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Annapurna Base Camp Yoga Trek – 12 Days

URL: https://nepalalternativetreks.com/trip/annapurna-base-camp-yoga-trek/

Annapurna Base Camp Yoga Trek Quick Information

Weather
-10°C to 20°C

Duration
12 Days

Difficulty
Moderate

Accommodation
Lodges

Meals Included
Breakfast, Lunch, Dinner

Transportation
Bus/Jeep

Daily Activity
Approx. 5 – 6 hours Trek

Religion
Buddhist

Ethnic People
Gurung, Magar

Region of Nepal
Annapurna Region, Kaski

Max Altitude
4130m./13629ft.

Per Person Cost
USD 890

Best Season
March, April, May, Sept, Oct, Nov

Geographic Terrain
Mountain, Hill, Forest, Village, Waterfall, Terrace, Hot Spring

Group Discounts Available

No. of Persons	Price per Person
Group Of 1 – 4	USD $890.00
Group Of 5 – 8	USD $860.00
Group Of 9 – 12	USD $830.00
Group Of 13 – 18	USD $810.00

Note: Our fixed group departure dates, services and price is guaranteed even if the group numbers are 1 person to maximum 18 persons. We will provide a guide cum porter if there is only 1 person to operate the trek and one more assistant guide if group size is above 10 persons. And of course, guide cum porter will carry 10 kg luggage.

Overview Of Annapurna Base Camp Yoga Trek

The **Annapurna Base Camp Yoga Trek** is a Himalayan adventure that combines trekking with a peaceful practice of yoga and meditation. The Annapurna Base Camp Trek is just about walking, whereas the trek with an added yoga journey is for your entire being, from your legs, lungs, mind, and your spirit. Instead of just a physical trek through the mountains, this combined trek offers a more balanced experience that focuses on wellness, meditation, and connection with nature.

Yes, you will trek to the foot of the world's tenth-highest mountain and stand at an elevation of 4,130 meters while being surrounded by mountain peaks. But the feeling of standing there will be different from just a normal trek. What makes this trek different from the traditional Annapurna journey is the daily involvement of yoga and meditation.

Each day on the **Annapurna Base Camp Yoga Trek** begins with a morning yoga session to stretch and prepare the body for trekking. In the evening, you practice yoga and meditation to relax. In addition, an experienced trekking guide and a qualified yoga instructor who leads daily yoga sessions will accompany you throughout the journey to ensure your safety and comfort.

Typical Journey in ABC Yoga Trek

The Annapurna Base Camp Yoga Trek offers a unique experience where the adventure of trekking combines with the practice of yoga and meditation. From the very beginning of the trek, you'll start each day with yoga and breathing exercises that prepare your body for trekking. Along the route, you'll walk through the beautiful landscapes of the **Annapurna Conservation Area Project.** There, you pass through dense rhododendron forests, mountain villages, and alpine scenery where each step brings you closer to nature and its majesty.

Along the way, you'll pass through one of the famous viewpoints, Poon Hill, where you can awe your eyes with a jaw-dropping sunrise view over **Annapurna I, Dhaulagiri,** and other Annapurna ranges. Besides, evening yoga sessions are performed to let you relax after days of trekking.

Annapurna Base Camp Yoga Trek Experience

Without a doubt, every trek experience varies based on its destination and the type of activities included. But one thing everyone says about ABC Yoga Trek is that it changes something inside them.

Here are some experiences shared by real travelers who took the Annapurna Base Camp Yoga Trek:

- "It Wasn't Just a Trek; It Was a Life-Changing Adventure."
- "Yoga in Open Natural Space Is Really Life-Changing."
- "The Breathing Techniques Made the Climb Easier."
- "I Left the Mountains Feeling More Alive Than Ever."
- "Yoga Helped Me Find Stillness in the Himalayas."

Annapurna Base Camp Yoga Trek Highlights

- Learn, Feel and Experience Yoga/Meditation daily morning and evening during trek.
- Begin each trekking day with energizing yoga practices such as Surya Namaskar and breathing exercises while surrounded by beautiful scenery of the Annapurna and Dhaulagiri ranges.
- Combine adventure, physical movement, and mental relaxation to create a once-in-a-lifetime experience within the Annapurna Conservation Area.
- Trek on one of the most famous trekking trails of Nepal, the ABC trek, while combining yogic practices.
- Soothe tired muscles after days of trekking in a natural hot spring at Jhinu Danda.
- Experience the Gurung culture and hospitality in the local villages along the Annapurna Trek.

Weather

Annapurna Base Camp Yoga Trek Weather

In the Annapurna region, temperatures change throughout the year, and trekkers on the Yoga trek face different weather depending on the time of year they travel. Throughout the year, temperatures range from about -15°C in the coldest winter months to around 25°C in the warmest summer months. Winter (December-February) is extremely cold with freezing temperatures. On the other hand, spring (March-May) is warmer, with snow melting, rising temperatures, and blooming rhododendron in the region.
Furthermore, Summer (June-August) is the warmest period, but rainfall is frequent. Autumn (September-November) is peak season for Annapurna Yoga Trek, which comes with moderate and stable weather with clearer skies, though temperatures begin to drop again as winter approaches.

