

Ghorepani Poon Hill Trek

Ghorepani Poon Hill Trek is indeed one of the greatest trekking trips in the Nepal Himalayas. It is short, suitable for the most types of trekkers – in terms of physical capability, interest – and offers one of the grandest mountain view of the region. **Ghorepani Poon Hill Trek** combines the pristine natural scenery, walk in the deep forest of Rhododendron flowers that bloom in March-April, and the beautiful village life in action.

Ghorepani, the name of the trek comes, is a buzzing small modern town lies at the base of famous viewpoint – Poon Hill (3,210 m/ 10531 ft). This hilltop offers **a breathtaking sunrise view** over the mighty Himalayan peaks of the Annapurna massif and Dhaulagiri range. Dhaulagiri (8,163 m/ 26781 ft) is the sixth highest mountain of the earth which can be seen closely across the Kaligandaki river gorge. The itinerary offered here is bit longer one with Jhinu hot spring – natural hot spring pool is situated to take bath. Another, if you want to shorten your trek then you can descend down from Tadapani through the popular Gurung village of **Ghandruk village**.

Itinerary in Details:

Day 01: Arrival in Kathmandu (1,300 m/ 4265 ft):

Your arrival in Kathmandu is fascinating itself. Our friendly representative will be there at the airport to receive you and transfer you to your hotel.

After you complete check-in formality, and taking short rest, we introduce to the market of Thamel, where you can eat your supper, change money, buy some stuffs from supermarket, or buy trekking gears.

Later we take you to our office for the trip briefing.

Overnight at your hotel.

Delay of any kind will postpone the events for next day according to feasibility.

Day 02: Fly Kathmandu - Pokhara – Nayapul - Tikhedhunga (1,750 m/ 5741 ft)/ 30 min flight + 1.5 hrs drive + 3.5 hrs walk:

Enjoy your breakfast at the Hotel in Kathmandu and we transfer you to the domestic airport for your adventurous and scenic flight to Pokhara.

Arrive Pokhara and then drive about one and half hour to the trekking starting point – Nayapul. When your flight lands in Pokhara, you will be picked up and driven to the trekking starting place, Nayapul.

Porter will take some time to fix their backpack and you can do some last minute shopping – water, biscuits, hat or else if you have missed before. Start the walk along Modi khola which is beautiful walk though bit hot in the lower river bed. The walk takes some three and half hours today which is easy and gradual uphill. Recently a road is built in this section and you can drive further from Nayapul – almost close to Tikhedhunga.

Arrive the hotel in Tikhedhunga, check-in, and enjoy the rest of the day. **Overnight at local lodge.**

Day 03: Trek Tikhedhunga – Ghorepani (2,810 m/ 9219 ft)/ 6 hrs walk:

You will start your day with amazing breakfast served in your hotel. Immediate after you start the day, you are to walk steep uphill to Ulleri which is roughly two and half hours climb. Ulleri is beautiful and huge village atop with terraced farm and offers the first view of Annapurna South, Himalchuli, and Fishtail.

You walk in the deep forest to reach Banthanti, Nangethanti, and finally to Ghorepani. This section of the path is beautiful in the forest. You will enjoy your lunch in Nangethanti or Banthanti and walk to Upper Ghorepani (1.5 hours) which is located at the center of the rhododendron forest, just below Poon Hill. You will be mesmerized by the view of Himalayan peaks including Dhaulagiri, Annapurna and others with majestic landscape. **Overnight at local lodge.**

Day 04: Predawn Hike to Poon Hill (3,210 m/ 10531 ft) – Trek to Tadapani (2,710 m/ 8891 ft)/ 6 hrs walk:

You embark on a predawn hike from your Hotel towards the hill namely Poon Hill – named after the local residents of Poon ethnicity.

It is about an hour climb to the top from where you can enjoy the mesmerize view of the Himalayan peaks including Annapurna Fang, Annapurna South, Himchuli, Dhaulagiri, Tukucho and Dhamphus Peak, Fishtail, and others. The panorama you can see is spellbound with view of sunrise over these peaks. To escape freezing weather, you can have hot coffee at the top. If you are here on March-April, the beauty of blooming rhododendron is beyond explanation in words.

After you spend some half an hour or so, you return to the Lodge to have breakfast.

