



## **Annapurna sunrise trek with yoga, meditation.**

### **Details Trip**


This Yoga & Meditation with Annapurna Sunrise Trek is an ever popular Trekking program in Nepal. The dense and colorful rhododendron forests to the pleasant landscapes, from traditional villages to the modern settlements, the 360° Panoramic view point at Poon Hill offering colorful views of sunrise and charismatic shades of golden color scattered over the Annapurna range, Poon Hill at 3210m is a famous place for one of the best sunrise views in Nepal, The panoramic view of the mountain to the relaxing yoga, meditation and yogic breathing everyday on your trek, with this program from Discovery Mountain Trek provides you a diverse experience.

The Yoga & Meditation Trek to Poon Hill starts with a short hiking trail from Nayapul near Pokhara, taking you to the village of Tirkhedunga and head on to Ghorepani. This trek provides you an opportunity to capture exceptional views of mountain that are over 8000m in height. Some prominent mountains visible from Poon Hill are Mt. Annapurna (8091m), Mt. Dhaulagiri (8167m) and other peaks such as Mt. Annapurna South, Mt. Nilgiri, Mt. Fishtail, Mt. Lamjung apart from green hills and valleys below. The views are glorious, the route is enchanting - all of which you will cherish from memories of Nepal, with the benefit of yoga and meditation each day.

Yoga & meditation with Annapurna sunrise trek considered an easy trek in the Annapurna region. It is the most relevant trekking program from Discovery Mountain Trek for those who wish to do yoga and meditation with the grandeur of the majestic Annapurna Massif and beyond. The almost surreal views in the morning will make you think and wonder about the beauty of Nature at this far-flung location on the planet.

You will see hamlets and villages scattered throughout the hills; see how people live in harmony despite the geographical isolation. Also live in the hospitality of the Gurung people, who are known for their bravery and are renowned as the Gurkha! This program also includes some community involvement activities at Ghandruk and cooking class in Kathmandu to add more variety to the experience of trekkers. This is an easy to moderate trekking experience in the Annapurna region which is designed for explorers who have limited time and yet aspires to observe and experience the real face of Nepal.

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Fitness Level:	:	
Group Size:	:	2 to 20 people
Max-Altitude:	:	3210
Duration:	:	11 Days
Walking Days:	:	5 Days
Activity:	:	Yoga & Meditation Trek and Cooking Class In Kathmandu
Best Period:	:	FEV   MAR   APR   MAY   SEP   OCT   NOV   DEC

## Details Itinerary

### DAY 1 : ARRIVAL IN KATHMANDU (1365M)

A quick welcome at the airport and transfer to your hotel. Your guide gives you a brief of the program and introduced to your yoga professor. After you get some refreshment and rest in the hotel, you shall have, later in the afternoon, a session of yoga, yogic breathing, and meditation that is sure to make you refresh, and prepared for this trekking experience in the Annapurna region. Take an evening stroll around and stay overnight at the hotel.

### DAY 2 : KATHMANDU: SIGHTSEEING

Today you will be getting refreshed early in the morning with yoga and meditation, After breakfast, you will take you on a sightseeing tour of some iconic places in the Kathmandu Valley, that will essentially include UNESCO World Heritage sites. Once you arrived at your hotel and take a rest then we do second session of yoga, meditation and breathing practice. In the evening, you are invited to join us for a farewell dinner.

### DAY 3 : TRAVEL FROM KATHMANDU TO POKHARA 6/7H DRIVE

You will be taking a scenic route along Trishuli River. Your yoga professor do early morning session of the yoga, meditation for you all, and you will have your breakfast and then start day drive to lakeside in Pokhara, through the scenic route. The drive will take around seven hours through winding hilly roads. Road overlooked by the majestic Himalayas far away before arriving in Pokhara. After visit the beautiful city of Pokhara, we do the second session of yoga, meditation, and yogic breathing in the evening. Stay overnight at hotel in Pokhara.

#### **DAY 4 : DRIVE FROM POKHARA TO NAYAPUL TREK TO HILLE (1510M) 2H DRIVE & 4H WALK**

After your yoga and meditation you have your breakfast and get ride to the private vehicle from Pokhara to Nayapul. First on the way road you will see great scenery from Noudanda you then drive continue to Nayapul and begin your trek right bank of the Modi River until Birethanti. And after crossing the modi Khola following on the right Burundi Khola and passing through dense forests and take a scenic trail to Hille. In the evening we do second session of yoga and meditation, and yogic breathing practice, where you will stay overnight a guesthouse.

