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Yoga Trek Nepal – 14 Days

Jadual perjalanan hari demi hari

DARI
US$1,440
seorang

TEMPOH	ALTITUD MAKSIMUM	TAHAP KESUKARAN	WILAYAH	SAIZ KUMPULAN
14 hari	**4,130 m**	**Pertengahan**	**Wilayah Annapurna**	**Maks 12**

Dates, prices and booking online: https://mounteverestgo.com/ms/trips/yoga-trek-nepal

SOROTAN



Daily morning yoga and pranayama sessions led by a certified instructor.

- Evening restorative yoga and meditation at each tea house.
- Classic ABC route with proper acclimatization.
- Yoga appropriate for all levels - beginners welcome.
- Mindful trekking with focus on breath and connection to the mountains.

ITINERARY AT A GLANCE

Hari 1	Arrival in Kathmandu	1,400 m
Hari 2	Yoga Workshop & Fly to Pokhara	820 m
Hari 3	Drive to Nayapul & Trek to Ghandruk	1,940 m
Hari 4	Trek to Chhomrong	2,170 m
Hari 5	Trek to Dovan	2,600 m
Hari 6	Trek to Deurali	3,230 m
Hari 7	Trek to ABC via MBC	4,130 m
Hari 8	Sunrise Yoga at ABC & Trek to Bamboo	2,310 m
Hari 9	Trek to Jhinu Danda (Hot Springs)	1,780 m
Hari 10	Trek to Nayapul & Drive to Pokhara	820 m
Hari 11	Fly to Kathmandu	1,400 m
Hari 12	Kathmandu Sightseeing & Meditation	1,400 m
Hari 13	Buffer Day in Kathmandu	1,400 m
Hari 14	Final Departure	1,400 m

TEMPAT YANG ANDA AKAN LAWATI



Kathmandu 1,400 m

Kathmandu is the capital of Nepal and the gateway to every trekking region — a UNESCO World Heritage valley with 7 monument zones, the...



Pokhara 827 m

Pokhara is Nepal’s second city and the gateway to the entire Annapurna region — a laid-back lakeside town with cafés, gear shops, and mirror-flat...



Annapurna Base Camp 4,130 m

Annapurna Base Camp (ABC) sits at 4,130m in the heart of the Annapurna Sanctuary — a natural amphitheater surrounded by peaks over 7,000m, with...



Boudhanath Stupa 1,400 m

Boudhanath is one of the largest spherical stupas in the world and the holiest Tibetan Buddhist site outside Tibet — a UNESCO World Heritage...

TERMASUK

• All airport pickups and drops in private vehicle
• Kathmandu hotel (3 nights, B&B) with welcome and farewell dinners
• Domestic flights where applicable to itinerary
• All ground transport in private vehicle
• All necessary permits (TIMS, National Park, Conservation Area, Restricted Area where applicable)
• Three meals daily (BLD) during the trek with tea/coffee
• Tea house or camping accommodation during the trek
• Experienced English-speaking trekking guide and assistant guide for groups of 6+
• Porters (1 per 2 trekkers, 15kg luggage allowance) with full insurance
• Sleeping bag, down jacket, and duffel bag (refundable deposit)
• First-aid kit, pulse oximeter, and emergency oxygen
• Satellite phone for emergency communications
• All government and local taxes
• Certified yoga instructor throughout the trek
• Yoga mat provided for client use
• Daily morning and evening yoga/meditation sessions

Permit — semua diuruskan oleh kami

• Annapurna Conservation Area Entry Permit (NPR 3,390), TIMS Card.