January
-15°C to -5°C

February
-15°C to -5°C

March
-10°C to 0°C

April
-5°C to 10°C

May
0°C to 15°C

June
5°C to 20°C

July
10°C to 25°C

August
10°C to 25°C

September
5°C to 20°C

October
0°C to 15°C

November
-10°C to 5°C

December
-15°C to -5°C

Difficulty

Annapurna Base Camp Yoga Trek Difficulty Description

The Annapurna Base Camp Yoga Trek is a moderately difficult adventure that fits anyone with a reasonable fitness level and an inexperienced trekker with a couple of months of preparation. Likewise, the trek is suitable for anyone with decent fitness seeking a blend of trekking adventure and wellness

through yoga in Annapurna's lap.

12 Days Annapurna Base Camp Yoga Trek Itinerary

Day 1: Drive to Pokhara

Annapurna Base Camp Yoga Trek begins with a half-day-long drive to the famous city of Pokhara by tourist bus. The drive takes you through the Prithvi Highway alongside the Trishuli River. The scenic road journey passes through the beautiful small towns of Malekhu, Manakamana, Abu Khaireni, and Lekhnath, which finally takes you to Pokhara.

Upon arrival in Pokhara, you'll check into a hotel beside peaceful Phewa Lake. The city offers views of Mount Machhapuchhre and other peaks. In the evening, immerse yourself in the beauty of the lakeside city and enjoy a walk around Phewa Lake. It is also the perfect time to prepare for the upcoming adventure to the Annapurna Yoga Trek. You will spend the night in Pokhara.

Destination:
200 km Drive to Pokhara
(Av. 6 hours)

Accommodation
Hotel Kausi

Altitude:
(850 m / 2,805 ft)

Meals
Breakfast

Day 2: Drive to Ulleri – Trek to Banthanti

You will take a one-hour morning yoga session before breakfast, in the fresh mountain air of Pokhara city. Afterward, you'll have breakfast and prepare for a two-and-a-half-hour drive through the Baglung Highway towards Ulleri. Once you reach Ulleri, your trek begin. The trek starts alongside the terraced fields and traditional villages.

Along the route, the trail climbs, passing through Lamdawali, Sudame, and Hile villages. You will also walk through numerous stone staircases to reach Banthanti, where you will stay overnight. The evening in Banthanti is dedicated to a gentle yoga session.

The yoga practice includes:

- Light **Hatha yoga stretches** to release tension from the first trekking day
- **Pranayama** breathing exercises to improve oxygen intake at increasing altitudes

The day ends with a warm dinner at the teahouse.

Destination:
70 km Drive to Ulleri
(Av. 2:30 hours)
3 km Uphill hike to Banthanti
(Av. 1:30 hours)

Accommodation
Machhapuchhre Guest House or Similar category

Altitude:
(2,210 m / 7293 ft)

Meals
Breakfast, Lunch, Dinner

Day 3: Trek to Ghorepani from Banthanti

The third day of the Annapurna Base Camp yoga Trek begins with a peaceful early morning yogic practice in Banthanti. Surrounded by forests and fresh Himalayan air, you'll start the day with **Sun Salutation (Surya Namaskar)** to awaken the body and warm up the muscles before the trek.

The yoga session focuses on:

- Surya Namaskar (Sun Salutations) to energize the body
- Anulom Vilom Pranayama to improve breathing and oxygen flow
- Short meditation

After breakfast at Banthanti, the day's trek starts through one of the most scenic sections of the Annapurna Base Camp route. The route ascends through dense rhododendron and oak forests, especially spectacular during spring when the forests bloom with different colors.

After several hours of trekking, you will reach Ghorepani, a traditional Gurung and Magar village. The village offers beautiful views of Dhaulagiri, Nilgiri, and the Annapurna massif. In the evening, a **restorative yoga session** is conducted to relax the body after the day's trek. You will spend the night in Ghorepani.

Destination:
10 km Uphill hike
(Av. 3 hours)

Accommodation
Hotel Super View or Similar category

Altitude:
(2,874 m / 9,340 ft)

Meals
Breakfast, Lunch, Dinner

Day 4: Trek to Tadapani from Ghorepani Poon Hill

The day begins with an early morning hike to the famous Poon Hill View Tower (3193m). But, before starting the hike, you'll be involved in pre-dawn yogic breathing practice in Ghorepani, including deep pranayama breathing and gentle warm-up stretches.

