



HIMALAYAN YOGA TREK - ANNAPURNA FOOTHILLS

LODGE / TEAHOUSE

NO. OF DAYS. - 18

GRADED - MODERATE

Nepal a tiny country, nestled in the Himalayas between India and China, is one of the most diverse and fascinating countries in the world. Covering an area of only 147,181 sq. km, Nepal encompasses the world's highest mountains and the deepest valleys as well as low elevation rain forest.

Although the width of the country is only 200 km North to South, Nepal has the highest altitude variation of any country on earth, from 20m above sea level to 8 848 meters above sea level (Top of Everest).

The country is divided in to 3 elevation Zones viz. the low Terrain, the Midhill region and the High Himalayas, which contains 1/3 of the Himalayan range with 9 of the world's highest mountains. This wide diversity of landform gives Nepal an incredible wealth of flora and fauna.

Nepal is not only famous for its landscape but also renowned for the friendliness of its people. The people of Nepal are as variable and intriguing as the country's geography. There are more than 37 ethnic groups with their own language and culture.

Hinduism is the official religion, which the majority of the people practice. Many people throughout the country are Buddhist and the two religions have co-existed in harmony over the ages. A small number of people practice Christianity and Islam.

Nepal at a glance:

Longitude: 26'12' and 30'27' No

Latitude: 80 degree 4' and 88 degree 12' East

Population: 24 million

Capitol: Kathmandu

Area: 147,181 sq. km.

Annapurna

Annapurna Region is grand and the Circuit is known to be the most beautiful trek you can do in the world. Blooming Rhododendron hills along with tropical forest are mixed with turquoise glacier lakes and snowy 8000 meter peaks. Close to the mountains is the small and pleasant town of Pokhara that is situated by a beautiful lake and is a far calmer town than Kathmandu.

The Annapurnas' have several high peaks. "Annapurna 1" is 8 091 meters and the 10th highest mountain in the world. Annapurna 1 is known to be the most difficult 8000 meter peak to climb but still it was the first mountain above 8000 meter that was successfully climbed. The year was 1950 and it was a French expedition. After the French it took 20 years before the next successful climb. Till today it is still not more than a few hundred people who has summit successfully.

Your Adventure

The Foothills of the Himalayas in Nepal provides just the right ambience and destination for Yoga and Meditation. This trek offers you a unique and awesome experience of trekking in the Himalayas along with an opportunity to practice Yoga and Meditation under the supervision of professional instructors- invoking ideals of harmony, health and balance. What else could be more relaxing and healthy for your mind and body?

In today's modern world, we deal with a lot of stress related problems. Yoga is believed to calm the nervous system and balance the body, mind, and spirit. Yoga dates back to over 5,000 years, and is a form of a spiritual practice in India and Nepal. In recent years, benefits of Yoga on the human body has been approved by modern medical science, and has been used for treating various health related problems- to lower blood pressure, reduce stress, improve coordination, flexibility, concentration, sleep, and digestion, to name a few.

Magnificent mountain views, ecological and cultural diversity, ethnic villages with terraced farmland and hospitable local people make this an exciting and fascinating trek in itself. Yoga and meditation on the grassy meadows of the foothills of the majestic mountains and a relaxing bath in natural hot springs, to enjoy the curative power of thermal springs, combine to make this trip, the holiday of a lifetime.

Summery

Trek Distance:	Approx. 105 km
Maximum altitude:	3 210 m (Poon Hill)
In / Out:	Kathmandu



Itinerary

- Day 1.** Arrive in Kathmandu (1330m), welcome dinner
- Day 2.** Half day city tour around Kathmandu Valley, lunch and trek briefing
- Day 3.** Fly to Pokhara (980m)
- Day 4.** Trek to Australian Camp (2060m)
- Day 5.** Trek to Tolka (1700m)
- Day 6.** Trek to Jhinu (1780m) thermal springs
- Day 7.** Trek to Chuile (2309m)
- Day 8.** Day at Chuile – Yoga Session and/or free time
- Day 9.** Trek to Banthanti (2700m)
- Day 10.** Trek to Ghorepani (2850m)
- Day 11.** Early morning hike to Poon Hill (3210m) for sunrise views and trek to Tadopani (2600m)
- Day 12.** Trek to Ghandruk (1951m)
- Day 13.** Day at Ghandruk – Yoga Session and/or free time
- Day 14.** Trek to Nayapul.(1010m), drive to Pokhara (890m)
- Day 15.** In Pokhara – Free time.
- Day 16.** In Pokhara – Free time.
- Day 17.** Drive to Kathmandu – Free time
- Day 18.** Departure

Please Note that the above itinerary is only a guide and that it could change. A lot of things have to be taken into account like weather, general walking pace of the group, mountain safety etc. Your group leader can change the schedule if necessary with prior notice to you, keeping safety first in mind.



