



"This Yoga Trek is one of the most amazing things I have ever done" - Esther

Hello 😊

Thanks for expressing an interest in our Himalayan Yoga Trek 2019 (15th -21st November). We are so excited to make this offering to you. Nepal occupies a very special place in all of our hearts, and it is always such a delight to share it with new people. We feel that the combination of trekking and yoga suit each other down to the ground and make for an unforgettable experience.

There's quite a lot of information in the coming pages, but we ask that you make yourselves a cup of tea and take 5 minutes to read through it all thoroughly so that you get a good idea of what to expect.

Feel free to get in touch with any questions, big or small.

Booking information is right at the end of this document.

Love, Jasmine and Hal (Stretch and the City Yoga)
And Jitendra and his team (Mission Eco Trek)

About the trip:

The Himalayan Yoga Trek is an adventure of a lifetime that combines the two pursuits of trekking and yoga.

Together, we explore pristine rural Nepal on foot, witnessing the majesty of the iconic Himalaya Mountains, staying in rustic home stays with local families, learning about regional customs and trying delicious Nepali food, bathing in hot springs, and practicing yoga and meditation daily in stunning surroundings.

The result is an experience never to forget. You'll leave with a clearer calmer mind, a stronger healthier body, life enriching memories, and an uplifted heart and soul.

“If you want enjoy hiking and yoga this is the trip for you. Jasmine and the team were amazing and Jasmine really helped me explore further with my yoga. I'd definitely do another one. Nepal is incredible. Everyone must visit” – Skye

The Trekking

We will be trekking in the Annapurna region, beginning and ending in Pokhara.

The rough itinerary is below, although actual trekking routes may vary a little. The maximum elevation we will reach is 3000 meters.

The weather in November usually consists of bright, warm, sunny days, and cold, clear nights. Rainfall is rare but not unheard of, and the landscape is lush and green with vibrant rice paddies. It will be warm while walking in the sun, but chilly in the shade.

The difficulty level is officially classed at “moderate” in that it requires no previous experience or specialist mountaineering equipment. We will be walking on paths, and won't be doing any mountaineering/rock climbing etc. We also stay below the snowline, so no need for crampons etc. This doesn't mean that it's a stroll in the park though. There are some challenging moments during the trek, but we are yet to meet someone who can't do it. Many people worry about their fitness levels, but in all honesty, as long as you have a good level of mobility, you will be fine. We have had a HUGE diversity of ages and fitness levels take part in the trek, and they have all loved it.

We are a supportive team who fully advocate taking things at your own pace, and there are enough staff to ensure that no one is left behind or feels as though they are being held up if they prefer to walk faster.

If you are at all unsure, and would like to book in for a free 15 minute chat (no strings) to settle any worries or queries then send us a quick email hello@stretchandthecity.co.uk and we can arrange to talk on Skype or Whatsapp.

Rough Itinerary

Nov 15th: Meet at hotel in Pokhara in the afternoon for a welcome meeting, first yoga session, and welcome dinner. Overnight stay in our hotel (name tbc) ready to set off early the next morning.

Nov 16th: Pokhara to Ghattichina by bus or jeep (2hrs), then trek to Panchase Bhanjyang (4/5hrs walk)

Nov 17th: Panchase Bhanjyang to Bhadaure via Panchase Hill (3000m) (4/5hrs walk)

Nov 18th: Bhadaure to Australian Camp (1900m). (4/5hrs walk)

Nov 19th: Australian Camp to TBC (3/4hrs walk)

Nov 20th : TBC to Jhinu (1736m) (3/4hrs walk)

Nov 21st: Jhinu to Siwai by foot (4hrs walk) and then a jeep back to Pokhara (2hrs). Last yoga session and goodbye meal in Pokhara. Accommodation is

included for this night in the same hotel as the beginning of the trek, but participants are also free to leave if they have other plans as the goodbye meal marks the end of the trip.

“I had wanted to visit Nepal for the longest time. Being able to travel there in a group with Jasmine, who knows all about the country was the perfect opportunity to visit. Trekking was so incredibly beautiful, one of the best things I have ever done. The yoga was such a brilliant addition and stopped any aches and pains, helping me feel much more in tune with myself. Jasmine and Hal took perfect care of us all so we could just enjoy the experience. Thank you guys, I would recommend this trip to everyone.”– Lucy

The Yoga

Jasmine is a fully qualified and insured teacher who is passionate about sharing the gifts of yoga with others. She has led many international retreats, plus yearly offerings in the UK which she calls home for the majority of the year.

Her other home is Nepal, where she spends at least a few months a year. The yoga trek was born through her love of yoga accompanying her into the mountains on the many treks she has completed. She found that the two pursuits suited each other down to the ground and feels lucky to be able to share this with others on the Himalayan Yoga Trek.

