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Ghorepani Poonhill trek, also known as Annapurna Sunrise Trekking, is one of the short, most popular, and beautiful trek in the lap of the Annapurna region. Ghorepani, a picturesque mountain region (2850 m) above sea level, is a unique and busy trekking place in the Annapurna region. Ghorepani Poonhill Trek is an excellent opportunity for beginners and experienced trekkers to have an enjoyable trekking experience in the Himalayas. Main highlights of this trek are as below

- ❖ Easy and short trek in the foothills of the Majestic Annapurna Himalaya
- ❖ Cultural and historical tour of the UNESCO World Heritage Sites in Kathmandu
- ❖ Visit Beautiful Pokhara city paradise on earth.
- ❖ You will go through cultivated fields and pastures.
- ❖ Excellent views of Dhaulagiri, Nilgiri, Annapurna, Mahhapurche (fishtail).
- ❖ Beautiful Sunrise at Poon Hill over the Mount Annapurna.
- ❖ Discover the scenic and exceptional beauty of precious nature.
- ❖ Discover the Gurung culture, tradition, and lifestyle in the Gurung village.

The Ghorepani Poon Hill trekking tour is a combination of culture and wildlife tour with trekking experience in the Annapurna Himalayan. It is also known as the best short trekking in Nepal. This itinerary is one of the most popular among visitors who want to combine adventures in their Nepal tour itinerary.

It is one of the most exciting, moderate, and impressive trekking in the Annapurna region. It is also well-known as the Annapurna Sunrise Trek. It is a shorter trek and does not require acclimatization. The Ghorepani trek leads through the Gurung

villages in the mountains. It is a superb opportunity to see the magnificent peaks of the Himalayas, such as Dhaulagiri, Annapurna South, and Machhapucchare Etc.

The evergreen trekking route takes you to the beautiful historic ethnic village and a first-class mountain. Poon Hill is the best vantage point that fulfills your dream of taking a look at the snow-capped mountain peaks. The landscape of Dhaulagiri and Annapurna can be seen from the viewpoint of Poon Hill [3190 m]. Above Ghorepani are the most incredible mountain excursions in the world. The top of the hill captivates with a heavenly view of sunrise and the golden lights of the Annapurna Mountains.

Day 01: - Welcome to Kathmandu international airport and transfer to the hotel.

Upon your arrival at Tribhuvan International Airport in Kathmandu, one of our representatives will pick you up and take you to your reserved hotel. In the afternoon you can relax, and in the evening we organize a meeting at your hotel lobby. During the session, we will introduce your trekking and tour guide.

Meals included: None

Day 02: - Full day city tour through Kathmandu

Today, early morning, after breakfast, you will be taken on a full-day sightseeing tour of the Kathmandu Valley. You can visit the Pashupatinath and Swyambhunath Temple pilgrimage center, which is very old, and mostly a UNESCO World Heritage Site, and the largest Buddhist stupa in Boudhanath. Visit Patan durbar square, the city of fine arts. On the way back to the hotel, you can explore the surroundings, gorges, and lifestyle. After dinner, you may be able to take a stroll through the famous streets like Thamel and Durbarmarg. Night stay at the three-star deluxe hotel

Meals included: Breakfast

Day 03: - Flight or Drive to Pokhara, 25 minutes flight or 6 to 7 hours drive

After breakfast, we will take you to the national airport and fly to Pokhara. During the short flight, you will have a majestic view of the magnificent peaks of Manaslu, the snow-capped Annapurna, and the Langtang Himalayas.

Alternatively, you can go by a tourist bus or by private car to Pokhara. It takes about 6 to 7 hours along the Prithvi Highway. Upon arrival in Pokhara, you will be transferred to the hotel where you can enjoy your free time by the lake. You can enjoy and relax around Lake Phewa, which is surrounded by the Mount Annapurna Himalayas and visit the Bindavasini Hindu Temple, which is only accessible by boat. You will spend the night in a hotel in Pokhara.

