

**HOLIDAYS WITH YOGA PRESENTS
10 DAYS YOGA RETREAT TO
ANNAPURNA BASE CAMP TREK
20 – 29 MARCH 2020**



SYNOPSIS: Enticing roughly 80,000 trekkers annually by its combination of natural and cultural highlights, the Annapurna Base Camp trek is possibly the most spectacular trekking trails of the world. The base camp of Mt. Annapurna I, the destination of Annapurna Base Camp Trek, sits at an altitude of 4,130 m (13,549 ft.). Along the way, the oak, rhododendron and pine forests compliment the rich cultural lives of the ethnic Gurung and Magar villages. ABC trek offers great opportunity to witness the soaring peaks without having altitude problem. Imagine waking up early morning, you open your door and come out of your campsite lodge and the first thing you see is the beautiful Himalayan peaks painted red and golden by the morning sun. There is no better way to wake up than the splendid view of sunrays painting the Himalayan peaks. It is no surprise that trekkers who trek the Annapurna region come back again and again to trek its wonderful trails.

20 MAR / DAY 01: DEPART SINGAPORE

A traditional garland welcome on arrival in Kathmandu, capital city of Nepal. Transfer to hotel and check in. Relax or shop in the heart of the city, Thamel. Overnight Hotel



21 MAR / DAY 02: DEPART KATHMANDU TO POKHARA BY AIR, DRIVE FROM POKHARA TO NAYAPUL AND TREK TO GHANDRUK 1940M: 4 HOURS (BREAKFAST, LUNCH, DINNER, MORNING YOGA)

TREK 1: Transfer to Kathmandu's domestic terminal for a 30 minutes flight to Pokhara. Upon arrival at Pokhara airport, you will be transferred to trek start point (Nayapul) by coach. It's a scenic 1.5 hours' drive, followed by 4 hours trek to Ghandruk (1940 m).

Visit Annapurna Conservation Area Project to see how this signature program has helped in preserving the pristine nature and livelihood of these hardy hill folks. Keep a lookout for Chyangras the mountain sheep/goat along the way. The walk will be a warm up for the days to come and if time permits, we also visit the Gurung museum.

Overnight in Tea House Lodge in Ghandruk (B/L/D)



Traditional farmhouse, Ghandruk village

**22 MAR / DAY 03: GHANDRUK-CHOMRONG 2170m: 5 - 6 HOURS TREK
(BREAKFAST, LUNCH, DINNER, MORNING YOGA)**

TREK 2: Day starts after a hot tea and breakfast. From Ghandruk the trail ascends for an hour up to Kimrung Danda “ridge”. Enjoy great views of Annapurna South, Hiunchuli, Machhapuchhre and Gangapurna. The trail is a steep descent to the Kimrong Khola (river) followed by a steep ascent to Chere Danda. From this point it descends for a while and takes a gentle path to Chomrong. Trekkers can enjoy and explore the village which is dotted with cozy cafes and guest houses. Chomrong is a beautiful village located on the lap of the giant Annapurna in the background.

Overnight in Tea House Lodge in Chomrong



Chomrong village

**23 MAR / DAY 4: CHOMRONG – HIMALAYAN HOTEL 2920M: 6 - 7 HOURS TREK
(BREAKFAST, LUNCH, DINNER, MORNING YOGA)**

TREK 3: The day begins with a descent through almost 2,500 stone steps across the Chomrong village and crosses a bridge above the Chomrong Khola. From here it is an uphill climb to lower Sinuwa and then upper Sinuwa. Next, we pass through a beautiful forest and bamboo groves which provides a canopy against the sun to Kuldi Ghar followed by an easy downhill walk to Bamboo. Watch out for monkeys in this area!

Lunch stop at Bamboo enjoying the warm sun. After lunch, the group will walk through a mostly flat trail with slight uphill walk and reach Himalayan Hotel through Dovan, the destination for the night.

Overnight in Himalayan Hotel



Modi Khola glacier valley

24 MAR – DAY 5: HIMALAYAN HOTEL TO ANNAPURNA BASE CAMP 4130M via MACHHAPUCHCHHRE BASE CAMP 3720M: 5-6 HOURS TREK (BREAKFAST, LUNCH, DINNER, MORNING YOGA)

TREK 4: After breakfast, our journey starts towards Machhapuchhre base camp. The trail becomes a steeper climb with bigger steps and stones to maneuver. We will walk through the narrow gorge of Modi Khola glacier valley. This will bring us to the base of Machhapuchhre which ultimately takes us to Annapurna base camp. The continuous ascend will give us a breath taking view of surrounding panoramic mountain peaks on the backdrop. The trail to ABC has almost no vegetation and the path broadens into the Annapurna sanctuary. Upon reaching Annapurana base camp, you will be mersmerised with the 360 degree view of untouchable mountains, Hiunchuli, Annapura South, Annapurna I, Khangsar Kang, Gangapurna, Annapurna III and Machhapuchhare.

Overnight in Tea House Lodge in Annapurna Base Camp

25 MAR – DAY 6: ANNAPURNA BASE CAMP TO BAMBOO 2,340M: 6-7 HOURS TREK
(BREAKFAST, LUNCH, DINNER, MORNING YOGA)

TREK 5: Today we enjoy the striking sunrise view over the Annapurna Himalayas at Annapurna base camp. The pre-dawn wake-up call promises unforgettable views and photo opportunities from the rim of the glacier. You witness a circle of peaks from Hiunchuli, Annapurna South, Khangsar Kang tower above you, and round to Gangapurna, Annapurna III and Machhapuchhare. Below, in its U-shaped valley, the glacier grinds relentlessly. As we always say, “The best view comes after the hardest climb”.

