

# Ghorepani Poon Hill Trek



## TRIP FACTS

Spectacular mountain scenery, villages inhabited by the Gurungs, dense rhododendron forests full of birds and deep sub-tropical valleys, climb Poon Hill, Himalayan Giants, Dhaulagiri 8,167m and Annapurna 8,091m along with a maze of other peaks, rhododendron flower in March, April and many more..

Trip duration:	5 Days
Maximum altitude:	3210m
Grade:	Classic / Easy to fairly challenging
Starts in:	Pokhara
Ends in:	Pokhara
Accommodation:	Tea House (lodge)
Transportation:	Car/Van/bus
Best Season:	Oct- Nov (autumn season)
Very good Season	Mar- May (spring season)
Good season:	Dec-Feb (winter season)
On luck weather season:	June-Sep (summer/rainy Season)

## ITINERARY:

### Day 01 Pokhara to Nayapul drive by private car/van and trek to Tirkhedhunga

Altitude: 1577m

Trek Length: 4 HOURS

Meal: Lunch, Dinner

After your Energetic Breakfast, at around 8:00am your guide will meet you at the hotel premises. You will be transferred to Nayapul via Office transport. Nayapul is 1.5 hours' drive from pokhara, the drive covers the distance of 43kms. After Reaching Nayapul you will begin your trek towards Tirkhedhunga. The Trek Begins with 15 mins walk towards the village Of Birethanti Then walking across the Banks of Modi Khola, Then a short Ascending Trek to The village of Tikhedhunga. The guide will take you to your Tea House Accommodation for overnight stay in Tirkhedhunga. Today's trek is a slight Preparation for the upcomingtrek.

### Day 02 Trek to Ghorepani

Altitude: 2855M

Trek Length: 6 HOURS

Meal: Breakfast, Lunch, Dinner

The trek starts with the uphill climb through the village of Ulleri, the path rises more gently from this point, over the forests of oak and rhododendrons, towards Banthanti as we hike towards Nangethanti. Finally reaching the village of Ghorepani standing at 2840m.

### Day 03 Trek to Poon Hill for Sunrise then to Tadapani

Altitude: 3210M/2840M

Trek Length: 7 HOURS

Meal: Breakfast, Lunch, Dinner

We wake up at 4:30 am early morning and start an hour hiking to Poon Hill at an altitude of 3,210 m, a view point that treats you with a 180 degrees Mountain View. We return to Ghorepani for Breakfast after spending an hour in Poonhill. Then we make a climb along ridges, and through pine and rhododendron forests. After that, we go downhill to the Banthanti, then off to Tadapani.

#### **Day 04 Trek to Ghandruk**

Altitude: 1940m

Trek Length: 5 HOURS

Meal: Breakfast, Lunch, Dinner

We continue hike to Ghandruk through the Baisi Kharka (Buffalo pasture). Ghandruk is one of the biggest villages of Gurung people. There is the Gurung Culture Museum. We can go and see the way of life of the Gurung people. From this village we can still see views of snow peaks of Annapurna panoramic mountain views.

**Note:** You are also able to complete trek within 4 days; the day trek start from Tadapani, you can complete trek to Kimche by 2 PM via Ghandruk and same day drive to Pokhara

Altitude: 827M

Trek Length: 7 HOURS

Drive length: 2 hours by jeep and 3 hours by bus

Meal: Breakfast, Lunch

#### **Day 05 Trek to Kimche and drive to Pokhara by sharing jeep**

Altitude: 827M

Trek Length: 7 HOURS

Drive length: 2 hours by jeep and 3 hours by bus

Meal: Breakfast, Lunch

If it is a clear morning we may see Annapurna South, Hiunchuli, Machhapuchhre (fishtail) and Annapurna III very close. We have our breakfast with views. On this day, we walk descending to Kimche from Ghandruk. It takes slowly 2 hours trek. From Kimche, we 2 hours drive back to Pokhara.

#### **OPTIONAL ROUTE:**

#### **Day 04 Trek to Jhino Hot Spring**

Altitude: 1775M

Trek Length: 5 HOURS

Meal: Breakfast, Lunch, Dinner

We begin our trek on a downhill trail till Kimrong river, the ice crunches underfoot as we descend through a lush forest. You are closed to the mountain and deep forest, the air is so fresh and clean, the green of the trees and grasses so vibrant that it is like walking in a different world. After crossing Kimrong river uphill in woodland then the rest of the way to Jhinu down through farming terraces. The second half of the trail has a view of the valley gifted by the majestic sight of an Eagle in flight and panoramic mountain views. Jhinu is also the home to Natural hot spring where you can take a bath to refresh yourself up after tough 6 hours trek.

