

Earthbound Expeditions

Nepal Yoga trek

10 days, from US$1,087 per person

Duration	Group size	Country
10 days	**12 People**	**Nepal**

Nepal Yoga trek Overview

We offer Nepal Yoga trek and retreats in Himalaya, a pilgrimage with half of the days trekking through the mind enchanting Mountain range of the Himalayas, kind of day hiking only. All of your luggage will be brought ahead for us by porter. On our Yoga trek enjoy Panoramic views of some of the world's mightiest peaks while passing through rhododendron forests teeming with exotic birds, friendly Gurung villagers, picturesque rice fields, and a dip in the healing hot springs at Jhinu Danda. On our Yoga trek in Nepal we will stay simple yet comfortable family run lodges with tasty local meals.

Nepal Yoga trek - enjoy Yoga in Nepal Himalaya - an outdoor Yoga - "Namaste" in nature - spiritual journeys in Himalaya

Since ancient time Nepal's Himalaya area have been Tapo Bhumi - A meditative power centers for all Gods, saints, Guru, Masters and scholars.

Yoga now a days no longer confined to the walls of a studio it has made its way into many outdoor-adventure activities. It is ok to practice yoga on Mountains, cliffs, courtyards, in the forests, on standup paddleboards, base camps, or even in the top of mountains, this is how lord Shiva the adi Yogi used to practice Yoga in Himalaya (Mt. Gaurishanker or at Mt. Kailash).

Nepal known as roof of the world or the last Shangri-la on earth has many holy places, sacred rivers, and ancient temples of Shiva, Vishnu, Kali & Krishna, Buddha.

It is believed that the greatest Yogi of all Times lord Shiva who is known as Adi Yogi dwells in Nepal's Gauri Shankar mountain and Pashupatinath. Similarly the greatest Meditator of all times Lord Buddha was born in Nepal. All the great Gurus, masters, meditators, saint, scholars, writers all have been to Nepal. Either it is ancient time Guru Rimpoche Padma Shambhava, or King Janak, or Astabakra, Krishna, Ram, Sita, Parshuram, Pncha Pandav, Ved Vyas, Ravan, sage Balmiki, Kapil Muni, to recent days like Shiva Puri Baba, Guru Nanak, Khatad baba, Swaminarayan, Osho and recently Narendra Modi, Ram dev. They all have been to Nepal and practice Yoga and meditation in Himalayas.

Mr. Rajan Simkhada, One of the Founder of Earthbound Expeditions has been practicing Meditation and yoga in mountains over 20 years now. He is one of the founder of Himalayan Yoga Resort and Nepal Yoga retreat both Yoga center in Nepal offers Yoga retreats, yoga teachers training course and wellness in Nepal.

Earthbound Expeditions is one of the pioneer company that combining yoga and trekking over 15 years now. We organize and lead several different yoga retreats, pilgrimage tours, yoga trekking and wellness packages in Himalaya. We take people Yoga trek to Nepal Himalaya, Mt. Kailash, Mustang, Bhutan or Chardham in India. Our Guides take travelers to the scenic yet power centers of Himalaya where they get panoramic views of Himalayas and practice Yoga and Meditation.

When you practice Yoga and Meditation in Mountains, you can actually relax, means one can enjoy nature and trek so much more.

Our Yoga trek in Nepal also goes through rhododendron forests, Buddhist monasteries, caves and even to base camp of Everest or Annapurna mountains. When we practice sun salutations in the morning from high points, we really do bow to and honor the sun in gratitude for providing sustenance to all life on earth.

Join our inward-focused Yoga trekking experience in Himalaya with Earthbound Expeditions.

We offer Nepal Yoga trek and retreats in Himalaya, a pilgrimage with half of the days trekking through the mind enchanting Mountain range of the Himalayas, kind of day hiking only. All of your luggage will be brought ahead for us by porter.

In our Annapurna Yoga trek, We'll pick you up in Kathmandu airport visit incredible UNESCO preserved towns of Kathmandu and Bhaktapur with incredible temples, palaces and monuments from the 14th century. You will stay in Yoga retreats and start practicing Yoga and Meditations.

Then we will drive to the lakeside town of Pokhara with it's amazing views of the Annapurna mountain range, from here we will start our 5 day Yoga trek in lower Annapurna region.

On our Yoga trek enjoy Panoramic views of some of the world's mightiest peaks while passing through rhododendron forests teeming with exotic birds, friendly Gurung villagers, picturesque rice fields, and a dip in the healing hot springs at Jhinu Danda. On our Yoga trek in Nepal we will stay simple yet comfortable family run lodges with tasty local meals.

On the way back we spent few nights in the Pokhara resort (there are options for massage, paragliding, explore the town) and then fly to Kathmandu for another night stay, where you can do some shopping with the coolest Tibetan and Nepali art and handicraft you'll ever see.

Our local Nepali guide and porters are also super friendly and experienced. It will be a total pleasure to have them sharing their rich heritage and incredible hospitality with you.

