

Ghorepani Poon Hill Trekking is easy, short and famous but the rewarding trip to the Annapurna massif. This Trek is famous among travelers who have limited time holidays in Nepal and do not have the previous experience of trekking. The Ghorepani Poon Hill Trek trail leads you on an enchanting journey through wide open valleys, sparkling waterfalls and dense rhododendron and Pine forests. The Poon Hill at an altitude of 3120m is famous for a magnificent panoramic of the Himalayan ranges it offers such as Mt. Dhaulagiri 8167m, Machhapuchhre 6993m, Himchuli(6441m), Nilgiri 7041m, Annapurna South 7219m, Annapurna II 7939m, Annapurna III 7555m, Annapurna IV 7525m, and Lamjung Himal 6988m. It is one of the most spectacular mountain spots where you can enjoy fabulous sunrise and sunset over the Himalaya. On the same time, we can explore the UNESCO world heritage sites (Pashupatinath, Boudhanath, Swoyambhunath and Kathmandu durbar square) in Kathmandu and beauty of natural place Pokhara, which makes your trip more interesting and attractive.

Ghorepani Poon Hill Trekking is designed to fulfill the dream of many tourists to experience the important route to the base of the world's beautiful place. Glacier Adventure Company has a decade of experience team and successful record. We learned never to hurry a trek to altitude in the Himalayas. This trek fits for both adventure travelers and nature explores with amazing lifetime experience.

Trip Facts**Price:**

USD 945

Duration:

10 days

Activities:

Hiking & Trekking, Tours & Sightseeing

Accommodation:

Teahouse (Lodge to Lodge)

Meals:

Breakfast in Kathmandu/ Pokhara and all meals during the trek

Max. Altitude:

3210 meters

Group Size:

Minimum 1

Best Season:

February, March, April, May, September, October, November & December.

Daily walking Hour:

5 to 7 hours

Transportation:

Car/Van/Bus

Glacier Adventure
Company Pvt. Ltd.

Day to Day Itinerary

Day 1: Arrival in Kathmandu (1300m)

Accommodation: Tourist Standard Hotel | **Meal:** Welcoome dinner

When the traveler arrives airport in Kathmandu, Our representative will meet you and transfer to the hotel, then take a rest in the evening time will have welcome dinner at Nepali restaurant.

Day 2: Kathmandu Sight seeing (1300m)

Walking hr: 6 hrs | **Accommodation:** Tourist Standard Hotel | **Meal:** Breakfast

After breakfast tour guide picks up you for a tour around Kathmandu valley (Pashupati Temple, Boudhanath, Swayambhu, Kathmandu Durbar square) after that prepare for trekking. Traveler meets trekking guide and team member, they check your equipment as well as advice what you need for trekking.

Day 3: Kathmandu to Pokhara (950m)

Walking hr: 7 hrs | **Accommodation:** Tourist Standard Hotel | **Meal:** Breakfast

Early in the morning after breakfast go to bus park, then bus leaves 7 am Kathmandu to Pokhara through the beautiful Nepalese countryside to reach the lakeside Pokhara then transfer to the hotel rest of the time explore the around lakeside.

Day 4: Pokhara to Ghandruk (1951m)

Walking hr: 6 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

After breakfast starts the drive to Nayapul. It takes one and half hours, then the trail follows the normal road to Bireathanti after that the trail follows the Modi Khola through Sauli bazaar than the trail ascending to Ghandruk. The trail passes through the beautiful village, green valleys and rice paddies with amazing mountain views of Annapurna South, Him Chuli and Fishtail.

Day 5: Ghandruk to Tadapani (2650m)

Walking hr: 4 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

Today is Short day. After breakfast starts walking. The trail ascends to Tadapani through Pine and rhododendron forest. Trekkers enjoy with a fishtail, Him Chuli, Annapurna South and Annapurna III.

