

1-15 November 2020

YOGA TREKKING NEPAL 2020: EXPLORE NEPAL

Annapurna ways

A 15 - DAY TRAIL IN THE HIMALAYAS FOR ALL



INTRODUCTION:

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TRAVEL GUIDE: SAHADEV RANA MAGAR YOGA TEACHER: OLGA GALABOVA

Namaste and a warm welcome from Nepal and Netherlands!

Each year, Himalaya Travel adventures are organizing yoga trekkings in the Himalayas. Join us for the **unique combination of trekking and daily yoga classes** in Nepal. You will find this nowhere else in the world!

Discover **Nepalese culture** while you are surrounded by the most impressive peaks of the **Himalayas**. Go back to basics, connect with nature, and learn to listen to your heart when you dive into this adventure. We will take you on a different trekking every time, but it's always **an experience of a lifetime!**

We are working with our befriended **local guide** from Nepal, Sahadev Rana Magar, who has a background in tourism and culture. He is passionate about the history and traditions of his homeland, and is very happy to tell you all about it! Grown up in the mountains, he knows the Himalayas like the back of his hand. Together with one of our yoga teachers, he will bring you to the most beautiful places **off the beaten track**.

ABOUT EXPLORE NEPAL - 15 DAYS:

1-15 November 2020

Explore Nepal-Annapurna Ways is a tour, offering an incredible mixture of nature, yoga, traditions, food, history, and adventures in Himalaya.

From Kathmandu valley, city of devotes and temples, to Poon hill (3210m) with its **360-degree panorama of Annapurna range**, enjoying easy to moderate-pace mountain trekking and daily pre- and post-hike yoga, you will explore the **stunning nature** of Himalaya, discover **ancient traditions and temples** in the cities, celebrate Deepavali (Diwali) festival like local, and search of Bengal Tiger and One-Horned Rhino in **Chitwan National Park**.

Open to all levels and ages, this tour is for those who love all kinds of adventures and enjoy being active.

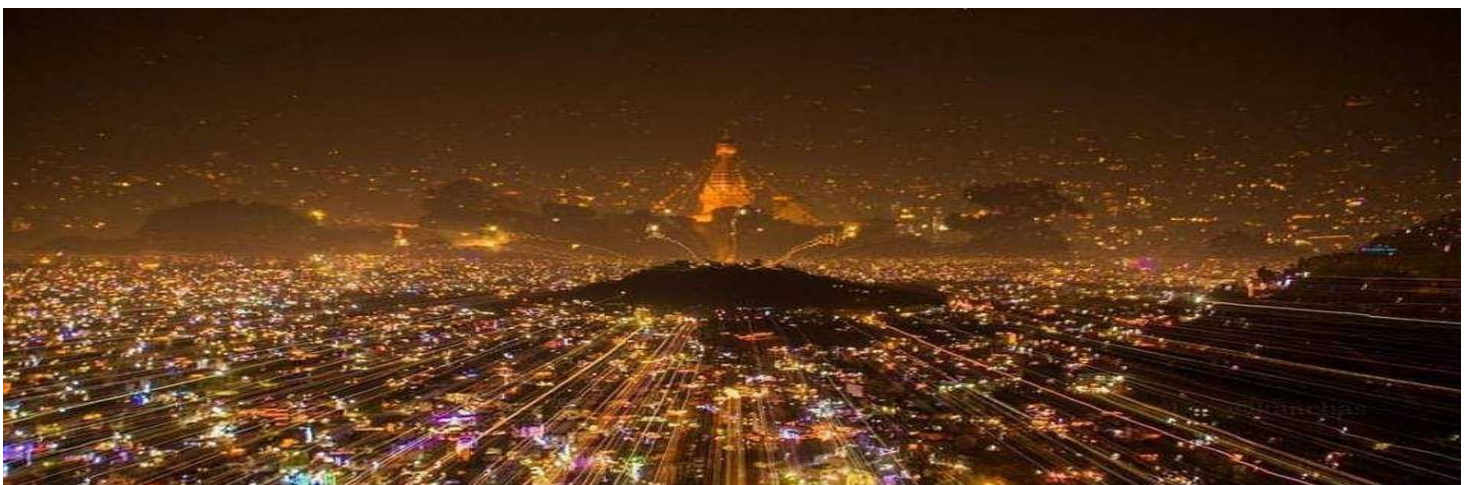
Our both touristic and trekking adventure will start and end in Kathmandu, where we will have the opportunity to experience the city life, taste the vivid Nepalese culture and visit the iconic Buddhist stupas, and celebrate one of the biggest festivals in the country - **Deepavali**. During the 7-day trek in the mountains, you will cross traditional Nepalese villages amidst the wild scenery of the Himalayas.



