



## INCREDIBLE HIMALAYAN SHERPA ADVENTURE P. LTD.

SPECIALIZED IN ORGANIZING TREKS TOURS & EXPEDITION

## Ghorepani Poon Hill Trek

Duration: 10 days

Difficulty: Easy-medium

DoT No. 1888/071

PAN No. 601340433

NMA. AM#1171, TAAN

NRB No. 1573/021/072

Govt. Regd No. 115217/070/071

**Travel time:** Can be freely chosen

**Group size:** Private Trek

### Quick Trip Facts

**Altitude:** 3210 m

**Season:** Spring & Fall

**Accommodation:** Teahouse

**Equipment:** Basic trekking gear

### Overview

Enjoy the beauties of the Annapurna region on this short but worthwhile trek. With a lower altitude profile, trekkers require less time to acclimatize and the trek is less strenuous. Nevertheless, it offers a great taster of the region with impressive views and culturally interesting villages. The entire trail is well developed and cozy tea houses offer a welcoming atmosphere and good quality food and accommodation. The trek starts in Naya-Pul after short drive from Pokahara – the traditional gateway to the Annapurna region.

Poon Hill itself is a very popular view point with fantastic views of Dhaulagiri (8,167m), famous Annapurna I (8,091m), Machhapuchare (6993m) – also known as Mt. Fishtail due to its characteristic shape, Tukuche (6920m), Nilgiri (6940m), Hiunchuli (6441m), Annapurna South (7219m), Lamjung Himal (6931m) and many others. The trip includes a visit to Ghandruk, the second largest Gurung settlement.

We have been organizing the Ghorepani Poon Hill trek for long time with and it never fails to amaze – both us and the clients.

### Highlights:

- + Experience the Annapurna region: traditional villages & impressive landscapes
- + Visit Gurung & Magar Villages along the trail
- + Enjoy views of Annapurna and Dhaulagiri, two of the world's highest peaks

Incredible Himalayan Sherpa Adventure Pvt. Ltd

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## Suggested Itinerary

### Day 01: Arrive Kathmandu

A representative of IHSA will welcome you at the airport and transfer you to your hotel. There will be a trek briefing and afterwards you are invited to a welcome dinner at Tsering's home.

[Overnight at hotel]

### Day 02: Kathmandu Tour

Your tour in Kathmandu of the most beautiful UNESCO World Heritage sites-Swayambhu, Boudha, Pashupatinath. Return to hotel and trek preparation.

[Included meals: Bed and Breakfast]

Overnight at hotel

### Day 03: Scenic drive to Pokhara(823m/2,700ft), 6hr drive

We drive to Pokhara. From Kathmandu we follow the Prithvi Highway that leads to Galchi and Mugling Bazaar. After a pleasant drive (6hr) we reach our destination Pokhara (2,652m).

[Included meals: Bed and Breakfast]

Overnight at hotel

### Day 04: Journey to Ulleri [2050m/6725ft], 6-7hr walk

The initial section of this trip leads us to Phedi. A cultural trail leads through bamboo forests and village pastures. We cross the Tikhedhunga Khola on one of the characteristic suspension bridges.

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

### Day 05: Ascent to Ghorepani (2750m/ 9020ft.), 4-5hr walk

We make our way to Banthanti (2250m) on some steeper sections and lush forests. Many visitors are surprised at the vibrant flora and fauna in this area. We climb to Nangathanti and finally reach Ghorepani.

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

### Day 06/07/08: trip onward to Tadapani, Ghandruk and Pokhara

We reach one of the highlights: the Poon Hill panorama. We then continue to Tadapani. This trail section offers further great views over the regions. A pleasant trail through the forest brings us to Deorali. We then gradually

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make our way back to Pokhara [or alternatively you can continue to the Annapurna Sanctuary Trek with only few additional days necessary].

[**Included meals:** Breakfast+Lunch+Dinner, Bed and Breakfast in Pokhara]  
Overnight at teahouse & hotel in Pokhara

## Day 09: Trip back to Kathmandu (1350m), 6hr drive

We return to Kathmandu.

[**Included meals:** Bed and Breakfast]