The sessions will be designed to connect us more fully to ourselves, and enhance our journey through the landscape both physically and mentally. Wherever possible they will take place outdoors in nature (weather permitting), often with the incomparable back drop of panoramic snow mountains.

We will practice asana (postures), meditation, and pranayama (yogic breathing exercises) daily as well as exploring themes from the yogic philosophical works.

Beginners are welcome! But please let us know so that we can prepare for you adequately.

“It was my second yoga trek with Jasmine and Jitendra. And it was even better than the first one. Jasmine provides the best yoga sessions twice a day Nepal is just heaven on earth and you must visit it! Walking with the Himalayas in the background is just an experience of a lifetime! I would definitely do it a third time if I got the chance!”– Cat

The Facilities

We begin and end our trip in a lovely hotel in Pokhara, with all home comforts available.

As we head out into the mountains we will spend the night in a different “Tea House” lodge each night. You will get tremendous views, experience village life, and see parts of Nepal that not many people see.

The flip side of this is that amenities are modest. We do everything we can to make sure people are comfortable, but please be prepared for the realities of trekking in the mountains. There may not always be hot running water as much of it is solar powered (but hot buckets are normally available), there may be frequent power cuts (but we have candles), the accommodation is comfortable but generally an extension of family homes, so again- basic!

This may sound daunting to some of you, but we believe it is part of what makes this trip so special. Getting back to basics, enjoying the scenery, and experiencing life from a different perspective. Last year, everyone was having too much of a good time to miss any of their home comforts.

Again, if you're at all unsure, why not book in for a free 15 minute consultation call where we can go over any anxieties and see if you are a suitable candidate for the trek. Send us a quick email hello@stretchandthecity.co.uk and we can arrange to talk on Skype or Whatsapp.

“I loved this trek in every way. It was very special. The morning and evening yoga meant my body was in good shape for the walking. I loved being able to stop and look and really take in the mountains, the rivers, the countryside. All details were anticipated and worked out so I felt very safe and cared for. It was a reflective and joyful experience for me.” – Sarah Jane

What exactly is included in the price? (£750)

The trip officially starts at the welcome meeting on the afternoon of November 15th, and ends at the goodbye meal on the eve of November 21st. During this period, all of the below is included:

- Transport
- 3 meals a day
- Accommodation for each night of the trek in basic twin or triple rooms (single room occupancy may be available with prior notice and subject to a supplementary fee)
- Healthy snacks such as fruit and nuts to have along the way
- All yoga/meditation/pranayama classes
- A highly experienced team of fairly paid Nepali guides and porters. Our guide speaks fluent English, and our porters are there to make us laugh, beat us at card games, and to carry your bags (12kg limit per person – pack light)

Plus the following

- All trekking permits, conservation fees, and other paperwork necessary for trekking in Nepal (TIMS, ACAP)
- Accommodation in a nice hotel and welcome meal in Pokhara the night before the trek (15th Nov), and accommodation and farewell dinner in Pokhara on the last night (21st Nov)

- Storage of extra luggage in Pokhara
- All government and local taxes.
- Goody bag

So what's not included?

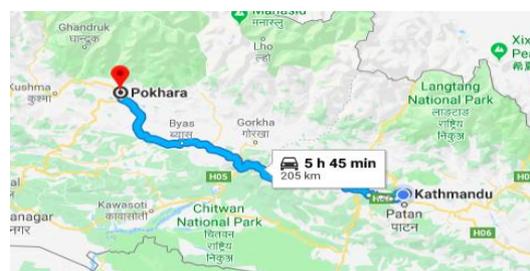
- Airfare from and to Nepal (flights can be purchased for as little as £400 if booked early)
- Nepal visa fee (Visa on arrival, roughly £1 per day)
- Transport from Kathmandu to Pokhara/Pokhara to Kathmandu (unless purchased as an optional extra)
- Accommodation in Kathmandu before or after the trek
- All beverages except breakfast tea/coffee (Mineral water, filtered water, soft drinks, hard drinks, tea, coffee)
- Personal travel expenses and trekking gear (Down jackets and sleeping bags can be hired at very reasonable prices in Kathmandu. Please let us know on your application form if would like to hire either of these)
- Personal travel and health insurance/Emergency evacuation or medical fees (please ensure that you have adequate travel insurance that covers you for trekking/hiking up to 3000 meters. This is a prerequisite for attending the trip. We like <https://bigcattravelinsurance.com/>)
- Personal expenses (laundry, phone bills, souvenirs)
- Yoga mat (we ask that people bring their own for hygiene reasons)

Optional Extras

- Day sightseeing in Kathmandu before or after the trek. (Prices from £45 including all entrance fees to attractions, private car, driver, guide, lunch)

Getting There and Away

All international flights will arrive and depart Nepal at the Tribhuvan International Airport, in Kathmandu. Participants are responsible for making their own way to our group hotel in Pokhara ready for the welcome meeting on the afternoon of the 15th Nov.