Every day will start with an energizing yoga class, and the evening will conclude with further calming practice. The **yoga classes** vary from gentle to more challenging, from hatha to vinyasa, yin to pranayama and meditation. These classes will **balance your body and mind** during the adventure.

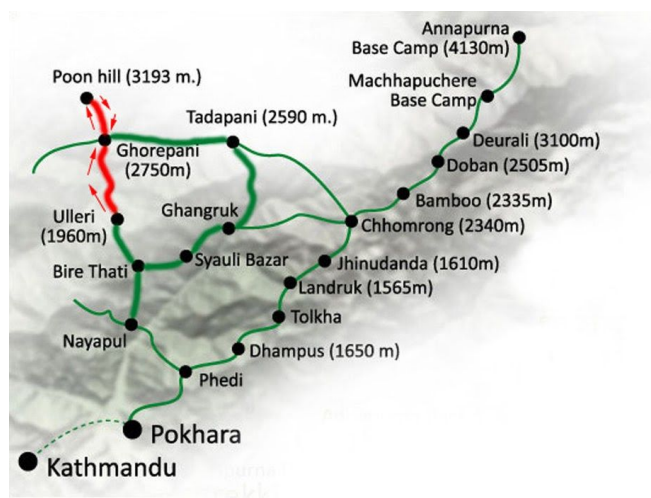
The yoga trekking is a **deepening and healing experience** that can change your life! Listen to your heart and make your dreams come true.

FRESH MOUNTAIN AIR, HIKING IN THE MOST FASCINATING LANDSCAPE IN THE WORLD AND YOGA CLASSES TO DEEPEN YOUR EXPERIENCE



TRAVEL PROGRAM / ITINERARY:

- Day 01: Kathmandu arrival transfer to Hotel
- Day 02: Kathmandu Sightseeing
- Day 03: Kathmandu drive to Pokhara (7 hours)
- Day 04: Pokhara drive to Nayapul (45 min) trek to Ulleri
- Day 05: Ulleri trek to Ghorepani
- Day 06: Ghorepani – Poon Hill Climb (1 hour) then trek to Tadapani
- Day 07: Tadapani trek to Ghandruk
- Day 08: Ghandruk trek to Tolkha
- Day 09: Tolkha trek to Australian Camp
- Day 10: Australian Camp trek to Khudi drive to Pokhara
- Day 11: Pokhara drive to Chitwan
- Day 12: Chitwan Jungle Safari Activities
- Day 13: Chitwan drive to Bhaktapur via Kathmandu (7 hours)
- Day 14: Deepavali Festival and Bhaktapur sightseeing drive to Kathmandu
- Day 15: Deepavali Festival and Flight Back to your destination



DAY TO DAY PROGRAM:

Day 1: Kathmandu:

Being the capital city, Kathmandu has a lot of touristic things to offer and is always on the list for every traveler in Nepal. There are many beautiful places that you can visit within Kathmandu. It is now the federal capital as well as the biggest metropolitan city. It is crowded, yet is a world of its own. From UNESCO world heritage sites, temples, hiking trails, museums, shopping malls, farmers markets to local eateries, traditional villages, and agricultural farmlands, it's a perfect place to understand and enjoy the Nepalese way of life.

Day 2: Kathmandu sightseeing:

I fully trust our local guide Sahadev for bringing us to the most worthy tourist spots but offering his local point of view. To feel, touch, smell, taste, breathe where the local people are spending their time and slowly get our first impressions from the city. Places I would visit: Boudhanath, Pashupatinath, and Bhaktapur, Patan Durbar Square, Basantapur, Thamel.