Poon Hill is an hour-long walk from Ghorepani. The viewpoint offers magnificent views of Mount Annapurna I, Annapurna II, Annapurna South, Machhapuchhre, Nilgiri, Himalchuli, and the Dhaulagiri range. Once at the top, you will get to experience the mesmerizing sunrise over the Himalayas. Additionally, you will have a yoga/meditation session there in a tranquil atmosphere.

Practicing yoga while watching the sunrise over the Himalayas becomes one of the most memorable moments of the entire trek. After enjoying the views and meditation session, you'll descend to Ghorepani for breakfast. Following breakfast, the trek continues toward Tadapani through beautiful rhododendron forests and along scenic ridges with views of the Annapurna ranges. Once you reach Tadapani, you will take a relaxing evening yoga session before retiring for the day.

Destination:	Accommodation	Altitude:
14 km Uphill hike (Av. 6 hours)	Hotel Grand View or a similar category	(2,650 m / 8, 745 ft)

Meals

Breakfast, Lunch, Dinner

Day 5: Trek to Chhomrong village from Tadapani

Your morning begins with a refreshing yoga/meditation session. As the sun rises over the mountains, you'll practice balance-focused yoga poses to strengthen stability along the trek.

The yoga session includes:

- **Tree Pose (Vrikshasana)** to improve balance and concentration
- **Warrior poses** to strengthen legs
- **Kapalbhati** breathing technique to improve oxygen intake
- A short meditation to start the trekking day with calmness

After a breakfast, you will head towards Chhomrong village on this day. As you leave Tadapani, you'll begin climbing northeast through lush Rhododendron forests. The trail descends towards Chuile village before climbing uphill through Gurung village.

As you get to Chhomrong, you can enjoy stunning views of Mount Annapurna South and Machhapuchhre. Later in the evening, a gentle stretching and relaxation yoga session is conducted to relieve muscle fatigue after the day's trek. The day's overnight stay is at Chhomrong.

Destination:	Accommodation	Altitude:
13 km Uphill hike (Av. 6 hours)	Excellent View or Hotel Panorama	(2,130 m / 7,590 ft)

Meals

Breakfast, Lunch, Dinner

Day 6: Trek to Bamboo from Chhomrong

As usual, the day begins with a morning yoga session in Chhomrong, where you'll practice Vinyasa flow yoga to awaken the body.

The yoga practice includes:

- **Vinyasa flow sequences** to warm up the body and improve mobility
- **Hip-opening poses** to prepare for the steep descents and ascents
- **Diaphragmatic breathing** to improve stamina and energy levels
- Meditation session

After your morning yoga session and breakfast, you will prepare for your departure. The destination on this day is the Bamboo Village. As you leave Chhomrong village, you'll start climbing downhill towards Chhomrong Khola. You'll cross Chhomrong Khola upon arrival and begin ascending towards Sinuwa

village. You will take a short lunch break at Sinuwa.

Then, you will continue walking through dense forests and get to the Bamboo Village. At the village, you'll be involved in yoga and relaxation session at evening. The day's dinner and overnight stay is in Bamboo village.

Destination:	Accommodation	Altitude:
14 km Uphill hike (Av. 6 hours)	Trekking Guest House or Similar category	(2,300 m / 7,590 ft)

Meals
Breakfast, Lunch, Dinner

Day 7: Trek to Deurali from Bamboo

The day begins in the peaceful forest surroundings of Bamboo with a refreshing morning yoga and breathing session. As you are gaining altitude, today's yogic practice focuses on breathing techniques and body activation to help you adapt to the higher elevations ahead.

The yoga practice includes:

- Pranayama breathing exercises, such as Anulom Vilom, to improve lung capacity and oxygen flow
- Spinal stretches and backbends to release stiffness from previous trekking days
- Sun Breathing (Surya Pranayama) to energize the body
- Meditation

After breakfast, you will climb through the foggy Bamboo forests towards the Himalaya Village. You'll ascend through rocky paths as you leave the bamboo forests. You can enjoy lunch and trek alongside the glacial Modi River towards Deurali village. In the evening, a restorative yoga session is practiced to release tension in the legs and improve circulation. Overnight at Deurali's teahouse.

Destination:	Accommodation	Altitude:
10 km Uphill hike (Av. 5 hours)	Hotel Panorama or a similar category	3,200 m / 10,500 ft)

Meals
Breakfast, Lunch, Dinner

Day 8: Trek to Annapurna Base Camp and Yoga Session in the Morning

Today is the most-awaited day on the journey to Annapurna Base Camp Yoga Trek. The day begins with an early morning yoga and meditation session in Deurali. As you'll get toward the center point of Annapurna Sanctuary, the day's practice focuses on breathing, mental focus, and energy alignment.

The morning yoga session includes:

- Stretching and joint mobility exercises to prepare the body for the trek
- Pranayama breathing techniques to improve oxygen intake
- Short meditation session to set an intention for reaching the destination

After breakfast, you'll leave Deurali and make your way alongside the Modi River. After walking for about 2 hours, passing through an icy cave and a narrow valley, you'll get to Machhapuchhre Base Camp (3,700 m), the last settlement before Annapurna Base Camp.