So are you excited to visit these sacred spots in this ancient Himalayan kingdom Nepal? Book our Nepal Yoga trek.

Rajan have led several pilgrimage expeditions and worked with many great saints and Gurus from around the world.

We had opportunities to share our knowledge with high profile celebrities ranging from "A'" list of Hollywood actors to senior international politicians, experts in photography. It has been our humble honour that many world religious leaders requesting our guidance and expertise is an enormous accolade for us and Nepal.

Code of Yogic Pilgrimage in Himalaya :

Nepal Yoga trek is like a pilgrimage and designed to be a pure "vacation". It is an adventure travel, but rather a yogic learning experience. Of course, you will see many places and be guided in your trek, but the focus is on spiritual growth and not just sightseeing or Holiday only.

Nepal is developing nation, so Please do not expect anything to be up to American or European standards, everything is quiet basic, but friendly people, incredible sceneries and great food.

We request guests to follow a codes of behavior compatible with a yogic pilgrimage. This code includes eating mostly vegetarian or vegan meals. As far as possible please avoid meat, fish or eggs. Consumption of alcohol, non-prescribed drugs and use of tobacco is not permitted. We reserve the right to ask anyone to leave the trip at any stage and without any refund for breaching this code of conduct.

This spiritual Yoga journey have been designed in the hope it be a magical, transformative, and life-changing experience for you after you come back home from Nepal Yoga trek.

Nepal Yoga trek with Earthbound Expeditions : We take care of everything Guides, Porters, Equipment, Major meals, Insurance for guides, Clean Drinking Water, Accommodation, and Internal Flight we will manage almost everything so you don't have to worry about anything during the trek and just focus on in-ward Journey.

This Annapurna Yoga trek is a sample out of many Yoga treks we have, depends on number of days and interest we can organize spiritual pilgrimage Yoga treks and tours to Muktinath, Mustang, Kathmandu valley rim, Kailash, Lumbini, Bhutan, Chardham in India as well. Please contact us for more specific Yoga Retreat needs for you. We can partner with some Yoga Guru or Yoga centers from around the world to run Yoga, spiritual and Meditation retreats in Nepal Himalaya.

Earthbound Expeditions is recommended by Lonely Planet, Trip Advisor, Newyork Times, The Guardian, and many other national and international newspapers and magazines for our good services. We provide Nepal Yoga trek and retreats at best price, it costs just $987. For more information on Nepal Trekking, Hiking and Travelling, feel free to get in touch with us.

Cost Includes/ Excludes

Includes

- Accommodation in a 3 star category hotels in the cities (can upgrade to 4 or 5 star at extra cost)
- During trek only basic lodges are available.
- Ground transportation provided
- Practice Yoga and Meditation - connected to the higher energry during the trek
- Sightseeing in Kathmandu where Earthbound Expeditions, tour guide will accompany you.
- Full broad meals will be provided throughout the trek
- Government trained guides and porters Earthbound Expeditions provides their insurance, salary and meals.
- Farewell dinner along with one cultural show.
- Entry fees and TIMS permit will be provided.
- Sleeping bags and down jackets for trek will be provided.
- One way flight ticket to Pokhara from Kathmandu.

Itinerary

Day 1

Arrival in Kathmandu

Namaste! Our representative of Earthbound Expeditions will receive you at Tribhuvan International Airport, Kathmandu and he will be displaying an Earthbound Expeditions signboard. You will then be transferred to Himalayan Yoga Resort.

Day 2

Yoga and Sightseeing tour of Kathmandu

Morning practice Yoga and Meditation: After a delicious breakfast, we leave for sightseeing of the UNESCO World Heritage Sites in the Kathmandu Valley. They are: • Swayambhunath Stupa: A journey up to this monumental stupa with glittering golden spires provides the travelers with a picturesque view of the Kathmandu Valley and it is a must visit for those who wish to dive in the knowledge of Buddhism. The word Swayambhunath means self-existent one and history dictates that it was made in the 13th century. At Swoyambhu, immerse yourself in the devotion of God by spinning the prayer wheels, with a backdrop of religious prayer 'Om Mani Padme Hum' and the beautiful fragrance of incense. • Boudhanath: The Boudhanath Stupa takes its place among the largest stupas in South Asia. The gigantic white mound spreads 36 meters, and on top of it, there\'s a square tower consisting of the holy Buddha eyes facing all four directions. Prayer flags tied to the stupa flutter in the wind carrying the hopes of people to heaven. As Tibetans inhabited the area in the 1950s, you can see the remains of Tibetan culture to this day too and enquire with them to get in-depth knowledge about their culture. Turn the prayer wheels and circle the stupa as you say your prayers amidst the crowd and pleasant yet strong fragrance of incense. • Pashupatinath: One of the most revered Hindu pilgrimages in the world is 'Pashupatinath.' A small temple dedicated to Lord Shiva was built here in 879 AD, but the temple stood in its current format 1697 AD when King Bhupatindra Malla made it. This temple is an example of architectural magnificence as the gold-plated roof, silver roofs and woodcarvings of the highest caliber soothe and simultaneously amaze you. The temple comprises of Linga images of Lord Shiva along with numerous statues and shrines. A walk in this temple shows you the true meaning of life as in the yards you'll see young boys doing 'Bratabandha' which starts their journey to adulthood and on the other hand you'll witness the deceased being cremated

in the banks of the holy river Bagmati, indicating that life is short. Talk with the sages residing there and expand your knowledge on Hinduism.

