



## Contact Info

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## GHOREPANI POON-HILL TREK

The Ghorepani Trek is a popular trek in the Annapurna region of Nepal. The trek takes you through scenic villages, rhododendron forests, and provides stunning views of the surrounding mountains, including Annapurna South and Dhaulagiri. The trek starts and ends in Nayapul, and typically takes 5-7 days to complete, depending on your pace. The trek is considered relatively easy compared to other treks in the region and is suitable for all levels of trekkers, including first-timers. Along the way, you will stay in local teahouses, where you can experience the traditional culture and hospitality of the region. The Ghorepani Trek is an excellent choice for those who want to experience the beauty of the Annapurna region without the challenges of a more demanding trek.

### Includes

- All (airport to airport) transfer by private vehicles as per group size.
- 10 nights' accommodation Luxury Resort/Hotels as mentioned below.
- Meals: 10 breakfasts, 07 lunches and 08 dinner
- Domestic flight ticket for sectors, Kathmandu - Pokhara - Kathmandu
- Local village and schools visit on the way wherever is possible.
- Visit Tibetan carpet factory and Thangka painting while guided sightseeing tour in Kathmandu and Pokhara
- Seasonal and regional festivals and unique experiences as per region, (Min 10 Pax requires in the group)
- Visit of spiritual Places in the city areas and outside the city while by surface

travel.

- Spiritual performances, visiting temples, meditation centers on request
- Participate in harvesting and cultivation activities depending on the season.
- Monumental areas entrance fees as per the itinerary levied by the government and local authorities.
- Professional licensed local English/other language speaking guide service in Kathmandu, and Pokhara.
- Other festivals, festivities and spiritual activities will be observed or participated while on tour,
- Accompanying official escort throughout the trip.
- Special souvenir on farewell / departure

#### Includes While on Trek:

- Annapurna Conservation area's Permits
- All 3 major meals including Tea/Coffee, hot water to drink,
- Licensed trekking guide, his allowance, hotel and meals
- Trekking Sherpa porter (2:1porter), allowance, hotel and meals.
- Duffle bag to put your belongings,
- Medical kit.

#### **Excludes**

- International flights tickets
- Nepal entry visa fee
- Travel Medical Insurance
- Emergency Evacuation Service
- Items of a personal nature such as alcoholic/nonalcoholic drinks, laundry

- Any other expenses which are not mentioned at the included section
- Tips/gratuities/Donations for driver, guides and escorts
- Force Majeure

## Itinerary

### Day 1: Arrival Day

Arrive at Tribhuvan International Airport Kathmandu and you will be transferred to the hotel for staying overnight. Late-night welcome dinner at a Nepali restaurant. Enjoy your dinner with Going Nepal crews and brief about the program also prepare for your trek to Langtang valley.

- Elevation of Kathmandu: 1300m/4264ft
- Transportation: Private car
- Accommodation: 4-star hotel
- Meal: Welcome dinner

### Day 2: Fly to Pokhara and Explore Pokhara city

Breakfast and check out from the hotel. Drive to Kathmandu Domestic Airport and catch a flight to Pokhara. You will reach Pokhara within Half hour. After reaching Pokhara, check in to the hotel and proceed for Half day city tour. you will visit Davis Falls, Gupteshwor Cave, and Tibetan Refugee Camp.

**Davis Fall:** Locally known as the Patale Chango, Davi's Fall is a ferocious waterfall located about 2 km southwest of Pokhara Airport on the Siddhartha Highway. The source of the waterfall is Phewa Lake and the fall itself is named after a Swiss lady who was swept away by the fall in 1961. The fall cuts through the rocks to create complex caves and tunnels on its path. Gupteshwor Mahadev cave on the other side of the fall is one such cave carved by Devi's Fall. The sacred shrine dedicated to Shiva is popular among the local residents and is seldom missed by tourists to Davi's Fall.

**Tibetan Camp:** It is a Tibetan Settlement near Davis Falls. Here you can overlook the Tibetan culture and their residence. They also have small shops for selling the things brought from their country and also a carpet showroom with a gallery containing all of their history coming to Pokhara. Afterward, drive to Peace stupa locally known as Shanti stupa which is located at the top of the hill and you can overlook Phewa lake and Pokhara city. After finishing the tour stop for a lunch at Pokhara, Lakeside. After

lunch, drive back to the hotel and rest. Dinner can be served around the lakeside where you can enjoy the lake vibe during the evening. overnight at the hotel and prepare for your trek to Ghorepani.

- Meal: Breakfast

### Day 3: Trek to Ulleri - 6/7 Hrs. walk, 2070m

Breakfast and check out from the hotel. Our vehicle along with a guide will be there to pick you up and drop you off in Nayapool. Drive from Pokhara to Nayapool takes about 1 and a half hours to 2 hours. After reaching Nayapool, check in at the check post-Nayapool and start your trek to Ulleri. The trek from Nayapool to Ulleri takes about 6-7 hours and follows the Annapurna Circuit trek route. The trek is moderately difficult and involves ascending through terraced fields, forests, and villages. Along the way, you will pass through beautiful landscapes and have the opportunity to interact with the local communities. Lunch will be served en route. After reaching Ulleri, check in at the guest house/lodge and rest. Dinner and overnight at the lodge.