From Machapuchre Base Camp, the final walk leads across a broad glacial valley to Annapurna Base Camp. The base camp offers stunning views of Mount Annapurna and the Dhaulagiri range. Similarly, standing at the base of the 10th-highest mountain in the world provides you with a sense of accomplishment after walking for several days through hardships.

In the evening, a special yoga session is held in a peaceful mountain environment. This day's yoga session will be different from other days, as practicing it at an elevation of 4,130 meters is an experience of a lifetime. You'll stay overnight at the Annapurna Base Camp.

Destination:	Accommodation	Altitude:
10 km Uphill hike (Av. 5 hours)	Annapurna Sanctuary lodge or similar category	(4,120 m / 13,596 ft)

Meals
Breakfast, Lunch, Dinner

Day 9: Trek to Bamboo from ABC

The morning at Annapurna Base Camp begins with a special sunrise yoga and gratitude meditation session.

The yoga session focuses on:

- Stretching poses to relax the muscles after reaching high altitude
- Breathing and oxygen-focused pranayama to support the body before descending
- Gratitude meditation

After enjoying breakfast, you'll begin retracing the journey downstream along the Modi River towards Deurali village. You will then continue heading down through the Himalayas to Bamboo Village. You will spend a night in Bamboo. Before retiring for the day, you will have a deep relaxation yoga session (Yoga Nidra) between the dense forests of Bamboo.

Destination:	Accommodation	Altitude:
17 km downhill hike (Av. 7 hours)	Trekking Guest house or similar category	(2,300 m / 7,590 ft)

Meals
Breakfast, Lunch, Dinner

Day 10: Trek to Jhinu Danda from Bamboo

Before heading to our day's destination, Jhinu Danda, we will have our yoga session and breakfast.

The yoga practice includes:

- Stretching and mobility exercises to loosen the legs and knees
- Hip-opening yoga poses to reduce stiffness from continuous trekking
- Deep belly breathing (Dirga Pranayama) to calm the nervous system

Leaving Bamboo, you'll begin trekking through dense forests of rhododendrons and bamboo. Then, you will climb along the narrow ridge towards Sinuwa village. From Sinuwa, the trail drops towards the Chhomrong River. Then, you will cross the river and climb stone steps towards Chhomrong Village.

From Chhomrong, you will continue walking down and get to Jhinu Danda. The village is home to a natural hot spring where you can take a dip to relieve your body pain and relax. Once your body relaxes, you will have an evening yoga session. The day's overnight stay is in Jhinu Danda.

Destination:	Accommodation	Altitude:
14 km down/uphill Hike to Jhinu (Avg. 6 hours)	Park Himalaya/ Namaste Lodge	(1,600 m / 5,280 ft)

Meals
Breakfast, Lunch, Dinner

Day 11: Trek to Samrung – Drive to Pokhara

This is the last day of your Annapurna Base Camp Yoga Trek. You will take your hour-long yoga session and enjoy your breakfast before leaving Jhinu Danda. After a long day of trekking, today's yogic activities are intended to reflect on your journey and reconnect with your body.

This morning's yoga session focuses on:

- Body stretching to release muscle tension
- Breathing exercises (Pranayama) to bring balance and calmness to the mind
- Gratitude meditation to reflect on the achievement of the trek

After breakfast, the trek begins toward Samrung via terraced fields, small villages, and lush green hills. This final walk takes you through a gentle and enjoyable section that lets you appreciate the rural landscapes of the Annapurna region one last time. Upon reaching Samrung, a vehicle will be waiting to drive back to Pokhara.

In the evening, trekkers can relax by the peaceful shores of Phewa Lake, celebrating the completion your yoga and trekking journey in the Annapurna region. The day's overnight stay is in Pokhara.

Destination:	Accommodation	Altitude:
20 minutes hike to Samrung – 70 km drive to Pokhara(Av. 3 hours)	Hotel Kausi	(850 m / 2,805 ft)

Meals
Breakfast

Day 12: Drive to Kathmandu

You will wake up to the beautiful views of Annapurna I (8,091 m) and Mt. Machhapuchhre (6,997 m). The day starts with a gentle morning yoga and reflection session. After breakfast, the journey continues with a drive from Pokhara to Kathmandu, marking the end of the Annapurna Base Camp Yoga Trek.

The drive to Kathmandu follows the Prithvi Highway along the massive Trishuli River and passes numerous towns. Upon arrival in Kathmandu, you'll be transferred to your hotel. We'll take you for a delicious farewell dinner in one of the finest restaurants in the evening. You can share your experiences and give us feedback. Overnight in Kathmandu.