Your Activity

Day 1 - Arrival in Kathmandu

Once you reach KTM airport and finish with the immigration and custom formalities be prepared to confront the confusion outside the airport which is common in most of the south Asian countries. As you walk out of the Exit door into the passenger pick up area you will see hundreds of people with different sign boards in their hands, taxi drivers looking for fares, hotel touts looking for customers and porters trying to help with the luggage for tips. Please remain calm and do not walk out of the restricted area into the crowd straight away. Remain there and try to find the Hi On Life sign board. Once you spot it, walk straight to the signboard and identify yourself. From here we will take care of you. When you arrive to your hotel you will be briefed about your activities and "do's and don'ts" while your stay in Kathmandu. When you arrive to your hotel you will be briefed about your activities and "do's and don'ts" while your stay in Kathmandu. We will also collect some documents from you. Please have the following things handy when arriving.

1. **Travel/ Medical Insurance** (photo copy)
2. **3 passport size photos**
3. **Photocopy of your passport.**

In the evening we will go for a traditional Nepali dinner at Kathmandu's finest Nepali restaurant.

Day 2 - City tour and Trek briefing

After breakfast you will be taken for a half day city tour where you will be visiting some historical temples and monuments. You will end your sightseeing with a lunch.

After your lunch you will be return to your hotel and your Group leader will give you your trek briefing and issue you your 'trek pack' consisting of a duffle bag, down jacket/or fleece sweater, sleeping bag, inner liner for your sleeping bag and rain poncho. Your afternoon is free for you to do your packing and purchasing your last minute items for your trek.

Day 3 - Flight to Pokhara (890m)

We depart from the hotel early in the morning and are transferred to the domestic terminal at Kathmandu airport. From here we fly to Pokhara, which is a spectacular flight, flying west, parallel to the mountain range with a flight time of about 30 minutes. After arrival at Pokhara we will be transferred to our hotel in the heart of Lakeside.

We have the afternoon and evening free to explore Pokhara Bazaar and enjoy some of the fine cuisine available. We may even have some time for some light Yoga asana in the grounds of the hotel.

Day 4 - Drive to Kande (1770m) and trek to Australian Camp (2060m)

We leave in the morning and travel by private bus for 30 mins to Kande, where the trek officially begins. There is a steady climb along an easy trail to Australia Camp where we find our lodgings for the night. Here there is a great big open space to relax and enjoy the views of the mountains. There are awesome views of the Annapurnas on the north-eastern side. After dinner there is some free time and then we complete the day with some quiet meditation and settle down for the night.

Day 5 - Trek to Tolka (1700m) 5hrs

We are woken 6am to the cheery faces of our sherpas and a cup of refreshing herbal tea. At 6:30am we gather on the beautiful grassy open field just in front of our lodge. Here we begin our Yoga journey, the classes will consist of mantra, pranayama and asana practice to iron out any niggles, aches or pains. A great way to start each day, enhancing our senses and refreshing the body and mind to heighten our trek experience.

After breakfast, we set off for Pothana., a light walk through the forests. At Pothan we stop and have a break as we wait for our ACAP permits to be checked. From there it is a steady ascent through a forest, on a well defined path, to a pass called Bhichok Deorali (2100m). From here we see beautiful views of the Annapurnas and also a bird's eye view of Pokhara. We then descend through forest to a small village called Tolka, where we stay for the night. The views at the lodge here are fantastic and the excitement of being in the mountains begins to build.