After breakfast you start to climb another hill opposite of Poonhill and descend to the river other side to reach Tadapani. You are to walk numbers of ups and downs today and tiring walk indeed. But, it is rewarding with the view of the mountains and forest as you walk on the ridge with beautiful view and scenery. Arrive Tadapani after a short yet challenging uphill. Check-in to your cozy lodge, enjoy hot tea/coffee with the view of Annapurna and Fishtail closeup. **Overnight at the local lodge.**

Day 05: Trek Tadapani - Jhinu (Hot Spring) (1,500 m/ 4921 ft)/ 5 hrs walk:

After breakfast with the view of Fishtail and Annapurna, you descend steep in the rhododendron forest to the river towards Jhinu. You cross multiple dotted small settlements and then a hanging bridge to the other side from where the trail is basically gradual ups and downs.

Once you reach Chhomrong – huge village and the last settlement of the region and gateway to the Annapurna Base Camp – you walk steep down for one hour approximately to reach Jhinu Danda.

After you check-in to the lodge, you can go down another twenty minutes to the river where natural hot spring pool is situated to take dip. It is very good for your health and skin disease to take bath in the natural hot spring water. **Overnight at local lodge.**

Day 06: Trek Jhinu – Nayapul – Pokhara / 6 hrs walk and 1.5 hrs drive:

After breakfast you follow the bank of Modi Khola that flows down from the glacier of Annapurna to reach Nayapul.

Now a day there are bus services from closer to Jhinu Danda as well and you can choose to end your walk here.

The walk to Nayapul from Jhinu is scenic with waterfalls, green farming terraces, and wild beehives hanging on a cliff. You pass various tiny villages and rural life before you reach Nayapul – the starting point of your trek. Once you arrive Nayapul, drive back to Pokhara and enjoy the evening in the lake city. **Overnight in the hotel.**

Day 07: Drive Pokhara – Kathmandu (1,300 m 4265 ft) / 7 hrs drive:

You drive back to Kathmandu – some 206 kms and takes seven hours – or take a flight according to your interest. If you are driving, you drive through beautiful bending mountain highway which stretches along the river and passes through beautiful landscape. Once in Kathmandu we will transfer you to your respective hotel and you will be given free time to wander around. Overnight will be spent in hotel.

Day 08: Cultural Tour of Kathmandu City / 4 hrs:

After breakfast at your Hotel, we take you to the mysterious Kathmandu city tour. This historical, cultural, and spiritual city unveils the social and historical mysteries to visitors. You will walk through the narrow lanes of the ancient Kathmandu – the center of power – that includes markets of Ason, Glass beads market at Indrachowk, oldest supermarket at New Road, Kilagal, and Hidden Stupas inside the family courtyard.

Visit of Kathmandu Durbar Square – the administrative quarter of Malla Kings (fourteenth to eighteenth century), and Shah Kings who ruled Nepal from 1768 until 2008. The most unique experience in the square is the visit to the temple of the living goddess “Kumari”.

After the tour, return back to your Hotel. If you are staying in Thamel, you can hang around this bustling tourist market and enjoy shopping. **Overnight in Hotel.**

Day 09: Departure Day:

As per your flight schedule, you will be transferred to the international airport of Kathmandu three hours prior to the flight time and your tour ends here.

Cost Includes:

- ✓ Airport Pick up and Drop with friendly representative
- ✓ 3 star standard hotels with breakfast in Kathmandu
- ✓ 3 star standard hotels with breakfast in Pokhara (Nepal's 3 star hotel can be bit different than other international standard)
- ✓ Tea house (Lodge) accommodation during the trekking in twin sharing basis
- ✓ All meals (Breakfast, Lunch & Dinner) during the trekking
- ✓ Tea Coffee (3 times a day)
- ✓ A professional trekking guide, Porter (Helper) and assistant guide above 5 pax.
- ✓ Air ticket (Kathmandu-Pokhara).
- ✓ All food, drinks, Lodge, salary, Insurance, medical equipment, all transport for Trekking Staff.
- ✓ Private transfer (Pokhara - Nayapul – Pokhara)
- ✓ Transfer from Pokhara to Kathmandu
- ✓ Kathmandu Cultural and Historical sightseeing with a Tour guide, Private transportation, and entrance fee.
- ✓ Trekking Permit (TIMS).
- ✓ Annapurna Conservation Area Permit (ACAP).
- ✓ Down Jacket, a sleeping bag, Fleece liner, and a duffel bag.
- ✓ All government taxes

Cost Excludes:

- ✓ Any bar bills (alcoholic drinks, mineral water, or cold drinks), cigarettes, client's personal insurance, and any kind of unforeseen expenses
- ✓ Lunch and Dinner in Kathmandu and Pokhara
- ✓ Tips for Guide, Porter, and Driver (tips not mandatory but highly expected.)
- ✓ Travel insurance that should cover emergency evacuation in case of need
- ✓ Anything that is not mentioned in Inclusion

What to bring

This list outlines the required things to bring during the trekking tours. There are various selections and brands that you can choose as per your interest. All required trekking equipments can be bought or even hired easily at a reasonable price in Kathmandu.

