



**INCREDIBLE HIMALAYAN  
SHERPA ADVENTURE P. LTD.**

SPECIALIZED IN ORGANIZING TREKS TOURS & EXPEDITION

## **Annapurna Panorama Trek**

**Duration:** 5 days

**Difficulty:** Easy-medium

DoT No. 1888

NRB No. 1573

PAN No. 601340433

NMA. AM#1171, TAAN

Govt. Regd No. 115217/070

**Travel time:** Can be freely chosen

**Group size:** Private Trek

### **Quick Trip Facts**

**Altitude:** 3210 m

**Season:** Spring/Fall/Winter

**Accommodation:** Teahouse

**Equipment:** Basic trekking gear

**Starts/Ends:** Pakhara/ Pakhara

### **Overview**

**The Annapurna Panorama Trek is one of our favourite treks & we'd be delighted to help you explore this impressive region in Nepal.**

The Annapurna Panorama Trek is one of Nepal's most popular trek and rightly so. It is also known as Ghorepani Poon Hill Trek as well as Poon Hill. The trail is very well developed with comfortable, quirky tea houses along the way, offer a welcoming atmosphere and good quality food and accommodation. 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 easy to medium. It offers a great taster of the region with impressive views and culturally interesting villages. This trek we start in NayaPul after short drive from Pokahara – the traditional gateway to the Annapurna region. Poon Hill itself is an incredible 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, Tukucho (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. The trip includes a visit to Ghandruk, the second largest Gurung settlement.

We have been organizing the Annapurna Panorama trek for long time with and it never fails to amaze – both us and the clients. The Annapurna Panorama route is within the Annapurna conservation area; the largest protected areas in the country. The conservation area also offers an impressive range of wildlife and remarkable flora and fauna – an unforgettable experience of the Himalayan ecosystems and cultures.

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With Incredible Himalayan Sherpa Adventure, you'll not only be able to enjoy this unique landscape but you'll also have the chance to observe the traditions and rituals of the local Pun, Gurung, and Magar people. We put great emphasis on authentic experiences and our professional company local guides will introduce you to their culture.

All our treks can be booked as private trips - no large, impersonal groups but small, individual experiences. Let Incredible Himalayan Sherpa Adventure take you on your very own adventure trek to Annapurna Panorama.

If you would like to trek on fresh route for **5 days** with us, have a book **Muldai View Point Trek**.

## 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

## Suggested Itinerary

### **Day 01; Scenic drive to Nayapul (1070m/ 3510.499 ft.) trek to Ulleri [2050m/6725ft], 1h drive+5h walk**

We drive to Nayapul. From here we begin trek to a bridge over a stream and follow the road along the bank of the Modi Khola and further short walk bring us to Berethanti (1000m). From here we continue to Hill (1510m) via climbs steadily up the side of the valley and next short walk bring us to Tikhedunga (1540m). We climb very steeply on a stone staircase, few hr. of trek bring us to Ulleri Magar village. From here we overview perfect view of Annapurna South and Himchuli

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

### **Day 02; Ascent to Ghorepani (2750m/ 9020ft.), 4hr walk**

Trek commence with ascend through cultivated fields. The field soon give way to deep forests as the trail climb to Banthanti. Further trail is fascinated with magnificent oak and rhododendrons forests and crosses sparkling clear Streams before final climb to Nangathanti (2460m). Further an hour of trek bring us Ghorepani. In the winter the trail can be covered with snow.

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse and Breakfast]

Overnight at hotel

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## Day 03; Climb Poon Hill (3210m/ 10531.5 ft.) for fabulous views of Annapurna, Dhaulagiri etc.; retrace steps to Ghorepani and trek continue to Tadapani (2710m/8891.076 ft.), 5-6hr walk

Panorama View, rewarding day. We climb Poon Hill for sunrise and super view of Annapurna panorama view at 3210m. Afterwords we return to Ghorepani, have a breakfast and continue to Tadapani. We observe various pleasant view of Annapurna Mountains, impressive range of wildlife and remarkable flora and fauna.

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

## Day 04; Descend to Ghandruk (1940m/6364.829 ft.), 5-6hr walk

Another beautiful day. Pleasant descends and flats journey on amazing nature bring us to Tadapani (2710m). The path is downhill, the unrelenting slope places a strain on the knees and trekking poles will come in handy. From Tadapani 2hr of trek on descend bring us to Ghandruk. Ghandruk is Second-largest Gurung settlement in Nepal. It's surrounded by neatly terraced filed and framed by outstanding views of Annapurna South and Machhapuchare.