Destination:	**Altitude:**	**Meals**
200 km Drive to Kathmandu (Avg. 6 hours.)	(1,290 m / 4,257 ft)	Breakfast

What's Included

- Pick Up at Tribhuvan International Airport and Transfer to Hotel in Kathmandu .
- Hotel accommodation (Hotel Kausi) in Pokhara with breakfast.
- Lodge (Twin share basis) accommodation during the trek.
- All meals (Breakfast, Lunch, Dinner) during the trek.
- One experienced, first aid trained, fluent English speaking, friendly, and government authorized trekking guide, International Yoga Trainer [Female – Riya Thapa, Male – Caron Dhoju]
- 1 Porter per 2 Trekkers and keep luggage weight under 10kg per person.
- Guide/Yoga Trainer/ Porter's food, accommodation, salary, insurance, transportation, and equipment.
- Entire overland transportation as mentioned in the itinerary.
- Annapurna Conservation Area Project (ACAP) and Required permits.
- Assistance of emergency rescue.
- A trekking map, a duffel bag, an oxygen saturation check-up every day, water purification, fresh seasonal fruits, first aid, a company t-shirt, and a trekking completion certificate.
- Government tax and service charge.
- Public Liability Insurance.

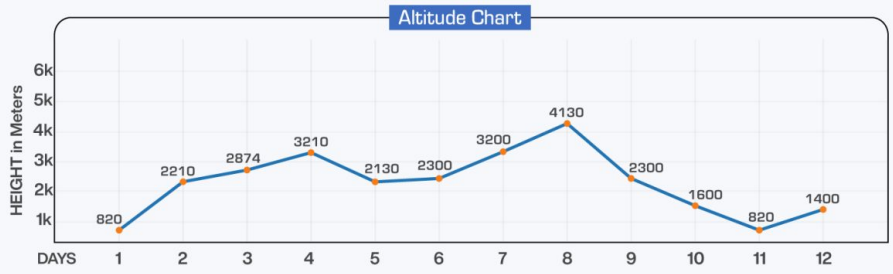
What's Not Included

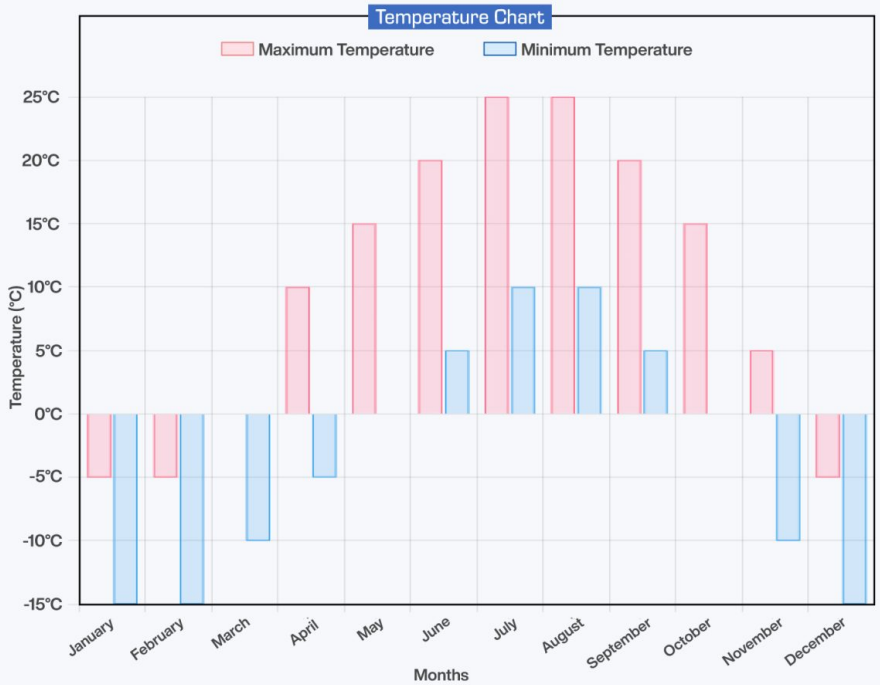
- Hotel accommodation and meals in Kathmandu.
- Hard and soft table drinks such as tea/coffee, Coke, Fanta, mineral water, beer, dessert, hot shower, hot water, battery charge, laundry, phone bill, bar bill, etc.
- Personal Travel insurance.
- Tips for staff. (Highly suggested).

Annapurna Base Camp Yoga Trek Route Map

NEPAL ALTERNATIVE TREKS & EXPEDITION
An alternative way of touring...

ANNAPURNA BASE CAMP YOGA TREK 12 DAYS





Traveler Reviews

ABC Yoga Trek With Helpful Guide

We had a wonderful time with Guide and Porter, they are very friendly. Mr. Tej is very good and gentle person.
Rating: 5/5
Petpailin S
Bangkok, Thailand

Additional Trip Information

Morning and Evening Yoga Routine on the Annapurna Base Camp Yoga Trek

Each day on the journey to Annapurna Base Camp, the yoga trek starts and ends with yoga and meditation sessions guided by our experienced yoga instructor. Each day's session is created to help your body adapt to the physical challenges of trekking while connecting you with the Himalayan environment.

