

yoga & trek india with jan green and mary moody



trip highlights

Daily yoga practice amongst the backdrop of the stunning Himalaya

Famous hill stations and tea plantations of Darjeeling

Yoga at Dali Monastery

Trekking beneath some of the most beautiful peaks in the Himalaya

Trip escorted by Jan Green and Mary Moody



Trip Duration	13 days
Grade	Introductory level
Activities	Trekking, Yoga, Adventure Touring
Accommodation	13 day trip, Daily yoga practice, 5 day trek, 4 nights camping, 7 nights hotels

welcome to World Expeditions

Thank you for your interest in our Yoga and Trek India with Jan Green and Mary Moody.. At World Expeditions we are passionate about our off the beaten track experiences as they provide our travellers with the thrill of coming face to face with untouched cultures as well as wilderness regions of great natural beauty. We are committed to ensuring that our unique itineraries are well researched, affordable and tailored for the enjoyment of small groups or individuals - philosophies that have been at our core since 1975 when we began operating adventure holidays. Our itineraries will give you the very best travel experience, designed by people with incredible local knowledge who share our vision of authentic exchange and real exploration with a responsible tourism approach. Whether you like your adventures to include trekking, touring, cycling, mountaineering, kayaking or cruising World Expeditions can make it happen for you. We hope you will join us for a life changing experience!!

why travel with World Expeditions?

When planning travel to a remote and challenging destination, many factors need to be considered. World Expeditions has been pioneering trips to the Himalaya since 1975. Our extra attention to detail and seamless operations on the ground ensure that you will have a memorable experience in the Indian Sub-continent. Every trip is accompanied by an experienced local leader, as well as support staff that share a passion for the region, and a desire to share it with you. We take every precaution to ensure smooth logistics, with private vehicles throughout your trip. We use comfortable 3 to 4 star accommodation in hotels hand-picked for their local character and charm. In most cases, all internal transport, entrance fees, national park fees and transfers are included in the cost of your trip.

Most importantly, our adventures always aim to benefit the local people we interact with, safeguard the ecosystems we explore and contribute to the sustainability of travel in the regions we experience.

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World Expeditions does not require single travellers pay a surcharge for travelling alone. We will arrange for you to share accommodation with another traveller of the same gender and if we can not match you up we will provide a single room at no extra charge. If you prefer not to share a single supplement is payable to guarantee your own room. The cost of the single supplement is listed above.

Trip costs are based on a minimum of 10 people in twin share accommodation

Flights are based on SQ Low Season 'Q' class airfare, subject to availability at the time of booking. If we are not able to book your seat in the above class, a higher class may be booked and a surcharge may be applied

the trip

On this exclusive tour you will have the opportunity to discover the beauty and diversity of Indian culture, to practice yoga in the renowned hill station of Darjeeling and to trek in the mountains and appreciate village life and the beauty of the flora and landscape. We spend time exploring the monasteries in and around Darjeeling, allowing plenty of time each day for yoga practice. Our introductory trek follows trails through magnificent rhododendron forest (in full bloom in May) to verdant yak grazing pastures where we camp beneath the magnificent backdrop of Kangchenjunga. We hope you can join Jan and Mary on this wonderful journey.

at a glance

DAY 1	DEPART SYDNEY/ARRIVE KOLKATA
DAY 2	FLY BHADRAPUR, DRIVE TO DARJEELING
DAY 3	IN DARJEELING
DAY 4	IN DARJEELING - YOGA AND MONASTERIES
DAY 5	IN DARJEELING - YOGA AND MONASTERIES
DAY 6	DARJEELING TO MANA BHANJANG (2480M)
DAY 7	CHITRAY TO KALI POKHARI (3100M) 4 TO 5 HOURS WALK
DAY 8	KALI POKHARI TO SANDAKPHU (3620M) 3 TO 4 HOURS WALK
DAY 9	SANDAKPHU TO FOREST CAMP (2800M) 6 HOURS WALK
DAY 10	FOREST CAMP TO RIMBIK (2280M) 3 HOURS WALK AND 6 HOURS DRIVE
DAY 11	IN DARJEELING
DAY 12	DRIVE TO BAGDOGRA AND FLY TO KOLKATA. ONWARD CONNECTING FLIGHT TO SYDNEY
DAY 13	ARRIVE SYDNEY

