

Trip Name : Poonhill Ghorepani Trek

Trip Cost	US \$550
Starting Point	Drive in Pokhara-Nayapul
Ending Point	Drive out Nayapul-Pokhara
Type	TeaHouse/Lodge Trek
Grade	Easy
Duration	7 Days
Daily Walk	4-5 hours
People in Group	Minimum 1 and Maximum 12
Best Time	March to mid-May and September to November
Max. Elevation	3210 mt.

### Trip Highlights:

- Impressive Sunrise and Panoramic views from Poonhill
- Scenic views of 32 snow-capped mountains from Poonhill
- 42 kilometers walk in 5 days with maximum elevation of 3,210 meters/10,532 feet
- Typical Magar settlement in Ulleri
- Typical Gurung settlement in Ghandruk
- The Rhododendron forest
- Great country side
- Terrace farming

### Trip Details:

Poonhill (Pun Hill) is located in the Annapurna region of Nepal towards north of Pokhara. Poonhill-Ghorepani trekking is one of the most popular short treks in Nepal ideally good for short time trekking holiday which is situated on the foothills of the Annapurna Himalayan range. The trek also covers some part of the Annapurna Base Camp trail. The significant highlight of this trek is undoubtedly the climb of Poonhill located at 3,210 meters (10,532ft) from sea level. Poonhill is the best viewpoint for the spectacular panoramic views of the 32 snow-capped mountains including Annapurna (8,091m/26,546ft) and Dhaulagiri (8,167m/26,796ft). Our guide will wake you up early morning to catch the stunning sunrise view from Poonhill. One of the popular villages of Poonhill-Ghorepani trekking route is Ghandruk (Ghandrung). Ghandruk has a large traditional settlement of Gurung ethnic tribe. The views are simply spectacular following the well developed trekking trail. The charming villages of Gurung and Magar tribe, dense rhododendron and alpine forests with the picturesque Machhapuchhre Peak (Fishtail) dominating the skyline make the trek tremendous. Rhododendron is the national flower of Nepal.

### Weather in the Annapurna region:

Trekking in Annapurna region is the best in spring (March to mid May) and autumn (Sept to Nov). The days are sunny and warm but the nights are cold and can fall to freezing in higher elevations. However, trekking in winter (Dec, Jan, Feb) is also possible in some parts of the Annapurna region. The only issue is cold and might be a problem due to ice/snow blockade on the high passes. The Annapurna region gets busier in spring and autumn but monsoon and winter are quieter. Poonhill-Ghorepani is an all time trek in the Annapurna region.

### Experience Required:

We have categorized Poonhill Ghorepani trekking as easy trek and are suitable for passionate trekkers who are ready to walk at least 4-5 hours each day. Regular exercising and jogging for some weeks prior to the trip is a good idea to enhance your strength and stability. If you have any previous hiking experience, that would be an asset. It is important that you consult with your doctor before making decision for this trek if you have any medical problems in the history. Participants with pre-existing medical conditions such as heart, lungs or any other serious disease should inform Trekking Encounters before booking the trek.

### **How We Make This Trip Responsible?**

**Trekking Encounters promotes Responsible Tourism and strictly follows the responsible travel guide lines.**

### **Cost Includes:**

- A City Hotel in Kathmandu for two nights
- A City Hotel in Pokhara for two nights
- Annapurna Conservation Area (ACAP) permit and TIMS (Trekking Information Management System)
- Three meals (B/L/D) a day on trekking from teahouse/lodge
- Accommodations at teahouse/lodge in the mountains
- An English speaking Trekking Guide
- A porter shared between two trekkers
- Staff insurance, salary, food, accommodation and their transportation
- Land transportation from Pokhara-Nayapul-Pokhara by private vehicle
- Kathmandu-Pokhara-Kathmandu overland transfers by Tourist bus [*Private vehicle or flights available on request and extra*]
- First aid kit box
- Emergency co-operation service

### **Complimentary:**

- Arrival transfer from International Airport to Hotel
- A Trekking Encounters T-shirt
- A farewell Nepali dinner with live culture program

### **Cost Excludes:**

- Meals in Kathmandu and Pokhara
- Bar and beverages bills, bottled water
- Nature of personal expenses
- Personal cloths and equipment such as sleeping bag, jacket, boots etc.
- Insurance for accidental, medical and evacuation
- Tips to the staff
- International Airfare and Taxes

### **Add-Ons:**

#### **Kathmandu City Tour**

**Activity:** Cultural tour to the World Heritage Sites.

**Major sites:** Swoyambhunath, Boudhanath, Pashupatinath, Kathmandu/Patan/Bhaktapur Durbar Square and Changunarayan Temple.