Morning Yoga Routine on ABC Yoga Trek

Morning yoga on the Annapurna trek is important for preparing you for the day's trek. The yogic activities every day last for one hour before your breakfast and the start of the trek. Each yoga practice in the morning helps you maintain a steady pace, conserve energy, and start the day feeling refreshed and mentally prepared. Besides, your yoga trainer will guide you through asanas (postures).

Your morning yoga routine on ABC Yoga Trek includes:

- Light stretching exercises to loosen muscles and joints
- Sun Salutation (Surya Namaskar) to energize the body
- Pranayama breathing techniques to improve oxygen intake
- Meditation practices for focus, calmness, and spiritual awareness

Evening Yoga Routine on ABC Yoga Trek

After a day of trekking through the beautiful landscapes of the Annapurna Base Camp route, you'll be involved in an evening yoga and relaxation session every day. The evening sessions are included to help improve recovery, reduce soreness, and prepare the body for the next day's trek.

Your evening yoga routine on ABC Yoga Trek includes:

- Gentle stretching and restorative yoga poses to release muscle tension
- Hip and leg-opening asanas that relieve trekking tiredness
- Breathing exercises to calm the nervous system
- Meditation session to relax the mind and body

How the Right Season Improves Your Yoga and Meditation Experience on the ABC Trek

Choosing the right season for the Annapurna Base Camp Yoga Trek is important to enhance the adventure with yogic practice. While the trek can be done throughout the year, including yoga and meditation, it is enjoyable when the weather conditions are comfortable and stable.

Here is how the right season helps your practice:

1. Comfortable Weather for Yoga Practice

Spring (March to May) and autumn (September to November) bring pleasant weather to the Annapurna region, ideal for a yoga trek. In the comfortable weather of spring and autumn, you can easily do your morning and evening yoga sessions outdoors. Practicing yoga in an open environment, without worry about bad weather or being in a small space.

2. Dry and Clean Pathways for Safe Walking

As spring comes after winter, it has moist and clean pathways. Similarly, autumn comes after the monsoon season with dry and stable weather. When the walkway is safe and clean, your mind feels less stressed and anxious about falling. Moreover, while walking through a dry, clean landscape, you can walk peacefully, which is a form of moving meditation itself.

3. Stunning Scenery to Increase Your Focus

Spring and autumn are among the most stunning times in the Himalayas, with the most glorious scenery of the mountains and forests. In spring, you'll walk through the forest full of rhododendron blooms, and in autumn, you'll walk through a forest that will be transforming to shades of yellow, orange, red, and golden colors. Therefore, the beauty of nature naturally calms your mind. And the best part? You can open your eyes to a view of snowy peaks or green hills after every yoga and meditation session.

What type of meals and accommodations are available in Annapurna Yoga Trek?

Throughout the Annapurna Base Camp Yoga Trek, we'll take care of your accommodation and meals that support both trekking performance and daily yoga practices.

Accommodation During the ABC Yoga Trek

On the Annapurna Yoga Trek, accommodation is arranged in traditional mountain teahouses and lodges on a twin-sharing basis. We also make sure to choose an accommodation point with open spaces and quiet dining halls that will be ideal for morning and evening yoga practices.

Meals During the ABC Yoga Trek

Along with accommodation, we provide you with three meals a day: breakfast, lunch, and dinner. The meals are nutritious that helps you to get the energy you need for trekking without being too heavy for your yoga practice. Some meals available during the Annapurna Yoga Trek include dal bhat (rice, lentils, and vegetables), Noodles, pasta, fried rice, Tibetan bread, pancakes, porridge, eggs, soups, and vegetables.

Why Combine Yoga with the Annapurna Base Camp Trek?

The Annapurna Base Camp Trek is already a questionable journey if it is challenging, and many people become curious when they know that yoga practices can be added to the itinerary. The primary reason for combining yoga with the Annapurna Base Camp trek is to balance the body, mind, and spirit. The other reasons include:

It Prepares Your Body for the Altitude

Although the Annapurna Base Camp Trek is considered moderately difficult, it is tough on your legs, back, and shoulders. In such a case, a daily morning yoga session is designed to stretch and strengthen the muscles you use while trekking. Stretching your hips and hamstrings in the morning can help prevent injuries while trekking in Annapurna and prepare your body for the day ahead.

Teaches You to Breathe

The journey to Annapurna Base Camp starts from 2,050 meters and increases with each step until you get to the base of Annapurna at 4,130 meters. Throughout, the major problem you'll face is difficulty breathing due to low oxygen levels, and yoga's breathing techniques, known as pranayama, help improve lung capacity and oxygen efficiency. The techniques teach you how to take deep, steady breaths while preserving energy and helping your body handle the low oxygen levels at high altitudes.

