



## Trip Facts

**Price:** USD 1080

**Duration:** 8 days

**Trip Profile:** Annapurna Yoga Trek

**Geography:** Himalayas/Hills/Forests

**Location:** Kaski

**Max Altitude:** 3210m

**Accommodation:** Hotel/Tea house/Lodge

**Meals:** All meals included during the trekking

**Religious:** Buddhism

**Ethnic People:** Gurung/Magar

**Transportation:** Flight/Tourist bus/Private vehicle

**Group Size:** 1-10 Pax

## Highlights

Enjoy a scenic panoramic trek along the foothills of Annapurna Himalayas

Catch the beautiful sunrise and majestic panoramas of Annapurna I (8091m), Dhaulagiri (8167m), and Machhapuchhre (6997m)

Indulge in yoga, meditation, and self-healing sessions throughout the trek

Observe the lifestyle and culture of the indigenous Gurung tribe of the Annapurna region

## Overview

The **Annapurna Yoga Trek** is a beautiful amalgamation of adventure travel and finding your spiritual self through trekking along the foothills of the gorgeous Annapurna massif. This short trek by Himalaya Land Trek is designed to offer solitude and peaceful time along the trail to help you indulge in yoga and meditation amidst the pristine Himalayan peaks.

The entire trail lies inside the Annapurna Conservation Area that is home to over 100,000 residents of different cultural and linguistic groups. The Annapurna yoga trek moves along the popular Gurung villages en route to Poon Hill (3210m). Although the trail remains bustling with the tourists, it isn't bothersome with your spiritual-time spent amidst the pristine peaks, including Dhaulagiri (8167m), Annapurna I (8091m), Nilgiri (7061m), and Machhapuchhre (6997m) among many others.

The 8-day Annapurna Yoga Trek begins once you arrive in Kathmandu, followed by a complete yoga session with your guide and colleagues. You'll embark on a short drive to Pokhara City, located almost 200 km west of Kathmandu. The trek kicks off once you reach Nayapul, lying 2hr outside of Pokhara. Nayapul serves as the gateway to the Annapurna region, as well as being the starting point of the trek. You'll begin trekking uphill along the lush rhododendron woods and walk past Tikhedhunga and Ulleri villages to arrive at Ghorepani. From Ghorepani, you'll embark on a short hike towards Poon Hill that offers the 360° panorama of the entire valley including the nearby mountains like the Annapurna I (8091m), Dhaulagiri (8167m), Nilgiri (7061m), and the Mt. Machhapuchhre (6997m). You'll also get to witness the beautiful sunrise amidst the mountain peaks from the watchtower. The trail descends along with the forested hamlets towards Ghandruk via Tadapani. A short downhill trek will bring you to a station from where you'll catch your commute back to Pokhara. A 2-hour drive through the scenic Baglung Highway will bring you back to the tourist hub of the country- Pokhara. The trip concludes upon your return to Kathmandu. The yoga and meditation in Annapurna region is a constant hallmark throughout the trail. You can undertake this trek mainly during the spring and the autumn seasons for good weather. If you wish to avoid the crowd, you can consider taking up the trek during winter as well.

[Himalaya Land Treks](#) specializes in perfectly-tailored treks throughout Nepal. We cater to all



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kinds of trekkers and offer both standard and custom packages at reasonable prices. Our all-inclusive package covers all kinds of logistics- including lodging, meals, guide or porter, permits, and transportation.



## Day to Day Itinerary

### **Day 1: Arrival Day in Kathmandu and evening yoga (1300m/4265ft)**

**Accommodation:** Overnight at 3 star Hotel

Welcome to the historical Kathmandu City! Upon your arrival, you'll be warmly welcomed by a Himalaya Land Treks' representative at the airport. He will then escort you to your hotel located at the heart of the city. You'll meet your trek guide and discuss the itinerary in detail. In the evening, you can indulge in a complete yoga and meditation session with your guide and colleague. Overnight stay in the hotel in Kathmandu.

### **Day 2: Drive to Pokhara and evening yoga (820m/2690ft)**

**Walking hr:** 6-7 hrs | **Accommodation:** Overnight at 3 star Hotel | **Meal:** Breakfast

After an early breakfast at the hotel, you'll get on a car and embark on a scenic road journey 200km east of Kathmandu. You'll drive along the massive Trishuli River towards Pokhara, the popular touristic city located in the outskirts of the Annapurna region. The scenic drive may last almost 6hr. Upon arriving at Pokhara, you'll be transferred to your hotel. In the evening, you can indulge in a yoga session and prepare for the upcoming trek.

### **Day 3: Morning yoga, drive to Nayapul and trek to Tikhedhunga**

**(1495m/4905ft): 1½hrs drive, 3-4hrs trek, evening yoga**

**Walking hr:** 5½ hrs | **Accommodation:** Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

After a fulfilling yoga session followed by a hearty breakfast at the hotel, you'll embark on a scenic 2-hour ride through the Baglung Highway towards Nayapul. Nayapul serves as the gateway to the Annapurna Conservation Area and it is also the starting point of this trek. Once at Nayapul, you'll prepare your bags and embark on the first day of the trek that goes along terraced fields and lush forests towards Tikhedhunga. You will indulge in yoga and healing session in the evening to beat the first day of stress. Overnight stay at Tikhedhunga.