Day 6: Tadapani to Ghorepani (2850m)

Walking hr: 6 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

Today is a beautiful day. After breakfast start walking. The trail descends to the Tadapani river than cross suspension bridge the trail ascending to lodge after that continue to Banthanti than the trail ascending to Deurali, Before Ghorepani the trail descending. Trekkers cross pine and rhododendron forest with beautiful mountain views of Annapurna III, Fishtail, Him Chuli, Annapurna South, Nilgiri and Dhaulagiri.

Day 7: Ghorepani to Tikhedhunga (1550m)

Walking hr: 6 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

Early in the morning, wake up and go to Poon Hill (3210m) to see golden mountain views on sunrise time, like

Dhaulagiri (8167m) Nilgiri (6940m), Annapurna South (7219m), Fishtail (6991m), Lamjung Himal (6931m) and another neighbor mountain. The Poon Hill is the greatest sunrise viewpoints in Nepal. Travelers descend to Ghorepani after breakfast continues to walk Tikhedhunga (1527m) with amazing mountain views. The trail descends to Tikhedhunga through Green forest and beautiful village Nagehanti, Banthanti, Ulleri finally reach in Tikhedhung.

Day 8:Tikhedhunga to Pokhara (950m)

Walking hr: 5hrs | **Accommodation:** Tourist Standard Hotel | **Meal:** Breakfast & Lunch

Today is the last day of trekking after breakfast starts walking from Tikhedhunga. Trekkers, a few hours walk and reach Nayapul then catch a vehicle to reach Pokhara. Evening time explores the Pokhara city.

Day 9:Pokhara to Kathmandu (1300m)

Walking hr: 7 hrs | **Accommodation:** Tourist Standard Hotel | **Meal:** Breakfast & fare well Dinner

Early in the morning drive tourist bus Pokhara to Katmandu through the beautiful Nepalese countryside to reach the Kathmandu then transfer to the hotel rest of the time explore the around Thamel.

Day 10:Departure day

Meal: Breakfast

We dropped you to the international airport for your departure flight to your onward destinations. The Glacier Adventure Company wishes you a wonderful Himalayan adventure in Nepal.

This above Itinerary is a guideline and a standard pattern of what we provide. Our trips can be customized in your interest to accommodate your specific requirements. We also arrange Ghorepani Poon Hill trekking without sightseeing and hotel arrangements.

NOTE: During the trips, weather conditions, local politics, transportation or multiple other factors. They are beyond our control, can changes itinerary. However, Unlikely that itinerary would be substantially altered, if necessary, Group leader will decide the best alternative, they considering the best one of the whole group. Where a change does occur, we do everything best. we minimize its special effects but we cannot be responsible for the results of delays.

Trip Cost Includes

- Airport / Hotel / Airport pick up & drop by private car / van / bus.
- Standard twin sharing accommodation in two/ three-star hotel in Kathmandu breakfast included (3 nights)
- Standard Hotel twin sharing accommodation in Pokhara breakfast included (2 nights)
- A full day sightseeing tour in Kathmandu valley including tour guide and entrance fees
- All your standard Meals, during the trek.
- Best available Lodges, Guesthouses accommodation during the trek.
- Experience government licensed English speaking Guide (4 people 1 Sherpa/2people 1 porter) during the trek.
- Food, accommodation, salary, insurance, equipment, and medicine for all staff.
- Annapurna conservation Park permits and TIMS

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- Down Jacket and sleeping bag (which needs to be returned after the trek.)
- Free duffel bag, T-shirt and trekking map
- Welcome and farewell dinner
- Surface transfer from and to Kathmandu.
- All our government taxes.
- Official expense.

Trip Cost Excludes

- Your travel and rescue insurance
- International airfare and airport departure tax.
- Nepal entry visa, you can obtain a visa easily upon your arrival at Tribhuvan International Airport in Kathmandu.
- Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porters, bottle or boiled water, shower etc)
- Personal trekking Equipment.
- Tips for staff.
- Others expenses which are not mentioned on Price Includes.
- Excess baggage charges
- Lunch and evening meals in Kathmandu and Pokhara (and also in the case of early return from the mountain than the scheduled itinerary)
- Extra night accommodation in Kathmandu and Pokhara because of early arrival, late departure, and early return from the mountain (due to any reason) than the scheduled.

