



THE KANYAL CROCHET & CULINARY RETREAT

*Where crochet tells culture.
Where food talks heritage.*

2 NIGHTS • 3 DAYS | KANYAL HEIGHTS, MANALI



DAY
01

DISCOVER • CROCHET • EXPLORE

- Session 1** Arrival, welcome drink & breakfast
Introduction to crochet and its cultural roots
- Session 2** Hands-on crochet workshop
(Learn basic stitches, patterns and begin your piece)
- Lunch** At Kanyal Heights
- Session 3** Market hopping – The Craft Trail
Explore local markets, meet artisans, discover wool, handmade products and more
- Evening** Tea & crochet at the homestay
Bonfire, dinner and conversation

*Same Mountains.
A More
Meaningful
Souvenir.*



DAY
02

TASTE • COOK • UNDERSTAND

- Session 4** When food talks heritage
Meet the culinary mentor, learn about local ingredients, traditions and mountain cuisine
- Session 5** Cook the story
Hands-on cooking session with the culinary expert
- Lunch** Enjoy what you've cooked together
- Session 6** Market hopping – The Food Trail
Spices, herbs, fruits, pickles, grains, cheese and local produce
- Session 7** Crochet studio
Continue working on your piece with guidance
- Evening** Bonfire, music, dinner and open discussion

*Local food.
Real stories.*



DAY
03

FINISH • SHARE • TAKE HOME

- Session 8** Finish your crochet
Complete your piece with guidance and learn finishing techniques
- Session 9** The Food Story Table
Final conversation on recipes, techniques and how to recreate them at home
- Session 10** The Kanyal Table
Share your creations, food and memories
- Lunch** Check-out (with a full heart and a handmade piece)

*More than
a souvenir.
A story
you made.*



IN BETWEEN THE SESSIONS



All wool & crochet materials provided

- All cooking ingredients provided
- 2 nights stay at Kanyal Heights
- All meals as per the retreat plan
- Guidance by an artist / crochet mentor
- Guidance by a culinary mentor
- Guided market-hopping (craft & food trails)
- Village walks and nature experiences
- Small group for a personal experience



*Meet
the makers.
Taste
the place.
Take a piece
of the story
home.*

RETREAT PRICING

EMERGING CRAFT & CULINARY RETREAT

₹13,500
per person

- 2 Nights • 3 Days
- All materials & ingredients included
- Ideal for beginners and enthusiasts

SPECIAL MENTOR EDITION

₹21,000
per person

- 2 Nights • 3 Days
- All materials & ingredients included
- With a special / recognised artist and culinary mentor
- Deeper workshops and personal interaction

*You don't need to bring the wool.
You don't need to bring the ingredients.
Just bring your curiosity.*