Meals included: Breakfast

Day 04: Trek Nayapul to Ulleri (1540 m): 3 to 4 hours walking distance.

After breakfast at the Pokhara Hotel, we will go to Naya Pul by private car and start our trek. We walk through subtropical forests in the valley, sometimes on the path carved into the side of the cliff. After lunch, we cross the Bhurungdi Khola (river) over a bridge to the village of Tikhedhunga. The Ulleri Hill, with thousands of steps and rocks that are steadily climbing, will be a real test of our resistance. You will arrive in Ulleri in the late afternoon. You will stay at the lodge in Ulleri.

Meals Included: Breakfast, lunch, and dinner

Day 04: Trek Ulleri to Ghorepani (2,750 m): walking distance 4 to 5 hours

After breakfast, you will ascend towards Ghorepani village. The name Ghorepani in Nepali means "horse water" because it is a vital warehouse for merchants before it became a stopover for hikers. Ghorepani is a beautiful place with small shops selling local handicrafts and other products. The village consists of two parts: one in the saddle and the other a few hundred meters below. You will stop at the highest point village of Ghorepani, offering panoramic views of the surrounding mountains, including the Annapurna South and Nilgiri Mountains. Since Ghorepani is much higher than our previous stop, we feel the cold weather, especially at night. Night stay in Ghorepani.

Meals included: Breakfast, lunch, and dinner

Day 05: Trek from Ghorepani to Tadapani with a visit to Poon Hill: 6-7 hours

To see the sunrise over the Himalayas, we make an early morning ascent on the steep path to Poon Hill(3,210 m), the most popular highlights of this trekking. It is also a strategic point to enjoy breathtaking views of Mustang, Pokhara, and other many highest mountains, including the Annapurna and Dhaulagiri Mountains. The snowy peaks rise above and around you and glow in the morning sunlight. After taking photos and drinking coffee, tea, or hot chocolate, we returned to Ghorepani. After having breakfast, we start our walk east and up a nearby ridge. We descend through the rhododendron forests, past spectacular waterfalls, and arrive in Tadapani for the night.

Meals Included: Breakfast, lunch, and dinner

Day 06: Trek from Tadapani to Ghandruk: Walking Distance 3-4 hours

From Tadapani, we make a steep descent through the thick and dark forest. Hiking in this area leads through a dense forest of old rhododendrons. These forests become unbelievable gardens when rhododendrons bloom. Depend on the travel season, you can enjoy cherry blooms on the other side of the gorge. After walking a few more minutes, we entered the village of Ghandruk, a hilltop settlement with stone houses that are mainly inhabited by the community of Gurung. We not only enjoyed the breathtaking close-ups of the Fishtail Mountains, Annapurna South, and Hiunchuli but also got to know the simple but rich cultural traditions of the Gurung at the Gurung Museum in Ghandruk.

Meals included: Breakfast, lunch, and dinner

Day 07: Trek from Ghandruk Naya pul and drive to Pokhara

Today we walk from Ghandruk to Naya Pul and then return to Pokhara by car. The hike leads downhill to Birethanti. We enter a stone-paved staircase, enter and leave the village, and then enter terraced farms. It drops almost seamlessly from Ghandruk to Modi Khola River Valley. Half an hour's walk from Birethanti takes us

to Naya Pul. The journey on foot ends in Nayapul. Then we drive to Pokhara to spend the night in the hotel.

Meals Included: Breakfast and lunch)

Day 08: Fly or drive to Kathmandu

In the afternoon, you fly to Kathmandu. The left side of the plane offers an incredible view of the Himalayas. After arriving in Kathmandu, our staff will drop to your hotel. You enjoy the day comfortably, do last-minute shopping, or explore the sights you missed on your second day in Kathmandu. Night stay at Hotel in Kathmandu.