There are three ways to do this:

1. Take the tourist bus. This leaves early in the morning from Thamel (the tourist centre of Kathmandu), costs roughly £10, and the journey takes between 6 and 10 hours depending on the roads. (We know that's a huge variable in the estimation, but that's the nature of road travel in Nepal.) The buses are comfortable and will stop for lunch and toilet breaks
2. Hire a private car/jeep

- a. Car £100 each way (for up to 4 people)
 - b. Jeep £130 each way (for up to 6 people)
3. Take a flight from Kathmandu to Pokhara. Takes 25 minutes, and prices are usually between £150-£200 return. Please note that it's not unusual for these flights to be delayed.

Although we are unable to accompany you on your journey from Kathmandu to Pokhara and back, (the team will be in Pokhara already preparing for your arrival), we CAN help with booking tickets and giving detailed instructions of how to make the journey. Just let us know which option you plan to take and we can take it from there.

If you would like to discuss travel logistics further, then please book in for a free 15 min call by emailing hello@stretchandthecity.co.uk and we can arrange to talk on Skype or Whatsapp.

To Book

N.B We have a maximum of 10 places and at the time of writing, 6 of these are already spoken for.

If you feel called to join us then please first read the t&c's on the next page and then go to <https://goo.gl/forms/w918Q5DLGj5qZkcv2> to fill out the application form. On receipt of your application, we will get in touch to answer any of your questions and provide the payment details for the deposit. Please note that to secure your space a non-refundable deposit of £200 is required.

Can't wait to welcome you to this magical land

Jasmine and the rest of the Yoga Trek team xXx

Terms and Conditions

1. **Contract:** No contract shall exist between the client or persons on whose behalf the booking form is made and Stretch and the City Yoga/Jasmine

Pradhan/Mission Eco Trek until a booking form has been received and the minimum deposit of £200 paid. All clients are subject to these conditions whether they have signed the booking form or not. We reserve the right to refuse bookings at our discretion. **2. Payments:** The balance of monies after the initial deposit should be paid no later than 8 calendar weeks before the start date. Deposits are non-refundable. **3. Alterations to your holiday by us:** It is unlikely that we will have to make any changes to your holiday, but occasionally changes may have to be made and we reserve the right to do so. Changes can include route alteration, teacher, and activities (this is not an exhaustive list). If we do have to amend your holiday this will be due to circumstances beyond our control and we will advise you at the earliest possible date. If you decide to cancel your booking after this point the cancellation fees in section four will apply. **4. Cancellation of holiday:** We reserve the right in any circumstances to cancel your holiday or retreat for reasons of 'force majeure' which include: war, political unrest, strikes, acts of god, epidemics, natural and technical disasters, closure of ports and aircraft or unless the clients default the payment of balance of the holiday price. In circumstances where we are unable to provide the holiday you have booked we will return to you all monies paid, or offer you an alternative retreat of similar value. In the event of cancellation by the customer the following refund fees, minus the deposit apply. The deposit is non-refundable:

- Cancellation 6 weeks or less before arrival date. 25% refund.
- Cancellation 6-8 weeks before arrival date. 50% refund.
- Cancellation 8-10 weeks before arrival date. 75% refund.
- Cancellation 10 weeks or more before arrival date. 100% refund.

5. Health Requirements: You are required to confer with your GP prior to the trip and starting any new activity. You are also required to inform us of any medical conditions. **6. Visa, Passport, Baggage:** Clients are responsible at all times for their own documents and baggage. Whether hired or not. **7. General:** The trip begins and ends as stated in your brochure. We are not responsible for your travel to or from this point, or responsible for any expenses, including loss of earnings, accommodation and subsistence caused by delayed return to your departure point caused by any means. We will endeavour at all times to run to schedule but there may be unavoidable delays that are out of our control such as bad weather, road closures and strikes. We will not be liable for any loss or damage arising from delays whatever the cause. **8. Liability:** We cannot be held responsible for any illness or injury, loss or damage of property, obligations derived from travel arrangements, or disruption of programme due to factors beyond our control. **9. Lost and Stolen Property:** All attendees should ensure their possessions are covered by travel insurance. We cannot accept any liability for lost, stolen, or damaged property. **10. Website:** All the information on the website aims to be accurate and correct at all times