### **Day 4: Morning Yoga, the trek from Tikhedhunga to Ghorepani and evening yoga (2880m/9449ft), 6 hrs**



**Walking hr:** 6 hrs | **Accommodation:** Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

After a brief morning yoga and breakfast at the tea-house, you'll begin climbing the trail towards Ghorepani. The trail goes past Lamdawali, Sudame and Hile villages towards Ulleri. The trail leading from Ulleri to Ghorepani boasts of 3,200 stone steps that can prove to be difficult for weak knees. However, the journey is worth the effort. You'll cover the entire steps with enough breaks in between. Once at Ghorepani, you'll be welcomed with the breathtaking views of Dhaulagiri, Nilgiri, and the Annapurna massif.

## **Day 5: Morning yoga, Ghorepani – Poon hill (3210m/10532ft) – Tadapani (2520m/8268ft): 6-7hrs and evening yoga**

**Walking hr:** 6-7 hrs | **Accommodation:** Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

The day begins early today. You'll get up and immediately embark on a short hike towards Poon Hill located at a hilltop just an hour-long hike away from Ghorepani. The local watchtower at Poon Hill offers one of the best views of the valley, including the scenic view of the mountains and the sunrise. Afterwards, you'll head back to your hotel and have breakfast. Then, you'll embark on a moderate trek to next the village, walking along the rhododendron forested trail en route to Tadapani

## **Day 6: Morning yoga, Tadapani – Ghandruk - Pokhara (820m/2690ft): 3hrs walk, 2 ½ hr. drive and evening yoga**

**Walking hr:** 5½ hrs | **Accommodation:** Overnight at 3 star Hotel | **Meal:** Breakfast/Lunch



After a brief morning yoga and breakfast, you'll leave Tadapani and continue trekking downhill towards Ghandruk village. The trail goes past lushly decorated rhododendron forest towards Ghandruk- a traditional Gurung village that serves as the HQ of the Annapurna Conservation Area (ACAP). You'll get to observe the native lifestyle and culture of the Gurung inhabitants here. If time permits, you can also choose to visit the local Gurung museum before heading down to Nayapul to catch your commute back to Pokhara. You can indulge in yoga and recovery exercises at the hotel to eliminate the ailments received from the trek in the evening as well.

## **Day 7: Morning yoga, Drive to Kathmandu and evening yoga | Farewell Dinner, 6-7 hrs**

**Walking hr:** 6-7 hrs | **Accommodation:** Overnight at 3 star Hotel | **Meal:** Breakfast

The day begins with a yoga session in the presence of the Annapurna (8091m) and Machhapuchhre (6997m). You'll bid farewell to Pokhara city and drive towards Kathmandu. You'll drive through the serpentine Trishuli Highway to reach Kathmandu. Once at Kathmandu, you'll be escorted to your hotel. In the evening, you'll indulge in a Yoga session and go out with your guide for a lavish farewell dinner.

## **Day 8: Morning yoga and departure day.**

**Meal:** Breakfast

Today, we begin the day with a small yoga session which will be your final one on your trip. A Himalaya Land Treks' representative will drop you off at Tribhuvan International Airport so you can catch your scheduled flight back home. Our representative will take you to the airport approximately 2 hours early to avoid any traffic delays or hassles. You can share your trip experience or your next adventure with us on the way to the airport.

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## **Trip Cost Includes**

- Airport pick up and drop off, upon arrival and departure.
- Pre trek meeting.
- 3-star Hotel in Kathmandu for 2 nights.
- Kathmandu-Pokhara-Kathmandu travel on a deluxe tourist bus.



- All necessary paperwork and permits (Annapurna Conservation permit and TIMS ).
- Trekking equipment: down-filled sleeping bag, walking poles and a duffel bag.
- An experienced English-speaking Govt. registered trekking guide and local porters to carry luggage (2 trekkers: 1 porter).
- Guide and porter salaries, insurance, equipment, transport, food, and lodging.
- Private transport Pokhara to Nayapul.
- Private transport Ghandruk to Pokhara.
- Full meals: Breakfast, Lunch & Dinner on your choice.
- Supplementary snacks: energy bar and cookies.
- Fresh seasonal fruits after dinner.
- Unlimited Chlorine treated Safe Drinking water.
- Oxi-meter: To check pulse, heart rate, and oxygen saturation.
- All mountain accommodation (Soft, comfort, private room with shared toilet).
- 3-star Hotel in Pokhara with Breakfast.
- Professional Yoga teacher.
- Mat for Yoga.
- A comprehensive First Aid kit.
- All government and local taxes.
- Souvenir: Himalaya Land treks t-shirt and Trekking Route map.
- Farewell dinner at one of the finest Nepalese Restaurant with traditional ethnic music and dance.

## Trip Cost Excludes

- Nepal visa (USD 30 for 15 days and USD 50 for 30 days).
- Your international flight to and from Nepal.
- Meals in the city except for breakfast and other mentioned special dinner.
- The cost incurred during the tour around the city.
- Cost for additional trips.
- Hot showers, Wi-Fi & battery charging on a trek.
- Travel insurance (for helicopter evacuation if needed whilst on trekking).
- Personal expenses such as laundry, telephone, internet/e-mail, etc.



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- Bar and beverage bills.
  - Tip for guide, porter, and drivers.