

www.ajantavoyages.com  
info@ajantavoyages.com  
Tel: (977) 1 44 11 504



Voyages à thème  
en Himalaya

## NEPAL :

### TAICHI IN THE HEART OF ANNAPURNAS

*Trekking & Taichi*

*12 days – 6 days of trek*



### STRONG POINTS

- Introduction of Tai Chi Chuan and Chiquong under direction of a qualified master.
  - Practice Tai Chi in an exceptional environment
- Easy trek to the foot of Annapurnas and Macchapuchare
  - Mountain flight between Pokhara and Kathmandu
  - Visit the main cultural sites of Kathmandu valley

## 1 - ITINERARY

### Taïchi in the heart of Annapurnas

A short & easy trek - 6 days - to learn the basic techniques of Taichi Chuan and Chiquong while trekking to the heart of the Annapurnas range.

Taichi is practiced in China since millennium as a martial art, as a meditation form in movement and as a mean to develop the energy flow in the body. Its practice perfectly combines with walking.

- 1 Departure from Paris
- 2 Arrival in Kathmandu and transfer to Nagarkot (1:30 h - 2000 m) : introduction to the practice of Taichi with Macha Maharjan, recognized master and founder of Nepalese Taichi Chuan Federation.  
Night in Farm House in half-board.
- 3 Kathmandu  
In the morning, Taichi session then drive to Bhaktapur. After-noon visit the monasteries of Boudhanath and session of Taichi.  
Night in Sechen Guest House in half board.
- 4 Pokhara & Austalian Camp (1900 m - 1:30 h)  
In the morning, Taichi practice then drive to Pokhara (5/6h). In the end of the afternoon, climb to Australian Camp. Taichi session in an exception environment of snow peaks.  
Night in lodge in full board.
- 5 Australian Camp - Landrung (1600 m - 4/5 h)  
After our morning session of Taichi, trek to Landrung. Beautiful view of the Himalayan range.  
Night in lodge in full board.
- 6 Landrung - Gandrung (2200 m - 2:30 h)  
After our morning session, trek to the river then climb to the village of Gandrung, one of the most beautiful village of the region facing Annapurnas. Night in the lodge in Gandrung.
- 7 Gandrung - Deurali (3000 m - 6 h)  
Most difficult day of the trek (+1000 m) to reach Deurali, the highest point of our trek. Taichi session and night in lodge.
- 8 Deurali - Tirkhedhunga (1600 m - 5 h)  
In the morning, short climb to the viewpoint of Gurung hill (3150 m). Taichi in front of the Himalayan range then trek to Ulleri.  
Night in lodge.
- 9 Tirkhedhunga - Pokhara (3 h)  
In a few hours of easy walk (3 h) we reach the road and drive Pokhara. Taichi session by Fewa Lake then afternoon free in Pokhara.  
Night in hotel in full board.
- 10 Kathmandu  
In the morning, flight for Kathmandu (1 h). Afternoon, visit ancient city of Kathmandu and Swayambu Stuopa. Return to Guest House for our Taichi session. Night in Shechen Guest House in half board.
- 11 Kathmandu  
Morning: session of evaluation with the master of Taichi. Afternoon free & farewell diner. Night in the same hotel.
- 12 Departure for the next destination.

## 2 - PRACTICAL INFORMATIONS

\*/

Dates 07: \* from 10 to 27 April 07

\* from 13 to 24 November 07

Level of trek: easy to sustain

6 days of market, 4/5 h per day

Trekking :

A six days trek - maximum 4/6 h per day - without difficulties open to anyone. But to fully enjoy your trek, don't hesitate to do a bit of walking, jogging, cycling etc, some weeks before departure. Our trek is supervised by a local team of guide, cook and assistants. Nights in comfortable lodges, sometimes with a hot shower.

Taïchi:

Taichi is a martial arts that follows the Chinese principle of bipolarization of Yin and Yang. This is a refined martial art of self - defense but this is also a soft energetic gymnastic that aims to harmonize body and spirit and induce states of relaxation and meditation in movement. The practice of Taichi is situated in the opposition to what we generally conceive in the west by "physical exercise": its purpose is not competition or physical effort but a quest inner harmony between body and spirit in a holistic manner.

