



## **Panchase Yoga Trek - Itinerary**

### **1. Arrival in Kathmandu -1310m**

After your arrival in Kathmandu, our representatives from Sunrise Adventure Treks will pick you up from airport and you will be transported to the hotel. After this, brief introduction will be given to you about the trek. .

### **2. Sightseeing around Kathmandu**

We make our day blissful with sightseeing around Kathmandu area. Firstly, we have our breakfast and visit Swayambhunath-the monkey temple, Pashupatinath-the biggest Hindu temple, Bauddhanath Stupa and many other heritage sites with durbar squares like Patan Durbar Square, Kathmandu Durbar Square. In Kathmandu Durbar Square you can see living Goddess, Kumari. Along with this in all of these sites we get to observe ancient structures and historical statues art by ancient Newari people. Walking along the narrow streets we see the daily living styles of local pwople. We join the yoga sessions in the evening. Meals included: Breakfast and finally an overnight stay in hotel.

### **3. Drive to Pokhara -830m/7hrs**

From Kathmandu, we drive to Pokhara for around 7 hours scenic drive with breaks in the way. This drive is very likable as we travel from scenery filled way and getting away from Pollution of Kathmandu. The sceneries include amazing views of lush green forest surrounding the highway. Pokhara is also known as the “city of lake”. So, here we observe the beautiful lakes like Fewa, Begnas, Rupa and many more. Furthermore Pokhara is famous for caves and natural views. We can observe the amazing caves like Bat, Gupteshwor, Mahendra etc. with excellent views of Annapurna ranges. If we arrive earlier in Pokhara we can roam around and at last have our yoga sessions in evening time. Meals included: Breakfast, lunch and dinner and finally an overnight stay in hotel.

### **4. Drive to Khare Khola & trek to Bhumdi -1520m/3-4hrs**

After breakfast we take a short drive to Khare Khola. This drive is very scenic which takes nearly 30 minutes through Tansen/ Bhairawa Highway. After reaching at Khare Khola, we trek uphill to Bhumdi, which is around 3 hours walking with mountains around us. We walk through the rural settlements of Kalabang village. Thus, it offers a chance to closely observe the daily lifestyle of rural mountainous people. Passing the Davis falls; we move downward to the Gurung and Bhramin village, Bhumdi at (1520m/ 4986ft.). In this day we can see stunning views of mountains and Fewa Lake below us and attend our yoga sessions in evening. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

### **5. Trek to Panchase Bhanjyang -2030m/5-6hrs**

Passing through the beautiful forest and peeking beautiful mountain views and having peaceful meditation between the trees, today we will be trekking to the Panchase Bhanjyang. Panchase Bhanjyang is also considered as a small pass. We also get to see three mountains over 8000m high from this Bhanjyang.

Namely they are: Dhaulagiri, Annapurna I and Manaslu. These excellent views of mountains plus valley surrounded by lush green forests provide unbelievable moments of your life. After walking for some hours through the jeep trails, we finally reach the Panchase Bhanhyang. Here the region is settled by Bhramins and Gurungs and we get to explore their cultural and traditional values. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

## **6. Trek to Bhaudaure -1965m/4hrs**

Early in the morning we have the yoga sessions and then take a short hike to Panchase Peak (2500m). From Panchase Danda we can see sunrise above the stunning snowcapped mountains. We spend our sometime here and after taking short stop in the hill we start descending down through the Alldanda. We reach Alldanda with short walk around camp site. From here we can see villages below and mountains above. Valleys surrounded by glamorous peaks offer amazing views during this trek along with various species of birds to explore. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

## **7. Trek to Kande**

Today, we follow the trek, and pace toward Kande. Firstly we have our yoga sessions and then trek to Kande which is a beautiful western region village offering fine ways for trekking. Along with this we can observe the green forests of pine and oak trees on the way. We leave Bhaudaure and stay at Kande for overnight. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

## **8. Drive back to Pokhara -830m**

From Kande we take a drive back to Pokhara and during the drive we get to see the same sceneries with perfect views of lush green forests between human settlements. After reaching at Pokhara we can do sightseeing and do shopping while buying souvenirs. We visit Davis Falls, Mahendra Cave, world peace pagoda, etc. and have the yoga sessions in the evening. Spending time in Pokhara is very worth giving. Meals included: Breakfast, lunch and dinner and finally an overnight stay in hotel.

## **9. Fly/Drive back to Kathmandu -**

For the journey back to Kathmandu we can either take scenic drive or take beautiful Mountain View flight. Both the journey is amazing offering travelers the journey of lifetime. After reaching at Kathmandu, take some rests, and at evening join the evening dinner and cultural program offer by the company. Meals included: Breakfast, and dinner and finally an overnight stay in hotel.

## **10. Departure**

For the further journey, today you will be departed and farewell program will be done. Hope you enjoyed the company of Sunrise Adventure Trek. You can also join the other adventures program in Nepal or outside the country with Sunrise Adventure Treks. We are always ready for operating your customize trip. Have a safe flight!

## **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>