Day 6 – Trek to Jhinu Danda (1780m) 6hrs

After our morning rise to herbal tea, we gather for the morning Yoga session. After stretching out our sleepy bodies all ready for the day of trekking we have breakfast. As we leave Tolka the trail contours around the valley and descends gently to Landruk. We continue the trek descending stony steps and along the banks of the Modi Khola river, until we reach New Bridge. We cross the river and start climbing stony steps and continue ascending for about an hour and a half to reach Jhinu Danda. We call it a day here and after settling into our lodges we head down to the banks of the Modi Khola, where we indulge in a dip in the hot springs, located right next to the river. There are 3 pools of warm water from the natural hot springs. The relaxing thermal waters are believed to have several benefits on health and are guaranteed to relax your tired muscles and bones.

Day 7 - Trek to Chuile (2309m) 5hrs

After Yoga and breakfast we set of as today's walk includes quite a lot of uphill and downhill. We begin with climbing stony steps for about an hour and a half to reach a resting place with a couple of teashops. From here, the trail continues to climb north towards Annapurna Base Camp, but we take a lower trail. The trail then descends along the side of the valley, crossing a landslide. After an hour and a half, we reach a village called Ghurjung. There are a few lodges and a school here. After Machhapuchhare Ghurjung we continue to descend to Kymrong Khola. Here we cross a bridge and then climb up stony steps again. We climb for an hour to reach Chuile.



Day 8 – Day at Chuire

Day 7 provides a little sleep in and then our morning Yoga session which is held on the open grassy field in front of the lodge with beautiful views of the range can be seen. It is a perfect place for Yoga and Meditation. After that we have a leisurely breakfast. The rest of day will consist of relaxing free time and two more Yoga sessions. There will be a Flow Yoga class with relaxation. In the afternoon we will have one more class to relax and get ready for a good night's sleep. In between classes will be time to rest, read, walk in the local area, check the little market stall and watch the locals go about their day. All the while soaking in the spectacular scenery that surrounds us.

Day 9 - Trek to Ban Thanti (3180m) and on to Lali Gura Lodge 5hrs

Another early rise and Yoga session to greet the day. After a day of rest we'll be full of energy and ready to hit the trail again. After breakfast we continue to walk through the village and then we enter a dense and beautiful forest. In the spring you get to see the Rhododendrons, Magnolia and a few Orchids in full bloom. We climb for about an hour to reach Tadopani. This place is situated at the top of a pass with stunning views. There are a few lodges here. After resting for a while, we continue to trek through the forest again, going downhill in the beginning and then climbing again. We trek for about another 1hr to reach 'Tranquility Lodge' where we stop for lunch. We move on through the forest a lodge before Deurali and stay below the Watch Tower. If the weather is clear, there is an opportunity to rise very early the next morning and climb up to the WT for views of the sun rising over the Annapurna Range.



Day 10 - Trek to Ghorepani (2860m) 2hrs

If the weather is clear we have the option to climb to the top of the Watch Tower to see the sun rise over the Annapurnas. We then head back down to the lodge for a Yoga Practice. After breakfast we continue our trek through the forest, climbing stony steps for a short while to reach the village of Deurali. Deurali is a pass and is at an altitude of 3200m. You get panoramic views of the Annapurna and Dhaulagiri range. There is a village here and we find Tibetans selling souvenirs, including jewelries, antiques etc commonly called "something" by the Tibetans- "have a look" and "something?" are the sentences they would commonly use to sell their wares to the tourists. These Tibetans live in the Tibetan refugee camp in Pokhara and during the trekking season, they come to these parts to sell their "something". After Deurali, we walk along a spectacular ridge with views of the mountains on one side and views of the lowland valleys on the other side. You might see a few Griffon vultures and some eagles too. We walk along this beautiful ridge for about an hour and a half and then down to Ghorepani. As we get in early we have time to explore Ghorepani, which is a busy village with at least 30 lodges. There are a few Internet cafes, libraries, pubs and bakeries. It is a little tourist mecca and is quite a change after walking through remote villages for 7 days. It is famous for the sunrise view from Poonhill, which is about an hour climb from the village. Also a good spot to get some washing done as there is a fireplace in the dining room with drying lines around it.

