



PEACE NEPAL TREKS

... guiding you through your journey of a lifetime.

5 days Annapurna Ghorepani Poon Hill Trek

OVERVIEW

This winter, treat yourself to a festive Christmas or New Year break in Nepal. Enjoy a warm Nepalese welcome and the snowy surroundings of the Annapurnas. Before it's too late, book an extraordinary Christmas holiday this year!

This short itinerary introduces the first time trekker to Nepal's highest and finest mountain ranges – the Annapurnas. Besides a picturesque scenery, this trek also gives travellers an opportunity to observe the local people's lives and culture. Trekking along the foothills of the Annapurnas makes any hiker look up in awe at this majestic Himalayan range dominating the surrounding geography.

The short trek begins the day after you arrive in Pokhara. A taxi will take you to Nayapul from Pokhara. Once you get on the dirt road heading down to the village and suspension bridge the trail is pretty straight forward. You'll cross another bridge to Birethanti, check in at a check post and walk along a trail that follows the river. Next morning you drop sharply down to the river, cross one more suspension bridge (you'll come across several on this trek) and start the long climb up to Ulleri, Banthanti and then walk through a rhododendron forest before reaching Ghorepani. From Ghorepani, the views keep getting better and there is no backtracking. After a good night's sleep in Ghorepani, a morning ascent will

take you to Poon Hill, one of the most popular places in the entire Annapurna region. From Poon Hill you can see the sun come up over the remarkable mountains – which is breathtaking in every way!

From Ghorepani you'll walk along a long ridge through rhododendron forests, impressive river gorges and a winding stone staircase before stopping at Tadapani. The next day, you'll walk along a forest trail, followed by patches of maize and potato fields to Ghandruk. Ghandruk is a popular Gurung settlement, whose many members have served or are now serving the British Army. After staying overnight in Ghandruk you'll walk towards the village of Phedi and catch a coach to Pokhara. However, if you have more time at hand, you can go to Lhandruk and possibly Chomrong for a taste of higher mountain culture and landscape.

ITINERARY

- Day 1

Arrival at the Tribhuvan International Airport. Transfer to Hotel.

After your arrival in Kathmandu our representatives at the airport will transfer you to your hotel and help you in checking in.

- Day 2

Drive Kathmandu to Pokhara (820m) and catch taxi to Tikhedunga (1540m), overnight stay in Tikhedunga

We drive Kathmandu to Pokhara (820m) about 6 hours and catch the taxi to Tikhedunga for 2 hours and overnight stay in Tikhedunga.

- Day 3

Tikhe Dhunga to Ghorepani (2860m), O/N in Ghorepani

Today we head to Ghorepani from Tikhe Dhunga, passing through Ulleri and Nange Thati. The trail passes through pastures, cultivated fields and Rhododendron forests. We camp in Ghorepani.

▪ Day 4

Ghorepani to Tadapani (2630m), O/N in Tadapani

In Ghorepani, just after an hour's walk we reach the famous Poon Hill. The view from the top of this beautiful place is superb. The mountains that can be observed from the hill are the Annapurna I, Annapurna South, Tukucho, Nilgiri, Hiunchuli and Dhaulagiri. After taking in the beauty of Ghorepani we continue walking to Tadapani.

▪ Day 5

Trek Tadapani Chhomrong (2170m) overnight stay in Chomrong

Today, you can see the mountain views very close Annapurna South and Machhapurchhre (fishtail mountain)

▪ Day 6

Trek Chhomrong to Kimche and catch taxi to Pokhara overnight stay in Pokhara

Today you can walk down hill after the breakfast about 1 hour. If you would like to enjoy few hours in natural hot spring, you can do Jinu Danda and after lunch can walk towards Kimche and catch the taxi to Pokhara, overnight stay in Pokhara.

Note: Above holiday itinerary can be customized as our guest specific requirements and can make shorter and longer. We design your holidays accordingly.