Meals Included: Breakfast

Day 09: Final departure

Your Ghorepani Poon Hill trek trip comes to an end today! Our representative will drop you off at the airport about 3 hours before your scheduled flight.

Meals included: Breakfast

Included in the cost

- ❖ Airport pickup and delivery in a private vehicle
- ❖ Accommodation in a three-star deluxe hotel in Kathmandu and Pokhara
- ❖ During the trek, Lodge Accommodation with full board meals
- ❖ During the trek, full board meals (Breakfast, lunch, and dinner)
- ❖ All ground transportation in a private vehicle according to the travel itinerary
- ❖ City sightseeing in Kathmandu with experience guide on private vehicle
- ❖ Entry Tickets for monuments according to the itinerary
- ❖ An experienced, English-speaking, Government-licensed Trekking guide
- ❖ Necessary Porter service
- ❖ Costs, including salary, insurance, food, and accommodation for staff.
- ❖ All necessary documents and trekking permits (ACAP, TIMS)
- ❖ Government and local taxes

Costs excluded

- ❖ Meals in Kathmandu and Pokhara except to breakfast
- ❖ Travel and rescue insurance for trekkers
- ❖ International air tickets price to and from Nepal
- ❖ Tourist Visa fees for Nepal
- ❖ Items of a personal nature
- ❖ Alcoholic beverages, hot water, hot shower fees on trekking, cold drinks, laundry, phone call, internet
- ❖ Tips for guides, porters and drivers

Best time for a Poon Hill trek

The hike can be done all year round, but it is easier if there is no rain or snow on the trails. The best time for the Poon Hill hike is from March to May and from September to November. During these months, the climate is more transparent, and the temperature is moderate when the morning and evening are only a bit cold, and the days are prominent to enjoy a beautiful view of the mountains.

The most popular season for Ghorepani Poon Hill trek is spring and autumn. In Nepal, spring begins from February until the end of May. This season is popular due to pleasant temperatures, plenty of natural light, and beautiful flowers of wildflowers and rhododendrons. Trekkers who want to enjoy the most beautiful landscape of the Himalayas should go for a trek in autumn starting from September to November. It is the highest trekking season with less rain, clear skies, and panoramic views. Of course, you can also go for a walk in other seasons. The summer in Nepal is monsoon season and offers heavy rain, rapids, and dense vegetation. It is a good time if you don't want to trek a crowded path with many other travelers. Winter is also the right choice. Although the temperature is freezing, you can enjoy a fantastic view of the snow-capped mountains and hills. Regardless of the season

THREAT AND RISK ASSESSMENT

During our trip, we walk an average of 5 to 6 hours a day. So this is an easy hike.

Adventure travel requires an open and flexible attitude. You may find Extreme conditions, unpredictable weather, and short-term changes in the itinerary may occur that are beyond our control. In this case, your trek guide will do everything possible to correct the changes in the plan and to minimize the trouble. The ability to work as a team is an essential aspect of all our trips.

In the event of a severe injury that requires hospitalization, the evacuation may take several days and hinder your later recovery. Helicopters are the most common means of abandonment, but are not always available or can be hampered by bad weather and flight conditions.

Food & Accommodation

For our trekkers to Poonhill, we use various hotels in Kathmandu and Pokhara, depending on availability and tea house during the trek. There are luggage rooms in all hotels in Kathmandu, where you can leave your luggage that is not needed during the trek. These hotels also have a security safe for storing valuables.

Kathmandu has a large selection of excellent restaurants. Some of the most popular restaurants are Everest Steak House, K Too Steak House, Rumdoodles, La Dolce Vita, Fire and Ice, Mike's Breakfast, and New Orleans. The hotel serves breakfast every morning.

In the breakfast, you can get porridge or muesli, toast or chapattis, omelets, and various hot drinks. The hiking meals include breakfast, lunch, afternoon tea and cookies, as well as a two-course menu (soup and main meal) and up to two cups of hot drinks per meal.

