

# Yoga Trek In Annapurna | Duration: 11 Days Days | Cost: \$1300

Are you a yoga and trekking adventure enthusiast? Join our Yoga Trek In Annapurna with trekking adventure in the Himalaya to see the wonder of yoga and meditation. Yoga trek in Annapurna is one of the unique and exciting ways of doing trekking with Yoga and Meditation enjoying the showcase of cultural and picturesque scenic beauty. This trek provides you with the various advantage of adventure trekking, hiking, and expedition with full relaxing and refreshing yoga and meditation classes by our local and professionally trained guides. Practicing yoga asana in the morning and Meditation in the evening inhaling the fresh mountain air from the Himalaya brings such serenity and joy to you that creates incredibly unbelievable satisfaction and happiness. This amazing Yoga trekking trip to the Himalaya brings a completely new taste to your logic practice, to a higher level. Yoga trek in Annapurna begins in Pokhara, widely known as Lake City and passes through cascading waterfalls, beautiful small villages, terraced farmlands, lush rhododendron forests, and amazing mountain vistas. It also passes below Mount Machhapuchre before reaching the Annapurna Sanctuary which offers an opportunity to explore the magnificent place before returning to Pokhara.

## At a Glance:

- **Tour code:** TTGYTIA
- **Style:** Wellness-mind, body & soul
- **Grading:** ▲▲▲▲▲
- **Suitable for:** 4130m
- **Duration:** 11 Days
- **Start in:** Kathmandu |Airport
- **End in:** Kathmandu |Airport
- **Transport:** Air+Overland
- **Price:** 1300

## Highlights of the tour:

- Immerse yourself in this Yoga experience
- Breathtaking view of snow covered mountain ranges
- Mindfulness meditation practices
- Visiting of ancient palace, temples
- Mingle with ethnic majority of Gurung, Tamang & Chhetri
- Magnificent sunrise and sunset view

## **What's Included:**

- Kathmandu Airport transfers
- 3 meals during trek
- An experienced insured and equipped English speaking Guide
- Guided sightseeing and entry fee in Kathmandu
- Internal flights and land transport involved in the itinerary
- Flights of guide
- 3-4\* accommodation in Kathmandu with breakfast

## **What's Not Included:**

- Travel Insurance
- Nepalese Visa
- Tips for Guide and other trek staff
- Lunch & Dinner in the city
- Additional costs due to illness, rescue
- Additional cost due to force majeure, changes of flight and itinerary
- Personal drinks and bar bill

## **Arrival Day Kathmandu**

Arrival at Tribhuvan International Airport, Kathmandu. A traditional warm welcome by our airport representative. Short briefing about the package in the hotel. Typical welcome dinner in the evening.

## **Kathmandu Sightseeing Tour**

You will be taken for sightseeing of Kathmandu Valley to explore the vibrant city after breakfast at your hotel. Drive to famous Buddhist Stupa Swayambunath, also known as Monkey temple, on the hill of Kathmandu Valley where you can see stunning view of mountains and Kathmandu valley. This temple attracts Buddhists and tourists from around the world. Swayambhunath Stupa is the most ancient and enigmatic of all the holy shrines in Kathmandu valley. Its lofty white dome and glittering golden spire are visible from far and wide. Next is Pashupatinath, the temple of Lord Shiva. This is probably the most famous temple for Hindu in Indian Sub-continent. There is crematorium beside the temple where dead bodies are burnt to ashes. After exploring Pashupatinath you will visit fascinating sights of Patan Durbar Square, one of the most glorious examples of traditional Nepalese architecture, full of century's old temples and palaces.

## **Drive to Pokhara**

After early morning yoga have a delicious hot breakfast, then drive towards the beautiful town of Pokhara in western part of Nepal. Taking fresh air, enjoy the staggering beauty of an area surrounded by some of the world's highest mountains. In the afternoon, boat across Lake Phewa for magnificent views of the Annapurna mountain range. Watch reflections of their dazzling white peaks sparkle in the mirror-like water. Annapurna range is probably one of the finest mountain panoramas in the world. Then after that take activity participate on evening meditation. Enjoy the sunset in the lake and take dinner in one of the famous restaurant at lake side.(Morning Yoga, Evening Meditation)