Calms the Mind for the Long Walk

Each day on the Annapurna Base Camp Yoga Trek, you have to walk for 5-7 hours, depending on your pace. Walking 5-7 hours daily for about 10 days can be sometimes boring, anxious, and monotonous. However, combining meditation and asanas increases your awareness. Similarly, mindfulness practices help calm the mind, reduce anxiety, and improve focus. Besides, meditation and yogic practice teach you to be present while walking, which helps your mind calm even on long treks.

Connection to the Himalayas

Yoga is all about connection that balances physical activity, mental relaxation, and spiritual exploration. When you practice meditation and asanas in the shadow of Annapurna, you are not just a traveler, but a part of the mountains. The spiritual healing and connection you feel on the journey make your adventure a thousand times more rewarding than it is for ordinary ABC trekkers.

What Type of Yoga Is Practiced on the Annapurna Base Camp Trek?

The Annapurna Base Camp Yoga Trek includes the yoga practices that support both physical challenges and mental well-being. As the journey involves daily morning and evening yoga sessions, they focus on preparing the body for trekking, improving breathing, and helping the body recover after long walks. Likewise, the yoga practiced during the trek is gentle, restorative, and adaptable to mountain conditions rather than intense or physically demanding.

The type of yoga practiced on the Annapurna Base Camp includes:

Hatha Yoga for Stretching and Stability

Hatha forms the foundation of many session on the Annapurna trek. This yoga practice helps the body to stretch and strengthen. It focuses on holding different poses (called asanas) for a longer time while taking care of your breath. The word “Hatha” itself means force or effort, which indicates the effort you make to hold your body steady and still.

Moreover, Hatha is especially practiced in the evening. After hours of walking, the poses of Hatha help to release tension in the legs, hips, and lower back. In addition, poses like Warrior I and II and Tree Pose teach your legs to feel strong and balanced throughout the walk.

Vinyasa Flow for Strength and Mobility

In the morning, your body is generally inflexible from sleep and the cold mountain air. Thus, the Annapurna Yoga Trek include practice of Vinyasa flow to warm up the muscles. Practicing Vinyasa in the morning helps activate the body and make it easier to start the day’s trek with energy. Likewise, this practice creates heat inside the body, improves blood circulation, and prepares your legs and spine for a long day of walking.

Pranayama Breathing

Breathing exercises, **pranayama**, play an important role in the yoga practice throughout the trek to Annapurna Base Camp. Breathing exercises, known as pranayama, play an important role in the yoga practice throughout the trek and help improve oxygen intake. Also, the technique helps to calm the mind during challenging sections of the journey.

Meditation

Meditation is an essential part of any yoga adventure, including the Annapurna Base Camp trek. We conduct two meditation sessions, one in the morning and another in the evening. The morning meditation helps you to set a positive intention and mindset while letting you focus on the day’s trek. In addition, the evening meditation session helps you process the day’s experience and calm your mind before bed.

Frequently Asked Questions

What makes a yoga trek to Annapurna Base Camp different from a regular ABC trek?

The inclusion of daily yoga sessions is what exactly makes a yoga trek to Annapurna Base Camp different from a regular ABC Trek. The yoga included journey to Annapurna is a more balanced experience than a standard one because it supports both physical and mental relaxation.

Where are yoga sessions usually held during the ABC trek?

Yoga sessions during the **Annapurna Base Camp** trek are usually held in peaceful outdoor locations, such as courtyards, scenic viewpoints, and open spaces near teahouses. Besides, Poon Hill is one of the

popular spots where yoga sessions are held on the Poon Hill hike day.

Do I need an extra permit for the Yoga Trek in the Annapurna region?

No, you don't need an extra permit for the Yoga Trek in the Annapurna region. Instead, you need the same standard trekking permits (i.e., Annapurna Conservation Area Permit) for a Yoga Trek as are required for a regular trek.

Do I need to be an experienced yoga practitioner to join this ABC Trek?

No, you do not need to be an experienced yoga practitioner to join the Annapurna Base Camp yoga trek. The yoga sessions are beginner-friendly and guided by an instructor, so the trek is suitable for people with varying fitness and experience levels.

Which is difficult, Annapurna Base Camp or Annapurna Base Camp yoga trek?

Both the regular trek and the yoga trek to Annapurna Base Camp have similar difficulty, as they follow the same trail and reach the same altitude. Still, the Annapurna Base Camp Yoga Trek can feel slightly easier because of daily yoga, stretching, and breathing exercises.

Is Annapurna Yoga Trek Preferred over Everest Yoga?

The Annapurna Yoga Trek is often preferred by many travelers over the Everest yoga trek because it is shorter, less challenging in altitude. However, both treks provide unique Himalayan yoga experiences depending on personal preference.

