

Annapurna Yoga-Trek

An amazing trek through the middle hills of the Annapurna range with daily Iyengar yoga sessions against the backdrop of snow-capped peaks.



9 November to 21 November



Yoga-Trek Highlights

- Enjoy pre-trek roof-top yoga sessions in Kathmandu
- Discover the trails and remote settlements of the middle hills of the Annapurna range
- Meet the friendly and welcoming Gurung people of the southern slopes of the Himalayas
- Experience a thrilling dawn trek to watch the rising sun strike the peaks of the Annapurna range
- Relax in sunny Pokhara, one of Nepal's most beautiful cities
- Revel in daily mountain yoga including pre-trek morning sessions and post-trek recuperation

Trip Overview

Accommodation	<ul style="list-style-type: none">• 5 nights Hotel• 7 nights Tea House
Grade	<ul style="list-style-type: none">• Moderate
Duration	<ul style="list-style-type: none">• 2 night in Kathmandu• 2 nights in Pokhara• 8 nights trek
Leaders	<ul style="list-style-type: none">• Western Trek Leader• Certified Iyengar Yoga Teacher
Max Altitude	<ul style="list-style-type: none">• 3640m Muldai and Poon Hill Viewpoints

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Trip Summary

A fully supported tea-house trek through the iconic Annapurna mountain range. We convene in Kathmandu, then fly to Pokhara, Nepal's lakeside gem. Driving into the mountains we meet our team of porters in Ghandruk and give our hiking boots their first outing on a short trek around this beautiful village.

During our eight day trek through the middle hills of the Annapurna range we will cross vertiginous suspension bridges, plunge deep into rhododendron forests, climb winding stone staircases upon high ridges, pausing to take in astounding views.

Once en route, daily yoga sessions align perfectly with trekking. We practise where possible outdoors in the villages where we are staying or on the trail. Our early-morning sessions help us start the day's trek fully energized. We might pause before lunch for a half-hour of asana (posture) work and finish with a recuperative end-of-trek relaxation session.

For much of the trek we catch glimpses of the stunning peaks of the Annapurna range, but these truly open out to splendid effect on our dawn trek to the Muldai viewpoint above Dobato. Dhaulagiri, Annapurna South, Hiunchuli and Machapuchhre stand majestically before us gilded by the rising sun. As we continue along the Khopra ridge this breathtaking panorama sweeps from the peaks all the way down into the Kali Gandaki valley.

The trek returns us to Pokhara and a chance to explore some in-depth recuperative yoga in this beautiful lake city before flying back to Kathmandu.

At a Glance

Day 1	Arrive Kathmandu	1420m	
Day 2	Fly to Pokhara	822m	
Day 3	Drive to Ghandruk,	1950m	3 hrs drive
Day 4	Ghandruk to Tadapani	2630m	5 hrs
Day 5	Tadapani to Dobato	3420m	5 hrs
Day 6	(Optional dawn trek to Muldai viewpoint) Dobato to Chistibung	(3637m) 2350m	(2 hrs) 5 hrs
Day 7	Chistibung to Swanta (optional trek to waterfall)	2350m	3 hrs (4 hrs)
Day 8	Swanta to Ghorepani , sunset trek to Poon Hill view point	2875m, 3210m	5 hrs
Day 9	Ghorepani to Tadapani	2630m	6 hrs
Day 10	Tadapani to Ghandruk	2874m	3 hrs
Day 11	Drive to Pokhara	822m	
Day 12	Fly to Kathmandu	1420m	
Day 13	Depart Kathmandu	1420m	



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What's Included

- All accommodation in Kathmandu, Pokhara and on trek
- Breakfasts in Kathmandu and Pokhara
- All food on trek including tea and coffee
- Internal flights within Nepal
- All road transport to and from the start of the trek
- Pick up from Kathmandu airport if staying at group hotel
- An experienced Western Leader
- Daily yoga sessions with a certified Iyengar Yoga teacher
- Fees and permits
- Porters to carry all equipment
- Sherpas and porters properly insured and equipped

What's Not Included

- Travel insurance
- Visa fees
- Lunch and evening meals in Kathmandu and Pokhara
- Tips for local guides, porters and drivers, between 7.5% and 10% of total trip cost is recommended
- International flights
- Drinks other than tea, coffee and water at mealtimes

Detailed Trek Itinerary

Day 1 Arrive Kathmandu 1430m

On arrival at Kathmandu Airport a representative will meet you and transfer you to the Taleju Boutique Hotel. The group will meet in the lobby at 1730hrs for our first roof-top yoga session (1 hour) followed by a full trek briefing. We will then eat in the hotel or head out to Thamel (the main tourist area) for dinner.