After breakfast, we retrace our steps down to Sinuwa for a hot shower and a comfortable night sleep.

Overnight in Tea House Lodge



26 MAR – DAY 7: BAMBOO TO JHINU DANDA (HOT SPRING) 1755M: 5-6 HOURS TREK

(BREAKFAST, LUNCH, DINNER, MORNING YOGA)

TREK 6: After breakfast, we trek to Chomrong following the same trekking path we took to base camp. We walk through the jungle, while climbing up and down

the valley. We pass through the beautiful Gurung village of Sinuwa, crossing over the suspension bridge before we climb up to Chomrong village for lunch break. From Chomrong, the trail descends to Jhinu Danda for the night. It's an excellent stop as there is a wonderful opportunity of enjoying the hot springs just a 20 minute downhill walk from Jhinu Danda to sooth your weary bodies!

Overnight in Tea House Lodge in Jhinu Danda.

27 MAR – DAY 8: JHINU DANDA TO NAYAPUL 1050M TO POKHARA: 4-5 HOURS TREK/ 1.5 HOURS DRIVE FROM NAYAPUL TO POKHAR

(BREAKFAST, LUNCH, MORNING YOGA)

TREK 7: Today is the last day of our trek in the Annapurna region. A short trek down to Siwai and from here we take a local jeep to Nayapul. We spend a good 1hrs on a bumpy village road to connect with the highway back to Pokhara by jeep. One last look back at the journey conquered and the nostalgia in leaving behind many memorable moments!

We made it. A hot shower and a comfortable bed awaits in Pokhara!

Overnight in Pokhara Lakeside.



Nayapul

28 MAR / DAY 9: POKHARA - KATHMANDU BY FLIGHT

(BREAKFAST, MORNING YOGA)

We have an easy today as we have been having many early mornings. We relax and enjoy at the lakeside town. For those who wish to reward themselves with a good body or foot massage, there are many spas that you can go to.

Transfer from hotel to Pokhara airport for afternoon flight back to Kathmandu. On arrival, transferred to hotel at Thamel tourist district. Thamel is a great place to shop for souvenirs, shawls and many more.
Overnight in Kathmandu

29 MAR / DAY 10: KATHMANDU TO SINGAPORE

(BREAKFAST)

We will tour the ancient city of Patan or Bhaktapur and also stop by at Bodhath stupa if time permits. We say goodbye to this enchanting and mystical city.

Transfer to airport for your flight to Singapore.

Bon voyage!!!



Annapurna base camp trek is one of the easiest base camp treks in Nepal. Chances of altitude sickness are very low. All you need is a good health condition and reasonable fitness level to walk for about 6-7 hours in a day.

Tour Cost:

SGD \$1488 / Per Pax based on twin or triple sharing

SGD \$ 90 / Single Supplement (Only in Kathmandu and Pokhara Hotels)

Services included:

- Airfare from Kathmandu-Pokhara-Kathmandu
- Pokhara-Nayapul-Pokhara by private vehicle
- Trekking lodge (tree house) throughout the trek (Tea House Lodge are very basic on the ABC trek and not like any city accommodations. These are small family owned, very basic standard with common toilet & shower facilities. Meals prepared will be simple home cooked rice, lentils with veg curries. Rooms are shared with 2, 3 or more per room. Please note there is no availability of a single room in the Lodges.
- All meals during the trek
- Supplementary snacks: energy bars and cookies
- Experienced and knowledgeable English- speaking Government registered trekking guide
- Annapurna conservation area permit
- 2 nights- 3star tourist hotel in Kathmandu
- 1 night – 3 star tourist hotel in Pokhara
- Trekking equipment such as sleeping bag, down jacket, etc can be provided if need but to returned
- Local porters to carry luggage (2 trekkers : 1 porter)
- Oximeter to measure your oxygen and pulse level during the trek
- Appreciation of certificate after the successful trek

- Farewell dinner at a typical Nepalese restaurant with traditional music and dance
- Souvenir
- Compressive first aid box
- Emergency rescue operation assistance in arranging in case of complex health condition(funded by travel insurance)

Services not included:

- Airfare from Singapore-Kathmandu-Singapore (can be booked on Malindo air/ Thai Airways/ Silk Air or Malaysian airlines- costing SGD \$450 - \$900 (depending on the Airline and the time of booking)
- Expenses of personal nature
- Mineral water
- Soft drink/ hard drinks
- Telephone calls
- On trek hot/cold water shower
- Laundry
- Mobile recharge
- Tips to staffs/ trek guide and porters
- Any expenses caused by factors beyond our control like flight cancellation, road blocks, vehicle malfunction etc.
- Travel / Medical / Medevac Helicopter Insurance
- Anything not mentioned in the above inclusion
- Nepal Visa Fee USD \$25

Nepal Visa:

Apply at the airport on arrival for 15 days multi re-entry visa. Cost USD \$25 with 1 color recent passport photo.

Mode of payment:

Fund transfer or Cheque (Fund transfer to BPS Wellness Centre, DBS Current Acct 020-010913-0)

Contact Details:

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Please visit our website for more details:

<https://www.holidayswithyoga.com>

Place	Hotel 3*	Night
Kathmandu	Hotel Thamel Park	02
Pohkara	Hotel Panorama	01
ABC Trek	Guest House	06

* listed hotels if not available similar standard will be confirmed.