Day 3: Kathmandu drive to Pokhara (7 hours):

Well, it is going to be a long day, but fortunately, we will be in Pokhara on our way to the trekking base camp and back. Places I would love to visit in Pokhara: Sunrise from Sarangkot, Bindhyabasini temple, Tal Barahi Temple and Peace stupa, Devi's falls and Mahadev Cave.



Day 4 (trekking): Pokhara drive to Nayapul and trek to Ulleri: Nayapul sits at a height of 2070m. It's a one-road town lined with shops catering to trekkers. There the hiking adventure begins. After a day of walking, we arrive in Ulleri, an ancient village of stone houses sitting above terraced farmland and drop-off cliffs.

Day 5 (trekking): Ulleri trek to Ghorepani: Leaving Ulleri where Annapurna South looms large is coming and going from view in the sky. We pass waterfalls, tiny villages, and several tea-houses. We arrive in Ghorepani (2874m) and the ancient village is abuzz with activity.

Day 6 (trekking): Ghorepani-Poon Hill Climb and trek to Tadapani: Waking up before sunrise, After 336 uphill meters and an hour, we arrive at the summit of Poon Hill (3120m) with its a sweeping, panoramic view of the Himalayas. Some of the highest mountains in the world glow as the morning sun kisses their icy peaks. As we hike out of Ghorepani, we encounter stairs and rhododendron trees all around on our way to Tadapani.

Day 7 (trekking): Tadapani trek to Ghandruk: Down we go thousands of stairs from an elevation of 2630m to 1945m. We arrive in Ghandruk, known as the "Switzerland of Nepal", a terraced mountain village primarily populated by one of Nepal's many ethnic groups, the Gurung people.

Day 8 (trekking): Ghandruk trek to Tolkha: Hiking down, we are passing a canyon and then back up again, viewing terraces for planting vegetables hug the mountains for as far as the eye can see.

Day 9 (trekking): Tolkha trek to Australian Camp: From Tolkha and Modi Khola valley, we walk through lush rhododendron trees and other spectacular blooming plants and flowers. Heading to Australian camp.

Day 10 (trekking): Australian Camp trek to Khudi drive to Pokhara: Our last day of trekking, Khudi in Lamjung District is a major gateway to the Annapurna region, but for us, it will be a gate out... Driving back to Pokhara and to the urban hustle and bustle.

Day 11: Pokhara drive to Chitwan: A couple of hours in the car and we will be in Chitwan, where we can have a rest and prepare for more touristic adventures: Chitwan National park.

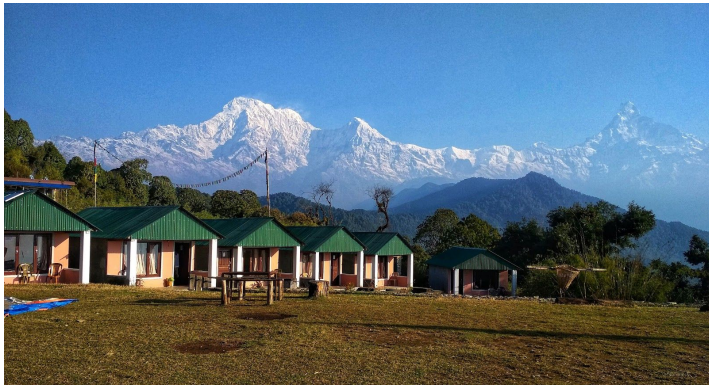
Day 12: Chitwan Jungle Safari Activities: From Jeep Safari to canoeing, we have a day to explore the wildlife. [Chitwan National Park](#) is a rich natural area in the Terai. A total of 68 species of mammals, 544 species of birds, 56 species of herpetofauna, and 126 species of fish have been recorded in the park. The park is especially renowned for its protection of One Horned Rhinoceros, Royal Bengal Tiger, and Gharial Crocodile.

Day 13: Chitwan drive to Bhaktapur via Kathmandu (7 hours): Spending the day in the car, we will have the pleasure to enjoy the ancient city of Bhaktapur which lies only about 20km east of Kathmandu.

Day 14: Deepavali Festival and Bhaktapur sightseeing, drive to Kathmandu: Bhaktapur means city of Devotees, pottery, and weaving are its traditional industries. Bhaktapur, the essence of the Newari City. On this day is [Deepavali \(Diwali\) festival in Nepal \(better known as Tihar\)](#). In this festival, people not only celebrate the Gods but the animals and birds which share a close relationship with them. At the end of the day, we will be in Kathmandu for our farewell dinner.