Day 11 - Poonhill (3210m) and trek to Tadopani (1940m) 6hrs

Today we wake up very early, and after a cup of tea, climb the well trodden stony steps up to Poon Hill. It takes us about 1 hour to reach the top and from here we get spectacular sunrise views of the Annapurnas and Dhaulagiri. After spending about an hour here we go back down to Ghorepani. There is no Yoga practice this morning as we do want to reach our destination in daylight so after packing your bags, we eat breakfast and hit the trail. From Ghorepani we retrace our steps back to Tadopani, along the ridges, stony steps and through dense forest. It is a beautiful and tranquil walk.



Day 12 - Trek to Ghandruk (1951m) 4 hours

We wake early for our Yoga practice and enjoy spectacular views over the ranges. After breakfast we begin our walk along the ridge and through a rhododendron forest. The walk is fairly easy and very beautiful with little streams and a whole new feel to the trek. It is one of the most peaceful days of walking and after a couple of hours through the forest we reach Kymrong Danda. There are a few lodges here and we have lunch. From here we descend to Ghandruk an ethnic Gurung Village. We settle into our accommodation and the afternoon is free with lot's to do and see. The carpet and handicraft factory, run by the Ama's group (mother's self-help group) is worth visiting. The ACAP headquarters show a documentary about the Annapurna area and issues regarding local conservation, which is also worth viewing.

Day 13 – Day at Ghandruk

Day 13 provides us with another little sleep in and then our morning Yoga session that is held on an open grassy field in front of the lodge with beautiful views of the range. Following a leisurely breakfast the day will consist of relaxing free time and two more Yoga sessions. In between these classes will have time to rest, read, walk around the village, visit the temple and watch the locals go about their day. All the while soaking in more of the spectacular scenery that surrounds us. We have a last night dinner with most of the trekking staff, as they will head back to their families and villages or Kathmandu at the end of day 14.

Day 14 - Trek to Nayapul and drive to Pokhara (890m) 5hrs walk, 1hrs drive

We rise early for our herbal tea and welcome the stretching and moving of our Yoga practice after a day off from the trail. After breakfast we head out from Ghandruk and descend very long stony steps to Syauli Bazaar, passing beautiful terraced farming fields and villages. This is quite different terrain from the forests and mountains and is quite open and we begin to see where modern facilities are moving in. From Syauli Bazaar, we continue along the banks of the Modi Khola and arrive at Birethanti for lunch. We then hit the trail again for a short walk to Nayapul, which is the junction to the highway that connects Baglung district with Pokhara.

We are then transferred by private vehicle to Pokhara and checked into our hotel. After a good hot shower and check in our washing we then meet for an evening meal in one of the many restaurants. It is quite a different scene with the hustle and bustle of the Lakeside bazaar and the many tourists transiting to and from the mountains. In the evening we will dine out at one of the many lakeside restaurants.

Day 15 - Sightseeing in and around Pokhara

No herbal tea or happy Sherpa faces but there will be an optional Yoga class in the grounds of the Hotel each morning at 6:30am. After breakfast on Day 15 we take a boat to the other side of the lake and climb 30mins to the top of the hill to visit the international Peace Pagoda, an impressive Buddhist stupa. You get fantastic views of the entire range of the Annapurnas, and its reflection on the beautiful lake called Phewa Tal. You can also see a bird's eye view of Pokhara and Lakeside. After spending about an hour, we go down and take our boats back to the Lakeside. The rest of the day is free for shopping and taking walks along the Lakeside or taking in the local happenings.

Please note: If you have special interests in Kayaking, Paragliding or Mountain Biking there are plenty of places to visit and organize another adventure.

Day 16 – Drive to Kathmandu, 7 hrs

Today is a free day. You can take the day to relax, do shopping etc. There are a few places that are worth visiting while you are in Kathmandu. Your Group Leader can suggest and organize transport to a few of these places.

Day 17 – Kathmandu

We drive from Pokhara early in the morning and reach Kathmandu by early afternoon. We are then checked in to our hotel. The evening is free.

Day 18 - Departure

Hi On Life will make sure that you are transported to the air port in good time for your flight.