Cancellation Policy

We understand that plans can change willy-nilly. However it is our responsibility to ensure fairness and transparency among our customers regarding our cancellation policy. So we kindly request all travelers to carefully review the cancellation and refund policy before confirming their trip.

After your trip starts, we cannot provide a refund for any voluntary withdrawal, cancellation, or early departure by the traveler. This means ***the full amount paid to us will not be refunded after the trip has begun.*** Likewise, if during the trip, any services such as accommodation, sightseeing, meals, transportation, etc. included in the itinerary/trip are not used by the customer, no refunds or reuse will be provided to whatever portion remains unused on the trip.

Also, please note that ***last-minute cancellations are non-refundable.*** You have to understand that many trip arrangements such as accommodation, transportation, permits, guides, and operational logistics are confirmed and pre-booked. Thus, cancellations made at the last minute create non-recoverable costs for the company and so do for our clients. In addition, cancellations made shortly before the departure date or after the trip has started will be considered as last-minute cancellations and will not be eligible for any refund.

Still, the company will use their discretion in setting the conditions for the refunds, therefore, few of the

conditions mentioned are subject to change. The company holds every right to cancel the trips booked by the customers before it is guaranteed to run or an official agreement is signed. A trip is guaranteed to run once it has two fully paid travelers unless minimum numbers state otherwise.

Unfortunate circumstances such as unforeseen natural disaster, canceled flights, strike, industrial action, wars, riots, quarantine, government intervention, weather, the deteriorating health condition of a group member, etc. could lead to cancellation of trips. In such cases, the customer can either ask to get back the 90% of the total trip cost paid to the company (13% Government Tax will be deducted) or reuse the cost in an alternative trip with the same price, immediately, in the following season of the same year.

The company will require a written notice in case of any cancellation. Please ensure the date of the trip cancellation is the date on which the written cancellation is received by the company. If you cancel the trip anytime prior to the departure date of the actual trip, 90% of the total cost is reusable for a year or refund.

Trip Amendment

First and foremost, please note that all the amendment conditions are applied to the trips listed on this site only. Below are a few notes to take about the amendment fees in case of any changes during, while, or after the booking:

If the company receives a request on the booking amendments at least 60 days prior to the trip, a total of USD 50/person is charged to the customer. However, if the customer's request for a booking amendment in less than 60 days before the trip departure, then the charges will be as per the cancellation policy mentioned above. In case of any changes in the price of the trip during the procedure of booking and the amendments, the new cost will be applied to the trips. Please note that these changes might not be applied by the company, but can be levied upon the company by the third parties i.e. the hotels or the service providers working with the company.

Any changes, amendments, or additions in aggregation to the trips you have booked, for example, hotels, transfers, additional days, etc. will account for no additional fee.

Health Conditions

Nepal Alternative Treks places the highest priority on the safety and well-being of all travelers. We need to ensure the traveler's well-being and health condition at the time of booking. While travelers can participate without medical documentation, those with chronic illnesses or long-term medical conditions must obtain a doctor's consent before joining the trip. This is to ensure their health is not badly affected during the adventure and that they can safely enjoy the journey.

The company will not be responsible for any type of mishaps and will not bear the medical and evacuation expenses on behalf of the participant. Therefore, we request our clients to consult their doctors for a thorough checkup and vaccination before booking a trip with us. In addition, clients with specific health needs or concerns should inform the Company in advance. This allows us to provide guidance and, if required, arrange additional services to make the trip safer and more comfortable. If needed, clients may also request additional services related to the length of the trip or stay in the country of travel.

Weather and other unfavorable conditions

Clients should be well aware of the unpredictability of the weather conditions in the mountainous regions. The unfortunate weather conditions, especially in the Everest, Jomsom, and Kanchenjunga regions, can sometimes lead to unfavorable circumstances that include delay or cancellation of flights. The Company will cover the expenses of accommodations and food in the departing location until the arrangement of flights is done. However, the Company holds every right to reroute the original trip or transports which will be in favor of the situation without any addition in the cost. Please note that the company will not be responsible for any missed international flights, losses caused by Altitude Sickness, or any other unpredictable circumstances, and the participants will have to pay all the charges incurred. Nonetheless, the Company will connect and assist you to make the necessary alternative arrangements, but, the additional charge will be covered by the customers themselves.

Regardless of stating every condition and information about the trips on the website and brochures of the Company, we will not be responsible for the unforeseeable situations that may arise before or during the trips. The Company will, however, try its level best to give prior notice about it and take alternate strategies to deal with it. These booking conditions may only be waived in special circumstances, and in writing, by a letter from the Chief of the Company. Note that all the legal agreements set up and signed between the client and the Company shall be subjected to and governed by the Nepalese law.

Note: All the Terms and Conditions mentioned are prepared as per the laws of the Government of Nepal and is governed by them. Therefore, only the head of the Company gets to intervene and holds the authority to make any amendments.

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