

# Most popular trekking in Nepal

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About Ghorepani Trekking:

This trek in the Annapurna foothills to the view point on Poon Hill offers all the best of trekking in Nepal. Enjoy trekking in the spectacular mountain scenery through charming villages inhabited by the Gurungs, Magars, dense rhododendron forests full of birds and deep sub-tropical valleys, all set below the Annapurnas with the picturesque peaks of Machhapuchhare (Fish Tail Peak) dominating the skyline.

At the climax of this trek you will climb Poon Hill at dawn to enjoy one of the most spectacular mountains on Earth. As the sun touches the snow-capped summits the Himalayan giants, Dhaulagiri (8,167m.) and Annapurna (8,091m.) along with a maze of other peaks, slowly begin to appear, like magic, before your eyes. This is a rewarding trek that can be enjoyed by every lover of nature and beautiful landscape.

## Itinerary of Ghorepani poon hill trekking

Day 01: Drive from Kathmandu to Pokhara (914m.) which takes about six hours. You depart for the six hours drive to Pokhara (915m.), 200 kilometers west of Kathmandu. As you climb out of the Kathmandu valley, only to quickly descend again to the Trisuli River, you follow upstream to its junction with the Marsyangdi River. You follow the Marsyangdi gently up through heavily terraced fields and small hill towns to the Seti River that takes you directly into Pokhara. Having pleasant weather, Pokhara is tourist's paradise with full of natural as well as cultural heritage sites such as lakes, caves, temples of Buddhist and Hindus along with mountains. You can observe views to the north across the hills and Phewa Taal (lake) to the white peaks of the Annapurna and Dhaulagiri ranges. This drive will take most of the morning, leaving much of the afternoon to fall in love with its beauty. You can also fly from Kathmandu to Pokhara which takes about 25 minutes.

Day 02: Trek from Pokhara (915 m.) to Nayapul (1050m.) by car which takes one and half hours drive. Now you begin your trek from Nayapul (1050m.) to Tikhedhunga (1577 m.) via Birethanti (1065m.) which takes about four and half hours. After breakfast at hotel you could drive by car or van for one and half hours to Nayapul. Then you start your trekking. The first part of your trek is easy passing through numerous small villages and settlements. Afterwards you could ascend gently to the final destination of the day. The majority people here are Gurung and their religion is Buddhist. They are engaged in agricultural activities, tourism business and some in Gorkha and Indian regiments.

Day 03: Trek from Tirkhedhunga to Ghorepani (2675 m.) and it takes about six hours. To begin your trek, you could ascend steeply for the early 2 hours and then ascend gently passing through Ulleri (2070m.) and Banthanti, Magar villages. On the way, you could see good view of Machhapuchhre or Fish Tail (6997m.), Huinchuli (6441m.), and Annapurna (7219m.) South. Now your trail is quite easier passing through forest and descends gently up to the final camp. You could see some of the wild life such as monkey and various species of birds.

Day 04: Trek from Ghorepani to Poon Hill (3180m.) to Tadapani (2675m.) which takes about five and half hours. Early morning trip to Poon Hill (3232m.) to enjoy the sunrise view over Mt. Dhaulagiri (8167m.), Tukucho Peak (6920m.), Nilgiri (6940m.), Varaha Shikhar (7847m.), Mt. Annapurna I (8091m.), Annapurna South (7219m.), Annapurna III (7855m.), Machhapuchhre (6993m.), Annapurna IV (7525m.), Annapurna II (7937m.), Lamjung Himal (6931m.) and other numerous snowcapped mountain peaks. After breakfast trek Ghorepani to Tadapani (2650 m.) through the deep forests of rhododendrons, bamboos and oaks. En route, you frequently see waterfalls, rocks, wild animals, local birds and green scenarios. Tadapani is a small village surrounded by beautiful forests which grants you a magnificent view of Annapurna South, Hiunchuli, Fishtail, Annapurna II and so on.