Day 2 Fly to Pokhara 822m

After an invigorating morning yoga session and an early breakfast we head to Kathmandu's domestic terminal for the 30 minute flight to Pokhara, enjoying stunning views of the Himalayas as we fly westwards. We settle in to The Sacred Valley Inn and enjoy an afternoon of tourism in this beautiful lakeside city. We will reconvene for an hour-long evening yoga session at 1800hrs, followed by dinner.

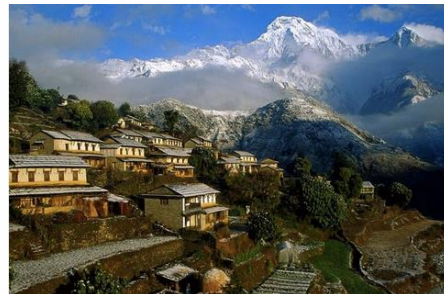
Day 3 Drive to Ghandruk 1950m 3 hrs drive

We start the day with yoga and breakfast, then it's in to jeeps for the 3 hour drive to the trail head at Ghandruk. Here we meet our local guide and porters and stretch our legs for the trek ahead. This first short stage takes us to the bustling Gurung village of Ghandruk. Here we enjoy stunning views of the Annapurna peaks of Machhapuchhre (Fishtail), Annapurna South and Hiunchuli Mountains.

As we move into the mountains our yoga sessions will become more adhoc, using whatever indoor and outdoor spaces are available to us en route. Weather permitting we will aim to practise as much as possible outdoors, the clear mountain air filling our lungs and energised by the stunning mountain backdrop.

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Detailed Trek Itinerary

Day 4	Trek to Tadapani	2630m	5 hrs
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After exploring the stone-paved walkways of Ghandruk, we climb out of the village on a scenic route following a ridge. The trail passes through several pretty villages before entering dense rhododendron forests. Arriving at Tadapani where we will overnight, we are ready for a warm and welcome evening meal of rice and dhal, traditional Nepalese mountain fare.

Day 5	Trek to Dobato	3420m	4-5 hrs
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Today's trek takes us off the beaten track, as we make our way into the remote Khopra Ridge region on a recently opened trail. With less trekking traffic we even more keenly appreciate the peace and beauty of the natural world around us. We pass through pastures and green terraced farms and delve into lush forests of pine, oak and rhododendron, always enjoying the stunning backdrop of the high Himalayas.

Day 6	Muldai Viewpoint at dawn, trek to Chistibung	2975m	5 hrs
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Head torches and warm gear are necessary for our frosty pre-dawn climb to the Muldai Viewpoint just above Dobato. We are rewarded by views of astounding beauty as the first rays of the sun gild the peaks of the magnificent mountains in front of us. We soak in the views, then head back onto the trail, which leads us through grassy clearings and pastures where dzos (a cross between cow and yak) graze. After a deep ascent to cross the river we climb again to arrive at Chistibung.

Day 7	Trek to Swanta 2350m	3640m	3 hrs
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We now begin our descent along a steep path. We might be lucky to catch a glimpse of a Himalayan tahr, a hairy goat well adapted to life on these rugged mountain slopes. The trail now takes us past terraced rice fields and through forested areas towards Swanta. We have pre lunch yoga session and then an optional 1hr trek to a local waterfall in the afternoon.

Day 8	Trek to Ghorepani	2874m	5 hrs
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We make an early start today and descend from Swanta through village fields to a small river complete with water mill. Crossing a suspension bridge we climb again to join the main trekking trail at Ghorepani, one of the biggest villages in the Annapurna mountains, nestled at around 2,850 meters. As you arrive, you'll be greeted by the warmth of the local hospitality. The village offers cosy lodges where you can settle in, enjoy a hearty meal, and reflect on the captivating journey you're undertaking.