#### **DAY 5 : TREK FROM HILLE TO GOREPANI (2780M) 6/7H WALK**

You will start your day by the first session of your yoga and meditation. After breakfast get ready to walk from Hille to Gorepani. After leaving Hille, we continue across the Bhurungdi River. Follow the excitement-crunching, stamina-testing steep climb to Ulleri, a chiefly Magar village at 2070m. The trail then continues to ascend gently through oak forests and rhododendron bushes. From there we trek towards Nangethanti at 2460m, and after about an hour, we reach Ghorepani located at 2780 meters. The village has wonderful views of several mountains in the Annapurna range. In the evening we do second session of yoga and meditation, and yogic breathing practice, stay overnight at a guest house.

#### **DAY 6 : HIKE TO POON HILL BACK TO GOREPANI TREK TO TADAPANI (2650M) 6H WALK**

You will get up early, even before the break of dawn, and hike up to Poon Hill from where you will see superb sunrise views over the panoramic mountain range. After your regular yoga session have breakfast and trek to Tadapani. You will come across a couple beautiful places today as you will pass through rhododendron forests, waterfalls, and have close-up views of several picturesque mountains. You can enjoy in the evening looking at photos of the tour and sharing your stories, doing last session of yoga and meditation and staying overnight at a guest house in Tadapani.

#### **DAY 7 : TREK FROM TADAPANI TO GHANDRUK (1940M) 4H WALK**

We start the day with daily session of yoga, meditation, and yogic breathing practice, upon leaving Tadapani behind, we descend through forests and along easy trail to reach Ghandruk. It is a village of the Gurung, a people with their own dialect, culture and fame. From here, you can have more scenic views of the mountains. The trekking duration today is around three to four hours with plenty of stopovers for rest, drinks, and photography before arriving at the popular village of Ghandruk. You will complete the day with another session of yoga and meditation, staying overnight at guesthouse in Ghandruk.

#### **DAY 8 : TREK FROM GHANDRUK TO NAYAPUL DRIVE TO POKHARA. 2H DRIVE 5H WALK**

The total trekking duration today is a little under five hours. After breakfast in Ghandruk, we continue our journey with an easy walk all way down to Nayapul via Birethanti. From Nayapul, we drive two hour-

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to reach Pokhara. You have a session of yoga and meditation in the morning as well as in the evening today. Stay overnight at the hotel.

#### **DAY 9 : TRAVEL FROM POKHARA TO KATHMANDU 6/7H DRIVE**

You will start a session of yoga and meditation then after having good breakfast you will drive to Kathmandu from Pokhara. Once you are in the capital, hot-water bathing, relaxing in a sauna, or simply seeing around town. And you will complete your day with second session of yoga breathing practice, Stay overnight at the hotel.

#### **DAY 10 : COOKING CLASS IN KATHMANDU**

Today you will learning some skills and utilize your time spent in Kathmandu. After your daily session of yoga, meditation and breakfast in the morning, you will head towards Nepali meal cooking class in Kathmandu. You can learn how to cook it, how to use spice at the same time, and you may remember some Nepalese words and phrases which helps by our some staff. The taste and variety of Nepalese cuisine is outstanding from the cuisines that you shall savor all over the world. In the evening you will complete the second session of yoga, meditation and breathing practice, Stay overnight will be at a hotel.

#### **DAY 11 : DEPARTURE TRANSFER**

Today you are enjoying the last session of yoga, meditation, and your travel in Nepal come to the end. According to your schedule, we will take you to the airport for your flight ahead.

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### INCLUDED IN THE COST

- Staff costs including their salary, insurance, equipment, domestic airfare, food and accommodation
- Down jacket and sleeping bag: to be return to Discovery Mountain after trip completion
- Guesthouse accommodation during the trek with: Breakfast, Lunch and Dinner
- All ground transportation on a comfortable private vehicle as per the itinerary
- Discovery Mountain's duffel bag, t-shirt and trekking map are yours to take
- All necessary paperwork and trekking permits: ACAP and TIMS
- 3-star hotel accommodation in Kathmandu & Pokhara with bed and breakfast
- Assistant guide on your trek: 4 participants: 1 assistant
- Porter service on your trek: 2 participants: 1 porter
- An experienced, English-speaking trekking Guide
- Medical kit: carried by your trekking assistant guide
- Energy supplies: Dry fruits, Snicker, Mars and Bounty
- Daily yoga and Meditation treat with yoga mat
- Personal insurance for Nepalese trekking staff
- Welcome and farewell dinners in Kathmandu
- Airport pickups and drops in a private vehicle
- Yoga Teacher and his salary, lodging and food
- Gamow bag for your safety and security
- All Government and local taxes