Day 15: Kathmandu: Deepavali Festival and Flight Back to your destination.





ABOUT US:

Sahadev is a trekking guide, born and raised in the remote village of Kavre District in Nepal. Following his father's footsteps, he completed his studies in tourism hospitality and guiding at the Nepal Academy of Tourism and Hotel Management. He is the founder of Himalaya Travel Adventures, organizing and leading tours and treks in all the wonderful regions in and around the Himalayas in Nepal. He continues to build up his qualifications with ongoing training in mountain rescue, including first aid training.

ACCOMMODATION & MEALS:

In Kathmandu, Pokhara, Bhaktapur, Chitwan we will stay at a hotel where breakfast is included. During the trekking, we are staying in simple lodges and guesthouses. Accommodation is basic, with nothing more than you need: simple beds, a shared dining room and usually just cold showers. You're really going back to basics! Meals traditionally consist of rice and lentils (dal bhat) with a variety of vegetable curries, depending on what the people grow in their own fields. Sometimes, there is a choice of international dishes, such as noodles and a variety of vegetarian meals. If you have any allergies or dietary wishes, please let us know so we can organize it for you.

Olga is a passionate Yoga teacher, a retreat leader and an enthusiastic active person, who loves all kinds of outdoor activities – walking, hiking, trekking, running, biking, having fun. She is one of these people who were lucky to find their path after being torn between working as a lawyer, family life and her personal interests, which were impossible to handle all together without stress. Olga is now a certified yoga teacher based in Amsterdam, experienced in Hatha, Vinyasa Flow and Ashtanga yoga. She has been running Yoga@Hiking events in Europe for years and she would be glad to offer pre- and post-hiking and trekking classes for all Nepal explorers.



Olga and Sahadev will collaborate for this Yoga and Trekking adventure for the first time, offering an affordable and moderate, yet an adventurous experience for the participants.

We would be happy to welcome you and explore Nepal together!

DATE & PRICE:

The Yoga Trekking 2020 Explore Nepal Annapurna Ways will take place from **1 to 15 November 2020**.

Price: 1470 euro

Included:

- full trekking program with a government authorized and experienced guide
- pre- and post- trekking daily yoga classes with a certified and experienced yoga teacher
- airport transfer
- Annapurna Conservation Fee
- TIMS Card (Trekker Information Management System)
- trekking porter as per needed
- accommodation in an International Guest House in Kathmandu on Bed and Breakfast
- accommodation in Northface Inn Hotel in Pokhara on Bed and Breakfast
- guided sightseeing tour of Pashupatinath, Boudhanath and Kathmandu Durbar Square
- dormitory accommodation during the trekking
- three meals a day during trekking (breakfast, lunch, tea biscuit on day and dinner)
- Insurance of your staff during trekking
- transport during trekking program
- a small medicine kit box (First Aid Kit)
- a trekking map
- farewell dinner with traditional Nepali food

Not included:

- return flights to/from Kathmandu
- lunch and dinner in Kathmandu/Bhaktapur/Nagarkot- aside from the farewell dinner and breakfast the other meals are not included
- visa
- travel/health insurance
- other personal expenses

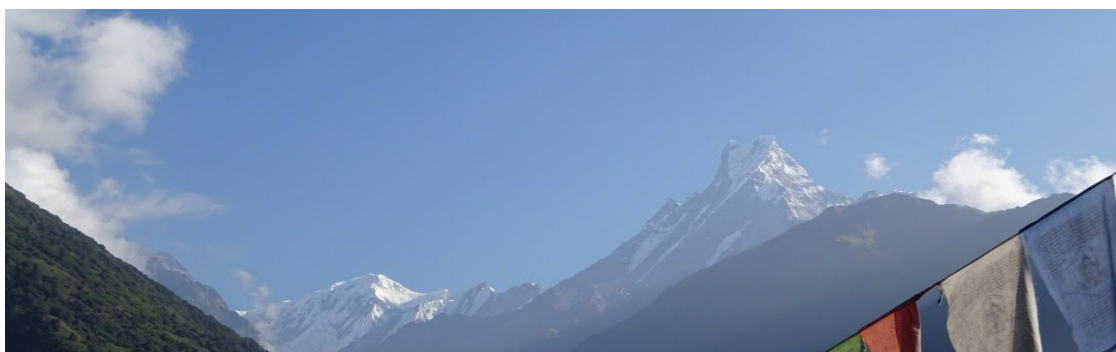


MORE INFORMATION

Please let us know if you have any questions. We love to get in touch with you!