**Duration:** Full/Half day.

**Frequency:** Tour can be organized in any day and at your suitable time.

**Cost:** US\$ 50 per person. Group discounts available.

**Ground transfer:** Included by a private vehicle as per group size (Car/Van/Bus).

**Guide:** English Speaking City Tour Guide included. Additional language Guides are also available on demand.

**Meals:** Not included.

**Entrance fee:** Applicable and not included.

### **Mt. Everest Flight**

**Activity:** Mount Everest sightseeing flight.

**Duration:** One hour.

**Frequency:** Everyday in the morning between 6am to 9am.

**Cost:** US\$ 224 per person. Group discounts available.

**Ground transfer:** Included by a private vehicle. Two persons minimum needed.

**Airport tax:** Included.

**Airline:** Buddha Air, Simrik Airlines and Yeti Airlines.

### **Jungle Safari in Chitwan National Park**

**Activities:** Jungle safari on elephant-back, jungle walk, canoe ride, jeep drive, experience of Tharu culture.

**Accommodation:** Resorts, Hotels and Lodges.

**Transportation:** Private Car included (Kathmandu/Pokhara-Kathmandu).

**Meals:** Included.

**Duration:** 3 days and 2 nights.

**Cost:** Starts from US\$ 225 per person.

### **Jungle Safari in Bardia National Park**

**Activities:** Jungle safari on elephant-back, jungle walk, boat ride, jeep drive.

**Accommodation:** Jungle lodges.

**Transportation:** Not included.

**Meals:** Included.

**Duration:** 4 days and 3 nights.

**Cost:** Starts from US\$ 475 per person.

### **Bird Watching in Koshi Tappu Wildlife Reserve**

**Activities:** Bird watching, boat ride and wildlife viewing on jeep drive.

**Accommodation:** Resorts, Tented camps.

**Transportation:** Not included.

**Meals:** Included.

**Duration:** 3 days and 2 nights.

**Cost:** Starts from US\$ 480 per person.

### **Rafting in Nepal**

**Trishuli River:** 2/3 Class – 1 Day – 17 Kilometers – Cost starts from US\$ 30 per person.

**Seti River:** 3 Class – 2 Days – 32 Kilometers – Cost starts from US\$ 80 per person.

**KaliGandaki River:** 4 Class – 3 Days – 56 Kilometers – Cost starts from US\$ 140 per person.

**BhoteKoshi River:** 4/5 Class – 2 Days – 18 Kilometers – Cost starts from US\$ 85 per person.

- **Cost includes:** Top quality Rafting equipment, Highly trained Crew, Well organized camping, Hygienic

food.

- **Transportation:** Bus transportation included and depends.

### **Bungy Jumping / Canyoning / Paragliding / Ultralight Flight**

We can check and deliver information and cost as per your interest received for Bungy Jumping, Canyoning, Paragliding and Ultralight Flight. Bungy and Canyoning can also be customized together.

### **Shopping Tours**

Package available on demand.

**Shopping items:** Pashmina items, Paubha/Thangka, Woolen Carpets, Root Art, Ceramics, Shaligram (Holy Rocks), Masks of deities, Khukuri, Tea, Spices, Garments and Knitwear, Musical Instruments and Music, Glass Ornaments, Jewelry and Gems, Metal Wares, Sculptures, Wood Carvings, Rudraksha (Rosary), Incense, Natural Buttons, Fiber Products, Wood Game Boards, Fancy Hats, Bamboo Crafts, Bags and Accessories, Leather Articles, Lokta Paper and items made by Lokta, Nepali Dolls, Home Decors, Books and Maps and innumerable other unique items which are found nowhere else.

### **Trip Itinerary:**

#### **Day 01 : Drive/fly from Kathmandu to Pokhara (884m/2,900ft).**

Today we have a 200km (124 miles) drive (6-7 hours by bus or car) from Kathmandu to Pokhara. This is a scenic drive along the bank of the Trishuli River with great country side. Alternatively one can also fly between Kathmandu and Pokhara.

#### **Day 02 : Drive from Pokhara to Nayapul then trek to Tikhedhunga (1,540m/5,052ft).**

We start our trek after one hour drive from Pokhara to Nayapul. Dropping down a short slope from the main road, we pass through a collection of shops and teahouses. A short distance further on we pass a string of shops and teahouses. At a junction of trails we cut left and arrive at the attractive village of Birethanti (1,040m/3,412ft) which is situated at the confluence of the Modi Khola and Bhurungdi Khola (Rivers). Birethanti has numerous lodges and shops. Proceeding over the suspension bridge over the Modi Khola, we come to the ACAP (Annapurna Conservation Area Project) check-point; continuing on we pass through Matathanti and Sudame – both with refreshment facilities before we reach Hille (1,430m/4,692ft) where there are more lodges and teahouses. After a comparatively short uphill plod from Hille, on the east bank of the Bhurungdi Khola, we will reach our overnight stop, the village of Tikhedhunga (also called Tirkhedhunga) which has a camp site and several lodges, some of which are run by ex-Gurkha soldiers. Trekking time 4-5 hours.

