

PoonHill Yoga Trek | Duration: 12 Days Days | Cost: \$1499

Poon Hill Yoga Trek is considered to be one of the world's best destination for Yoga retreats. This week long Yoga lodge Trek in Annapurna foothills offers panoramic views of Annapurna, Dhaulagiri, Nilgiri, Himchuli, Machhapuchhre and many more. Poon Hill Yoga Trek is trekking with yoga practices and at the same time emerge with the culture of locals and enjoy the scenery. Our yoga practice before the trek will prepare the body and mind for our trek. During the trek, our day will begin with a program to warm up the body and prepare the muscles, joints and the lungs for the day ahead. After the days trek there will be restorative yoga including gentle stretches, relaxation, breathing practices and meditation. Poon Hill Yoga Trek allows you to enjoy the trek, learn yoga & meditation at the same time in Nepal's Himalaya.

At a Glance:

- **Tour code:** PYTTTG
- **Style:** Wellness-mind, body & soul
- **Grading:** ▲▲▲▲▲
- **Suitable for:** 3200m
- **Duration:** 12 Days
- **Start in:** Kathmandu |Airport
- **End in:** Kathmandu |Airport
- **Transport:** Air+Overland
- **Price:** 1499

Highlights of the tour:

- The most popular and relatively easy trek
- Enjoy magnificent view of sunrise and sunset
- Morning and evening yoga & meditation practice
- Explore beautiful lake city Pokhara
- Emerge with ethnic people and their culture
- Breathtaking mountain scenery and beautiful villages

What's Included:

- Kathmandu Airport transfers
- 3 meals during trek
- An experienced insured and equipped english speaking guide
- Guided sightseeing and entry fee in Kathmandu
- Internal flights and land transport involved in the itinerary
- Flights of guide
- 3-4* accommodation in Kathmandu with breakfast
- Teahouse accommodation twin sharing basic
- Tims permit
- Insured and equipped porter as on IPPG rules

What's Not Included:

- Travel Insurance
- Nepalese Visa
- Tips for Guide and other trek staff
- Lunch & Dinner in the city
- Additional costs due to illness, rescue
- Additional cost due to force majeure, changes of flight and itinerary
- Personal drinks and bar bill

Arrival and transfer to hotel

Arrival at Tribhuvan International Airport, Kathmandu. A traditional warm welcome by our airport representative. Short briefing about the package in the hotel. Typical welcome dinner in the evening.

Kathmandu Sightseeing Tour

You will be taken for sightseeing of Kathmandu Valley to explore the vibrant city after breakfast at your hotel. Drive to famous Buddhist stupa Swayambhunath, also known as Monkey temple, on the hill of Kathmandu Valley where you can see stunning view of mountains and Kathmandu valley. This temple attracts Buddhists and tourists from around the world. Swayambhunath Stupa is the most ancient and enigmatic of all the holy shrines in Kathmandu valley. Its lofty white dome and glittering golden spire are visible from far and wide. Next is Pashupatinath, the temple of Lord Shiva. This is probably the most famous temple for Hindu in Indian Sub-continent. There is crematorium beside the temple where dead bodies are burnt to ashes. After exploring Pashupatinath you will visit fascinating sights of Patan Durbar Square, one of the most glorious examples of traditional Nepalese architecture, full of century's old temples and palaces.

