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Kapan Marg, Kathmandu, Nepal



Ghorepani Poonhill Trek

Ghorepani Poonhill trek also known as Annapurna Sunrise trek is one of the shortest trek routes of Nepal. It is perfect for those who are not much into serious trek but still wants to enjoy the real natural beauty of Nepal. This trek is suitable for travelers who have limited time. This trek offers fascinating views of Annapurna and Dhaulagiri Himalayan range. During this trek you can also experience the typical Nepali villages with local tradition and culture. In addition to that, Poon Hill Trekking will also let you witness terraced slopes, beautiful paddy fields, and wonderful culture and lifestyle of ethnic people like Gurungs, and Magars.

Price:

Trip Start:

Trip Ends:

Duration: 9 days

Grade: Hard

Altitude: 3198m

Destination:

Trip Style:

Transport:

Group Size:

Best Time: Summer, Autumn and Spring Season

Itinerary

Day	Title	Description
1	<u>Arrival in Nepal</u>	After landing at the Tribhuvan International Airport, Adventure Ascent representative will be there to greet you and take you to the hotel. We will then check-in at the hotel, freshen up and take a rest. Welcome dinner will be hosted in the evening. Overnight in Kathmandu.
2	<u>Kathmandu: Sightseeing and trek Preparation</u>	After introduction with the city tour guide at the hotel you will begin your tour to Pashupatinath temple, Swayambhunath stupa and Bouddhanath stupa, which are all world heritage sites. Pashupatinath temple is one of the most important places of pilgrimage for all Hindus. Swayambhunath is also known as the Monkey Temple and Baudhanath Stupa is one of the largest stupas in the world. After the tour you will meet with your trekking guide, briefing about the trek and checking your trek gears will be done afterwards. Overnight in Kathmandu.
3	<u>Fly to Pokhara (823m/2,700ft) and trek to Ulleri (2050m/6725 ft): 30 min flight and 6 hours trek</u>	We start our journey by taking an early morning flight to Pokhara and enjoy amazing views of the Himalayas from the right side of our plane. Once we arrive in Pokhara, the beautiful lake city, we are rewarded with marvelous views of the Himalayas including Dhaulagiri, Manaslu, Machhapuchhre, the five peaks of Annapurna and others. After taking a rest, we drive to Naya Pul and start our trek. We pass through sub-tropical valley forests, sometimes on the carved trail on the side of the cliff. After lunch, we cross the Bhurungdi Khola (river) via a bridge to the village of Tikhedhunga. The Ulleri Hill with thousands of steps and boulders that continually go upward will really prove a test of our stamina. We reach Ulleri by late afternoon. Overnight in Ulleri.
4	<u>Ulleri to Ghorepani (2,750m)</u>	After breakfast, we head towards Ghorepani village. Ghorepani is an interesting place with small shops and stalls for selling local products and crafts. The town has two parts: one in a saddle and the other a few hundred feet lower. We stop at the higher part of the Ghorepani village that offers panoramic views of the surrounding mountains including Annapurna South and Nilgiri mountains. Since Ghorepani lies quite higher, we begin to feel the cold weather, especially in the evenings. Overnight in Ghorepani.

- 5 Ghorepani to Tadapani (2,700m) with a visit to Poon Hill Before the dawn we start our hike up to Poon Hill, one of the panoramic viewpoints of Annapurna Region. On reaching the top of the hill, named after an ethnical tribe of Nepal, the Puns, we get the biggest reward of Annapurna Panorama Trek. Behold the magnificence of Himalayas- the wide range of panoramic scenery from the far western Himalaya of Dolpo, Mt. Dhaulagiri, and Annapurna including Mt. Machhapuchre (Fish Tail) and all the way to Manasalu Himalayan range. When the first sunlight of the day falls on these soaring Himalayan peaks the views are even more mesmerizing. Enjoy an hour or so at the top and descend down to Ghorepani for the breakfast. After breakfast the trek towards destination starts. We walk through the pleasant rhododendron forest downhill for a while and then slide up for almost ten minutes to Deurali Pass. Almost 5 hours of scenic walk up and down from Ghorepani brings us to Tadapani.
- 6 Tadapani to Ghandruk (1940m) Enjoy the sunrise view at Mt. Annapurna south, Himchuli & Fishtail. These three mountains are very close from Tadapani thus you would have the most amazing sunrise view of these mountains from Tadapani. After the breakfast, the Annapurna Panorama Trek resumes. Today also the trek through the dense forest of rhododendron starts. 3-4 hours of trek from Tadapani brings us to Ghandruk. Ghandruk is one of the biggest Gurung villages of Annapurna Region. Explore remaining time around the village to see typical Gurung culture, visit the Gurung museum and hike around the hills nearby Ghandruk.
- 7 Ghandruk to Pokhara stony steps. While descending down we witness the different view of Mt. Fishtail. After Kimche the walk is pleasant most of the way following the Riverside till we get to Birethanthi. From Birethanthi, we trek on the retracing trail to Nayapul. A private vehicle at Nayapul will pick us up and we drive back to our hotel in Pokhara. Explore the streets of Pokhara in the evening,
- 8 Fly to Kathmandu Today we fly to Kathmandu. The left side of the airplane offers some amazing views of the Himalayas. Upon arrival in Kathmandu, we leave for our hotel. We enjoy the day rest of our day to catch up on some last minute shopping or explore any landmarks we missed during our first day in Kathmandu. To celebrate the successful completion of our journey, we will have a farewell dinner in the evening. Overnight in Kathmandu.

9 Final Departure Our journey in Nepal comes to an end today an Adventure Ascent representative will drop us off at the airport approximately 3 hours before our scheduled flight.

Includes

Airport Pick up and transfers to hotel

All accommodation as BB in 4 star hotel. Depending on choices

Welcome & farewell dinner,

Experience professional guide for tour, trekking.

Full insurance, transportation & salary for staff during the trip.

Full board meals on trekking breakfast lunch & dinner.

Properly tea and coffee whatever hot drink available during the trekking.

Transportation from the starting and ending points of the trekking.

All domestic flight tickets

First Aid Kit for staff.

Oxygen gas in case (extra safety)

National park, conservation entry fee and TIM's card or trekking permit whatever needed.

All entrance fees during the sightseeing.

Sleeping bag.

Trekking stick.

Duffel bags (for trekking Luggage).

Excludes

Lunch and dinner in Kathmandu

All hard drinks such as: Mineral water, whisky, rum, cola, fanta, etc.

Any extra cost offering from unfavorable circumstance such as weather bad.

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Personal equipment.

Personal equipment.

Tips for trekking staff.