IMPORTANT NOTE

Trekker's safety is our paramount concern while trekking with Glacier Adventure. Every effort will be made to keep to the above the itinerary. Ghorepani poonhill trekking located remote area in the Annapurna region. Glacier Adventure can't guarantee it such as weather condition, availability of porter and the health of team members can all contribute to change. Guide and Sherpa will try to ensure that the trip runs according to plan but please be prepared to be flexible if necessary.

Pre-trip meeting

Glacier Adventure hosts the Pre-trip meeting in Kathmandu 2nd day of the itinerary. Trekkers introduce with trek leader. We will provide an opportunity for individuals to ask questions about Ghorepani poonhill trekking. The pre-trip meeting covers personal equipment, acclimatization and to introduce you to another team member. Glacier Adventure hopes pre-trip meeting have excellent, informative, supportive and fun.

Acclimatization

Glacier Adventure's Ghorepani poonhill trekking itinerary is focus rules AMS (Acute Mountain Sickness) when going up too fast causes a medical condition serious enough to kill. Higher mountains area is less oxygen in the air. If, trekkers are wanted safe Ghorepani Poonhill Trekking. Their body needs some days to rest in the less air environment. Especially, travelers need to know the heart, lungs/blood diseases to consult their doctor before leaving home. Glacier Adventure's itinerary designed to try to prevent AMS as much as possible. It is important to remember that some people are more susceptible than others.

Physical Condition & Experience Requirements

Normally, Ghorepani poonhill trekking is a remote mountain in the Annapurna region. This is suitable for physical fit walkers. The traveler must be in good health and physical condition. Most parts of treks five to six hours walk but some days are seven hours. It is a good idea; prepare yourself in the lead-up to your trip with some regular exercise. The best form of which is long walking in the hill area. Technical experience is not required, hiking experience is an advantage, but the most important thing is a positive attitude and a generous amount of determination. If you have any pre-existing medical conditions, it is vital you let us know the details of these before setting. Also, before coming to Nepal it's important to consult your doctor regarding vaccination and any other medical concerns the trip may raise. "Medical and emigration expenses are your responsibility."

Insurance

When traveling with Glacier Adventure. Trekkers must be fully insured, including Air rescue, Air ambulance, and treatment service. Have an accident? Trekkers should be careful in choosing a policy; however, as some make special exceptions for adventure travel. Please note that Glacier Adventure doesn't arrange any insurance.

Staff Arrangements

Glacier Adventure staffs try to make successful, enjoyable and memorable in your Ghorepani poonhill trekking they are innocent, helpful, experienced and Careful. Your trip leads by the best and most professional leader. He had a long experience. He has knowledge of Culture, Ecosystem, flora and fauna, geography and history of Nepal. Glacier Adventure's leader trained following things

English Language.

Trekking guide training.

First aid course.

Conservation & Biodiversity

Porter care

Trekking is adventures. Porter's job is a hard working job. They carry trekker supplies and baggage that makes a journey easy and comfortable into the remote mountains in the Annapurna region. We ensure all our porters are well trained and well paid. Porters who become sick are treated with the same care and attention as team members and we have previously used helicopters at Tour expense to rescue porters from dangerous situations. The porter's sake, we require all trekkers keep their bag weight 15 to 20kg. We support the work of the International Porter Protection Group (IPPG), Provides help and advice to those organizations to improve the working conditions of the porters on whom we depend.

Accommodations

All accommodations for Ghorepani poonhill trekking are twin sharing basic included in trip cost. The trip based on, standard service and Standard hygiene food. There are two types of accommodations on the trip. Standard tourist hotel in Kathmandu, Pokhara and during the treks, Trekkers spends standard Guest house which one normal room with wooden beds and foam mattress. Glacier Adventure also provides the attached bathroom where is possible. Some places are only having shared shower/washing and toilet facilities. We always try to provide good rooms in all places.

