Australian Camp Yoga Trek

Duration: 8 Days | Location: Annapurna Region, Nepal



Trip at a glance

Category: Mount Annapurna

Location: Annapurna Region, Nepal

Duration: 8 Days

Difficulty: 2/10

Trip Style: Australian Camp Panorama Trek

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

Transportation: Private Vehicle, Domestic Flight

Accommodation: Semi Lodge/ or fully Camping

Max Altitude: 2,400 m

Group: Min-1, Max 20

Summary

Australian Camp Yoga Trek/Australian Camp-Dhampus Panorama Yoga Trek is the hill situated in the Annapurna and Dhaukagiri of the Kaski district Nepal Trip /

Overview

Trip Introduction

Australian Camp-Dhampus Panorama Yoga Trek is the hill situated in the western part of the Nepal between Annapurna and Dhaulagiri mountains of the Kaski district Nepal. For families is an ideal trek package for those who are looking for a short holiday in their children to experience the rich nature and culture of the Annapurna region. Mardi Himal trek

Dhampus-Australian Camp Panorama Yoga Trek for families starts with your arrival in Tribhuvan International Airport, Kathmandu. The trek takes you to the beautiful village of Dhampus, inhabited mostly by the Gurung people. The trek then takes you to Australian Camp which features equally breathtaking views of the Annapurna massif. Besides the mountain views, the sunrise and sunset view from the camp is another highlight of this trek. After breakfast in the Australian Base Camp, we hike through Naudanda (Nine hills). We stop for lunch and then hike to Sarangkot. This trek offers you spectacular mountain scenery (Mt Dhaulagiri, Annapurna, Machhapuchre, Nilgiri, etc). Our next stop for Australian Base Camp with Dhampus Trek is the famous Sarangkot. This hill is very famous among not only the tourist and trekkers but also among the regular people in the area. Everest View Trek.

We stand out for providing excellent travel packages for families and also families with children and make sure that you and your family have a safe and enjoyable holiday with our friendly local guide, your family will be able to interact with the locals and get the most out of the journey.You can even see the amazing view of the Pokhara valley and lakes. Passing the terraced fields and small houses, we'll climb up through the forest. Since Australian Base Camp with Dhampus Trek is easy, it acts as a perfect start for the beginner's trekkers. Ghorepani Poon Hill Trek.

Day by day itinerary

Trip Itinerary

Day 1: Arrival in Kathmandu

The trip begins with your arrival in Kathmandu. Our company representative will receive you at the airport and then you will be transferred to the hotel for your overnight stay.

Day 2: Fly from Kathmandu to Pokhara 820m/35min and transfer to Hotel.

Our company van will take you to the airport from where you take the domestic flight to the beautiful city of Pokhara. You fly over the green hills and rushing streams while enjoying the views of Annapurna Mountain range until you land in Pokhara. Upon arrival in Pokhara, a private vehicle will transfer you to the hotel. Enjoy your free time exploring the lake city. Overnight at a 3-star hotel in Pokhara.

Day 3: Drive from Pokhara to Phedi and trek to Dhampus Village 1650m/3hours.

You leave Pokhara and take an hour drive to Phedi. Climb the stone staircase through the rhododendron forest and make your way into the picturesque Dhampus village. From Dhampus, you get the views of the peaks of Annapurna range from the southern side along with other snowcapped mountains like Machhapuchhre (6993m) and Lamjung Himal (6883m). You and your children can interact with the local Gurung people, especially the children, and allow yourself to be awed by their simplicity and innocence. Overnight at lodge.

Day 4: Trek from Dhampus Village to Australian Camp 2165m/3 hours and afternoon short jungle walking.

Today you start the trek with a gentle climb through the rhododendron and oak forests and make your way to Pothana. After a short rest in Pothana, you begin the climb through the stone staircase. This stone staircase was laid by the village development committee for the inflow and outflow of goods. You arrive at the Australian Camp in about 3 hours. In the afternoon, you can go for a short walk through the jungle surrounding the camp. From here, you can enjoy fantastic views of the Annapurna massif shining behind the traditional houses of the nearby settlement. Overnight at lodge.

Day 5: Trek from Australian Camp to Kande 1770m/2 hours and drive to Naudanda.

Hike down along the rocky trail for a couple of hours to reach Kande village. A private vehicle will be waiting for you in Kande. From here, you take a short drive to Naudanda. You will be transferred to the resort in Naudanda where you can enjoy the local meals and relish the views of Annapurna range and Machhapuchhre (6993m). Overnight at resort.

Day 6: Drive from Naudanda to Pokhara and flight back to Kathmandu

You leave Naudanda and take a short drive to Pokhara. In Pokhara, you take a boat and visit Tal Barahi Temple, situated in the middle of Phewa Lake. In the afternoon, you take the flight back to Kathmandu. Our company van will pick you up at the airport and transfer you to the hotel. Feel free to explore the markets near you. Overnight at a 3-star hotel in Kathmandu.

Day 7: Final Departure from Kathmandu

The 7-day trip comes to an end. You will be dropped at the airport in our company van 3 hours before your flight schedule.

Note:Depending on the ages of children, they get discount in trek cost and domestic flight ticket cost accordingly. Also Horse renting in Annapurna Region is USD 75 per day per horse including horse man, his food, accommodation, salary and insurance.

We would like to Recommend Pokhara to Pokhara for 3 days trek

Day 1: Kathmandu to Pokhara

Our representative will pick you up from hotel and we take around 7 hours of scenic drive to Pokhara. Along the way you will see rivers, villages and Nepali lifestyle. In Pokhara you can go to Barahi temple, take boat ride or roam around. Overnight stay is in Pokhara.

Day 2: Pokhara to Australian Camp

Early in the morning around 8 am, you will be picked up from hotel in Pokhara and transfer you to Baskot, usually takes 30 minute of drive. Then trekking starts which leading you to Dhital, an old village. From there we trek further to reach Hyangakot from where we can see amazing view of Annapurna Mountain and Manaslu ranges. Here we take tea break and enjoy those majestic views. Then we trek uphill to Dhampus which is the most popular village in this short trek and we can have lunch. And around 3 – 4 P. M we reach to Australian Camp and have welcome drink, rest & relax. You can see majestic Himalaya's nearly all around in the camp. In the evening, Sunset view can be experienced, usually around 5:30 – 6:30. Dinner and overnight stay at hotel in Camp

Day 3: Australian Camp to Pokhara to Kathmandu

Early in the morning you can experience sunrise and take some nice photographs for memory. Then take breakfast for another short trek to Kande which takes around one hour. And from Kande you can choose either local bus or private car. And then take safe and scenic ride to Kathmandu after you reach Pokhara.

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
- Ascend er

Trip notes

Trip Highlights

Trip Details:

Total Duration: 8 Days.

Group Size: Min-1, Max 20.

Trekking Region: Annapurna.

Trip Type Name: Australian Camp Panorama Trek.

Highest Altitude of the trek: 2,400 m.

Highest Point: Australian Camp Panorama Trek (2,400 m)

Grade: Easy.

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



Australian Camp Yoga Trek - photo 1



Australian Camp Yoga Trek - photo 2

Plan your journey with our team

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