Two daily sessions of Taich and Chiquong in group constitute the thematic part of this trip. The practice of Taichi will be done under the direction of a master recognized by Nepal Taichi Chuan Federation. He will give the first teachings in Kathmandu and he will evaluate in the end of the trip. During the trekking part, one of his students will accompany us to direct the daily sessions. Sessions of about an hour, one in the morning before the breakfast, the other in the end of the afternoon : although these sessions are not compulsory, it is important that every participant be motivated and tries to participate in all sessions for the dynamic of the group. This initiation doesn't require any previous experience of Taichi or Chiquong. We will study together the form call "Yang 13" from the Shaolin School but the confirmed students also will be able to practice other forms under the direction of the master of Taichi.

Participants :

Small independent groups of 6 to 15 persons guided by a local french/english speaking guide and his team, drivers, cooks and sherpas.

Lodging:

In hotel with breakfast in Kathmandu (meals not included)

In lodges, comfortable local inns, in room of 2 persons in full board for the rest of the program.

Advised personal equipment:

T-Shirt and light pants or jogging and a pair of tennis shoes or slippers for Taichi. A sleeping bag and trekking shoes, light pants and shorts, pull or woolen sweater, windproof jacket, a raincoat, a swim suit, a cap or hat, a pair of gloves, a skin tight vest, muffler, sun protection cream, chip steak, sunglasses.

Toiletries, a metal water bottle (2 liters) or thermos, a torch light, some big plastic bags, a hold-all bag with zipper (wheels and suitcases are not practical to carry in trek) 15 kg maximum; some books and a notebook for those who wish, a Dictaphone may be an interesting accessory, and of course, something to drink from the duty free and some snacks for conviviality of the evenings.

**Budget:**

Besides the entrance fees for the sites, it is necessary to foresee a small budget for tips ( 2/3 €/day). It's not compulsory but it's an habitual practice in Nepal.

**Pharmacy:**

Your guide will carry a basic pharmacy for first aid but bring also your own medicines.

*Note: Your guide is neither a doctor nor a nurse even if he knows the medicines of the pharmacy, has been trained to use them and knows the basic knowledge of the first aid.*

**Nepalese visa:**

A visa for 30 days can be obtain at the Kathmandu airport: \$30 + 1 photo

**Appointment in Kathmandu:**

Those who wish can take their international tickets independently but they must imperatively be in Kathmandu on the morning of day 2.

**Insurance :**

You must imperatively be in possession of a cancellation - rescue insurance that you can purchase with the travel agencies who will issue your tickets or you can subscribe individually at the such as Europe Assistance, Helvia etc, or with your visa card but verify the conditions well.

### 3 - PRICE & CONDITIONS

Taichi in the heart of Annapurnas Ref : Aj NTAICHI 07

Price: 5 to 9 persons: € 864 /person

Price: 10 & + persons : € 726 /person

- Includes:
- Hotels in Kathmandu & Pokhara on half board.
  - Trek in full board with cooks and assistants.
  - Flight Pokhara/ Kathmandu
  - Taichi teacher
  - Guide/bilingual translator English/French

- Doesn't Includes:
- International flight for Kathmandu
  - Lunch and entrance fees in the sites in Kathmandu
  - Insurance, airport taxes, visas and tips.

Note :

- *Supplement for single room (except in trek): € 45*

- *Eventual extra night in Kathmandu before or after the program:  
25 Euros/person/night in B/B to be booked at the time of your inscription.*

Ajanta Voyages

The specialist of trekking in theme in Himalaya.

Program on measures for constituted groups in India, Tibet, Nepal and Bhutan

[www.ajantavoyages.com](http://www.ajantavoyages.com)

For all information, contact us: [info@ajantavoyages.com](mailto:info@ajantavoyages.com)

## AJANTA VOYAGES GENERAL CONDITIONS

### Itinerary & Price

Itinerary and price are communicated to you according to the information in our possession to the day of this contract, but changes may occur notably on the domestic flights. We will do our very best to keep you informed on these changes, so that they cause you the less possible disagreement possible.

### Insurance & Emergencies

You must purchase an insurance contract for tour cancellation & rescue. You should provides us a copy of your contract, passport and your contact no. with references, clearly mentioning the name, policy number and as well as the name of contact person at home in case of emergency.

### Cancellation Charge

Thanks for transferring the payment of your trip minimum 15 days before your departure. Please find below the conditions in case of cancellations:

- More than 15 days before the departure: no cancellation charge.
- 15 days or less before the departure: 30% of cancellation charge will be due.

I undersigned, Mr. Mrs. Miss: \_\_\_\_\_ declare of having read the general and special conditions of this trip. I am aware of the risks involved in this trip but I take the entire responsibility and I will not take for responsible either Ajanta Voyages, the guides or the local teams.

Place

Date

Signature:

*Please return this page duly filled to Ajanta by mail  
or by fax : (00 977) 1 44 12 33*