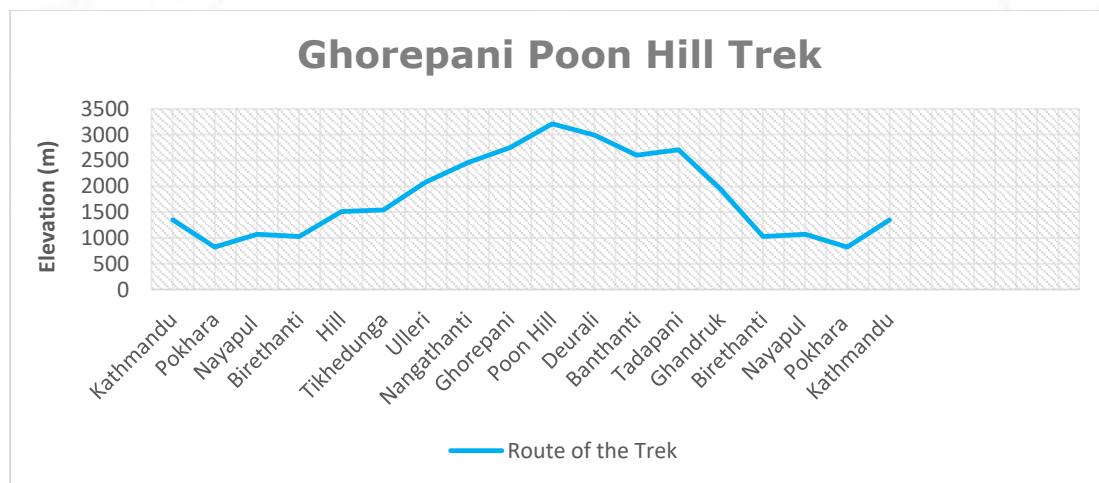
Overnight at hotel

## Day 10: Departure from Kathmandu

A representative of IHSA will drop off you at the airport by private vehicle

[**Included meals:** Breakfast]

## Altitude Profile



**We offer two packages:** Basic and comfort. The basic package takes care of your trek while for the comfort package we also organize your stay in Kathmandu including some unmissable sightseeing. Both can be flexibly adjusted to your requirements.

### Basic Package:

- + 10 days Ghorepani Poon Hill Trek (Annapurna Panorama View)
- + Guide and porter services

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# **Ghorepani Poon Hill Trek**

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- + Food throughout the trip
- + sharing bus KTM to PKR & return
- + Airport pick up & drop off personally. For details see below.

**Price:** USD 550 per person with group size of 2

## **Comfort Package:**

As Basic and

- + 3\* Hotel in Kathmandu & in PKR
- + Sightseeing with guide. For details see below.

**Price:** USD 750 per person with group size of 2

## **Group Discount:**

There is a further discount for larger groups. Please contacts us for details.

## **Trek Duration:**

Standard itinerary – 10 days. Can be shortened or extended depending on time and fitness

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### **Includes:**

- + All airport transfers. We'll pick you up personally
- + Accommodation in a quality 3\* hotel with breakfast in Kathmandu & Pokhara [upgrade possible]
- + KTM Sightseeing Tour by private vehicle and professional English speaking Tour guide & all entrance fees
- + Private trek with an English speaking trekking guide
- + 1 porter (between two clients) to carry your luggage during the trek (max 20 kg; i.e. 10kg pP)
- + Sharing tourist bus from KTM-PKR & return & private vehicle from PKR-Nayapul & return
- + Full board meals (Breakfast+Lunch+Dinner) during the trek
- + Accommodation during the trek in carefully selected teahouses
- + Trekking permit and TIMS
- + First Aid kit
- + Guides' and porters' medical and accidental insurance

### **Excludes:**

- International Airfare to and from your country
- Nepal Visa fee for on arrival entry visa (US\$ 40 for 30 days & US\$ 100 for 90 days. You also require 2 passport sized photos)
- Lunch & Dinner in Kathmandu
- Any alcoholic beverages, cold drinks and boiled mineral water as well as snacks, deserts etc. during the trek
- Other charges at lodges/tea houses such as showers, internet access or battery re-charging
- Personal clothing and equipment
  - Personal travel insurance /medical/trip cancellation/rescue insurance
- Any rescue costs or costs of early departure from the expedition
- Excess baggage charges over 30kg of personal luggage
- Any costs associated with early departure from the expedition
- Gratuities
- Tips for Guides & Porters
- Unforeseen expenses not under our control such as flight cancellations or delays, weather related issues, illness during the trek, rescue costs etc.
- Any other costs not specifically included. Please feel free to ask if in doubt

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## Additional Options:

### + Hotel upgrade in KTM: [35 USD for 4\* hotel, 90 USD for 5\* hotel per night]

If you feel like a little luxury before and after your trek, you can upgrade your hotel in Kathmandu to 4\*/ 5\* category.

### + Optional Extended Route [continue to following destinations]

If you prefer to extend the trip and continue to **Annapurna Sanctuary**, rather than return to Pohara, this can also be arranged.

## Trip Related Information

**Trekking Day;** Our trekking itineraries are designed to be challenging, but not exhausting. The day starts with a comfortable breakfast at the teahouse after getting the baggage ready (as porters often set off early). We tend to set-off just in time to enjoy the morning sun. At noon we stop for a lunch break and relax a bit before the final bit of trekking for the day. The afternoon sections tend to be shorter and we aim to arrive at the destination by 3pm. This leaves some time for local explorations or simply a game of cards at the lodge. Dinner is generally around 6.30PM at the lodge.

