



Trip Details

22 Oct to 5 Nov 2026

How to get to the trip

Fly into any major Indian city, though Kolkata (Calcutta) is the closest to our area, stay in an airport hotel if you don't want the city experience. The next day fly to Bagdogra.

Day 1

You will be met at Bagdogra Airport with transport to take you 30 minutes to your hotel at Siliguri. We'll have a yoga session at 5pm followed by welcome drinks in the bar and dinner. The temperature in Siliguri will be around 20-25C and humid. You have a swimming pool here.

Day 2

Today you'll ride the historic Darjeeling Himalaya Railway from New Jalpaiguri to Kurseong, a spectacular trip that winds from the plains of India up into the mountains of the Lower Himalaya. Here we'll stay 4 nights in a Colonial Hotel.

Day 3

A relaxed day with our first yoga classes, a local walk, cuppa and lunch on the deck and a small concert of Nepali songs.

Day 4

Some yoga to start and end the day. We'll visit the Railway Museum and Elysia House, where Jo's grandfather lived and which today houses the offices of the DHR and a museum. We'll walk down through Kurseong, visiting the local market and having lunch en route.

Day 5

More yoga to start and end the day. We'll visit a monastery then walk down to a local Tea factory where we'll witness the tea processing, sample the different teas and have lunch. Then a walk back through Kurseong to our accom and later a Nepali music concert, to finish our day.

Day 6

Today we have a drive of 4 hours to Pelling for some luxury at our colonial hotel in the lap of the Kanchendzonga. In the afternoon we have a regional walk around Pelling, which is a town with a variety of quirky shops, views and architecture.

Day 7

A short walk up to the monastery then morning tea on the verandah of our hotel. Our bags are then transported to our next homestay while we walk down to Pelling for lunch. From here we have the option of a 3 hour walk along a ridge and down to Darap, though if you're needing a quiet day, we'll drive you down to our homestay. We'll enjoy some yoga nidra (rest) before dinner.

Day 8

Yoga to start and end the day. We'll spend the morning walking

around the region of the village with tea and lunch along the way. A quiet afternoon with an opportunity to try the local beer before dinner.

Day 9

Yoga to start and end the day. A 50 minute drive to Lake Kecheopolri, where we'll walk around the lake, visit the monastery and meditate for those interested. The town boasts a genuine Italian pizza oven just in case you're ready for a change in cuisine! After lunch a 40 minute walk up to one of our favourite homestays on the edge of a traditional Lepcha village, with Chenday and her husband Dipen. (We'll stay here for 3 nights.)

Day 10

The option of a 3 hour walk up to the top of a local mountain with fabulous views and a picnic lunch. A shorter, flatter walk will also be available. In the afternoon you can choose to wander down to another homestay for a cuppa, we have a meditation at the monastery, and later you can join Chenday cooking our dinner.

Day 11

Today we have a leisurely day where we have the opportunity to do yoga at the monastery and later at our homestay, wander into the village for a cuppa and interact with the locals. After dinner we'll light the fire and share our stories.

Day 12

A 1 hour drive to the ancient Sikkimese capital of Yuksom, a cuppa then a 4 hour walk to Sinon with a packed lunch. A shorter walk is also available. Sinon is a very special place for us, high, with a monastery and an energy that is tranquil, rich and quite indescribable. We'll then drive 30 minutes to our accommodation at Tashiding where we stay for 2 nights.

Day 13

2 x yoga sessions, the option of a 2 hour walk, visit to the monastery and wander through the village.. otherwise a quiet day

Day 14

A 4 hour drive to Darjeeling to our luxury boutique hotel. A yoga class and a relax.

Day 15

Your trip can now be over or you're welcome to extend it by a few days. There's lots to do in Darjeeling, the Himalayan Mountaineering Institute and Zoo, the Tibetan Refugee Centre, Botanic Gardens, walks, shopping. When you're ready to depart the hotel can arrange transport the 3 hours to Bagdogra Airport.



Yoga - Lower Himalayas

GENERAL INFORMATION

Temperature

We'll have lows to 12C and highs to 25C. I'll provide a packing list to help judge your clothing.

Accommodation

7 nights are in comfortable colonial hotels where you'll also have the choice of single rooms. While out in Sikkim we have 8 nights where we will enjoy the traditional lifestyles of the mountain villages. Our hosts will be local families who offer comfortable rooms with basic facilities. Usually you will have a twin, triple or double room with an ensuite. The highlight of our stay will be the interaction with the locals and their way of life.

Meals

Our hotel accommodation offers a choice of Indian or western menus. They are used to dealing with preferences/allergies so let Jo know if you have particular needs. During our 7 days out in Sikkim, our cooks are also able to manage food issues though the cooking will be more simple and traditional.

Group Size

Our group will be 12-15 people.

Yoga

At times our accommodation does not have floor space for yoga so we'll vary our practice with chair yoga and /or meditation. You'll need to bring your own yoga mat.

Walking

Some days will have 1 or 2 hours of walking including sightseeing. During the middle of the trip for 7 days we'll have walks of 1-3 hours. Some days you'll have the option to extend that, and you always have the option to take a day off or to only join us for the first part of the walk. For the walks you will only be carrying a day pack. Luggage is transported for you.

Walk Fitness

We are in the lower Himalayas so you will need to be comfortable that at times we are walking up and down hills, and on rougher surfaces. Expect compacted dirt in the form of goat tracks and 4 wheel drive tracks. Walks will be 3 -10 kms to an altitude of 2000 m (6,500ft).

Vaccinations

Talk to your Doctor about these. Allow for vaccinations to happen 6 weeks before arrival in India.

Visa

You'll need a visa. It's easy to do electronically 30 days before travel or you can apply by snail mail. You'll also require a visa to enter Sikkim. We'll let you know how to do this.

Price

The price for the trip is \$5,000 for a person sharing a twin/double room. Singles are available for 7 nights of the trip and attract a further \$650.

Included

Accommodation, guiding, taxi transfers to and from airport and to walks, all breakfasts and most meals.

Items not included are travel between your country of origin and Bagdogra, airport taxes and fuel surcharges, passport and visa fees, travel insurance, health costs and drinks/alcohol. You will need to pay for up to 8 meals (such as lunches in mountain Tea Houses and the odd restaurant) as well as snacks, entrance fees to exhibits, taxis if you opt out of some walks.

You can choose to join Jo's mail list by emailing her at jo@jocresswell.com OR

REGISTER ONLINE

<https://jocresswell.com/registration-himalayas-yoga/>

Cancellation Conditions

If you must cancel your reservation the following criteria apply:

46-60 days 50% retained by us
32-45 days 75% retained by us
31 days or less no refund (Your travel insurance should cover this)

Jo Cresswell
music art events

www.jocresswell.com
e: jo@jocresswell.com
m: 0420 769 449