what's included

- Return economy flights from Sydney to Kolkata with Singapore Airlines (including taxes)
- 11 breakfasts, 10 lunches and 10 dinners
- internal flight Kolkata/Bagdogra/Kolkata
- airport transfers on Day 1 and Day 12
- expert bilingual guide
- group medical kit
- good quality accommodation in Darjeeling
- trek pack including sleeping bag, down or fibre filled jacket and insulated mat
- all group camping equipment
- private transportation
- all park entrance fees and trekking permits
- sightseeing and site entry fees as listed

No local payments policy: Local cash payments are becoming increasingly popular with many operators. The policy seems to benefit the tour operators, more than the local economies or travellers, as it avoids local taxes and transfers the cost and risk of cash handling to travellers. In accordance with our Responsible Travel practices.

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detailed itinerary

DAY 1 Depart Sydney/Arrive Kolkata

You will depart Sydney on SQ XX and arrive into Kolkata at XX. On arrival you will be met and transferred to the Hotel Lytton for overnight.

meals: NIL

DAY 2 Fly Bhadrapur, drive to Darjeeling

This morning you will have an early transfer to the airport for the short flight to Bhadrapur. On arrival we will meet our Indian guide and then transfer to our chartered bus for the drive to Darjeeling. As the road climbs up to Darjeeling we gain impressive views back down to the Indian plains. On arrival in Darjeeling we savour the cool mountain air and our first glimpse of the snow capped Himalaya. You will also be given a trip and trek briefing where arrangements will also be made for the distribution of your kit bag, sleeping bag and down/fibrefill jacket.

meals: B,L,D

DAY 3 In Darjeeling

Darjeeling is set on the top of a wooded ridge commanding views both to the plains and to the high mountains including Kangchenjunga. During the day we will organise sightseeing to the Tibetan Refugee Centre and also to the Himalayan Mountaineering Institute. We also visit one of the famous tea plantations that were established in the middle of last century. Later we explore the local bazaars and appreciate the rich variety of peoples including Sherpas, Tibetans and Bengalis who have made Darjeeling their home. A visit to the Tea Planters Club is also recommended, for it was here that the British inter-war expeditions stayed before assembling their Sherpa crews that would accompany them on the long march through Sikkim and across Tibet to the base of Everest. Overnight Cedar Inn.

meals: B,L,D

DAY 4 In Darjeeling - Yoga and Monasteries

Visiting Monasteries

meals: B,L,D

DAY 5 In Darjeeling - Yoga and Monasteries

Morning yoga session at Dali Monastery with the afternoon free for your own exploration. Overnight at Cedar Inn, Darjeeling

meals: B,L,D

DAY 6 Darjeeling to Mana Bhanjang (2480m)

From Darjeeling we drive for 3 hours to Mana Bhanjang, a bustling village located on a ridge that defines the border between India and Nepal. After completing registration formalities we continue and either trek or drive the short distance to Chitray and camp in the vicinity of the Buddhist monastery

meals: B,L,D

DAY 7 Chitray to Kali Pokhari (3100m) 4 to 5 hours walk

We ascend a well-defined trail that follows the ridgeline through essentially Nepalese villages and checkpoints that monitor trade across the border between India and Nepal. Panoramic views of the East Himalaya as we ascend through rhododendron and oak forest to the settlement of Kali Pokhari

meals: B,L,D

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fast facts

Countries Visited:

India

Visas:

Yes*

Vaccinations:

Please consult a travel vaccination specialist for up to date information

Private Groups:

Private group options are not available for this trip

Singles:

A single supplement is available for this trip*

Leader:

Western Escort & local leaders in country

Brochure Reference:

Active Adventures

responsible travel

The environments we travel through are fragile. It is our responsibility as visitors to minimise the impact of our presence. World Expeditions were the proud recipients of the inaugural Australian National Travel Industry's Environmental Achievement award for our Responsible Travel Guidebook. This detailed guide to responsible & sustainable travel is provided to all World Expeditions clients before they travel. Please ask your consultant if you have not received your copy of our award winning book. Alternatively, you may like to download a copy from our website www.worldexpeditions.com