Day 9	Trek via Deurali and Banthanti to Tadapani	2630m	6 hrs
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The trail begins with a gradual ascent through dense rhododendron forests. As you climb higher, the air gets cooler and the surrounding landscapes begin to unfold. The trail meanders along well-trodden paths, occasionally opening up to reveal sweeping views of the Annapurna and Dhaulagiri ranges. Deurali, perched at an altitude of about 3,210 meters marks a significant viewpoint. Here, you can pause to catch your breath and soak in the awe-inspiring mountain vistas. We continue through forested terrain, descending at times, giving your muscles a welcome break from the uphill climb. The route takes you through charming villages where locals go about their daily lives, offering glimpses into the culture and traditions of the region.

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Detailed Itinerary

Banthanti is your next destination. This rustic hamlet provides a haven for trekkers, its teahouses offering refreshments and a chance to rest your legs. The tranquil surroundings invite you to take a leisurely pause, absorbing the natural beauty that surrounds you. As the trail winds on through the heart of the forest, the landscape continues to evolve. You'll encounter a mix of vegetation, including the iconic rhododendron blooms, adding bursts of color to the verdant surroundings. Tadapani is your final destination for the day.

Day 10	Trek to Ghandruk	1950m	4 hrs
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As we retrace our steps from Tadapani to Ghandruk, the downhill trajectory speeds our way and we reach our destination for a well-deserved lunch. Here we enjoy the serenity of this traditional Gurung village with its astonishing panoramas of the Annapurna massif, We spend the afternoon relaxing with a yoga session and then in the evening we have an end of trek party to say goodbye to the staff and porters with songs and dancing.

Day 11	Drive to Pokhara	822m
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Its an early start for the drive back to Pokhara where we have lunch and then the day is our own to explore this small jewel of a city: venture out onto the lake in one of the colourful paddle boats, take a ride up to the viewpoint at Sarangkot or simply chill out in the many sunny lakeside cafes. We will reconvene for a sunset yoga session at 1700hrs, before a moonlit dinner to round off our magical time in Pokhara.

Day 12	Fly to Kathmandu	1420m
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We greet the day with a pre-breakfast yoga session, our last in this lakeside jewel of a town, then head to the airport for our flight back to Kathmandu. We have a final opportunity to explore the sights in the metropolis before we reconvene for a final celebratory dinner to mark the culmination of our amazing Nepali adventure.

Day 13	Depart Kathmandu	1420m
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After making our farewells you will make your way to the airport and the end of the trip.

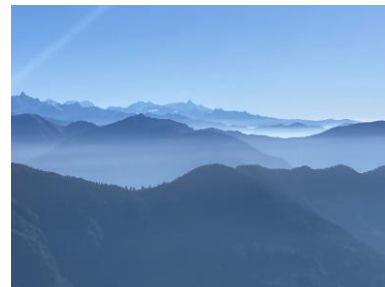
Itinerary Disclaimer

It is our intention to follow the above itinerary as closely as possible but on occasion it may be necessary to make alterations. Travel in Nepal and mountainous areas in general can be unpredictable and it is essential we remain flexible to changing conditions. All timings are approximations due to changing road and trail conditions.



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Iyengar Yoga

Yoga is the union of the body, mind, breath and spirit. As we work with the physical body in a wide range of asanas (yoga postures), the breath becomes even, the mind becomes calm and the spirit is rejuvenated.

Developed by BKS Iyengar, one of the world's foremost yoga teachers, Iyengar Yoga places great emphasis on precision, alignment and detail, not only of the external form of the body, but also of the internal workings and their impact on your state of mind. Its aim is to bring the body and mind into harmony. Regular practice promotes strength and suppleness, improves concentration and enhances a sense of wellbeing.

In order to explore a pose fully we can use props such as belts, blankets and blocks to support the body. This enables us to discover the benefits of the pose without overstraining or incorrect action. It also allows less flexible students to experience the pose in more depth than might otherwise be possible.

Iyengar teachers undergo a rigorous and continuing training, which enables them to convey the principles, practices and philosophy of yoga with clarity and precision.