TIDAK TERMASUK

• International airfare to and from Kathmandu
• Nepal visa fee (USD 30 for 15 days, USD 50 for 30 days)
• Travel and high-altitude rescue insurance (mandatory)
• Personal trekking gear and clothing
• Hot showers, Wi-Fi, device charging, and alcoholic beverages
• Lunch and dinner in Kathmandu
• Tips for guide, porter, and driver (recommended 10-15% of trip cost)
• Costs from unforeseen events (weather, flight delays, route changes)

JADUAL PERJALANAN PENUH

01 Arrival in Kathmandu

Altitud: 1,400 m **Penginapan:** Hotel 3 bintang

Arrival and transfer to hotel. Evening welcome dinner and yoga briefing.
Meals: Dinner · **Overnight:** Kathmandu (1400 m)

02 Yoga Workshop & Fly to Pokhara

Altitud: 820 m **Penginapan:** Hotel 3 bintang

Morning yoga workshop. Afternoon flight to Pokhara. Evening meditation by Phewa Lake.
Meals: Breakfast · **Overnight:** Pokhara (820 m)

03 Drive to Nayapul & Trek to Ghandruk

Altitud: 1,940 m **Penginapan:** Rumah teh atau lodge trekking

Drive to Nayapul. Trek to Ghandruk. Evening restorative yoga.
Meals: Breakfast, Lunch, Dinner · **Overnight:** Ghandruk (1940 m)

04 Trek to Chhomrong

Altitud: 2,170 m **Penginapan:** Rumah teh atau lodge trekking

Descend to the Modi Khola, then climb to Chhomrong.
Meals: Breakfast, Lunch, Dinner · **Overnight:** Chhomrong (2170 m)

05 Trek to Dovan

Altitud: 2,600 m **Penginapan:** Rumah teh atau lodge trekking

Enter the sanctuary gorge. Evening meditation.
Meals: Breakfast, Lunch, Dinner · **Overnight:** Dovan (2600 m)

06 Trek to Deurali

Altitud: 3,230 m **Penginapan:** Rumah teh atau lodge trekking

Continue up the gorge. Morning pranayama for altitude.
Meals: Breakfast, Lunch, Dinner · **Overnight:** Deurali (3230 m)

07 Trek to ABC via MBC

Altitud: 4,130 m **Penginapan:** Rumah teh atau lodge trekking

Climb past Machhapuchhre Base Camp to ABC. Evening gratitude meditation.
Meals: Breakfast, Lunch, Dinner · **Overnight:** Annapurna Base Camp (4130 m)

08 Sunrise Yoga at ABC & Trek to Bamboo

Altitud: 2,310 m **Penginapan:** Rumah teh atau lodge trekking

Sunrise yoga in the sanctuary. Begin the descent.
Meals: Breakfast, Lunch, Dinner · **Overnight:** Bamboo (2310 m)

09 Trek to Jhinu Danda (Hot Springs)

Altitud: 1,780 m **Penginapan:** Rumah teh atau lodge trekking

Descend to Jhinu Danda. Afternoon hot springs and restorative yoga.
Meals: Breakfast, Lunch, Dinner · **Overnight:** Jhinu Danda (1780 m)

10 Trek to Nayapul & Drive to Pokhara

Altitud: 820 m **Penginapan:** Hotel 3 bintang

Final trek to Nayapul. Drive to Pokhara.
Meals: Breakfast, Lunch · **Overnight:** Pokhara (820 m)

11 Fly to Kathmandu

Altitud: 1,400 m **Penginapan:** Hotel 3 bintang

Morning flight to Kathmandu. Final yoga session.
Meals: Breakfast · **Overnight:** Kathmandu (1400 m)

12 Kathmandu Sightseeing & Meditation

Altitud: 1,400 m **Penginapan:** Hotel 3 bintang

Visit Boudhanath Stupa for meditation. Afternoon free for shopping.
Meals: Breakfast · **Overnight:** Kathmandu (1400 m)

13 Buffer Day in Kathmandu

Altitud: 1,400 m **Penginapan:** Hotel 3 bintang

Buffer day for flight delays. Optional day tour of Bhaktapur.
Meals: Breakfast · **Overnight:** Kathmandu (1400 m)

14 Final Departure

Altitud: 1,400 m

Transfer to international airport.
Meals: Breakfast · **Overnight:** Kathmandu (1400 m)