

Annapurna Base Camp Yoga Trek

URL: <https://himalayan360.com/trip/annapurna-base-camp-yoga-trek/>

Destination

Nepal Treks & Tours

Activity

Trekking

Start / End Point

Kathmandu / Kathmandu

Trip Type

Tea house or lodge, 3 start hotel

Duration

11

Destination

Nepal, Annapurna Region

Language

Nepal, Annapurna Region

Per Person From

USD 1,317

Region

Annapurna Region

Group Size

2 - 18

Best Season

Spring & Autumn

Activities

5 to 6 hours per day

Trek Distance

69 km/42.8 mile

Transportation

Bus, Jeep

Accommodation

Tea house

Meals

B.L.D Breakfast

Lunch

Dinner

Difficulty

Medium You need to have good physical condition and be in top form. You'll also require the right clothes for weather conditions and food items such as snacks or lunch breaks from your hiking adventure; water is essential too! This type of activity takes time, so ensure you're physically able to get enough rest before starting any trips.

Major Highlights of Annapurna Base Camp Yoga Trek

- **Daily yoga practice on the ABC trek trails** can be both peaceful and relaxing for you mentally and physically amid your hectic life schedule.
- You will take a relaxing bath in a **natural hot spring at Jhinu Danda**, which is also part of the ABC Yoga Trek!
- You can learn, explore, and enjoy their languages and lifestyle as you traverse through the **Gurung and Magar Villages** like Chhomrong, Ghandrunk, and Landruk.
- **Experienced English speaking guides and certified yoga instructors will serve the trekkers.**
- This trek focuses on the **rejuvenation of the body and mind**. Hence, you will be clear about everything that comes your way after this trek.
- The trip combines physical wellness activity, trekking, mental exercise, and clarity practice through yoga.
- The Annapurna Base Camp yoga trek **promotes eco tourism**.
- During this journey, you can see Mount Annapurna in its **most beautiful light** and enjoy **views of Mount Dhaulagiri and Mount Machhapuchhre**.

11 days Annapurna Base Camp Yoga Trek day by day itinerary

Day 01: Drive from Kathmandu (1,400m/4,593ft) to Pokhara (822m/ 2,696ft)

During the Annapurna Base Camp yoga trek, you will first go on a drive from Kathmandu to Pokhara, whose total distance is around 220 km/137 miles. The drive is going to be 8 hours long. On your way, you will see the scenery of lush forests along the serene Trishuli River. Other attractions that you will see along the way include terraced fields, traditional habitats, waterfalls, etc.

After reaching Pokhara, you can relax on the lakeside, where you will find plenty of restaurants, cafes, and souvenir shops. Further, you can practice mindful yoga by the lakeside in the evening before you return to your hotel. You will also spend the night at a 3 star hotel in Pokhara.

Highest Altitude:

1,400m/ 4,593ft

Meals:

N/A

Accommodations:

3 star hotel

Day 02: Drive from Pokhara to Kande (1,770/5,807ft). Trek to Australian camp (2,060 m/6,758ft)

You will drive from Pokhara to Kande on the second day. Trekkers can enjoy the beauty of Rhododendron forests and a breathtaking view of Mount Annapurna and Mount Machhapuchhre along the trails going from Pokhara to Kande and then to Australian Base Camp. Your journey from Kande to Australian Base

Camp will also be a rewarding end of your day. You will be welcomed by a setting sun which is perfect for an evening yoga.

After that, you will trek approximately 4 km / 2.4 miles. The duration of the trek on this day is going to be 2 hours. The highest altitude you will reach will be 2,060 m/6,758ft in the Australian camp. Your trip package also includes a healthy and filling breakfast, lunch, and dinner for the day. You will end the trek at a tea house or a lodge in the Australian camp.

Distance:

2 Hours

Ascent:

330m/1,083 ft

Descend:

40m/131ft

Highest Altitude:

2,060 m/6,758ft

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Tea house or Lodge

Trek Distance:

4km/2.4 miles

Day 03: Trek from Australian camp to Landruk (1,565 m/5,135 ft)

On this day, you will wake up to a peaceful morning in the Australian camp with views of Mount Machhapuchhre and Annapurna South. There are many habitats, terraced farms, Rhododendron and pine forests along the trails that you will come across on this day. Further, you can move towards the traditional Gurung Village of Landruk, passing Modi Khola.

You will trek a distance of 9.8km/6 miles. The trek duration is 5 hours. Trekkers will reach the highest altitude of 2,060 m/6,758ft at the Australian camp. You can enjoy breakfast, lunch, and dinner in different lunch spots. And, you will stay the night at Landruk in either a teahouse or a lodge.