### NOT INCLUDED IN THE COST

- Nepalese visa fee
- International flights
- Your travel and rescue insurance
- Tips for guide, porter and driver
- Lunch and evening meals in Kathmandu & Pokhara
- Extra night accommodation in Kathmandu because of early arrival, late departure due to any reason
- Personal expenses laundry, bar bills, battery recharge, extra porters, bottle or boiled water, shower

### ACCOMMODATIONS

We will be staying at Hotel Manaslu, Hotel Tibet or similar hotel in Kathmandu: and guesthouses during the trek. All accommodations are on twin-shared basis. Single supplement will be served on request and will cost an additional. Also note that single rooms are readily available in Kathmandu and the trekking regions at lower elevation but it might be difficult to find them at higher elevations.

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## MEALS

All meals will be provided during trekking while only breakfast will be available in Kathmandu. There will also be welcome and farewell dinners for guests. While on trek, we have breakfast and dinner in the tea-houses/lodges we spend the night and lunch on our way to the next destination. Nepalese, Tibetan, the more common continental and Indian cuisines are common choices in the menu.

## PHYSICAL CONDITION REQUIREMENT

Discovery Mountain Trek can offer advice and recommendations about health requirements but it is the individual responsibility of each trekker to acquire any necessary documents and medical care. The information on the technical sheet provided is indicative, it is your responsibility to check with the authorities concerned for the exact requirements for your chosen destination at the time of travel. If you do not obtain any necessary medical consultations or travel documents and are not allowed to enter a country, or suffer personal injury or death as a result, we have no liability to you for any cost, loss or damage which you suffer nor will we refund you the cost of any unused portion of your travel arrangements. It is your responsibility to comply with the regulations and procedures of police, customs and health at all times throughout your trip.

## BEST TIME TO TRAVEL

The best time to trek to the Everest Sunrise Trek with yoga and meditation is in spring (February to May) and autumn (September to November). The temperature is moderate in these seasons and guarantees amazing views through the trip. Although this trek can be undertaken during winter, the cold temperature might not be suitable for everyone.

## GUIDE & STAFF ARRANGEMENT

The most significant thing that makes this trek enjoyable and memorable is the skilled, experienced and helpful Guide and crew member who have the ability of guiding our trek on the mountain smoothly. Our trip will be led by the best and most professional Guide. All of Discovery Mountain Trekking Guide's are carefully selected on the basis of their appropriate experience, skills and personal aptitude. With an objective of sustaining local communities, Discovery Mountain only employs local Staff, who have knowledge about culture, ecosystem, flora, fauna, geography, and history of their local region.

## PORTER CARE

We are firmly committed to porter rights. We make sure that all our porters are well treated, well paid and we provide the level of shelter, clothing and footwear that these harsh environments demand. Porters who become sick are treated with the same care and attention as other team members and we have previously used helicopters - at our expense - to rescue porters from dangerous situations. We support the work of the International Porter Protection Group (IPPG), making our resources available to them to help improve the working conditions of the porters. International Porters Progress Group.



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## ENVIRONMENTAL CONCERNS

The Everest Region is stunningly beautiful, but equally fragile. Future generations have just as much of a right to appreciate it as much as we do. Therefore, we believe that the tourism industry has an obligation to protect and preserve it. Discovery Mountain employs a 'zero impact' policy on the natural environment and the traditional communities that live there. Discovery Mountain, therefore, enforces a number of do's and don'ts. Please talk to your trek leader to avoid environmental impacts.

## TRAVEL INSURANCE

It is a condition upon joining any of Discovery Mountain's trips that all clients be insured for comprehensive expenses that might incur due to medical issues or accidents (this includes air ambulance, helicopter rescue, and treatment costs). Please note that we don't arrange or sell insurance.

## ACCLIMATIZATION

This trek's itinerary is planned with a high degree of awareness of AMS (Acute Mountain Sickness). Going up at higher altitudes too fast causes a medical condition serious enough to result in death. The higher the altitude, the less oxygen will be in the air. For example, at an altitude above of 5000m, there is 50% less oxygen than at sea level. Therefore, our body needs many days to adapt to an environment with less oxygen. During this trip, we take rest in Namche Bazaar and Dingboche which will help us acclimatize to the high altitude.

## EQUIPMENTS LIST

This list is a guideline to help you pack for your adventure. Also understand that the items listed below will vary a little according to the season and the trek duration. Those items marked by an asterisk (\*) are provided by Discovery Mountain Trek inclusive in the service. The weight limit for your luggage is 15 kg.