WEATHER

The traditional trekking season in Nepal lasts from late September to May, with October and November generally recognized for the best climate. Spring is also a popular season with warmer weather and the advantage of seeing spring flowers and blooming rhododendrons.

This trek has a wide temperature range depending on the altitude and time of day. In the mountains between 1,000 m and 3,500 m, the nights are cold, usually

around 5 ° C, and during the day the temperatures sometimes reach 25 ° C. In higher altitudes, the temperatures are between 15 ° C and -20 ° C.

VISA REQUIREMENTS

All foreigners require a visa to enter Nepal. It is your responsibility to obtain a Nepal entry visa. You can arrive from a Nepalese embassy abroad or upon arrival in Nepal. Most people will receive their permission upon arrival at Kathmandu airport.

You will need a passport photo, and the following fees depend:

USD 25 or equivalent convertible currency for 15 days Visa

USD 40 or equivalent convertible currency for 30 days visa

USD 100 or equivalent convertible currency for 90 days Visa

VACCINES AND MEDICINE

You should obtain professional advice from a travel clinic or your local GP about the vaccines you should receive before arriving in Nepal. A dental checkup is a good idea, as there will be no dental facilities during the walk.

We bring a complete first aid kit, plus high altitude medications, antibiotics, and other medications.

Insurance

Nepal is famous for its outdoor adventures. Most tourists choose Nepal for hiking in the Himalayas and experiencing other types of exotic sports. To be sure of possible outdoor risks, it is always recommended to have a travel insurance policy. Travel insurance is necessary to cover emergency medical treatment or emergency medical evacuation. Helicopter rescues from the foothills of the mountains are common in Nepal.

Carefully review the terms and conditions of your insurers, in particular, you must ensure that the following is covered: 1) Activity (i.e., tourism, trekking or

mountaineering) 2) Maximum altitude reached on the trek 3) Helicopter evacuation in case of emergency.

It is essential to understand that ultimately the responsibility for any expenses incurred in the evacuation and repatriation procedures will be borne by you and that it is your responsibility to pay the costs incurred concerning any evacuation or medical treatment. You should be fully aware of the implications of organizing your travel insurance and understand the limitations and exclusions of your policy.

You should be aware that in certain circumstances, our trekking guide might instigate the helicopter rescue process (or any other necessary means) in medical emergencies without first contacting your insurance company for approval.

CULTURAL CONSIDERATIONS

For those of you who are visiting Nepal, we have provided cultural information to help you adjust and feel at ease:

The dress code is essential for both men and women. Men and women should wear pants instead of shorts during trekking.

There are many hot springs, rivers, and lakes where it is nice to take a dip; it is suitable for men to go bare-chested while bathing, but they should not go naked. Women should try to be as modest as possible in these situations.

Hindus are concerned with ritual contamination of food when touched by someone outside their caste or religion. Therefore, do not touch any cooked food on display, and when drinking from a container used by others, avoid touching your lips.

Shoes are considered debasing, so keep them on the floor and remove them before putting your feet on something. If you enter a Nepalese house, follow your host's example in deciding whether to remove your shoes, but when entering a temple or monastery, you should remove them.

You will pass Buddhist walls, chortens, and Buddhist stupas along the walk, and follow local traditions, and you must give them on your right. When visiting a monastery or gompa, it is customary to donate for its maintenance.

Ghorepani Poon Hill Trek Difficulty

In general, Ghorepani Poon Hill Trekking is not a strenuous hike compared to other trekking routes in the Annapurna region. From Tikhedhunga to Ulleri (3381) steps and 3-4 hours uphill from Ulleri to Ghorepani, this could be the difficulty for the traveler. In general, you should walk around 5-6 hours per day, but it depends on your physical condition. Ghorepani Poon Hill Trek, The level of difficulty, is very low and is suitable for people of all ages.