Drive to Pokhara

After early morning yoga have a delicious hot breakfast, then drive towards the beautiful town of Pokhara in western part of Nepal. Taking fresh air, enjoy the staggering beauty of an area surrounded by some of the world's highest mountains. In the afternoon, boat across Lake Phewa for magnificent views of the Annapurna mountain range. Watch reflections of their dazzling white peaks sparkle in the mirror-like water. Annapurna range is probably one of the finest mountain panoramas in the world. Then after that take activity participate on evening meditation. Enjoy the sunset in the lake and take dinner in one of the famous restaurant at lake side.(Morning Yoga, Evening Meditation)

Pokhara to Nayapul/Hille (1,495m/4,905ft)

Today you will drive approximately 1.5 hour to Nayapul, the starting point of the trek, on a private vehicle. From here you will start trekking towards Hille on a dirt road alongside beautiful stream. The beginning of the trek gives you glimpses of the Himalayan peaks but rest of the day you will enjoy the beauty of green mountains surroundings and local villages. You will spend the night at a guest house.(Morning Yoga, Evening Meditation)

Hille to Bhanthanti (2,250m/7,380ft)

Today leaving Hille, move your feet with a steep climb to Ulleri. Ulleri is a large Magar village at 2,070m/6,790ft. The trail descends from this village square and shopping area. Continue to climb steadily amidst chirping birds on treetops to arrive at Bhanthanti, located near a river. It is densely oak and rhododendron forested area and chances of seeing a wealth of bio-diversity is possible. Spend your night in Bhanthanti guest house.(Morning Yoga, Evening Meditation)

Bhanthanti to Ghorepani (2,860m/9,385ft)

After breakfast trek to Ghorepani today. There is further climb to arrive at your lunch spot at Deurali (3180m), which is the highest point of the trek. After another hour walking from here through a dense forest of rhododendron and oak you will finally reach Ghorepani. The village has two parts: upper part and lower part. From here you can experience the stunning views of high mountains including Annapurna south and Nilgiri. Overnight at the lodge in Ghorepani.(Morning Yoga, Evening Meditation)

Ghorepani to Poon Hill - Tadapani (2,600m/8,530ft)

Wake up early today and trek about four hundred meters uphill to Poon Hill which takes about forty five minutes. You enjoy mesmerizing sun rise over the Annapurna range. Watch the mountain peaks turn from soft pink to shimmering gold as the sun climbs higher in the clear blue sky. Of fourteen mountain peaks above eight thousand metres in the world, eight are in Nepal. Two among them can be seen from this spot if the sky is clear. Back to the hotel for breakfast and trek to Tadapani. Stay overnight at a lodge there.(Morning Yoga, Evening Meditation)

Tadapani to Kot Danda (2,000m/6,560ft)

Gentle days trek through beautiful green scenery. You arrive in Little Paradise - a true secluded paradise among the mountainous scenery where you can relax and enjoy peace and quiet. This local family owned teahouse has a very large and beautiful open garden area with flowers and trees, where chickens and friendly dogs roam free. They have rabbits and cows too and most vegetables are grown in their own organic garden. This beautiful property is located on a ridge between two mountains, offering great mountain views on one side and a stunning view over the valley on another side. Facilities are simple and the surroundings are superb. (Morning Yoga, Evening Meditation)

Trek to Shyauli Bazaar from Kot Danda (1,220m/4,000ft)

Today early morning after hot and delicious breakfast you will start trekking to Shyauli Bazaar. Trail goes all the way down, passing through Gurung village of Ghandruk with wonderful mountain views. You'll come down to the level of the river Modi Khola at Shyauli Bazaar, from here you can still see the Fishtail Mountain.

From Shyauli Bazaar to Pokhara

Walking from Syauli Bazaar, you have an easy short walk of 2 hours back to Nayapul, have some lunch in the village, and admire the mountain views and a 1.5 hr drive to Pokhara. Transfer to hotel to have some rest. Overnight in Pokhara.(Morning Yoga, Evening Meditation)

Pokhara to Kathmandu

Early morning wake up for beautiful sunrise view along with the fascinating close-up mountain views. Have a delicious hot breakfast. After breakfast you have a scenic drive back to Kathmandu. Free time in Kathmandu, the rest of the day sightseeing, exploring, shopping or just relaxing in Kathmandu's numerous cafes and rooftop restaurants.

Departure Day

Final warm farewells, our airport representative will accompany you to the airport see you off. Fly back to home.

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