Your Yoga Teacher

Director of Ballarat Yoga, senior Iyengar yoga teacher Shayna Ogden started yoga classes at sixteen. At 28, she discovered Iyengar yoga and has been studying and practicing it for nearly 30 years. She is a certificated Iyengar Yoga teacher (Level III) and has studied with senior Iyengar yoga teachers in Australia and attends the Iyengar Yoga Institute in Pune, India. She has served on the Board of the BKS Iyengar Yoga Association of Australia as secretary. She also sits on assessment panels for junior yoga teachers wishing to gain Iyengar yoga teacher certification. She currently chairs the Certification Committee which oversees the assessment of teachers in Australia. Shayna Ogden trained with Pixie Lillas, Senior Iyengar Yoga teacher, co-founder, director and principal teacher of Balmain Iyengar Yoga Studio. Shayna studied directly with Pixie for ten years, including nearly six years of teacher training. She returns to Balmain regularly to continue her professional development as a senior teacher. Shayna completed a degree in mechanical engineering in Melbourne and worked in the oil industry and engineering consulting for ten years. In 2003, she moved to Glenlyon in Central Victoria with her partner and opened Daylesford Yoga. In 2013 Shayna opened Ballarat Yoga. She is the director and principal teacher of the school.



Your Trek Guide

Tim Calder has organised and led numerous treks and expeditions all over the world including 16 successful Kilimanjaro treks and expeditions to Ama Dablam 6812m, Cho Oyu 8201m and Everest 8848m as well as many adventure treks to remote parts of Nepal. Tim has extensive experience in Nepal having lived there for 12 years and having visited the country for more than 35 years. Tim is an ex-Gurkha officer, speaks fluent Nepali and has a deep understanding and respect for the culture and peoples of Nepal. His passion and love of Nepal keep drawing him back to the country where he feels most at home. He has practiced yoga on and off for over 20 years.

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Accommodation

Kathmandu

The Taleju Boutique Hotel is built in the typical Newar style of the Kathmandu Valley. It has a great restaurant and a relaxing garden. The hotel roof provides a great space for yoga practice. It is a haven of peace away from the hustle and bustle of Kathmandu, but conveniently located close to Thamel's lively restaurants and colourful shops.

Pokhara

Our beautifully renovated Sacred Valley Inn offers clean, comfortable accommodation. The hotel is located in central Lakeside on a quiet lane. There are beautiful views of both the mountains and the lake from the rooftop and balconies.

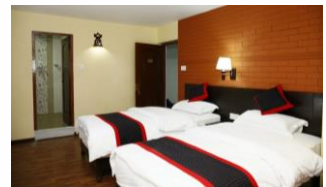
On Trek

Tea houses provide clean but basic accommodation. They are usually run by a family, which gives great insight into the life of the local people. They are a combination of guest house and restaurant centered around either the dining room or kitchen. The rooms are basic but clean with beds and mattresses. The toilets are often Western-style but sometimes only Asian style is available. Occasionally there may be a heated shower for a small fee but there is always running water. There is often a wood stove which gets fired up in the evenings. The more luxurious ones have either electricity produced by solar power or micro hydro. Most tea houses have a small shop selling soft drinks and snacks along with locally produced souvenirs.

Single Rooms

Most rooms in tea houses are twin rooms so it won't be possible to ensure, if you are on your own, that you will have your own room. The tea houses can get busy at times and with the tourist season being very short the local people rely on the income from each bed every night so are very reluctant to have a single person staying in a room for 2 people. Because of this you will be expected to share a room with someone of the same sex from your group. You may need occasionally to share 3 to a room.

In Kathmandu and Pokhara, it may be possible to book single accommodation. Please contact us for prices and ensure your request reaches us a minimum of 90 days before the start of the trek. Many Kathmandu hotels have check in times of 3pm and check out time of 11 am. If you are arriving early or departing late you may want to think about booking an early check in or late check out. If available, the charge is usually 50% of the cost of an extra night. You can add extra nights before and/or after the trip by contacting the hotel direct.



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Food

Kathmandu and Pokhara

Accommodation is on a bed and breakfast basis, so breakfast is included in the trip cost. For lunch and dinner we will either eat at our hotels or explore the excellent restaurants in Thamel and Pokhara Lakeside. These meals are not covered in the trip cost.

On Trek

On trek all meals are included, as well as tea, coffee and water at mealtimes. Any extra drinks and snacks will be paid for separately by you. The selection of food available in the tea houses is excellent given the difficult conditions under which the local people must source and prepare it.

Breakfast - A selection of pancakes, porridge, toast and egg dishes is usually available.

Lunch & Dinner – We usually have dal bhat for lunch (the excellent Nepali dish of rice and lentils accompanied by a vegetable curry and pickles). Dal bhat is great trekking food as it is highly nutritious, freshly prepared and very tasty. There is usually a good selection of pasta, potato, noodle, pizza and curry options for dinner.

