



Ghorepani Poonhill Trek

Duration: 6 N/7 D

Tour Plan

Day	Details
Day 1	Kathmandu to Pokhara (Drive) We start off early, but with time for breakfast first. The road out of the Kathmandu Valley twists its way down the valley wall until it joins the Trushuli River below. Here we see rafters braving the white water – perhaps this is your future trip in the planning – and can see snow-capped mountains in the distance. Once we reach flatter land we stop for lunch before heading on to the lake city of Pokhara. After checking into the hotel there is time to explore the neighbourhood: the walkway along the lake, the varied and interesting shops and restaurants, and of course the mesmerising Fishtail Mountain towering over the city. Please note that we use comfortable tourist buses on this route but if you would like to hire your own personal car, or flight. please, check to add on while booking.
Day 2	Pokhara to Naya Pool (Drive) to Tikhe Dhunga (Trek) After breakfast, it's a relatively short drive to Naya Pool, the start of your trek. There is the choice of bus, local jeep, or private car/taxi to reach there. From Naya Pool, it's time to get hiking! Passing the checkpoint at Birethanti the road gently climbs to Tikhe Dhunga. It takes approximately 4 to 5 hours to hike to the overnight lodge at Tikhe Dhunga. Thankfully it's not a difficult trek today but enough to wake up your hiking legs!
Day 3	Tikhe Dhunga to Ghorepani Crossing the suspension bridge near Tikhe Dhunga we brace ourselves for today's hike! Actually it's more of a climb than a hike with (well) over 3,000 steps on the steep stone staircase leading up to Ulleri village. Being prepared in advance by taking the stairs rather than the lift/elevator at home would be a great advantage. Above Ulleri and coming out of the forest, the trail becomes more gentle, crossing pastures and fields. Passing Banthanti village we head on to Ghorepani where we spend the night. Already we can see several mountains including Annapurna I (8,091m) and Dhaulagiri (8,167m).

Day	Details
Day 4	Ghorepani to Tadapani (Morning hike to Poon Hill) Waking before dawn we hike for about an hour up Poon Hill (3,210m) to watch the sunrise over the Himalayas! Hot tea is usually available in the early morning chill which we sip while taking in the amazing scene of a huge array of mountains. Some of these mountains are Hiuchuli, Nilgiri, Dhaulagiri, Tukucho, Annapurna South, Annapurna I, II, III, IV, Lamjung Himal, and Machhapuchhre (Fishtail) – and many more, which your guide will point out to you. Once the sun has risen spectacularly over the mountains and we have clicked enough photos, we drag ourselves away and head back down to the lodge in Ghorepani for a well-deserved breakfast before heading on to Tadapani. The trail to Tadapani starts off quite steep until we cross the Deurali Pass when the path becomes more forgiving. From the Deurali Pass, we get a second chance to take in the mountains we saw from Poon Hill. Overnight in Tadapani.
Day 5	Tadapani to Ghandruk Today it's a shorter trek, giving us plenty of time to explore Ghandruk, one of the largest Gurung villages. One of the highlights of the Gurung Culture Museum which gives an insight into the lives of the people. It is mainly Gurungs who are the fierce and loyal Gurkha soldiers in both the British and Indian armies. With the backdrop of snowy peaks, rest and relaxation are a welcome breaks today.
Day 6	Ghandruk to Naya Pool to Pokhara (Drive) Enjoy the final breakfast of the trek before hiking through villages to reach Naya Pool where we can take a bus or jeep back to Pokhara. Tonight enjoy the bright lights of the bars and restaurants in Pokhara and gaze once again at the lake and up at Fishtail Mountain.
Day 7	Pokhara to Kathmandu (Drive) After breakfast head for the tourist bus, or have your private vehicle meet you at your hotel, for the drive back to Kathmandu.

Inclusion / Exclusion

Inclusions

- 4 nights accommodation in mountain teahouses
- 2 nights accommodation in Pokhara (Kuti Resort or similar)
- Guide for 7 days
- Pokhara Naya Pool Pokhara private car
- Kathmandu Pokhara Kathmandu tourist bus

- Annapurna conservation area permit
- Trekkers information management system card
- 5 x breakfast, 5 x lunch and 4 x dinner while on the trek
- One Porter for 7 days USD 128
- Lunch and dinner in Pokhara