INCLUDES

- Return transfers from International airport to your hotel.
- one night stay at the Hotel in Kathmandu.
- All government taxes and Annapurna conservation entry fees.
- TIMS CARD (Trekking Information Management System).
- Required number of experienced English speaking guides and support staff (we pay for their daily wages, insurances, trekking equipments, food and accommodation).
- 5 days porter wages and his insurances/meals/accommodation/equipments
- 6 days guide wages and his insurances/meals/accommodation/equipments
- Rescue arrangement in emergency situation & worst weather condition
- 5 nights Lodge accommodation during the trek on tea house services.
- necessary ground transportation depending upon your request (via tourist bus or private vehicle).
- Kathmandu to Pokhara via tourist bus.
- Pokhara to trek starting point (Tikhedunga) via private car or Jeep.
- Trek end place Syauli Bazar to Pokhara via private car or Jeep.
- Pokhara to Kathmandu via tourist bus.
- Trekking poles, sleeping bag/duffle bag (we provide these if necessary).
- Trekking maps.
- Rubbish disposal.
- PNT service charge and government taxes.

Medical support: An emergency first aid kit is carried by the support staff at all times.

Accommodation and meals: During tea house treks our guests pay for their food (breakfast/lunch/dinner) at the lodge while we provide guides/accommodation/necessary permit and transportation. It can be USD \$25 per person each day for food (Lunch/dinner/breakfast)

Water: Mineral waters are available at all stops during tea house treks. You can also use tap water if you choose to use water purification tablets.

EXCLUDES

- All meals in Kathmandu/Pokhara city and on trek.
- extra nights hotel stay in Kathmandu and Pokhara city
- Tips to guides and support staff.
- Additional costs in case of emergency (You must have adequate travel insurance to cover any kind of emergencies, such as ground transportation & Heli rescue/medical/hospitalization.medical etc).
- Your International flight ticket airfare
- energetic chocolate/energy drinks/alcohol/mineral water/cigarettes/packing food snacks etc
- Additional medication for altitude sickness (Acetazolamide etc).
- Personal expenses and any other unforeseen expenses, such as Laundry/WIFI on trek/phone call/hot shower/batteries charge
- Personal trekking equipment.
- Nepal entry visa fees which can get up on your arrival in Kathmandu airport
- Services not mentioned herein

Travel Insurance: –

Travel Insurance is mandatory for all clients who choose to trek or climb with us. The insurance should cover you in case of emergencies like accidents, altitude sickness and ambulance

and helicopter rescue charges if required. Please carry a copy of your insurance papers while travelling in Nepal and do send us a copy as well. This will help us in making all the necessary arrangements in case of any sort of emergencies.

SEASONS

Nepal has four climatic seasons

- Spring : March – May
- Summer: June – August
- Autumn: September – November
- Winter: December – February

While there are no seasonal constraints on traveling to Nepal, different regions are best visited in different seasons. Once you inquire about any trekking itinerary we'll email you regarding the best season for that particular trek.

EQUIPMENTS

Check-list of personal equipment:

- Good standard trekking boots
- Camping shoes/thongs
- Socks-polypropylene
- Down Jacket
- Fleece
- T-shirts
- Trekking trousers
- Shorts (both casual and for treks)
- Swim wear
- Sun Hat
- Woollen Hat

- Nylon Windbreaker
- Gloves
- Gaters
- Strong Rucksack
- Sleeping Bag
- Water Bottle
- Torch/headlamp (with spare batteries)
- Toiletries/soap
- Toilet paper
- Sun block
- Travel Towel
- Wet-wipes
- Medication (cough medicine, throat soothers, water purification tablets)
- Sunglasses
- Binoculars
- Camera & lenses
- Memory cards
- GPS Tracking Units may be helpful
- Altimeter
- Compass
- Book/music player/pack of cards
- Padlock
- A plastic bag for waste
- Energy/snack bars

The following equipment are needed during the Climbing period:

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(Warm Down Jackets, Sleeping Bags, Warm Trousers, Koflach Shoes, Trekking Shoes and Sandals, Perfectly fitting Crampons, Gaiters, Ice Axe, Jumar, Ice Screw, Rock, Picton, Snow Bar, 2 locking Carabiners, Gloves, Sun Glasses, Head Light, Helmet, Rope, Stove, Harness, Figure -8, Gore – Tex Jackets)