



## **Annapurna Base Camp Yoga Trek - Itinerary**

### **1. Arrival in Kathmandu**

Altitude: 1,350m/4,428ft - Welcome to Kathmandu, the capital of Nepal! Our airport representative will welcome you and take you to your hotel. After this at evening we give you further details of the trip program. Overnight stay in hotel

### **2. Drive/Flight ( flight is optional) Kathmandu to Pokhara (200 km) 25 minute flight 6/7 hrs drive**

Drive/Flight ( flight is optional) Kathmandu to Pokhara (200 km) 25 minute flight 6/7 hrs drive It takes around 6 hours of drive or 25 minutes if flight from Kathmandu to Pokhara about 6 hours drive. Both the transportation offers scenic views of mountains along with lush green forests and terrace fields. Pokhara is known as the heaven place of Nepal. Here we observe many sights full of natural and cultural views. Mountains, caves, lakes and temples are the things of attraction that we can visit in Pokhara. Today we have our yoga sessions in evening. Overnight stay in Hotel breakfast, lunch included.

### **3. Drive to Nayapul, Tikhedunga from Pokhara ( 2 hrs) and to Ghorepani (5 hrs / 2,800 m)**

This is the confluence of Modi River draining Annapurna base camp and Burungdi River. During the trek we follow upstream Burungdi River and climb gradually for a Tikhedunga and Ghorepani. Thikedunga is a small charming village. Trek to Ghorepani (6 hrs / 2,800 m) Overnight at a guesthouse - breakfast, lunch and dinner

### **4. Early morning hike up to Pun Hill (50 mints / 3,210 m) | Trek to Tadapani 2670 m**

Trek to Tadapani and after the Poohill hike. Passing through the lush green forests, filled with rhododendron, laden flowers, pine and oak trees Is amazing. Pun Hill is the most beautiful view point in the Annapurna region. We will hike for about 1 hours to Pun Hill at 3,200 m for sunrise view over the Himalayan peaks and our yoga sessions. One can see about 15 different peaks including Dhaulagiri I (8,167m / 7th highest), Annapurna I (8,091m / 10th highest) and Manaslu (8,156 m / 8th highest). After breakfast, we will head for our next destination of Tadapani. The trail passes through the rhododendron forest with few ups and downs of 400 m where we have our evening yoga sessions. Overnight at a guesthouse - breakfast, lunch and dinner

### **5. Trek to Chhomroong (5 hrs / 2,100 m)**

We will see beautiful view of Annapurna south and Fishtail Mountain. Firstly we have the yoga sessions in this beautiful place from here we will climb down steeply about 900 m and reach to the valley basin at Ghurjung River. After this we climb gradually along the mountain side to Chhomroong perched high up on the mountain ridge. Chhomroong is a large Gurung village at the corridor of Annapurna Sanctuary. Thus reaching at Chomroong we analyze the cultural and traditional values of Gurung people with their unique ways of living life. After all this stuffs are being done we start our evening yoga sessions. Overnight at a guesthouse -

breakfast, lunch and dinner included.

## **6. Trek to Dovan (2,400 m / 6 hrs)**

We have our breakfast early in the morning and start to trek down to Chhomrong khola (river). Then, after this we climb up to Sinwa in 3 hrs. From here we enter into steep valley towards Annapurna sanctuary at the buttresses of Annapurna South and Fishtail. From Sinwa we will climb down to Modi River at the little hemlet of 'Bamboo' in 2 hrs and then climb gradually for another hour to Dovan (2,400m). Attending yoga sessions in evening. Overnight at a guesthouse - breakfast, lunch and dinner included

## **7. Trek to Deurali (5 hrs / 3,300 m)**

So with slow pace we gradually climb to another hamlet of Himalaya in 2 hrs today. Himalaya has got two lodges where we stay tonight. After Himalaya (2,900m), we enter into sparsely vegetated rocky terrain and climb steeply. During this time we can observe the panoramic views of stunning Himalayas surrounding the dense forests trail. Today we have our yoga sessions in evening. Overnight at a guesthouse - breakfast, lunch and dinner with included.