Day On Your Trek

Although each day is different, considering the weather, general pace of the group and length of the days walk, in general your day begins with a wake up tea at around 6 to 6:30 in the morning. You will then be provided with a bowl of warm water for washing. Then you will need to pack your duffel bag and your daypack and come to the lodge's diner for breakfast. After breakfast we will hit the trail and usually walk for about 3 to 4 hrs before we stop for lunch. We will give you about an hour and a half rest during lunch, which will also give enough time for the staff to have their lunch and pack. Usually after 3 to 4 hrs of walking we finish the days walk by 4 PM. Tea/ Coffee and snacks will be served on arrival to the lodge. Your Group Leader will often organize side trips in the afternoon. Your dinner will be served around 7 PM.

High Altitude

On this trek you will be going up to 3 210 m, so it is very important to understand the affects of altitude. The greatest provocation is going too high too fast. Hi On Life's itinerary has been carefully designed to minimize the effects of altitude. We ascend slowly and surely allowing enough time for safe acclimatization.

Headaches and breathlessness are common at altitude which in itself is nothing to worry about. In rare cases, this may worsen to Acute Mountain sickness (AMS), so a close watch is kept on all trekkers by the group leader who is trained to recognize the symptoms of AMS which are severe headaches, nausea, lethargy, loss of appetite serious breathlessness even at rest. If any trekkers show such signs they will be descended to relatively lower and safer altitude. The Group Leader's decision on evacuating such person to a safe altitude is final.

Do not medicate yourself without first informing your group leader.

Going to altitude slowly with adequate rest and adequate intake of fluid (3 to 4 litres per day), you will most likely have no problems apart from breathlessness on hills which is completely normal as the percentage of Oxygen in the air is relatively lower to that at sea level.

The most important thing is not to worry about altitude because our team is there to take care of you.



Staff

Group leader: your most important member of your staff. Our Group leaders are highly trained in all aspects of the trek, conservation, first aid specializing on altitude sickness, emergency procedures and have extensive knowledge of the natural history of the area.

Sirdar: His job is to manage and organize staff duties. He is responsible for the actual operation of the trek.

Sherpas: Their job is to lead your way and distribute equal loads to the porters.

Porters: They are responsible to transport your duffle bags and their job finishes once they reach the designated lodge. Our porters are provided with Gore-Tex suits, trekking boots, gloves, hats, socks, snow gaiters and snow goggles. Most importantly, we regulate them on a 25 Kg carrying which no other company does. Our clients can therefore feel comfortable knowing that our porters are working in a good humane condition. During the trek you can see porters carrying 60-70 kg and sometimes even more than 100 kg!!)



Namaste!

My name is Roshani Adhikary and I will be your yoga instructor during your trek in Nepal.

I am born and raised by Nepali parents in the USA but since a few years back I live in Kathmandu since I found my husband here. I am originally an English teacher but nowadays I work full time as a Yoga instructor and free lance writer.

I teach Power Yoga, Hatha Yoga, Yin/Yang Yoga, and also maternity yoga and "Back Care Yoga".

During our trek I will mix Yin Yoga and Power Yoga with meditation and Pranayama (breathing practice).

I am really looking forward to show you my beautiful country and teach you something which has been a natural part of our lifestyle for centuries – Yoga and meditation!

Welcome!

♥ Rosh

Weather

Oct/Nov and March/April

On the trek at lower altitude (2500m to 3500m) during daytime the Max temp can be around 22C to 28C and the Min temp can be 8C to 15C

At higher altitude (3500m to 5500m) the daytime Max temp can be between 17C to 22C and Min temp can be between -4C to 8C

Dec to end of Feb

On the trek at lower altitude (2500m to 3500m) during daytime the Max temp can be around 15C to 20C and the Min temp can be 2C to - 8C

At higher altitude (3500m to 5500m) the daytime Max temp can be between 12C to 18C and Min temp can be between -4C to -20C

Please note that this is just general information and it could vary marginally.

Our Services

- All internal transportation, in private vehicle.
- Services of English or/and Swedish speaking guide.
- Porter's and sherpa's assistance.
- 4 nights in tourist class hotel on bed and breakfast basis while in Kathmandu.
- Welcome dinner.
- Half day guided city tour with lunch.
- Use of a personal trek pack consisting of a duffle bag, down jacket and sleeping bag with a fleece inner-liner.
- Yoga mattress
- All meals while on trek.
- Afternoon tea/coffee service on arrival at the lodge.
- Twin share accommodation in trekking lodges with shared bath and toilet facilities.
- National Park fees.
- Staff insurance, tourist service fee and all taxes applicable as per state law.