Olga: www.yolga.nl

Sahadev: www.himalayatradeladventures.com





PREPARATION:

WHAT TO DO

Book a return flight to/from Kathmandu - the prices start from 500 euros and drop around three months before departure.

Get your visa - you can get this at the Nepalese consulate. Visa are available for 15, 30 and 90 days.

Check your travel insurance - make sure it covers health care around the world.

Get your vaccinations - visit a doctor for personalized advice.

TRAINING FOR THE TREKKING

Sign up for the newsletter if you want to receive tips and reminders for important preparations!

Multi-day trekking in the mountains can be a challenge. It is therefore important that you are in good physical and mental condition. It is wise to do some training before you go. In the months before the trekking, plan a few long-distance hikes in your own country, preferably in an area where you can do some climbing and descending. You can also prepare your body by doing general power and cardio training. And of course, you will find many exercises in yoga classes that improve full-body strength and flexibility!

The yoga classes are accessible for all levels, although some basic experience can be helpful. Join a few classes at yoga studios to find out what works for you.

Please let us know if you have any injuries or health issues that we should know about. Seek help at a doctor or specialist for your personal situation.



PREPARATION: PACKING LIST

Documents for identification and money

- Passport
- Visa
- Flight ticket
- Insurance pass
- Vaccination passport
- Debit/credit card
- Cash money
- Copies of all your documents (tip: email them to yourself)
- Extra pass photos

Electronics

- Mobile phone
- Camera
- Optional extra memory card
- Chargers
- World plug

Packing & carrying

- Large backpack
- Day pack (use as hand luggage)
- Dry bags (optional)
- Vacuum bags (optional)
- Rain cover for your backpack
- Flight bag

Sleeping

- Sleeping bag (-10) + Liner (optional)

Yoga

- Yoga mat

Clothes

- Underpants (3-4)
- Top/t-shirt (1-2)
- Turtleneck shirt (1)
- Socks (3-4)
- Yoga legging (1-2)
- Thermo legging (1)
- Thermo shirt (1)
- Fleece jacket (1)
- Water- en windproof jacket (1)
- Waterproof/quick dry pants (1-2)
- Rain poncho
- Hat/cap
- Gloves
- Scarf
- Sunglasses
- Trekking shoes
- Flip flops/sandals
- Swimwear

Toiletries

- Soap
- Quick-dry towel
- Toothbrush and toothpaste
- Hairbrush
- Shaving utensils/Pads and tampons
- Sunblock
- Toilet paper
- First aid kit
- Blister plasters
- Hand hygiene gel

Other

- Water bottle/camel bag
- Torch/flashlight
- Watch
- Travel lock



OTHER'S EXPERIENCES AND STORIES:

MARILEEN

"When I saw the announcement of the Yoga Trekking to Annapurna (2018), I immediately knew I wanted to join. I had no previous experience traveling in groups, but after the trip, this was surprisingly the most enjoyable aspect of the trekking: sharing the experience with other hiking and yoga enthusiasts. For me, the combination of yoga and hiking is a must during any trail in the mountains.

Lana's classes are nicely built up, with themes complementing each other and adjusted to the group's needs. Our mountain guide Sahadev was also very attentive to the physical condition of every single person during the trek.

I can recommend this trip to anyone who likes active travel and nature. Experience with yoga is not even necessary. Hiking at high altitudes does require more stamina, but you'll forget that with the fresh air in your face and the marvelous views of the Himalayas."