General

1. Four seasons Sleeping bag (Optional/we can provide one if you need it but is to be

- returned after the trek)
2. Duffel or Rucksack bag & suitcase (Optional/we can provide one if you need it but is to be returned after the trek)
 3. Daypack
 4. Down Jacket (Optional/we can provide if you need one but is to be returned after the trek)

Upper Body - Head / Ears / Eyes

1. Sun hat
2. Warm wool or synthetic hat that cover your ears.
3. Goggles or sunglasses for sunbeam, dust and wind
4. Headlamp
5. Some people like ear-muffs; These are optional; a good hat, balaclava, and hooded jacket should really be sufficient, but this is a personal choice for some people (optional).
6. A neck warmer is another piece of gear for extra warmth if you feel you will need it (optional).

Hand

1. Gloves(not too warm and not light)

Core Body

1. T-shirts
2. Shirts
3. Fleece jacket or pullover.
4. Fleece Wind-Stopper jacket (optional).
5. Waterproof (preferably breathable fabric) shell jacket.
6. Women sports bras, Synthetic, no cotton!

Lower Body – Legs- Feet

1. Nylon hiking shorts - Quick drying type, not cotton!
2. Underwear, stay away from cotton (4).
3. Lightweight long underwear - capilene or other synthetic.
4. Soft shell pants - synthetic, full zip from top and bottom preferable.
5. Trekking pants, preferably that zip on/off at the knees so they double as shorts..
6. Cotton pants (loose jeans/khakis).
7. All clothing should be kept dry using waterproof stuff sacks or large puncture resistant plastic bags.
9. Two pairs heavy weight socks to be worn over liner socks preferable for cold season.

10. Two pairs light weight socks, a good option for the lower / warmer parts of the trail.
11. light to medium weight water proof hiking/trekking boots.
12. A pair of light trekking shoes or sneakers. Good for around the camp/lodges and in Kathmandu.
13. A pair sandals (Optional).

Medicines and First Aid Kits

(Please note our guide will also carry the first aid kit bag during the trek. However we still recommend you to bring your personal first aid kit as well)

1. Extra Strength Excedrin for altitude related headaches.
2. Ibuprofen for general aches and pains.
3. Immodium or Pepto bismol capsules for upset stomach or diarrhea.
4. Diamox (commonly prescribed as Acetazolamide) 125 or 250mg tablets for altitude sickness. Please discuss with us before starting to take this medicine.
5. One small personal sized first-aid kit with blister treatments such as mole skin, band-aids, some waterproof tape, anti-infection ointments, etc. Your guides will have more extensive medical gear, but you should have the basics for general use.

Miscellaneous

1. Passport and extra passport photos (4 copies).
2. Airline ticket (Please make a copy and leave on at our office in KTM just in case if you need to change the date of your).
3. Durable wallet / pouch for travel documents, money & passport.
4. Lip balm. At least SPF 20, 2 sticks. A string taped to the stick is helpful, to hang around your neck and some are now being sold with a cord already attached. Handy as it avoids you from having to stop and look for it.
5. Sunscreen. SPF 40 is recommended and should be relatively new since it loses its' effectiveness over time.
6. Pocket knife or small Swiss Army type.
7. Water purification Iodine tablets or Polar-pure crystals.
8. Toiletry kit. Be sure to include toilet paper stored in a plastic bag, hand wipes, and liquid hand sanitizer, towel, soap, etc.
9. Two bandanas.

Optional

1. One pair adjustable trekking poles. Although these are listed as optional, these can be of great assistance to people who may think of themselves and generally clumsy or with bad knees, ankles, etc, especially when going downhill
2. Favorite snack foods

3. Paperback books, cards, mp3 player (there are a couple of stops where you could recharge. Avoid players with moving hardware as it may not function. Remember, keep these items light weight
4. Binoculars
5. One light weight point & shoot camera or 1 large SLR. Digital cameras are ok, but you must keep the batteries warm when not in use
6. Hydration bladder with drinking tube and tube insulator
7. A pee bottle for men and pee funnel for woman, some swear by them to avoid that chilly late night trip
8. One small stainless steel thermos

All garments should be kept dry using waterproof stuff sacks or large puncture resistant plastic bags.