## **Drive to Nayapul & Trek to Ghandruk (1940m/6360 ft)**

Today you will drive approximately 1.5 hour to Nayapul, the starting point of the trek, on a private vehicle. Trek to Ghandruk on nice dirt road alongside beautiful stream. The beginning of the trek gives you glimpses of the Himalayan peaks but rest of the day you will enjoy the beauty of green mountain surroundings and local villages. You will spend the night at a guest house. (Morning Yoga, Evening Meditation)

## **Ghandruk to Chhomrong (2170m/7120ft)**

Leaving behind Ghandruk today you descends through forest with the chirping of birds. After walking down about 45 minutes the trail goes very steep downhill through the terraced field to New Bridge, cross the suspension bridge. Then the trail ascends for 45 minutes and walk straight to reach Chhomrung at an altitude of two thousand one hundred and seventy meters. Stay overnight at lodge.(Morning Yoga, Evening Meditation)

## **Chhomrong to Bamboo (2310m/7578ft)**

From Chhomrong to Bamboo, the trail descends on a stone staircase and crosses the Chhomrong Khola on a swaying suspension bridge, then climbs out of the valley. Climbing further on a rocky trail (beware of the stinging nettles) you reach three hotels at Sinuwa, at 2350m. Climb in rhododendron forests to Kuldi, at 2520m. Descend a long, steep stone staircase into deep bamboo and rhododendron forests. It is then a short distance on a muddy trail to Bamboo Lodge.(Morning Yoga, Evening Meditation)

## **Bamboo to Deurali (3230m/10,595ft)**

Today you pass through the bamboo forest which is damp and cold then ascend steadily with fewer steep sections. It is only after reaching Himalaya Hotel that the forest opens up and we are out in the sun again with astounding views of the glacial river below. It is a steep climb up through a much drier forest before reaching Hinku Cave. From here you can see the trail drop closer to the river before climbing again to Deurali, the most scenic stretch of the day and the vertical rock face cliffs above with bands of wispy waterfalls. Overnight in Deurali.(Morning Yoga, Evening Meditation)

## **Deurali to ABC (4,130m/13,545ft) via Machhapuchhre Base Camp (3700m/12135ft)**

The trail from here takes right bank of the stream, through the rugged path, which sticks on the rocky cliff and is slippery some times. At the bottom of the cliff lots of moraines can be seen. After a while, the path goes gently

up until Machhapuchre Base Camp. From Machhapuchhre base camp we get excellent views of the majestic Machhapuchhre along with Mt. Hiunchuli, Annapurna South, Annapurna I, Annapurna III and Gangapurna which is pleasing experience. From here keep on walking up through grassy land for two hours then you will reach to the Annapurna Base Camp.(Morning Yoga, Evening Meditation)

## **Annapurna Base Camp to Bamboo**

Early morning greets you with a sunrise casting a red hue over the White Mountain peaks. From Base Camp you admire the natural spectacles of sun casting colorful rays upon the snowy mountains. And then trek downhill so it shouldn't be very difficult, besides you will always have the company of the extraordinary landscape to cheer you up. Overnight in Bamboo lodge.(Morning Yoga, Evening Meditation)

## **Bamboo to Jhinu Danda (1760m/5770 ft)**

From Bamboo, it is an uphill trek to Kuldighar followed by a downhill walk to Chhomrong Khola. Then climb the stone steps to Chhomrong. The trail then descends to Jhinu Danda, after check in hotel then walk 20 minutes for hot spring bath. Jhinu Danda is small local commercial village where you stay tonight.(Morning Yoga, Evening Meditation)

## **Trek to Naya Pul then drive to Pokhara**

After breakfast you will trek to Naya Pul today. The path is easier and short than previous days. Explore the surroundings of Naya Pul then take a drive direct back to Pokhara. Overnight in Pokhara.(Morning Yoga, Evening Meditation)

## **Pokhara – Kathmandu**

Early morning wake up for beautiful sunrise view along with the fascinating close-up mountain views. Have a delicious hot breakfast. After breakfast you have a scenic drive back to Kathmandu. Free time in Kathmandu, the rest of the day sightseeing, exploring, shopping or just relaxing in Kathmandu's numerous cafes and rooftop restaurants.

## **Departure Day**

Final warm farewells, our airport representative will accompany you to the airport see you off. Fly back to home.

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