Day 05: Trek from Tadapani (2675m.) to Ghandruk (1950m.) and it takes about three hours. It is very easy trek by descending gently all the way through rhododendron, oak and other kinds of dense forests. You could hear different kinds of birds chirping on the way. This is one of the popular destinations for the birds' lovers. Ghandruk is a big Gurung village. There is a handicraft centre and Gurung museum. From this village you could see good views of Annapurna South, Hiunchuli, Gangapurna (7455m.), Annapurna III (7755m.) and Fishtail.

Day 06: Trek from Ghandruk (1950m.) to Pothana (1990m.) which takes about six hours. First part of your trek is steeply down following stone staircase to Kimbu (Bee hive). Kimbu or Bee hive is located at the elevation of 1200 meters on the bank of Modi Khola. Now your trail steeply ascends following the stone staircase up to Landruk. The trail ascends gently for early two hours and again ascends steeply for an hour to Deurali (2150m.) passing through Tolkha village (1850m.). From this point you can see panoramic view of Dhaulagiri I (8167m.), Annapurna South (7219m.), Hiunchuli (6441m.), Fishtail (6997m.), Annapurna III (7755m.), Annapurna IV (7525m.), Annapurna II (7937m.) and Lamjung Himal (6930m.). Now the rest of the trail descends gently down to Dhampus passing through Pothana village (1900m.).

Day 07: Trek from Pothana to Dhampus Phedi (1113m.) which takes about four hours. Your trail descends gradually for at least an hour and follows gravel road for two hours and then steeply descends to Phedi passing through Dhampus village, paddy fields and forest protected by local community. Upon your arrival at Dhampus Phedi, you could take a vehicle to reach Pokhara.

Day 08: Drive from Pokhara to Kathmandu by tourist mini bus that takes about seven hours. While driving from Pokhara to Kathmandu, you head up to Damauli, Dumre, Muglin and Kurintar where the Nepal's first Cable car is operated to reach to Manakamana Temple. En route, you could enjoy the mountain views, green sceneries, rice terrace fields, vegetable fields and people being engaged in their daily life activities. From Naubishe you climb up to Thankot, the gateway to capital city. You are then

directly taken to the hotel

You can also fly from Pokhara to Kathmandu which takes about 25 minutes.

**Our total cost - \$ 380 ( per person)**

Cost included /Excluded

**Cost Includes**

- Airport / Hotel / Airport pick up & transfer by car / Van or tourist bus depend of the group,
- 2 nights' accommodation with breakfast at deluxe hotel in Kathmandu( according the your bugged)
- Kathmandu city tour as per the above itinerary/via car/ven/flight or bus.
- Meals (breakfast, lunch and dinner) with Tea & coffee during the trek.
- Lodge to lodge accommodation during the trek.
- 1 highly experienced, helpful and friendly Guide, porters (1 porter for 2 people), their food, accommodation, salary, equipments, insurance.
- Surface Transfer from Kathmandu to Pokhara or Besisahar and back by private car / van. Tourist bus.
- Annapurna conservation permit, and all necessary permits.
- Trekkers' Information Management System (TIMS) Permit.
- 2 night accommodation in Pokhara (inclusive of Government taxes, breakfast, lunch & dinner).
- Tourist service charge, Vat.
- Office Service charge

**Cost Excludes**

- Any meals in Kathmandu other than breakfast.
- Travel insurance (if you want us to arrange your travel insurance, we would greatly be happy to assist)
- International air fare to and from Nepal.
- Nepal Tourist Visa fee US\$30 or equivalent foreign currency with multiple entry for 15 days, US\$ 40 or equivalent foreign currency with multiple entry for 30 days. You may easily issue the visa upon your arrival at Tribhuvan International Airport - Kathmandu.
- Disembarkation Airport Tax in Nepal - approx. US\$ 24.
- Items of a personal nature
- Any kind of alcoholic drinks, hot water, hot shower, cold drinks, laundry, phone call, internet.
- Trekking Equipments (down sleeping bag and down jackets are available to hire or buy in Kathmandu, which would cost approximately US\$ 1 per day per item to hire and US\$ 60 to US\$ 100 per item to buy).
- Tips for guide, porters, driver.