- Meals: Breakfast, Lunch, Dinner

### Day 4: Trek to Ghorepani - 6-7 Hours walk, 2874m

Breakfast at the lodge and start your trek to Ghorepani. The trek from Ulleri to Ghorepani takes about 6-7 hours and involves ascending through terraced fields, forests, and villages. Along the way, you will pass through beautiful landscapes and have the opportunity to interact with the local communities. As you approach Ghorepani, you will pass through the villages of Banthanti and Nangethanti. From Nangethanti, it is a short climb to Ghorepani. Ghorepani is known for its panoramic views of the Annapurna range and the Dhaulagiri range, which can be enjoyed from the viewpoint of Poon Hill. The trek from Ulleri to Ghorepani offers a good opportunity to acclimatize to the high altitude and prepare for the rest of the Annapurna Circuit trek. After reaching Ghorepani, check in at the lodge and rest. You can also visit Ghorepani village. Dinner and overnight at the hotel. Also, prepare yourself for going to Poonhill for the morning sunrise, you will have to wake up at 5:00 am in the morning.

Meals: Breakfast, Lunch, Dinner

### Day 5: Trek to Tadapani - 5-6 Hours walk, 2630m

Wake up early in the morning for going to the top of the hill called Poonhill. It will take

around 45 minutes to reach the top of Poonhill. You can view the clear range of the Annapurna range and Dhaulagiri range along with the Fishtail, Hiumchuli, and Dhampus peaks. We wait for the beautiful sunrise and click some good pictures. After viewing the sunrise from Poonhill, back to the lodge and have breakfast. After breakfast, check out from the lodge and make your way to your today's destination- Tadapani. The trek from Ghorepani to Tadapani takes about 5-6 hours and involves ascending through forests and villages. Along the way, you will pass through beautiful landscapes. As you approach Tadapani, you will pass through the village of Deurali. From Deurali, it is a short climb to Tadapani. After reaching Tadapani, check in at the lodge and rest for the day. Dinner and overnight at the lodge booked for the night.

- Meals: Breakfast, Lunch, Dinner

## Day 6: Trek to Ghandruk - 3-4 Hours walk, 2012m

Breakfast at the Lodge and start your trek. From Tadapani, the trail climbs through rhododendron forests and past waterfalls before reaching Ghandruk, a village located at an elevation of 1,940 meters. Along the way, trekkers will have the opportunity to experience the culture and lifestyle of the local Gurung people. You will reach Ghandruk after trekking for 3-4 Hours. After reaching Ghandruk, check in at the lodge, and rest of the day you can explore Ghandruk village. Dinner and overnight at the lodge.

Meals: Breakfast, Lunch, Dinner

## Day 7: Trek to Jhinu Dada - 3-4 Hours walk, 1780m

After breakfast, trek from Ghandruk to Jhinu (1,780m) while enjoying beautiful views of the mountains. Jhinu is famous for its hot springs and you can take a dip in one if you want to. You will reach Jhinu dada within 3-4 Hours of walking. Check in at the lodge and rest. Dinner and overnight at the lodge.

- Meals: Breakfast, Lunch, Dinner

## Day 8: Trek to Dhampus - 5-6 Hours walk, 1650m

We start trekking early morning after having breakfast. The trail follows river Modikhola downward and ascends towards Landruk. Landruk is the sister village of Ghandruk which is very scenic and beautiful. We pass through some beautiful village-like Tolka, Bhedikharka, and Pitam Deurali. After Pitam Deurali trek traverses downhill

through a lush green forest. After reaching the lodge we take a hot shower and rest. 6-hour walk. Overnight at the lodge.

- Meals: Breakfast, Lunch, Dinner

## Day 9: Trek to Phedi 3-4 Hours walk

Trek from Dhampus to Phedi. We wake up early in the morning for sunrise in the Annapurna mountain range and have breakfast and we go for a walk around the village. It is very beautiful and scenic. The panoramic view of the Himalayas can be seen from there. After coming back we start trekking downhill to Dhampus Phedi which takes three hours. We catch the car at Dhampus Phedi and drive back to Pokhara. It's just a 45-minute-1 Hour drive to Pokhara from there. After reaching Pokhara, check in at the hotel and relax.