Day 3

Kathmandu-fly to Pokhara- and trek to Australian Camp (1750 m)

Morning Yoga and meditation and we fly to the second largest city in Nepal, 'Pokhara.' The scenic flight takes 25 minutes, and on a flight, you'll witness the true beauty of these Himalayan nation as you'll see the snow laden Himalayas, cloudy sky, and the surreal landscape. Meet with our trek crew in Pokhara we drive about 1 hour and follow the old trekking route that passes Through Traditional Villages like Nau Danda, Kande, Australian Camp. We will have a lunch there. The trek offers Himalayan panorama views of Dhaulagiri 8140m, Annapurna South 7235m, Himchuli 6450m,Fishtail 6993m, and the entire amazing Annapurna range stay and practice Meditation at from Australian Camp . Stay at Australian Camp.

Day 4

Australian Camp to Landruk - (about1900 m.)

Morning sunrise and Yoga class. After breakfast around 9 AM, we continue on a trail towards Landruk via the ridge to Deurali. You'll pass through rhododendron forests teeming with exotic birds, as well as friendly Gurung villages like Chandrakot, Tolka, and Bheri Kharka. Keep an eye out for a small lake and panoramic mountain views, especially of the Annapurna South, as you get higher. The trail then descends through more scattered forests and villages with traditional houses until you reach Landruk where you'll spend the rest of the day. About 4 hours hike.

Day 5

Landruk to Hot spring (Jhinu - about 1700 m.)

Enjoy the Yoga class with views, after breakfast in Landruk around 9 AM, we start walk the trail begins with a descent towards the Modi Khola (river) Valley for about an hour, followed by a gentle ascent of 2 hours through forest with a long suspension bridge and great views of the Himalayas en route to Jhinu Danda, evening we enjoy a natural hot spring bath at Jhinu - 1800 mtr. B, L, D

Day 6

Hot spring to Ghandruk Village (about 2050 m)

Morning Yoga and meditation and after breakfast we start climbing about 2.5 hours to Ghandrung, a great Gurung Eco village very close to Annapurna south and fishtail mountain. Explore around the beautiful Gurung village, one of the largest Gurung settlements in western Nepal. Once here, you will have time to enjoy the landscapes and snow-capped peaks like Gangapura, Machhapuchhre (Fishtail), and Mount Annapurna. Afternoon optional visit to Annapurna Mountain Conservation Area Project (ACAP) headquarters or Gurung Museum. The ACAP is the first conservation area and the largest protected area in Nepal. Rich in biodiversity, the area offers over 1,000 species of flowering plants, mammals, amphibians, and birds. You can learn about tourism management (and its effect on the environment) and activities that benefit local communities.

Day 7

Ghandruk to Pokhara

Start today with a morning Yoga class and breakfast in Ghandruk and then trek past small villages and picturesque rice fields to reach Kyiumi - about 2 hours and you'll meet your private bus transfer waiting to take you back to Pokhara, stay at Hotel - Relax.

Day 8

A day relax in Lake Town Pokhara

Morning at leisure, practice Yoga and Meditation, A day in Pokhara with the option for some extra actives like Paraglading / ZIP flying, Spa, laundry, message etc (optional), boating or shopping etc. Stay in Pokhara - chill in lake town.

Day 9

Pokhara - Kathmandu

After breakfast, we will drive back to Kathmandu which is about 6 hours' drive, or we also have an option to fly for 25 minutes at an extra cost. The flight will cost you USD 115 per person with additional taxes etc. In the evening at 18:30 we will meet to go for a Nepali farewell dinner along with a cultural show.

Day 10

Departure

The trip ends, and our airport representative will drop you at the Tribhuvan International Airport for your final departure from Nepal

What's included

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- Ground transportation provided
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- Sightseeing in Kathmandu where Earthbound Expeditions, tour guide will accompany you.
- Full broad meals will be provided throughout the trek
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- One way flight ticket to Pokhara from Kathmandu.

Not included

- International Flight tickets and Insurnace
- Museums and city monument entrance fees.
- All personal expenses such as bar bills, beverage, snacks etc.
- Battery re-charge, laundry charge etc.
- Personal clothing and gears.
- Tips and gratuities.
- Cost raised by cancellation, landslide, weather, political unrest, illness will not be our responsibility since these factors are not within our control.

Photos, videos and reviews of this trip: earthbound.rajansimkhada.com/yoga-trek-nepal