Distance:

5 Hours

Ascent:

40 m/131 ft

Descend:

535 m/1,755 ft

Highest Altitude:

2,060 m/6,758ft

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Tea house or Lodge

Trek Distance:

9.8km/6miles

Day :

Day :

Day :

Day :

Day :

Day :

Day :

Day :

What can you expect from the Annapurna Base Camp Yoga Trek?

When you're on the Annapurna Base Camp Yoga Trek, you can expect yoga classes in the Annapurna trails. That's right! As fascinating as it may sound, **a yoga instructor will accompany you throughout the trek**, and they will train you to make the best of your journey through **mindful, physically and mentally engaging, and effective yoga practices, including early morning and evening yoga sessions**. You can also experience mindfulness, inner peace, and an eco-friendly experience. After all, it is not every day that you see Himalayan sights as amazing and breathtaking as when you trek to Annapurna Base Camp and Machhapuchhre Base Camp.

Each gear used in this trek will be assuredly biodegradable using carbon-neutral practices. With hotel transfers, premium stays even at the most remote locations, every other traditional amenities, and a scenic flight and trek from beginning till the end, you'd not regret going on the Annapurna Base Camp Yoga trek itinerary. Engaging in spiritual, meaningful talks after each trek and yoga session would be the cherry on top! You may also join the culinary experience by feasting at the local table of the Gurung and Magar teahouses while learning about the authentic, traditional recipes from the teahouse owners.

Annapurna Base Camp Yoga Trek Include/Exclude

Includes

- Kathmandu Pokhara Kathmandu by tourist bus.
- Pokhara to Kande Private vehicle.
- Siwai to Pokhara sharing jeep.

- 2 Night in Pokhara 3 Star hotel (sharing basis.)
- 1 Night Kathmandu 3 start hotel (sharing basis.)
- 8 night in mountain tea house lodge (sharing basis.)
- 10 Breakfast, 9 lunch, 9 Dinner

- ACAP permit fees.
- TIMS card fees.
- Local Gov. permit fees
- One guide/yoga teacher during the trek

- Gov. and local tax and agency service charges
- Free luggage storage services in Kathmandu
- Appreciation Certificate after the successful trek
- Farewell dinner at the end of the trek

Excludes

- International and Domestic
- Nepal visa fees

- Extra night accommodation in Kathmandu due to early arrival or late departure, or early return from the trek.

- Travel insurance that covers emergency high-altitude rescue and evacuation (compulsory)
- Tips for staff (it is expected)
- Personal porter for trek

- Excess baggage charges (Limit is 9 kg per Person) on the trek
- Personal clothing and gear and Personal expenses: shopping, snacks, boiled water, drinks, hot shower, alcohol, Wi-Fi, calls, battery charging, extra porters, etc.
- All other costs and expenses not listed in “including”

Group Discounts Available

No. of Persons	Price per Person
2 - 2	USD 1,492
3 - 3	USD 1,419
4 - 6	USD 1,383
7 - 12	USD 1,336
13 - 20	USD 1,317

Annapurna Base Camp Yoga Trek FAQ's

How challenging is the Annapurna Base Camp yoga trek?

The Annapurna Base Camp yoga trek is **moderately complex**. You won't have to face too many challenges along the trails during this journey. Unlike the typical ABC trek, you will rest in between the treks daily, either meditating or practicing yoga. This will rejuvenate your body and mind even when you're trekking.

How is the Annapurna Base Camp Yoga Trek different from the Annapurna Base Camp Trek?

You will **connect better with nature and yourself during the Annapurna Base Camp Yoga Trek**. While the standard ABC trek only focuses on physical challenges, you will not only keep yourself focused on physically and mentally winning over each challenge, but also take care of your physical and mental self in the yoga trek.

Can you sleep at Annapurna Base Camp during the yoga trek?

Yes, you can sleep at Annapurna Base Camp during the yoga trek. You can use simple mattresses made of foam along with cozy dining halls. If you're staying in a comfortable lodge or a teahouse, you can expect basic facilities like a table, a trash can, and two or more beds.

Is the ABC yoga trek suitable for beginners?

Yes, the yoga trek is suitable for beginners. You will be amazed at the many amazing aspects you can explore, even as a first time trekker, during the Annapurna Base Camp yoga trek. This trek has more to offer than a typical ABC trek.

Do I need permits for the yoga trek to the Annapurna Base Camp?