#### **Day 05 Jhino to Nayapul trek; 6 hrs and drive to Pokhara by private car/van**

Altitude: 827M

Trek Length: 5 HOURS

Meal: Breakfast, Lunch

The last day of trek we walk through the banks of Modi Khola and going through Birethanti finally reaching Nayapul. Then an hour drive will take us back to Pokhara.

**(NOTE: Since this information is a standard representation of what we provide, the above trip schedule can be customized as per your request and requirements.)**

## Cost Includes

- International and Domestic airport pickup service and drop service
- Trekking land transport as per mention in the itinerary
- Trekking conservation permit
- Trekking Register Certificate
- Equipped and insured trekking porter (one porter in between 2 person)
- Experienced and first aid trained license holder trekking guide
- Tea House accommodation during the trek in double occupancy
- All meals during the trek (B=breakfast, L=Lunch, D= Dinner)
- Sleeping bag (only if require)
- Government taxes and service charges

## Cost Excludes

- Drinks and Bar Bill (beverage/all kind of drink) in the tea house trek
- Helicopter evacuation/rescue in case of emergency
- Personal insurance
- Personal use trekking equipment
- Hotel in Kathmandu and Nagarkot
- Tipping to guide and porter

## EQUIPMENT LIST

- ✓ Long Pants / Shorts
- ✓ Thermal tops/leggings
- ✓ Jerseys
- ✓ Jacket – water, wind proof – warm ( down or fibre fill )
- ✓ Tramping Boots
- ✓ T-shirts, underwear.
- ✓ Trackpants – warm comfortable clothing for night
- ✓ Gloves – warm, wool
- ✓ Light shoes for night –sneakers or slippers/ug boots, etc
- ✓ Towel and personal toiletries
- ✓ Sleeping bag, warm to -20 degrees(down or fibrefill – or rent one in Kathmandu)
- ✓ Duffel bag (canvas or nylon, without a frame - for porters to carry); can get the one from Trekking Team office
- ✓ Daypack (small, waterproof, for you to carry)
- ✓ Water bottle 1 litre (can purchase in Kathmandu)
- ✓ Headlamp or flashlight

## USEFUL INFO

General Trekking temperature in Spring season; trekking in Autumn is more cold

800- 2000m:

Day: 26 degree Celsius

Night: 8 degree Celsius

2000-3000m:

Day: 24 degree Celsius

Night: 4 degree Celsius

3000-4000m:

Day: 20 degree Celsius

Night: minus 4 degree Celsius

Annapurna Base Camp:

Day: 19 degree Celsius

Night: minus 8 degree Celsius

**Trekking Guide we provide:** English speaking trekking guide, equipped and insured, flexible during the trek, sense of humour and friendly.

**Porter we provide (\*if needed):** Experienced for high altitude trek, equipped and insured, sense of humour and friendly.

**General minimum Tips for Guide and Porter (tipping in Nepal are not obligatory but always trekking staff they hope from you to have tips at the end of the trek and they always do their best make the memorable holiday in Nepal).**

**Important note:** Poon Hill is not real adventure trek ; but we never know anyone can have health problem anywhere. So, I would like to request you come with good insurance which will even cover helicopter evacuation; I am sure you will not needed helicopter evacuation but just for in case.

**Meals that serve in mostly lodge/tea house:** Nepali, Indian, Chinese, Italian foods are available in the trekking meal; and you can order meal with looking into meal menu. Be vegetarian is best choice during the trek; meat item may not be good enough hygiene for your stomach. Mountains made food are just simple; do not expect high about the meal during the trek.

**Electricity facilities in trekking lodge:** Mostly place they have hidro power line but some place you will have solar power system. You will have battery charging facilities in mostly tea house; for these facilities you may need to pay some money (cost about USD 1 for 1 hour charge).

**Ghorepani Poon Hill trek; Room in Tea house:** You will have mountain hut (tea house accommodation). In this trek you cannot expect high room quality. Mostly time you will have common bath room. Lodge also offer solar hot water or gas hot water for the shower; service for extra payment.

**Hotel Accommodation:** Trekking Team also sell hotel accommodation in different standard at suitable your budget; you can ask with us for the hotel booking.

**Transport to Pokhara:** Also Trekking Team sell transport service in reasonable price; Pokhara to and from transport you can use;

-Local bus; 7 hours (bus departure every day start from 7 AM till 10 AM)

-Tourist Bus; 6-7 hours (bus departure every day start at 7 AM)

-Private car for luxury; 5-6 hours

-Airplane to Pokhara; 30 minutes flight (several flights every day start from 8 AM till 2:30 PM)

**Financial Security:**

<https://trekkingteam.com/content/before-booking-a-trip/financial-security.html>