## SLEEPING

- 1 sleeping bag: -10° or -15° (\*)
- Fleece sleeping bag liner (optional)

## FROM HEAD TO TOE

- Long-sleeved and short sleeved t-shirts, preferably in quick-drying technical material
- A pair of sandals or equivalent casual shoes for cities, villages and evenings
- A light fleece or equivalent (plus extra warm layers if necessary)
- A breathable windproof, water proof jacket (Gore-Tex...)
- long-sleeved thermal tops and full-length long johns
- Discovery Mountain Trek's down Jacket (\*)
- Discovery Mountain Trek's half T-shirt (\*)
- Lightweight waterproof over trousers
- A pair of high rise walking boots
- Warm gloves, Hat and scarf

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- Yoga mat (\*)
  - Thick walking socks
  - A cap or sunhat
  - 2-pair of thermals
  - Suitable shorts
  - Walking trousers

#### **DAY BAGS/ SHOULDER BAG**

- 1 medium shoulder bag: 50-70 liter cubic inches, can be used for an airplane carryon
- A small daypack/backpack for carrying your valuables,

#### **PRACTICAL ITEMS**

- 1 small roll of repair tape, 1 sewing-repair kit
- 1 digital camera with extra cards and batteries
- 1 medium-sized quick drying towel
- 1 compass or GPS (optional)
- Female hygiene products
- Wet wipes (baby wipes)
- Anti-bacterial hand wash
- Tissue /toilet roll

#### **MEDICAL**

- Stomach antibiotic: Ciprofloxacin etc. Do not bring sleeping pills as they are a respiratory depressant
- Anti-altitude sickness pills: Diamox or Acetylzolamide
- Water purification tablets or water filter
- Small personal first-aid kit simple and light
- Aspirin, first-aid tape, and plasters (Band-Aids)
- Cough and/or cold medicine
- 1 skin-blister repair kit
- Anti-diarrhea pills
- Anti-headache pills

#### **TERMS AND CONDITIONS**

Discovery Mountain Trek & Expeditions Company is a trustworthy and registered Company under the laws of Nepal Tourism Industry and accepts your bookings under the following terms and conditions.



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### Booking Terms

Booking your trip with Discovery Mountain Trek accept with terms and conditions of sale. Every trekker is required to complete the form of registrations. At the time of registration, Trekker's are expected to pay a deposit 25% of total cost to complete your booking. Please note the trip cost is required to make in advance as per the company policy, this deposit help us to make confirm reservation of Hotels in City, domestic flights and all other trip arrangements for final trip booking. Along with deposit we need detailed name lists of participants, same as passport, Gender, Nationality, Date of birth, passport number, passport issue/ Expiry dates & profession. You need to send us passport copy, photo identity and e-ticket by e-mail for all trips in Nepal.

### Cancellation Policy

If any reason you have to cancel your trip, we Discovery Mountain Trek require written confirmation of your decision. The amount you have paid to us will be refunded according to the following terms:

- Cancellation more than 35 days before your departure date: \$60 will charged
- Cancellation more than 35 to 19 days before your departure deposit, 25% will charged
- Cancellation more than 18 to 10 days before your departure date: 50% will charged
- Cancellation more than 9 to 05 days before your departure date: 75% will charged
- Cancellation less than 4 days before your departure date: 100% of the total will charged

I reserve the right to revise pricing rates declared under any circumstances, or on the pressure of various external factors that are further than our control, for instance changes in exchange rate, government action etc. But, I declared forth effort to keep on the present rate. In case of minor increase in flights fares, hotels or other related factors, we don't revise the cost of the trip which was already confirmed & booked by deposit.

### RISK & RESPONSIBILITY

Your safety and enjoyment is my prime concern. I therefore carry out my responsibility honestly & sincerely to ensure your holiday trouble – free as well as you have desired. Nevertheless, unless stated otherwise, trip may be change under uncertain and inherent circumstances such as land-slides, road blockage, flood, snow political unrest, cancellation of flight, delay arrival, sickness or accidents etc. Any extra cost incurring there is your personal responsibility and should be borne on the spot.

### IMPORTANT NOTE

Your safety is of paramount concern while traveling with Discovery Mountain Trek. Please note that your guide has the authority to amend or cancel any part of the itinerary if it is deemed necessary due to safety concerns. The guide will try to ensure that the trip runs according to plan, but please be prepared to be flexible if required. Bad weather in mountain regions can cause domestic flight delays, particularly in the Everest, Lukla, Jomsom, phaplu, Kanchenjunga and any other remote mountain regions in Nepal.