

# 14 DAYS YOGA RETREAT & ANNAPURNA BASE CAMP TREK



The Yoga retreat and Annapurna Base Camp trek is a 14 day tour which enables travelers to explore the unique beauty of the Annapurna region in conjunction with learning to practice Yoga, or improving upon their existing yoga experience. Your tour will perfectly balance the challenges of trekking and yoga, helping to enrich your appreciation of all that Nepal has to offer.

## A Region of Extremes

The Annapurna region, situated in Western Nepal, is a region of extremes: the driest, wettest and windiest places in the country can all be found here. Your tour will allow you to explore all of these extremes, whilst learning more about the rich Nepalese culture and experiencing the exhilaration of trekking in one of the best and most famous mountain ranges in the world.

The trekking trail you will walk not only passes through traditional Nepalese villages, you will also come face to face with the country's native wildlife, such as the blue sheep, black faced langur monkeys and rhesus monkeys, before arriving at snow-capped mountains. A yoga focused trek to the Annapurna base camp will enrich both your body and soul, and is recommended for travelers who want to explore the spiritual heart of Nepal, as well as enjoy it's most beautiful and fascinating scenery.

Type: 

**Trip Duration:** 14 days

**Maximum Altitude:** 4320 meters

**Best Season:** October through May

## HIGHLIGHTS

- 2 full days Yoga retreat class by certified Yoga Guru in one of the retreats center in Kathmandu
- Explore the unique beauty of the Annapurna region in conjunction with learning to practice Yoga
- Perfect view of Annapurna ranges
- Experience hiking guide and supporter during the hiking

*Nepal Hiking Pvt. Ltd. [NepalHiking.com]*

*Tel: +977 1 4362996, 4363334, +977 9851068290, 9851064389, 9841619995 (available 24/7)*

*E-mail: sales@nepalhiking.com | Website: www.nepalhiking.com*

*Open Hours: 09:30 - 18:00, Mon - Fri at S. Complex, N.B Bank Building, 2nd Floor, Nayabazar, Kathmandu, Nepal*

- Accommodation and meals inclusive during the hiking
- Airport pick up and transfer included
- All travel logistics are included

## ITINERARY

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Day 01: Arrival in Kathmandu; overnight at retreat center.

Days 02 - 03: Two full days Yoga retreat class by Yoga Guru in one of the retreats center in Kathmandu

Days - 04 - 13: Trekking in Annapurna region and return to Kathmandu

Day 14: Departure

## COST DETAILS

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### Cost Includes

- 3 nights twin sharing accommodation in one of the retreats centers in Kathmandu (pre-trek) with vegetarian meals
- 2 nights twin sharing post trek accommodation in Kathmandu at tourist standard hotel inclusive of breakfast
- 2 nights accommodation in Pokhara (pre / post trek) inclusive of breakfast
- Accommodation at guests houses on the trek (sharing with other fellow trekkers)
- Breakfast, lunch and dinner with tea / coffee during the trek
- English speaking guide and 1 porter for 2 members
- All surface transfer on private vehicle
- Trek permits and other related travel logistics
- Airport pick up / transfer
- Sleeping bag and down jacket during the trek

### Cost Excludes

- Lunch and dinner while you are in Pokhara
- Lunch and dinner in Kathmandu (post trek)
- Personal expenses
- Travel insurance
- International flight ticket