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

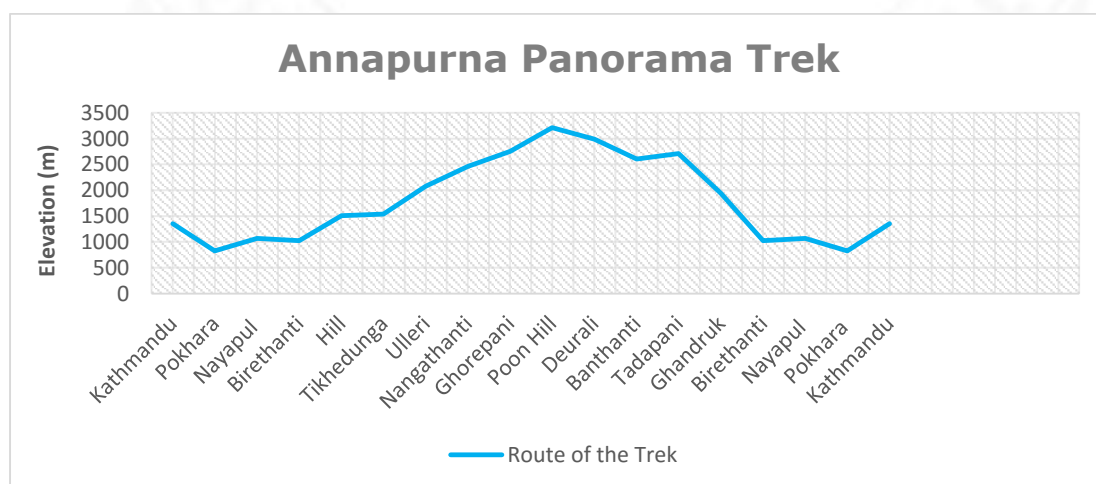
## Day 05; Trek descend to Nayapul and retrace drive to Pokhara (823m/2,700ft), 3-4 walk+1h drive

The walk to Nayapul takes us along a beautiful undulating trail through surrounded by terraced fields, villages and river.

[Included meals: Breakfast&Lunch]

Overnight at teahouse

## Altitude Profile



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## Your Package:

- + 5 days Annapurna Panorama View/ Ghorepani Poon Hill Trek
- + Guide and porter services
- + Food throughout the trip
- + Free arrival and departure services for the group! For details see below.

**Price: USD 450** per person with group size of 2

## Group Discount:

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

## Trek Duration:

Standard itinerary – 5 days. Can be shortened or extended depending on time and fitness.

<b>Includes:</b> <ul style="list-style-type: none"><li>+ Private trek with an English Speaking trekking guide</li><li>+ 1 porter (between two clients) to carry your luggage during the trek (max 15 kg; i.e. 7.5kg pP)</li><li>+ Private vehicle from Pkr-Nayapul &amp; return</li><li>+ Full board meals (Breakfast+Lunch+Dinner) during the Trek</li><li>+ Accommodation during the trek in carefully selected teahouses</li><li>+ Trekking permit and TIMS card</li><li>+ First Aid kit</li><li>+ Guides' and porters' medical and accidental insurance</li></ul>	<b>Excludes:</b> <ul style="list-style-type: none"><li>- Travel &amp; Health Insurance [needs to cover Emergency Helicopter Rescue at altitude]</li><li>- Any alcoholic beverages, cold drink and boiled mineral water as well as snacks, deserts etc. during the trek</li><li>- Tips for Guide &amp; Porter (not mandatory but expected)</li><li>- Hot shower, battery charges (available at extra cost in lodges, sometimes free)</li><li>- Unforeseen expenses not under our control such as flight cancellations or delays, weather related issues, illness during the trek, rescue costs etc.</li><li>- <b>Any other costs not specifically included. Please feel free to ask if in doubt.</b></li></ul>
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## Additional Options:

**+ Additional porter: 75 USD [15 USD per day]**

We plan with one porter per 2 clients. If you require additional support, you can book an additional porter for the trip to lighten your load.

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

If you prefer to extend the trip and continue to **Annapurna Sanctuary, Khopra Ridge Trek** 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).

### 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,

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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 10 - 15 per meal in Kathmandu and USD 25–30 per day whilst trekking in the Annapurna 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 affects everyone differently. Regardless of age or fitness, some preparation before you arrive is essential. We suggest some 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. In a serious emergency, helicopter evacuation might be the only possibility. A personal

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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 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 Nice trip...*

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