Snacks – We recommended that you bring a good selection of snacks with you. Basic items are available from the small shops en route, but they might be out of date or not very good quality.

Water – we supply a life-straw bottle (part of our eco approach, so that we are not asking our tea house hosts to boil water for us. While on trek it is essential to drink 4 litres of water daily to help our bodies adapt to altitude.

Dietary Requirements

Please let us know if you have any special dietary requirements. Vegans and vegetarians usually find Nepal to be a great place to travel as the local people only eat meat occasionally. Gluten free food is also widely available.

Equipment

Please see separate detailed equipment list.

What you carry

During the trek you will carry a small day pack of around 30 litres with the essentials you will need during the day. This will contain items such as waterproofs, warm jacket, warm hat, gloves, sun hat, suntan cream, sunglasses, snacks, camera, water and a small first aid kit.

What is carried for you

All of your main equipment like sleeping bag, spare clothes etc. will be packed into either a duffle bag or rucksack and this will be carried for you. The maximum weight for your equipment is 15kg. You will pack your bag in the morning and the porters will carry it for you to the next night stop. This bag will not be accessible during the day so make sure all essentials go into your day bag.

Kathmandu

It is possible to leave luggage at the hotel in Kathmandu. This will need to be locked and all valuables handed in to the reception.



Grading and Fitness

The Annapurna Yoga-Trek is graded **moderate**.

The fitter you are the better but, saying that, trekking at altitude is more about attitude than aptitude. Going slowly, enjoying the view, drinking plenty of water and not overdoing it is key.

Moderate – You may not be an ardent walker but your general level of fitness is above average and you should be able to do a day's walking over undulating countryside back home.



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Money

The currency of Nepal is the rupee and the exchange rate is approximately: 1 US\$ = 137 Rupees and 1 UK£ = 169 Rupees

Spending Money

Approximately US\$ 200 - 250 is recommended.

In town

There are many ATMs and money changers in Kathmandu and Pokhara. The ATMs only dispense Nepalese Rupees and have a daily limit of around 35000 rupees depending on your card limit. Contactless payments/tap and pay is generally not available in Nepal. You will need sufficient money to pay for all meals except breakfast in Kathmandu and Pokhara. 10 – 20 US\$ is usually more than enough for each meal excluding drinks.

On trek

It is worth taking a small amount of money in Rupees on trek to pay for extra drinks, snacks and to buy any souvenirs.

Tips

At the end of the trek, it is traditional to give a tip as appreciation for good service. Up to 10% of the total trip cost is recommended and will need to be carried on trek in Rupees. At the end of every trek we have a raffle for the porters and staff of any old equipment that we no longer need. A great item to donate to the raffle is a used pair of trekking boots. Old cell phones are also much appreciated.

Communications

Kathmandu and Pokhara

Wifi is widely available in Kathmandu and the main towns of Nepal. It is possible to buy a local SIM card or use an e-sim (eg Aero app). Unless you have paid for extra roaming charges at home it can be very expensive to use your home SIM card.

On trek

Cell reception is often intermittent but is mostly fine most of the way. The tea houses occasionally have their own Wi-Fi, which is possible to access for a small fee.

Satellite phone

A satellite phone is carried by the leader in case of emergencies but can be used to call home at a cost of US\$ 5 per minute and US\$ 3 per text.

Emergencies

In the case of emergencies our office in Kathmandu can be contacted.

+977 9851022235

+977 1 4412900, 4410020

Sat Phone +8821668611325

Health and Safety

Medical Check Up

It is recommended that you have a full medical check-up before undertaking any trek to altitude.

Vaccinations

Please make sure that all of your vaccinations are up to date and that you obtain any country specific ones required for Nepal <https://wwwnc.cdc.gov/travel/destinations/traveler/none/nepal>

Environmental Issues

Recently in Kathmandu dengue fever has become an issue during the monsoon season. It does not usually occur during the trekking seasons but it is still recommended that long sleeves and repellent are used to protect against possible contamination. Most cases of illness in Nepal are caused by water-borne pathogens. You should never drink the tap water even to brush your teeth and it is essential to regularly wash your hands. The level of pollution in Kathmandu has become an issue and some people like to wear a mask covering nose and mouth whilst visiting the busy tourist areas.

Medications

Please inform us of any medication that you take regularly. It is essential to inform us about any underlying health conditions.