Not Included

- Personal accident and rescue insurance. You must provide your own rescue insurance
- Mineral water, beer, soft drinks and extra tea/coffee outside of normal meal times.
- Private room accommodation in Kathmandu unless a single supplement is paid.
- Optional tips to guides and porters.
- International airport departure taxes.
- Visa costs.
- Helicopter evacuation in the unlikely situation, although we do arrange for it and make the necessary documents so that you can claim from your insurance.



Healthy and trouble free holiday

There are no compulsory vaccinations required for entering Nepal. However please consult a doctor for vaccination against Typhoid, Meningitis, polio, and hepatitis. If you have special dietary requirements or allergies, please through your agent, give us a list of what you can and can't eat so that we can provide proper food for you.

If you are undergoing a course of prescription medicine, please ensure that you have sufficient supplies for the entire holiday. Some types of drugs including antimalarials have side affects at high altitude; therefore please consult your doctors regarding these drugs. The places you trek are mosquito free and there has been no report on malaria in Kathmandu for the past couple of decades.

Insure yourself

We highly recommend you to take a comprehensive Personal Travel Insurance before leaving home. This should cover for your loss of baggage, airline delays, sickness, and accidents. And it should also cover you for Emergency Helicopter Evacuation.

Recommendations for things you should bring:

- Water bottle (2 bottles, min 1 litre each, should be able to hold hot water)
- Day pack medium size 35-40 litres
- Sunglasses
- Duct tape small roll.
- Stuff bags smaller (plastic) bags to organize you duffle bag
- Money belt
- Toiletries we provide toilet papers
- Towel
- Torch preferably head lamp
- Penknife
- Disposable lighter
- Sewing kit
- Medical kit as per your prescriptions. It should be noted that the group leader will be carrying a first aid kit.

Optional

- Walking sticks!
- Cameras
- Knee guard for those with bad knees.

Clothing

- Trousers 1 lightweight for easy walking, 1 warmer for colder days
preferable wind/water proof and 1 lightweight for evening and Yoga
- Shorts Not too high cut revealing ones
- T-shirts At least 3 or 4 suitable for both trekking and yoga
- Hats Sunhat and woollen ones for colder days
- Gloves Woollen and Gore-Tex
- Thermal underwear Light weight tops and trousers, preferably woollen, at least 2 pairs
- Socks At least 4 pairs (both thin and thick woollen ones)
- Jackets 1 fleece and 1 Gore-Tex wind/waterproof. Please note that we provide down jackets if needed.
- Walking boots Preferably waterproof
- Shoes Gym shoes or sandals to use in the evenings
- Buff & scarf Good to cover your mouth and face from wind and dust.

Money Matters

The ideal currency to bring with you is US\$ or Euro in traveller's cheques.

In Kathmandu: Each meal will cost around 4 to 6 US\$. Plus 10 to 20 US \$ for your taxis if you wish to go around the city.

On trek: you will need around 6 to 8 US\$ per day. This money is for your hot showers, chocolates, soft drinks and beers etc and also for small donations in the monasteries.

Tipping

Although tipping is entirely optional and personal matter the following is recommended as a guideline

In Kathmandu: for bellboys, waiters and porters 20 to 30 Nepali Rupees

On the trek: At the end of the trek it is a customary to tip the field staff. The recommended amount is 75-85 US\$ depending on group size. The Group leader will collect the tip and then split it between the staff and put it in envelopes so that the trekkers can give it to the staff during the "Farwell Ceremonies"



Some Do's and Don'ts

Nepalese people treat visitors as special guests. Although they will never rebuke you publicly for unknowingly offending them, we must consider their culture.

While in Nepal please observe the following:

- Full or partial nudity is not accepted.
- Over display of affection between men and women, especially in temples and monasteries are discouraged.
- Please remove your shoes before entering monasteries and temples.
- Never point the soles of your feet at a person or shrine.
- Many Hindu temples are closed to non-Hindus. Please ask before entering.
- Locals walk around the Mani walls and Stupas in a clockwise direction as a respect and they expect you to do the same although it is not compulsory.

ENJOY!



