



THE KHYBER
HIMALAYAN RESORT & SPA
GULMARG

THE KHYBER SOLACE

An exclusive Five-Day Luxury Wellness Retreat in Gulmarg





COME UNDONE FROM THE NOISE. LET THE MOUNTAINS HOLD WHAT YOU SET DOWN.

August 26–30, 2026 | The Khyber, Gulmarg

Gulmarg is not just a destination; it is a shift in altitude and attention. At 8,700 feet, the pines close in, the noise of the city falls away, and the sky sits close enough to touch.

Khyber Solace is an invitation to stop performing the life you built and simply live inside it for five days. The name refers to a specific kind of quiet, the kind that only arrives once you've stopped looking for it.

This isn't about escaping your life. It's about hearing yourself again, underneath everything you've been carrying.

A NOTE FROM YOUR HOSTS – MIHIR & AARON

"We didn't build Khyber Solace to give you another wellness week. We built it because we kept meeting people, founders, creators, people who'd built real things, who were doing everything right and still felt strangely far from themselves.

Kashmir has a way of meeting that feeling. There's a stillness in these mountains that doesn't ask you to explain yourself. We've spent enough time here to know the real work isn't in doing more, it's in finally stopping long enough to notice what's true.

We've built this week as a slow unfolding: we'll move the body before we ask anything of the mind, we'll sit in circles that ask real questions, and we'll walk through meadows where nobody needs anything from you.

It's a chance to put some things down, and pick a few others back up."

— Mihir & Aaron



FIND YOUR RHYTHM IN AN UNHURRIED PLACE.

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The Khyber Himalayan Resort & Spa is a destination shaped by its surroundings. Framed by the pine forests and alpine beauty of Gulmarg, every moment here is defined by fresh mountain air, expansive views and an unhurried sense of place.

Khyber Solace is a natural extension of this setting, a five-day retreat inspired by the quiet luxury of the Himalayas.





WHAT TO EXPECT

MORNING YOGA & MOVEMENT:

We begin most days in the greens of the Khyber's lawns. These sessions are about grounding, waking the body up slowly, with intention, before asking anything of the mind.

COACHING IN CIRCLE:

After breakfast, we gather for facilitated sessions, in which we reflect back on who we truly are, go deep in reflecting on our journey and what a good life actually looks like for you. No advice, no performance. Just reflection, held well.

THE SOUL OF THE MOUNTAINS:

We curate the week to include local immersion, such as guided meadow walks, visits to the mountains nearby, community time with beautifully arranged picnics and of course long unstructured stretches at the iconic Khyber pool and by the fire under starry nights. The mountains do their own quiet work, if you let them.

THE RHYTHM OF A DAY

Example Itinerary



8:00 AM:

Morning yoga & breathwork.



9:30 AM:

Breakfast, reserved seating at Clove.



11:30 AM:

Coaching sessions. The questions that matter.



AFTERNOONS:

Free time, spa windows, and local immersion (gondola rides, meadow walks, pool time)



EVENINGS:

We reconvene as the air cools. Bonfires, sound baths, or quiet dinners under the stars. This is when the day settles and starts to leave its mark.



DATES & PRICING

SAVE THE DATE

AUGUST 26-30, 2026 | 4 NIGHTS / 5 DAYS

Room Category	Package Price (INR)
Premier Room	₹1,75,000
Luxury Balcony Gulmarg View Room	₹2,15,000
Luxury Balcony Himalayan View Room	₹2,35,000
Single Bedroom Cottage	₹3,35,000
Double Bedroom Cottage	₹4,35,000

Prices are per room, inclusive of applicable taxes and GST

WHAT'S COVERED

RETREAT INCLUSIONS

- Luxurious Daily Breakfast Experience
- Curated Gourmet Dinner Experiences on All Four Evenings
- Complimentary Private Airport Transfers
- Expert-Led Wellness & Meditation Sessions by JogaRetreats
- Enchanting Open-Air Bonfire Gatherings (Weather Permitting)
- Inclusive of Applicable Taxes & GST



EXCLUSIVE PRIVILEGES

- Designed Exclusively for Individuals, Couples and Families with children aged 15 years and above
- Limited Retreat Availability to Ensure a Personalized Experience
- Priority Confirmation on a First-Come, First-Served Basis
- Dining Privilege of 10% on À La Carte Food & Beverage Offerings Only
- A Signature Wellness Benefit of 10% on Spa Experiences

ARE YOU READY TO FIND YOUR SOLACE?

For bookings, please call us on +91 60067 51224, +91-194-3503222
or email revenue.gulmarg@khyberhotels.com





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