Annapurna ABC Yoga Trek

Duration: 14 Days | Location: Annapurna, Nepal



Trip at a glance

Category: Annapurna

Location: Annapurna, Nepal

Duration: 14 Days

Difficulty: 8/10

Trip Style: Annapurna Base Camp Trek

Best Time: Autumn (Sep-Nov) and Spring (Mar-May)

Transportation: Private Vehicle, Domestic Flight

Accommodation: Semi Lodge/ or fully Camping

Max Altitude: 54130 m

Group: Min-1, Max 20

Summary

Annapurna ABC Yoga Trek/Annapurna Base Camp Yoga Trek lies in on the lap of panorama view of Annapurna Himalaya ranges/destination trekking in Nepal Trip /

Overview

Trip Introduction

Annapurna Base Camp Yoga Trek lies in on the lap of panorama view of Annapurna Himalaya ranges. Once you decided to choose this trekking destination to trek in Nepal Himalaya this is the best trekking destination. This trekking can be done either in short days or long days according to your vacation. From the Annapurna Base camp you will be able to see Mt. Annapurna south (7219m), Himchuli (6441m), Annapurna I(8091m), Annapurna III(7555m), Gangapurna(7455m) and Fishtail(6993m) etc. Once you reach this Annapurna Base Camp you will feel like you are in the heaven of Mountains in Nepal. There is a Machhapuchhree base camp on the way to Annapurna base camp. Lower Dolpo Trek

Annapurna Base Camp Yoga Trek in Nepal is one of the best trekking destinations to do within a short period of time. We can start trekking to Annapurna Base camp trek from driving to Nayapul from Pokhara or from Ghandruk. Ghandruk is a beautiful Gurung village where you can see the view of Mt. Annapurna Himal ranges and Fishtail. The trekking starts hiking from Ghandruk to Chhumrong. Where your trekking trail leads through different villages, Rhodendron forest, Bambo trees, and waterfall on the way. The Yoga course on this itinerary intends to make you familiar with basic yoga postures and the required theoretical knowledge. You can practice on your own once you follow it under the guidance of an expert teacher. Annapurna Circuit Trek

The places that you will pass through and stay overnight are Ghandruk, Chumrong, Sinuwa, Bamboo, Himalaya, Deurali, MBC and ABC when back down enjoy (hot Spring Jhinu Danda) which is the last destination of the trek and you will return from the same trail. You may also like to visit this link for more option to trek in Annapurna site. Ghorepani poonhill trek.

Day by day itinerary

Trip Itinerary

Day 01: Arrival in Kathmandu and Transfer to the hotel.

Day 02: Drive to Pokhara (200 km. 6/7 hours driving) by tourist bus at 7:00 am from Kantipath.

Day 03: Drive to Nayapul and trek to Tirkhedunga overnight at lodge.

Day 04: Trek to Ghorepani (2853 m. 6/7 hours walking) stay overnight at lodge.

Day 05: Visit Poon Hill early in the morning (45 minutes to get at the top for the best sunrise viewing and trek to Tadapani (2650 m. 5hours walking) stay overnight at lodge.

Day 06: Trek to Chhomrong (1920 m. 5 hours walking) stay overnight at lodge.

Day 07: Trek to Dovan (5 hours walking) 2505 m. Stay overnight at lodge.

Day 08: Trek to MBC (4700 m. 4/5 hours walking) Stay overnight at lodge.

Day 09: Trek to ABC (4130 m. 2/3 hours walking) then trek back to Deurali to stay overnight at lodge.

Day 10: Trek back to Bamboo (6hours walking) stay overnight at lodge.

Day 11: Trek back to Jhinu danda (5 hours walking) Explore hot spring at afternoon then stay Overnight at lodge.

Day 12: Trek back to Tolka 4/5 hours hours walking) Explore hot spring at afternoon then stay Overnight at lodge.

Day 13: Trek back to Pottana hours walking) Explore hot spring at afternoon then stay Overnight at lodge.

Day 14: Trek back to down Kade (3 hours walking) and drive by local bus/ taxi to Pokhara then stay overnight at the selected hotel at Pokhara.

Day 15: Drive to Kathmandu (200 km. 6/7 hours driving) by tourist bus at 7:30 am from Pokhara. And stay overnight at selected hotel in Kathmandu.

Day 16: Departure.

Package: Standard Package

Contact for pricing

Pricing depends on dates and group size. Contact us for a quote.