DAY 8 Kali Pokhari to Sandakphu (3620m) 3 to 4 hours walk

Beyond Kali Pokhari the trail winds along the crest of the ridge with views that stretch deep into eastern Nepal to reach the substantial village of Bikhay Bhanjang. From Bikhay the trail is steeper following a trail through silver fir forest to the ridge top meadows of Sandakphu. From camp we savour magnificent views of Kangchenjunga and the entire east Himalaya as far as Everest (that can be viewed at sunset from a vantage point above Sandakphu)

meals: B,L,D

DAY 9 Sandakphu to forest camp (2800m) 6 hours walk

From Sandakphu we head back down to Bikhay before diverting north along a forest trail that slowly descends along a forested ridge top with further views of the snow capped Himalaya. The trail then descends, steeply in places, through conifer, rhododendron and mixed oak forest to a small sacred lake complete with prayer flags and stone engravings. We camp just below the lake in a secluded forest glade.

meals: B,L,D

DAY 10 Forest camp to Rimbik (2280m) 3 hours walk and 6 hours drive

An early start is imperative to ensure we are back in Darjeeling back late afternoon. We descend through the forest to the outlying fields above Rimbik. After a short break at Rimbik we board our bus for the drive via Mana Bhanjang and onto Darjeeling

meals: B,L,D

DAY 11 In Darjeeling

Today is at leisure in Darjeeling to explore the markets, practice yoga or do some last minute shopping.

meals: B,L,D

DAY 12 Drive to Bagdogra and fly to Kolkata. Onward connecting flight to Sydney

This morning we drive 4 hours to Bagdogra airport to catch flight to Kolkata and onward flight to Sydney.

meals: B,L,D

DAY 13 Arrive Sydney

meals: B,L,D

This itinerary is subject to change with any change in Community regulations as well as Governmental changes and natural circumstances beyond our control.

suggested extensions

- Kathmandu to Delhi
- Bhutan Retreat

country information

India has fascinated travellers for thousands of years. It's exotic, romantic and geographically diverse – from the Himalayan mountains and wide deserts in the north to lush rainforests and sandy beaches in the south. Its people (now numbering over a billion) are predominantly Hindu although the Islamic culture also integral to the Indian culture. Some of the most impressive temples have been built by the smaller Jain and Buddhist communities. Although more than a thousand languages are spoken, English is the second language and is widely taught in Indian schools.

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trip grading

Introductory adventures are designed with the first time adventurer in mind. They are challenging enough to make it a real adventure holiday, however the daily physical exercise is limited to around six hours and altitudes generally less than 4000m. Introductory adventures are not necessarily easy. There will be long steep uphill treks and some rough ground to traverse. Remember trekking rarely involves flat terrain. Two to three months prior to departure you should spend thirty minutes to one hour exercising, three or four times per week eg. Hard walking, jogging or cycling. To prepare for a walking holiday we recommend you take every opportunity to walk up and down stairs and/or hills, for leg strengthening and aerobic fitness. Please remember the fitter you are the more you will enjoy your holiday.

adventure travel

By its very nature adventure travel involves an element of the unexpected. In remote and developing countries do not expect standards you are used to at home. Remote areas are sometimes unpredictable and itineraries may be altered. To get the most out of your adventure it is important that you are flexible, positive and eager to take on all the challenges that arise. If you are uncertain about your suitability for this trip we recommend that you speak with your consultant of travel agent.

important note

These trip notes represent the most current information for this itinerary, and may supersede any information in the current brochure, including but not limited to the itinerary and price.

climate

India and is subject to the defining influence of the Indian monsoon from late May to mid-September. The ideal time to visit is either pre-monsoon, from mid-March until the end of May; or post-monsoon, from October to mid-November, when the weather tends to be relatively cool and dry. Temperatures can vary considerably depending on your elevation but as a guideline, temperatures in April/May and October range from around 5C to around 25C.