Yes, you need a permit for your ABC yoga trek called the **Annapurna Conservation Area Permit (ACAP)**. *In the past, you would have needed a Trekkers' Information Management System (TIMS) Card, but it's not a necessity now.* Furthermore, an ACAP is a mandatory permit for every trekker. This permit aims to ensure the trekker's safety while also supporting environmental conservation. Trekkers will also be supporting the trekking infrastructure when they get this permit. Here's all you need to know about ACAP:

Annapurna Conservation Area Permit (ACAP)

The Annapurna Conservation Area, which is Nepal's biggest conserved area, requires you to carry a permit called the Annapurna Conservation Area Permit to enter. The income that is raised from this permit is used for the development of infrastructure in the Annapurna region, reconstruction of the trails as and when needed, and overall development of the community. You need to **pay NPR. 3000** as foreign nationals for this permit. You can also get it at the Nepal Tourism Board office in either Kathmandu or Pokhara.

Daily Yoga Meditation Routine on the ABC Trail

The following is how your daily yoga meditation routine on the ABC journey is going to be during your Annapurna Base Camp Yoga Trek:

- **Early morning yoga and meditation:** The first thing you do each day during the ABC trail is practice early morning yoga with meditation. Your yoga session will start at 6 a.m. You will focus on your breathwork, guided by a licensed yoga trainer, and practice practical and energizing hatha yoga.
- **Trek:** Secondly, you will begin your trek. The journey will begin after you have your breakfast post yoga session. Your trekking trip will last for some hours during the day. You will traverse through Himalayan scenery, refreshing lush forests, wildlife, and local habitats.
- **Evening yoga session:** By 6 p.m, the trekkers will begin their evening yoga session. This session will focus on restorative yoga, which will help you relax and ease your muscles after each hectic trekking day. With the company of your trekking group members, you can also engage in spiritual discussions to enhance the experience.

Types of Yoga Practiced throughout the Annapurna Base Camp trek

The types of yoga practiced throughout the Annapurna Base Camp trek are:

Hatha Yoga

Hatha Yoga is a type of yoga that **focuses on holding postures while improving breathwork**. This yoga is suitable for better flexibility and strength of the body. And if you're wondering whether you can try this yoga pose as a beginner level yoga practitioner, you most definitely can! Such yoga poses include breathing activities, standing on one's hands, or standing upright, resting on one's back and shoulders, etc. Hatha Yoga is considered for warmups before practicing other yoga. Additionally, it helps improve your activity as a trekker.

Vinyasa Flow

Vinyasa flow refers to a yoga style where you flow from one pose to another consecutively. This type of yoga **helps improve mobility and flexibility**. Since you will have experienced moving your body in exceptional, yet simple ways with the help of Vinyasa flow, you may also find trekking easier than you would if yoga is not practiced. Needless to say, it also makes the blood flow in your body better than before, while also improving your body's balance, strength, and coordination.

Yin Yoga

Worried about facing muscle weakness or bodily stiffness during the Annapurna Base Camp Yoga trek? Yin Yoga will help you overcome that worry and practically so. While practicing this yoga pose, you will stretch your body and stay as you are for a long time. This will **ease your muscles and reduce tension**. When you are trekking, it is possible that you don't even recognize certain rigidity in your body which may cause problems along the way. Yin Yoga helps avoid or cure such problems.

Pranayama

Pranayama is considered one of the most effective yoga poses for the Annapurna Base Camp Yoga trek, for all the good reasons. This yoga style will make you conscious of your breathing levels. When you are trekking in a high altitude region, you often don't recognize your breathing patterns. The altitude also makes it tough for you to breathe comfortably. When you practice Pranayama in the morning time before your trek starts and in the evening after the day's trek ends, you can **better adjust your body to the changing elevation**.

Meditation

Meditation is meant to keep you **mentally and physically at peace**. Unlike yoga poses, you don't have to move your body in any way. In fact, you need to stay still in a single place while closing your eyes. When you meditate with folded legs and a relaxed body, you will feel fresh air hit your face, breeze move against your body, and hear sounds in your environment. You can even visualize your surroundings according to what you're hearing. It helps you improve your focus and clear your mind. Trekkers who may face nausea and headaches will also benefit from a good meditation session.

Mindfulness

Annapurna Base Camp Yoga Trek will also help you become more mindful. You will be conscious when you're practicing small activities like walking, eating, or even talking to your trekking partners. A trekker who has not practiced yoga and meditation will not be as mindful as someone who has. Going on this yoga trek will let you relax in all ways. You can **reflect on everything you do and also appreciate every little thing that comes your way during the journey**.

Address

Address:

Galkopakha Marg - Kathmandu - Nepal