

Annapurna Circuit Yatra offered with the Alpina Trekking Company

We are excited about our very special pilgrimage to the Himalayan mountains in Nepal, trekking the renowned **Annapurna Circuit** from the **24 October to 15 November 2026**.

After reuniting with an old trekking buddy, Shepherd Wachtl, in the Austrian Alps last year, Ronny seized a wonderful opportunity, joined hands with Shepherd and the **Alpina trekking company**, and initiated this once in a lifetime pilgrimage to the Himalayas for Yatra Australia.

The Annapurna circuit is a true classic among high-altitude treks. We will experience the contrasts of Nepal - from rice fields in the subtropical jungle, mountain forests, around Buddhist stupas in traditional villages, to the harsh, desolate landscape of rocks and glaciers around Lake Tilicho and in the Thorung La saddle (5416m). With panoramas of some of the world's highest mountain peaks, Annapurna (8091m), Dhaulagiri (8167m) and Manaslu (8163m), trekking the Annapurna Circuit is an adventure to one of the most breathtaking mountain regions, accommodated in huts with the hospitality of the local people.

Our Guides, Ronny and Shepherd, have trekked extensively in the Indian Himalayas in the 90s, and Shepherd has been working for the adventure company 'Alpina' over the last 25 years. Shepherd, who will be our main guide, has hiked the Annapurna Circuit 19 times and has formed precious connections with the local villagers over the years. Ronny will assist Shepherd on the track and facilitate a modified yatra program, which will include regular meditations, yoga, dharma explorations and story-telling. Amalia is assisting with logistical support and administration of this expedition.

Our Journey will be conducted under the shelter of ethical guidelines that invite us to cultivate mindfulness, non-violence, generosity, kindness and renunciation. Part of our yatra program will be supported by noble silence. The Annapurna Yatra will be a meat, alcohol and drug free journey. The tour will be organised through the **ALPINA** adventure travel agency (*not Yatra Australia*), based in Brno, Czech Republic.

Price for the tour (23 days) is 1604 Euro ([Currency Converter](#)). This journey is strictly limited to 15 participants.

The price of the tour includes:

- accommodation in a hotel in Kathmandu (4x) and in Pokhara (2x) and in lodging on the trek (15x)
- local transport (buses, minibuses, jeeps, taxis to and from Kathmandu airport)

- trekking permit
- Czech guide (Shepherd)
- Completing the Pre-Arrival Visa Application
- electronic information materials
- travel agency insurance against bankruptcy

The price of the tour does not include:

- any food expenses (approx \$30-50AUD per day)
- flight tickets
- Nepalese visa 50 USD (processed on arrival)
- personal travel insurance
- any optional expenses: porter on the trek (approx. 480 USD + approx. 100 USD tip)
- possible entrances to monuments in Kathmandu (up to about 3000 NPR in total) and transport to them
- optional dana offering to Ronny for the Dharma teachings at the end

The tour cost needs to be transferred in Euro to Alpina directly.

The price is based on 15 paying participants and therefore requires all places to be filled, which allows us to offer the trip at this very reasonable cost.

Please be aware that once your place on the tour has been confirmed and paid for, the cost is non-refundable unless we find a suitable replacement. If you need to cancel due to unforeseen circumstances we will do our best to replace your spot so that your funds can be returned. It will be possible to register replacement participants with Alpina up until the **14 September 2026** (6 weeks before departure). No replacements or refunds can be made after this date.

Please note that this journey is a guided trek in the Himalayas and not a traditional yatra supported by vehicles. Anyone with experience in multi-day mountain crossings and good physical condition

can undertake this trek. The daily length of the trek ranges from 10-20 km, 5-8 hours (with breaks) with an elevation gain of 400-900 m uphill when climbing through the valley, 800-1000 m uphill and 1000-1700 m downhill when climbing to Tilicho lake, crossing the Thorung La saddle and crossing Poon Hill. The trek follows good hiking trails through mountainous terrain. This means that the emphasis is placed on endurance rather than technique, and the trek is therefore intended for a wider range of people. We will carefully pay attention to gradual acclimatization, the highest point of the trek is the Thorung La saddle (5416 m), which we will overcome on the 14th day. We will use the hospitality of local guesthouses and lodges (chats). We will only bring our own sleeping bag and personal belongings, we will always buy all our food on site and there will be no need to carry any supplies. Please refer to the attached Day to Day Itinerary for more information.

This is an incredible opportunity to go on a unique, once in a lifetime pilgrimage to the sacred Himalayan mountains with a group of dear Yatra friends.

If you feel moved to join us please [APPLY](#) by filling in this Application Form.

Please ensure you have thoroughly read both attached documents before applying.

<https://www.alpina.cz/> Allow the site to be translated automatically into English, or else copy and paste it as a block in google translate if you want to explore their website.

For any more information, get in touch with Amalia on 0434 297 999 or amalia@naturelab42.com