## **8. Trek to Annapurna Base Camp (5 hrs / 4,200m)**

After having breakfast, it will take about 3 hrs to get to Mt. Fishtail base camp at 3,700 m. At Fishtail base camp valley opens up wide and bright with beautiful snow peaks. This periodic avalanche here provides the amazing moments of life. The trail to Annapurna base camp climbs gradually to the snowfield and the edge of glacier. From here we get the excellent views of mountains like: Mt. Hiunchuli (6441m) Hiunchuli (6441m.), Annapurna South (7229m.), Annapurna I (8091m.), Annapurna III (7555m.), Gangapurna (7454m.) and Machhapuchhre (6997m.). Having yoga sessions and meditation in the evening. At base camp we are at the base of world's highest mountains surrounding us in 360 degree. Overnight at a guesthouse - breakfast, lunch and dinner with included.

## **9. Trek down to Bamboo (6 hrs)**

After a beautiful sunrise view over the Annapurnas ranges, we will attend our meditation sessions. And after this we head down slowly to Bamboo. During this first part of the trail might be steep and slippery but with beautiful sceneries. Walking for some hours constantly, the trail takes us to Bamboo. Bamboo is a clean settlement of Mongolian people, where we get to know about their unique cultures and way of living in daily life. We do the yoga sessions after we reach in Bamboo. Overnight at a guesthouse - breakfast, lunch and dinner with included.

## **10. Trek back to Jhinu Danda (5 hrs / 1,600 m)| Bathe in natural hot spring**

We follow the same trail that we took to climb up till Chhomrong. Climb down steeply on the stone steps down to the village of Jhinu. We settle into our lodge and then head down half an hour to natural hot spring pool in the Shore of Modi River. We enjoy the natural hot spring first and start with yoga classes at evening. Overnight at a guesthouse - breakfast, lunch and dinner with included.

## **11. Jhinu Danda to Pokhara**

View the last panoramic Himalayas views and have the yoga sessions, finally back to the Pokhara Overnight at Hotel - breakfast

## **12. Drive from Pokhara to Kathmandu**

Enjoy the same beautiful riverside views on the way overland tour to Kathmandu relax and take a rest do some shopping and in the evening join cultural show dinner program offer by the company. Overnight stay in Hotel breakfast, lunch, Dinner included

### **13. Departure & Farewell**

We transfer you to the airport for your international departure before 3 hours of your departing time. Or you can join next adventures trip in Nepal or outside the country with Sunrise Adventure Treks. We are always for operating your customize trip. Have a safe journey!

## **INCLUSIONS**

- All airport pick up and departure
- All transportation in A/ c car, van or tourist deluxe bus
- Yoga Mat & Yoga Guru
- Daily Yoga class
- Three star category hotel in the city in twin sharing bed with breakfast basis & standard trekking lodge during trekking
- Kathmandu sightseeing with city tour guide
- Whole accommodations during trips
- Sleeping bag, down jacket during trek, T- short and trip achievements certificate
- Full board meals during trekking as mentioned in the itinerary (Breakfast,Lunch, Dinner )
- First aid medicine item ,
- Trekking permit & TIMS card (Trekking Information Management System)
- Necessary staff, guide & porters their salary, accommodation, meals and their insurance, professional guide (for two guest one Sherpa porters to carry baggage)
- One especial farewell dinner program
- Our government tax & official expenses

## **EXCLUSIONS**

- All your personal expenses & any types of drinks
- Tour entrance fee in the city, your extra meals in the Kathmandu, bar bills etc,
- Clients international air ticket
- Clients travel insurance & tips for the trekking crew

[URL: https://sunriseadventuretrek.com/activities/everest-base-camp-heli-tour](https://sunriseadventuretrek.com/activities/everest-base-camp-heli-tour)