Inclusions

Airport pickups and drops in a private vehicle

2 Night hotel accommodation in Kathmandu and Pokhara with breakfast

Teahouse accommodation during the trek

All meals (breakfast, lunch and dinner) during the trek

All ground transportation vehicle as per the itinerary

An experienced, English-speaking and government-licensed trek leader and assistant trek leader (4 trekkers: 1 assistant guide)

Porter service (2 trekkers: 1 porter)

Staff costs including their salary, insurance, equipment, food and accommodation

All necessary paperwork and trekking permits (ACAP, TIMS)

Medical kit (carried by your trek leader)

All government and local taxes

Exclusions

Nepalese visa fee

International airfare to and from Kathmandu

Excess baggage charges

Lunch and dinner in Kathmandu and Pokhara

Extra night accommodation in Kathmandu and Pokhara in case of early arrival, late departure, and early return from the mountain(due to any reason) than the scheduled itinerary

Travel and rescue insurance

Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porters, bottle or boiled water, shower, etc.)

Tips for guide(s), porter(s) and driver(s)

Gear checklist

Equipments List

EQUIPMENT LIST

Nepal Trekking Equipment List

This piece info is creating data on consumer goods and equipment needs, For those that would love an extra detailed discussion for equipment for Nepalese Himalayan Trek.

The following equipment list is required for Nepal Trekking and climbing and a list, you have to have suggested equipment just have with you, however, that you just might have your own personal first choice equipment which can be equally as appropriate

Footwear

- Walking boots with suitable ankle support that have been worn-in prior to the trek, and which are waterproof.
- Trainer or casual shoes, for trekking and/or for travelling.
- Warm socks for colder areas.
- Gaiters, in case of rain or snow

Legwear

- Loose, casual trousers for trekking.
- Thermal leggings for colder areas.

- Long skirt for women as an alternative to trousers.
- Waterproof trousers

Body

- Selection of T-shirts, and long sleeved shirts, preferably not cotton.
- Thermal shirt for colder areas.
- Warm shirt, possibly fleeces, for colder areas.
- Fleece jacket or warm wool jumper.
- Windproof, waterproof outer shell garment for higher altitudes.
- Down jacket (optional for cold nights & mornings; can be hired in Kathmandu cheaply)

Head/Hands

- Wool or fleece hat, or balaclava.
- Hat or cap for sun protection while trekking.
- Sunglasses or goggles.
- Warm gloves

Other items

- Strong rucksack or large hold all to be carried by porters.
- Daysack to be carried personally.
- Plastic bags or stuff sacks to store/separate trekking gear inside your main bag.
- One litre water bottle.
- Personal first aid kit to include essential items.
- Sleeping bag, 4 seasons.
- Torch, ideally head torch.
- Digital Camera and spare battery and battery charger! – For those not to be forgotten shots of the

Himalaya.

- Toilet items and towel.
- Large handkerchief/bandana for neck

Optional items

- Binoculars
- Books (see Recommended Reading)
- Altimeter
- Compass
- Playing cards / backgammon / chess set

Recommended Mountaineering Kit

In addition to the items mentioned above for trekking, the following is a list of the additional specialist items which are required for the trekking peaks.

Plastic or leather mountaineering boots, with gaiters and crampons that have been tested for a good fit.

Peak Climbing

- fleece trousers
- Additional mitts and gloves suitable for climbing
- Ice axe, and ski poles (note – ice axe can be hired in Kathmandu)
- Climbing harness
- 2 x tape slings
- 2 x screw gate karabiners
- Descended/abseil device
- Ascender

Trip notes

Trip Highlights

Trip Details:

Total Duration: 14 Days.

Group Size: Min-1, Max 20.

Trekking Region: Annapurna.

Trip Type Name: Annapurna Base Camp Trek.

Highest Altitude of the trek: 54130 m.

Highest Point: Annapurna Base Camp Trek (4130 m)

Grade: Medium.

Transportation: Private Vehicle, Domestic Flight.

Accommodation: Semi Lodge/ or fully Camping.

Type of Tour: Trekking, Hiking, Walking, Culture

Trekking Hour: Approximately 6-7 hours each day.

Best Season: Autumn (Sep-Nov) and Spring (Mar-May).

Starting from: Kathmandu.

Ending at: Kathmandu.

Departure

Departure

Review

Trip gallery

View photo on the trip page



Annapurna ABC Yoga Trek - photo 2

Plan your journey with our team

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