**Trekking Guides;** The trekking guide is in charge of the trek and responsible for looking after you. You can address the guide regarding all problems, concerns and questions. All our guides are professionally trained and will be happy to answer any questions or deal with any issues. Communication is usually not an issue but remember they are local guides and their English proficiency can sometimes be limited outside of trek-related topics.

**Accommodation;** Throughout the trek you will be accommodated in lodges and teahouses with the usual basic standard you can expect in the mountains. Rooms may be twin or multi share with some basic shared toilet facilities (rooms with ensuite bathrooms are available in some of the lodges but this is rare). Hot showers are available in some places (charges apply).

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**Food;** On the trail, meals are available in tea houses and lodges. The choice can be limited due to their remoteness. Expect simple but tasty meals – we also encourage you to opt for the local options. On top of that you may want to buy plenty of snacks before leaving Kathmandu as your body burns plenty of calories on the trail, especially at altitude. Healthy cereal bars are a good (and not too heavy) choice.

**Your luggage;** Your daypack should contain everything you need during the day but keep it as light as possible. Examples: water, some warm clothing, your camera, sunscreen, etc. Note that luggage you hand the porters might not be available to you during the day as they sometimes set their own pace.

**Money and Tipping;** It is best to bring a mixture of cash and traveller's checks in a major currency [some currencies are not convertible to NPR]. USD, GBP, CAD, EUR, and AUD are generally fine. Ensure you have also small denominations. As a guideline for baseline spending money we suggest USD 8 - 10 per meal in Kathmandu and USD 35 – 45 per day whilst trekking in the Everest region (if you drink or smoke or plan some major shopping this could be higher). You should exchange enough money into Nepalese Rupees to last the entire time of your trek BEFORE leaving Kathmandu. There are no exchange facilities in the villages along the trail but plenty of money changers in KTM. Tipping is, of course, voluntary but tips are not included in the trip price. If you are happy with the performance of the trekking staff, we suggest the following as a minimum: USD 9 per person and day in a medium sized group. This will be shared among guides and porters.

**Insurance;** Travel insurance is not included in the trip price but is absolutely essential. Your travel insurance must provide cover for personal accident, medical expenses and especially emergency evacuation and repatriation (including helicopter rescue). Make sure the insurance is valid at an altitude of >5000m.

**Preparation and Health Issues;** Trekking in the Himalayas, especially at altitude, is more challenging than some leisurely walking at home. Keep in mind: Altitude and affects everyone differently. Regardless of age or fitness, some preparation before you arrive is essential. We suggest some

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regular exercise. Feel free to contact us if you need some specific advice of how to prepare. There are no specific health requirements but as this trek reaches altitudes above 5000m, you should be generally healthy. While serious problems are rare, it makes sense to come prepared. Please consult your doctor and check your national health authority for up-to-date information regarding vaccinations, high altitude medication and medications for any foreseeable illnesses whilst trekking in Nepal – especially considering the remoteness of some parts of the trek. Be aware that some drugs have side effects at altitude. Please discuss this carefully with your doctor. There is a small health post for emergency treatment with limited equipment in Jomsom but close-by treatment options are often very limited or completely absent. In a serious emergency, helicopter evacuation might be the only possibility. A personal First Aid kit and sufficient quantities of any personal medical requirements (including a spare pair of glasses) are highly recommended.

**Altitude Issues;** AMS (acute mountain sickness) is a serious condition. It can affect anyone, regardless of age, fitness or previous experience. It usually occurs above 3000m and the probability of symptoms and their severity increases with altitude. It can present with a variety of symptoms caused by the body's incomplete adjustment to altitude. Symptoms can include headaches, sleeplessness, dizziness, nausea, breathing difficulties and swelling of extremities and tissue. If two or more symptoms occur, an immediate descend might be required. A quick descend (of about 300m vertical distance) typically resolves the issues. The body can then complete the acclimatization. Although our routes are carefully planned following international guidelines, you may experience some effects of the altitude; particularly in the beginning and at higher altitudes. Breathlessness and mild headaches are not uncommon and generally decrease as your body adjusts. Maintaining adequate fluid intake is essential. Your guide will encourage you to drink plenty of tea and water. Please refrain from drinking alcohol during any acclimatization phase as it can amplify the problem. Please advise your guide if you feel more severe symptoms and inform the guide about any medication you are taking.

**Climate and Temperature;** At lower altitudes the climate is generally warm and mild. Above 3500m, the temperature can fluctuate a lot during the day but nights are often cold (below freezing). Above 4,100m a colder climate prevails comparable to the higher elevations of the Alps. The weather can fluctuate strongly and unexpectedly. Always be prepared for a

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change in conditions and note that if severe or dangerous weather conditions occur your guide's decision on any course of action is final.

*Have a good trip....*