- Meals: Breakfast, Lunch

## Day 10: Fly back to Kathmandu and Full day Kathmandu city tour

Breakfast and check out from the hotel. You will be transferred to Pokhara domestic airport. fly back to Kathmandu. After reaching Kathmandu, our Guide will be there to pick you up and proceed for the full-day sightseeing to Pashupatinath Temple: The temple lies 5 km to the east of the city center. Located on the banks of the sacred Bagmati River, this temple is the most revered Hindu temple in Nepal. Bagmati River is actually an extremely sacred river; Pashupatinath is the Nepali equivalent of Varanasi on the sacred River Ganges. The cremation Ghats along the Bagmati river city's most important location for open-air cremations. Fire is burned here day and night. The main temple is only open to Hindus; Non-Hindus can observe the area from another side of the Bagmati River. Afterward visit Boudhanath: the world's largest stupa. Boudhanath is the center of Tibetan culture in Nepal. The 36-meter-high stupa of Boudhanath is one of the largest stupas in South Asia. Boudhanath Stupa was renovated by the Licchavi rulers in the eighth century. The mandala design in Boudhanath is a copy of the one in Gyantse in Tibet. The stupa is located in the area of the ancient trade route to Tibet where Tibetan merchants rested and offered prayers for many centuries. When refugees entered Nepal from Tibet in the 1950s, many decided to live around Boudhanath. Hence, a complete township has developed around Boudhanath. After visiting here drive to Bhaktapur Durbar Square- Spread over an area of 6.88 sq. km, Bhaktapur or Bhadgaon showcases the splendor of the Golden Age of Nepali art and architecture. Built by King Anand Dev Malla in the 14th century, the city was declared a UNESCO World Heritage Site in 1979. It has remained a model for heritage conservation since then. At the Bhaktapur Durbar Square, you will find many fine examples of sculpture, woodcarving, and pagodas dedicated to different gods and goddesses – the Nyatapole & Dattatray Temples, Golden Gate, Palace of 55 windows,

etc. We will stop here for a lunch and also you can try the famous dish from Bhaktapur called 'Ju Ju dhau' which is basically a curd also known as King curd. After refreshments and lunch drive towards the hotel. Check-in and rest. Dinner and overnight at the hotel.

- Meals: Breakfast, Dinner

## Day 11: Departure

Breakfast and check out from the hotel. Check all of your belongings before departure. Timely transfer to the Tribhuvan International airport.

## Highlights

- Rhododendron Forest: The trek takes you through a lush rhododendron forest, which is especially beautiful in spring when the flowers are in bloom.
- Mountain Views: The trek provides stunning views of the Annapurna South and Dhaulagiri mountain ranges.
- Sunrise at Poon Hill: Poon Hill is one of the most popular destinations on the Ghorepani Trek, and offers breathtaking views of the surrounding mountains at sunrise.
- Traditional Villages: The trek passes through several traditional villages, where you can observe the daily life of local communities and learn about their culture and traditions.
- Local Cuisine: The trek provides an opportunity to try local cuisine, including dal bhat, momos, and other traditional Nepalese dishes.
- Cultural Experiences: The Ghorepani Trek is an excellent way to experience the unique culture of the region and interact with local people.
- Easy Trekking: The Ghorepani Trek is considered relatively easy compared to other treks in the region, making it suitable for all levels of trekkers, including first-timers.

## Travel Information

- How to reach Pokhara: Pokhara is the starting point for the Ghorepani Trek,

and is accessible by road from Kathmandu (approx. 200 km) or by flight.

- **Transportation:** From Pokhara, you can hire a private vehicle or take a local bus to Nayapul, the starting point of the trek.
- **Accommodation:** The Ghorepani Trek is a tea-house trek, which means that you can stay in local teahouses along the way. Most teahouses offer basic amenities, including hot showers, meals, and accommodation.
- **Food and Water:** You can find food and water along the way at local teahouses and shops. It's important to drink plenty of water to stay hydrated, especially at higher elevations.
- **Trekking Agency:** You can choose to organize the trek independently or book through a trekking agency, which can provide support and assistance throughout the trek.
- **Money and Communication:** You can find ATM facilities in larger towns along the way, but it's advisable to carry some cash in small denominations. Cell phone coverage is limited in some areas, but Wi-Fi is available in many teahouses.
- **Respect Local Culture:** When trekking in Nepal, it's important to respect local culture and customs, and to be mindful of your impact on the environment.

## Things to know

- **Physical Fitness:** The Ghorepani Trek is considered relatively easy, but you should still be in good physical condition and have the necessary stamina to complete the trek.
- **Altitude Sickness:** The trek takes you to elevations of up to 3,210 meters, so it's important to acclimate to the altitude and to be aware of the symptoms of altitude sickness.
- **Travel Insurance:** Make sure you have comprehensive travel insurance that covers emergency evacuation and medical expenses.
- **Trekking Permits:** You will need to obtain TIMS and ACAP permits before embarking on the trek. These can be obtained in Kathmandu or Pokhara.
- **Local Guides:** Hiring a local guide is highly recommended for the Ghorepani Trek. Guides can provide valuable information and assistance throughout the trek.

- **Packing List:** Make sure you have the necessary gear and clothing for the trek, including warm layers, waterproof gear, and good quality hiking boots.
- **Weather:** The Ghorepani Trek can be completed year-round, but the best time to trek is from October to May. Be prepared for unpredictable weather conditions and bring appropriate gear and clothing.
- **Health and Safety:** Make sure you take necessary precautions to maintain good health and safety on the trek, such as drinking plenty of water, avoiding exposure to cold, and being mindful of your footing on steep and slippery trails.