Trip Details

18 April to 2 May 2027

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 to your hotel nearby at Siliguri. We'll have an intro session at 5.30pm followed by dinner. The temperature in Siliguri will be around 20-25C and humid.

Day 2

Today you'll ride the historic Darjeeling Himalaya Railway from Siliguri to Kurseong, a spectacular trip that winds from the plains of India up into the mountains of the Lower Himalaya. Here we'll stay 3 nights in a Hotel with spectacular views down to the plains of India.

Day 3

A relaxed day with our first yoga classes, and a scenic 2 hour walk down through the hills to Kurseong where we'll visit the local markets and have lunch.

Day 4

More yoga to start and end the day. We'll walk down to a local Tea factory where we'll witness the tea processing, sample the different teas and have lunch. Later a Nepali music concert, to finish our day.

Day 5

Today we start our week in the ancient Kingdom of Sikkim, a region unspoilt by tourism whose life reflects an ancient, village based style of living. We have a drive of 4 hours to Pelling for some luxury at our colonial hotel in the lap of the Kanchendzonga, the 3rd highest mountain in the world. In the afternoon we have a regional walk around Pelling, which is a town with a variety of quirky shops, views and architecture.

Day 6

A short walk up to a monastery with an option to meditate, then morning tea on the verandah of our hotel. Our bags are then transported to our next homestay while we walk down through Pelling with the option of a 4 hour walk along a ridge and down to the village of Darap, or 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 7

A longer yoga session this morning, lunch in the village, a local walk and some restorative yoga before dinner.

Day 8

Yoga to start and end the day. We'll spend the morning walking around the some of the local farming enterprises – a herb supplier,

Day 8 cont

cardamom production ...and have tea and lunch along the way. A quiet afternoon with an opportunity to try the local beer before dinner.

Day 9

A 50 minute drive to Lake Kecheopolri, where we have a 1 hour 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 1 hour drive to the ancient Sikkimese capital of Yuksom where we"ll stay for 4 nights.

Day 10

Today we'll do part of a trekking route with a packed lunch. It's a 4 hour walk though you can choose to turn back earlier. A class focussing on stretching for walkers at the end of the day.

Day 11

A longer yoga session this morning then we'll wander into the village for lunch. An afternoon walk with the option to climb into the hills around the village up to a monastery. Some restorative yoga before dinner.

Day 12

Yoga to start and end the day. We'll do a flattish walk with a packed lunch out. You have the option to do up to 4 hours or a shorter option.

Day 13

A 2-3 hour drive to the hill town of Kalimpong where we have a pool and a bit of luxury. If the weather's fine we'll do an outdoor yoga session before dinner.

Day 14

Yoga to start and end the day. We'll drive up to a local scenic area then walk a picturesque 2 hours down into Kalimpong where we'll have lunch and visit the markets.

Day 15

Your trip finishes with breakfast. We'll transport you 3 hours to Bagdogra airport for your flight home or 2 hours to Darjeeling if you'd like to extend your trip.

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 or local hotels where you'll also have the choice of single rooms. While out in Sikkim we have 7 nights where we'll 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 10-15 people.

Yoga
We'll have a variety of mat and chair classes, some restorative classes and 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 1-4 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 $5,200 for a person sharing a twin/double room. Singles are available for 7 nights of the trip and attract a further $660.

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/april-2027-registration/

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