Safety and Security

Nepal is a very safe country to visit and people tend to be friendly and welcoming. That said, it is still a poor country so there is a theft risk so we advise that valuables are never left unattended and open displays of wealth are avoided.

Altitude

This trip involves you going above 3500m. Whilst this is something you should not be concerned about it is worth informing yourself beforehand regarding what can happen. The trek is being led by an experienced Western leader who has been to altitude many times before and is very knowledgeable regarding mountain sickness. In-depth briefings will be given regarding the risks and how to mitigate them during the trek.



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Insurance

Having travel insurance is a condition of booking with us. You should have emergency medical and repatriation insurance which must include the cost of helicopter rescue. Cancellation insurance is also recommended as all deposits paid are non-refundable. Care should be taken when checking the Terms and Conditions of your insurance policy, in particular, you should make sure the following is covered: 1. That it covers trekking in Nepal; 2. Maximum altitude reached on trek 3640m; 3. Helicopter evacuation in an emergency.

It is your responsibility to ensure you have adequate insurance coverage for this trip.

It is recommended that you obtain insurance from a specialist insurance company for our treks. If you only have a general travel policy (i.e. not a specialist adventure travel policy) please double check that it covers you for the points above. Even if you are covered for these points, the major disadvantage of a general travel policy is that there is likely to be a delay in the insurer making a decision regarding evacuation plans and obtaining the insurers pre-approval to cover these costs. It is important for you to understand that ultimately the burden of any expense incurred in evacuation and repatriation procedures will be borne by you and that it is your responsibility to pay any costs incurred in respect of any evacuation or for medical treatment. You should be fully aware of the implications involved in arranging your own travel insurance and understand the limitations and exclusions of your policy. You should be aware that under certain circumstances, we (or our local agent) might instigate rescue proceedings via helicopter (or any other means necessary) in situations of medical emergency without first contacting your insurance company for their approval. We have listed below several specialist adventure travel insurers. Please carefully check their Terms & Conditions prior to purchase. These companies are not necessarily recommended by us, so it is your responsibility to ensure you have appropriate coverage.

UK-based

<https://www.campbellirvinedirect.com/CIDirect/>
<https://www.thebmc.co.uk/insurance>
<https://www.snowcard.co.uk/>
<https://www.covermore.co.uk/>

International

<https://www.worldnomads.com/>
<https://www.covermore.com/>
<https://www.insureandgo.com/>
<https://www.travelexinsurance.com/>
<https://www.globalrescue.com/>

Nepal Information

Time

The time in Nepal is GMT +5.45

Visa

A tourist visa is required for entry into Nepal. This can be obtained on entry to Nepal or beforehand at the following website: <http://www.nepalimmigration.gov.np/page/tourist-visa>. If you intend to obtain your visa on entry it is worth completing the following form before arrival: <https://apply.nepalimmigration.gov.np/online>

Climate

The weather during the main trekking seasons in Nepal is usually hot and sunny in Kathmandu at around 25C. Whilst on trek it is unusual for it to rain lower down or snow higher up, but this can happen. The daytime temperatures on trek even up to around 4000m can be warm whilst nights can be cold. Above 4000m it can be cold even in the sun and freezing at nights. If the weather takes a turn for the worse at any altitude it can be cold. Extended periods of rain or snow are unusual outside of the monsoon season.

Electricity

The standard supply in Nepal is 230v and mainly uses a 2-pin plug. A travel adaptor is recommended to charge any items. On trek it is often possible to recharge phones and cameras etc. for a small fee. Another good option is to carry a power bank and a small solar panel.



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How to Book

The total cost of the trek is AUD\$ 3360

Please contact Shayna or Tim to check availability. On confirmation of your place on the trek, please fill out our booking form and send a deposit of \$600 to the bank account below, with the remainder (\$2760) to be paid no later than 12 weeks before the departure date. The trip will be limited to a maximum of 14 people, so we recommend that you book as soon as possible to avoid disappointment.

Yoga Treks Ltd

Acc. No: 225436715

BSB code: 774-001

Swift code: TRWIAUS1XXX

What we need from you before your trip

- A low-resolution copy of the information page of your passport*
- A copy of your insurance details*
- A copy of your flight details or e-ticket*
- Any special food requirements
- Notification of any medications you take regularly or any medical conditions you have
- Name and contact details of next of kin

* Please send a low resolution photo, screenshot or pdf as an attachment, not embedded in the body of the email.

CONTACT
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