical postures with mindful breathing, enhances physical strength, flexibility, and mental clarity. Meditation complements this by fostering deep mental relaxation and heightened awareness, essential for holistic wellbeing. Together, they form a synergistic duo, offering a complete mind-body rejuvenation experience.



# TRIP TO AL



# SOUDAH MOUNTAIN

Embark on a serene adventure at Al Soudah Mountain, where you'll experience a gentle walk amidst stunning natural landscapes. Enjoy the tranquility of the mountain environment as you take in the breathtaking scenic views. Following your walk, rejuvenate with a calming yoga session, set against the backdrop of lush greenery and majestic peaks. To conclude your visit, embark on a scenic ride aboard the Al Soudah Cable Car, offering panoramic vistas of the surrounding mountains and valleys. This trip promises a harmonious blend of relaxation, natural beauty, and awe-inspiring views.



Visit to the

# PROMINENT

# MUSEUM

in Aseer for Women's Heritage



Experience the rich cultural heritage of Aseer with a visit to the region's most prominent museum, dedicated to Women's Heritage. Participants will be introduced to the aesthetics of Al Qitt Al Aseeri Art, a traditional form of wall decoration unique to the region. The experience is interactive, allowing participants to explore the authentic history of this art form and engage in hands-on activities where they can draw and paint Al Qitt Al Aseeri designs in greater depth. Additionally, visitors will have the opportunity to acquire beautifully decorated products, including household items, rocks, and paintings of various sizes, adorned with this vibrant and intricate art.



# VISIT TO



# RIJAL ALMAA

Explore the historic city of Rijal Almaa, a gem of cultural heritage in the Aseer region. Nestled in the mountains, this ancient village is renowned for its unique stone architecture, vibrant colors, and rich history. Participants will wander through the well-preserved streets, discovering the traditional palaces and structures built from natural stone, clay, and wood. As you delve into the heritage of Rijal Almaa, you'll gain insights into the area's cultural significance, its potential UNESCO World Heritage status, and the unique way of life that has thrived here for centuries. This visit offers a deep connection to the past, showcasing the beauty and resilience of Aseer's heritage.

# TRIP

# ITINERARY

Below is a list of the trip itinerary, which includes details of timings and activities:

## Day One

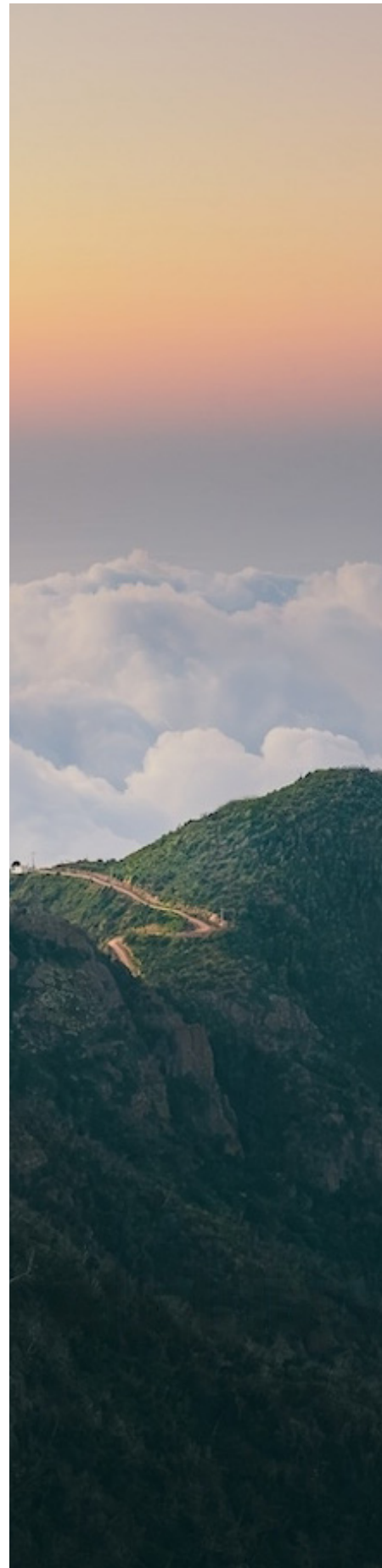
### Arrival Day

- 14:00 - 16:00 Explore Al Basta Town at the Heart of Abha
- 16:30 - 17:30 Orientation Session
- 18:00 - 19:00 "Echoes of Her" - Women Circle Journaling and talk
- 19:00 Special Welcoming Dinner

## Day Two

### Exploring Al Soudah and Rijal Almaa

- 7:00 - 8:00 Breakfast at Hotel
- 8:45 - 10:30 Al Soudah Mountain Gentle Walk
- 11:00 - 12:00 Al Soudah Yoga Session
- 12:00 - 13:00 Al Soudah Cable Car
- 13:30 - 14:30 Visit the historic city of Tibab for Lunch
- 14:30 - 16:00 Drive to Rijal Almaa
- 16:00 - 18:30 Visit Rijal Heritage Village / Potential UNESCO Site
- 18:30 - 20:00 Drive Back to Hotel





# TRIP

# ITINERARY

Below is a list of the trip itinerary, which includes details of timings and activities:

## Day Three

### Wellness and Cultural Immersion

- 8:00 - 9:00 Breakfast at Hotel
- 9:00 - 11:00 Dabab Walkway - Gentle Morning Walk
- 11:30 - 14:00 Fatimah Museum / Women Centre
- 14:30 - 15:30 Group Lunch
- 16:00 - 17:00 Rest Time
- 17:30 - 18:30 Sunset Yoga Nidra Session - Women only
- 19:00 Special Farewell Dinner

## Day Four

### Departure Day

- 8:00 - 9:00 Breakfast at the Accommodation
- 9:00 - 14:00 Airport Drop offs



# PRICES & FEES

The travel package includes and excludes the following:

## INCLUSIONS



**SHARED  
Twin room**



**Airport Pick-up and  
other transportation**



**General tourist  
attractions**



**Daily  
breakfast meals**



**Special Welcome  
and Farewell dinners**



**24/7 in-country local  
NomuHub staff support**

## EXCLUSIONS



**Flight  
Tickets**



**Personal  
spendings**



**Daily lunch &  
dinner meals**



**Accommodation  
upgrade to Single Room**



**Travel visa  
and insurance**



# PRICES & FEES

Our projects are priced and booked based on number of weeks

◀ **\$1690** USD ▶  
Per Person

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**5%**  
Group (3+) Discount

- Group discount only applies for a group of 3 or more applicants, all of whom must pay the deposit. Use discount code GROUP5 on checkout.

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Should any applicant not follow these terms, discount will be deactivated by NomuHub and amount added to applicant's final invoice.



# FLIGHT BOOKINGS



## Arrival to (AHB)

GROUP ONE

THURSDAY

GROUP TWO

THURSDAY



## Departure from (AHB)

SUNDAY

SUNDAY

- Please note that accommodation isn't included beyond the program dates. Contact our support team for extra days of accommodation arrangements.

Travel with a purpose