#### **Day 03 : Trek Tikhedhunga to Ghorepani (2,860m/9,383ft).**

Today we head off for Ulleri en-route for Ghorepani, first crossing the Tikhedhunga tributary and then the Bhurungdi Khola, to its west bank. From this point we climb steadily on a very demanding ascent of no less than 3,000 stone steps to arrive at the attractive Magar village of Ulleri (1,960m/6,430ft). Here there are striking views down into the valley and over to the impressive peaks of Annapurna South, Hiunchuli and Machhapuchhare (Fishtail). The trail continues through a cultivated region, enters a forest and reaches the settlement of Banthanti (2,210m/7,251ft), its name literally meaning “the place in the forest”. The village sprawls in a long line beside the trail and has a number of lodges and teahouses. Continuing on from Banthanti and still climbing gently, we enter a forest of rhododendrons, which are magnificent in springtime

and after just over an hour reach Nayathanti or Nanggethanti (2,430m/7,972ft), which has a number of lodges in a forest clearing. From here the trail continues to climb through rhododendron and oak forests and eventually reaches our overnight stop Ghorepani. This village has a bustling collection of trekker's lodges and camping grounds and the route is the most heavily trekked in Nepal, because so many visitors want to see the sunrise from Poonhill. The name Ghorepani or Ghodepani means "horses water" and we will notice the horse-troughs that give the village its name. Trekking time 5-6 hours.

**Day 04 : Trek early morning Ghorepani to Poonhill (3,210m/10,532ft) then to Tadapani (2,650m/8,694ft).**

A Poonhill sunrise is one of trekking not-to-be-missed experiences – it is unique. Therefore as the climb to the summit, among rhododendrons, takes about one hour, we will set out on a path from the centre of the village at least one hour before sunrise. There is a lookout tower on the highest point and below it is a very welcome tea station. Having enjoyed this experience we will then head off for Tadapani via Banthanti (3,180m/10,433ft), which we should reach in just over 2 hours from Ghorepani. From here the route makes an undulating traverse of the steep wooded mountainside, then descends again through forest to the head of the Bhurungdi Khola's valley, crosses a bridge and then winds its way steeply up another wooded hillside, finally emerging through a saddle into Tadapani, our overnight stop. Incidentally Tadapani means "far water" where Tatapani you will recall means "hot water". The "far water" title dates back to times before a piped supply came to this remote lodge settlement and water had to be carried here from afar by locals and porters. The fairly large lodges provide spectacular views across the Kimrong Khola (River) valley to Annapurna South and Machhapuchhare. Trekking time 6-7 hours.

**Day 05 : Trek Tadapani to Ghandruk (1,940m/6,365ft).**

For today's trek to Ghandruk, there are two options available. Initially the path out of Tadapani drops steeply through the forest to a clearance where there is a junction. The left fork joins the path linking Ghandruk/Ghandrung and the village of Kimrongdanda and enters the township from the north, whereas the other route makes a more direct approach and enters Ghandruk at its western end. Ghandruk is a large and important Gurung village set high upon an open terraced hillside, with uninterrupted views of Annapurna South, Hiunchuli and Machhapuchhare. In addition to several shops, teahouses and more than twenty lodges, it also has a health post, a post office, a telephone office, a police post, an ACAP visitor centre, a Gurung museum and a gompa. Gurung are members of an ethnic group living in the hill areas around Gorkha and Pokhara. Ghandruk is one of their biggest settlements. Trekking time 2-3 hours.

**Day 06 : Trek Ghandruk to Nayapul via Birethanti (1,040m/3,412ft) and drive back to Pokhara.**

Today is our final trek and we set off southward from Ghandruk passing through a kani then down steps. Shortly after this we come to a junction where we keep to the right and head straight on, coming to Chane, where there are a few teahouses. From here the trail descends steeply with paved steps for much of the way, until we reach the multi-level village of Kimche (1,640m/5,380ft) in which there is an altitude difference of about 250 meters (820ft) between the upper and lower sections of the village. Proceeding on downhill we first come to the village of Syauli Bazaar (1,220m/4,003ft) and then Chimrong (1,140m/3,740ft) with a flagstone trail on part of the way between the two villages, of which the former has several lodges and the latter a group of teahouses. En-route between the two settlements we will pass between fields of rice and millet. From Chimrong we continue to the large attractive village of Birethanti (1,040m/3,412ft). After a farewell rest and refreshment break in Birethanti, we have a short trek to Nayapul where we board our transport for an hour drive to Pokhara, Nepal's biggest tourist town. It has all the facilities and places of interest that one could possibly want and it is situated on the eastern shore of the gorgeous Phewa Tal (Fewa Lake) and the skyline is dominated by the perfect pyramid of Mount Machhapuchhare (6,997m/22,957ft). Trekking time 4-5 hours.

**Day 07 : Drive/fly from Pokhara to Kathmandu.**

We are more relaxed in Pokhara with the beautiful morning and later we drive or fly back to Kathmandu. Regular tourist buses leave at 7am.

**Option available for extending your trip with Jungle Safari adventure, white water rafting or a trip of your choice.**