a typical day

Each morning, you will meet for breakfast and a briefing on the day's events. After a wholesome breakfast, we are usually on the road by around 8.30 – 9.00 am. Because this is a touring trip, distances covered are less important than what is seen along the way. When there is free time, you can wander at leisure before meeting the group (or not) for dinner. Much of the enjoyment of an expedition is in the journey itself.

meals during the trek

We provide a full service while on trek. An important aspect of this service are the meals that are prepared for you and we are frequently complimented by returning travellers about the food provided. Ensuring that you stay healthy is one of our highest priorities. Therefore, each of our treks is accompanied by a trained cook as well as kitchen staff who provide you with three hearty meals each day. High levels of hygiene are engaged to ensure that our travellers stay healthy and fit. Our cooking staff has mastered the preparation of a varied and balanced menu and there is always plenty of food for those who may like seconds. Our cooks are trained to provide excellent food for vegetarians and anyone who has a limited diet including those who are lactose or gluten intolerant. Our meal inclusion on your trek is for your benefit and takes all the hassle, expense and worry out of your holiday. Typically, you can expect breakfast to consist of muesli or cereal, eggs, local breads and pancakes and hot drinks. Lunch will generally be vegetables, salads, bread, cheese pasta style dishes, tinned fish and meats and are normally eaten picnic style. Dinner is always three courses and includes soup, seasonal vegetables, meat, rice or pasta and bread with some local specialties also in the mix. Dessert is always served after the main meal each evening followed by hot beverages.

what you carry

In your daypack you will need to carry extra warm clothing (depending on the altitude, location and weather), a rainjacket, water bottle, film and camera gear, valuables and personal items such as sunscreen, lip-eze etc. Porters and mules carry all group gear and your trek pack.

equipment required

Specialist gear required include walking boots and day pack (a comprehensive gear list is provided in the pre-departure information provided on booking).

acute mountain sickness

When we ascend above 2500 meters our bodies have to acclimatise to the decreasing amount of the oxygen available. To allow our bodies to adjust World Expeditions has structured its treks so that you ascend slowly, allowing acclimatisation to occur. However, during the acclimatisation process, you may experience some of the following symptoms.

- Headache
- Tiredness
- Disturbed sleep
- Loss of appetite/nausea

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- Shortness of breath
- Cough
- Palpitation
- Swelling of the hands and face

Individuals acclimatise at different rates. Your best strategy is to take your time and drink plenty of water. These symptoms may not indicate the onset of A.M.S. and if you experience them it does not necessarily mean that you should not continue. All World Expeditions group leaders have extensive first aid training and we urge you to communicate with the group leader at all times should you believe you have any symptoms in order that we can effectively monitor your symptoms. The only cure for Acute Mountain Sickness is to descend.

Please note that your group leader has ultimate responsibility and may ask you to descend if symptoms persist.

special visa requirements

You will require a visa for India. Please follow the relevant information sent to you with the visa application form.

what's not included

- Bottled water, aerated and alcoholic drinks
- Items of a personal nature such as phone calls, laundry, etc.
- Tips
- Airport and departure taxes
- Travel Insurance

info nights

World Expeditions invites you to attend our inspiring adventure travel slide shows. These special evenings are designed to inform and entertain and are hosted by our most experienced and passionate adventure travellers and mountaineers. Ask our staff for a slide show schedule or register on our website - www.worldexpeditions.com. Shows can fill early so it is important to register your attendance so we know to save a seat, or two!

subscribe to our e-newsletter

Subscribe to our e-newsletter! To keep up to date with our new and exciting adventure opportunities, special promotions and adventure news, subscribe to our monthly newsletter! You can do this online through our website, www.worldexpeditions.com or contact our office.

trip availability

If this trip seems right for you then we encourage you to call us now to check availability as we operate strictly small group adventures. Many of our adventures require us to secure services on your behalf; such as permits, hotels and flights to name but a few. The demand for these services is increasing each year making it difficult to join a trip last minute. To ensure we can assist you onto your adventure of a lifetime we ask that you check your trip availability with our team at your earliest convenience.

how to book

To book a World Expeditions trip, you will need to complete a booking form which is found at the back of our brochure and send by post or fax to:

World Expeditions
Level 5, 71 York St



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