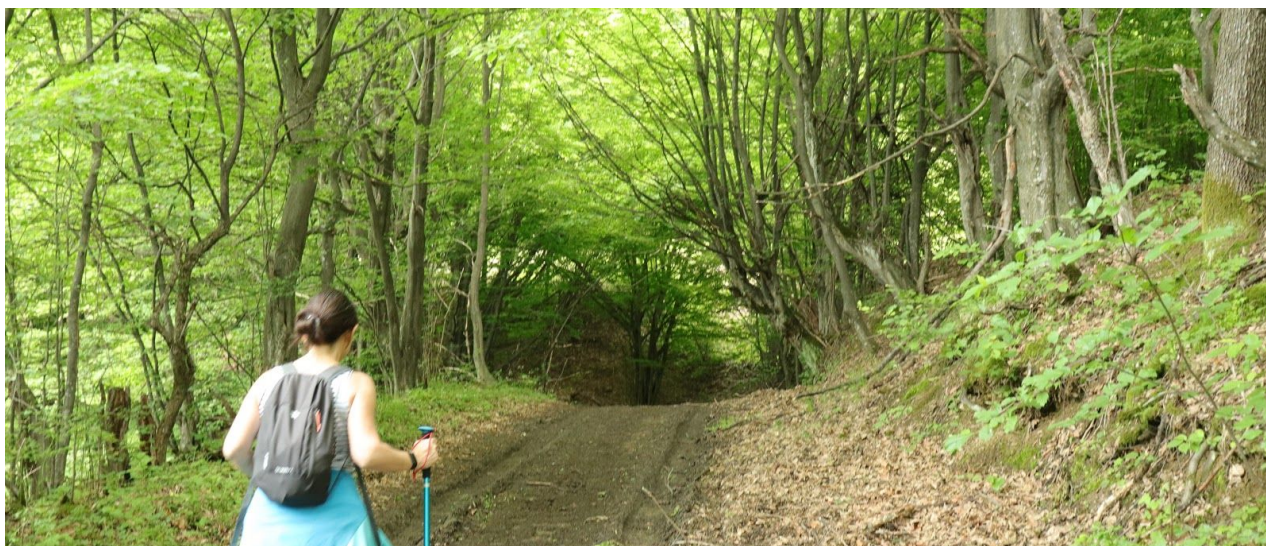
EVELIEN

Magical mountains, what an adventure.

Nepal has such a beautiful nature. The sound, the feel of the healing Himalayas. The tasty Dal bhat and sweet papayas.

The early morning hike to Pikey peak with the glance of Mount Everest made my knees go weak. Hiking all day, wearing my sunglasses and then my raincoat. Twice a day enjoying creative and inspirational yoga classes.

Just go, don't doubt. It will make you understand what I wrote about.



TERMS & CONDITIONS YOGA TREKKING NEPAL:

1. Booking and Cancellation Policy

Upon booking, the client is requested to pay a non-refundable deposit of 10% of the total price. Once the client has paid the deposit, the trip is confirmed, subject to payment of the balance of fees owing 60 days prior to your trip commencement date. The client may then cancel his/her participation on the following basis:

- For cancellations > 60 days prior to the trip, a full refund of the fees applies (excl. deposit).
- For cancellations made within 59-30 days before the trip commencement date, we reserve the right to retain 50% of the full fee (plus deposit).
- For cancellations < 30 days of the commencement date, a cancellation fee of 100% of the full fee applies.

Himalaya Travel Adventures reserves the right to change the travel dates, itinerary and program. In case of cancellation of the trip by Himalaya Travel Adventures, the client will receive a full refund. However, we are not liable for any costs outside of our services. It is recommended to take cancellation insurance for these costs.



2. Liability

By signing the reservation form, the client declares to be in good health and in a reasonable physical condition. Himalaya Travel Adventures is not liable for any accidents or injuries or damages to property during the trek. We recommend taking travel insurance for the trip.

We are not liable for any traveling delay, strikes, lost baggage or damage to property of any kind. Insurances are not included in the price of the trek.

We are working with qualified guides and teachers who will make efforts to keep the client safe, however, the risk of injuries or accidents cannot be fully eliminated. We therefore recommend the following:

- Consult your doctor if you have any doubts about personal health
- In case of an injury, please inform us in advance of the trip
- Follow the instructions of the guides and teachers
- Ask questions if you do not understand the instructions

3. Privacy

We respect the client's personal privacy. We do collect information for our administration, payment and travel planning. We only collect information that is necessary for these purposes. All information we collect will be protected and will not be shared with third parties.

THANK YOU!