

GHOREPANI POONHILL TREK

Trip's Summary

From ancient kingdoms to majestic mountain vistas, trek through the breathtaking Himalayan landscape of the Annapurna Ranges. Pass awe-inspiring glaciers, stay on the banks of pristine rivers, cross mountain pastures, dip into natural hot springs and encounter mule trains carrying supplies to remote villages. Rest and revive in cosy mountain teahouses and meet friendly locals along the way. Time spent in Kathmandu and Pokhara completes the adventure with insights into Nepali culture and tradition.

ALTERNATE ITINERARY:

Due to the nature of outdoor travel, please be aware that this trip will operate on an amended itinerary in high risk weather conditions.

Why you'll love this trip?

- Explore the beautiful city of Pokhara and enjoy your evening in the enchanting lakeside area.
- Walk through lush rhododendron and juniper forests.
- Spend the night in a typical Magar settlement at Ghorepani.
- Explore the authentic Gurung culture and tradition at Ghandruk.
- Witness gorgeous sunrise and sunset view on the majestic Himalayas from Poon Hill.
- Glorious panoramic view of Machhapucchre, Annapurna, Hiunchuli, Mardi, Nilgiri, and Dhaulagiri.

DAY 1 : KATHMANDU

Namaste! Welcome to Nepal. Your adventure begins with a welcome meeting at 3 pm in Kathmandu, the colourful capital of Nepal. This place is a fascinating blend of traditional architecture and symbols of the 20th century. Its rich artistic and cultural heritage is evident where ornately carved balconies mingle with beautiful shrines and temples. If you arrive early, why not check out Durbar Square with its temples, markets and busy atmosphere. It is also worth the climb to visit the Swayambhunath – the 'monkey temple'. Explore the network of street markets and alley bazaars and Pashupatinath. For those with a few extra days in Kathmandu, the neighbouring towns of Patan and Bhaktapur are also well worth a visit.

Accommodation

- Hotel (1 night)

Meals

There are no meals included on this day.

Special information

It's very important that you attend the welcome meeting. Ask reception for more information on where the meeting will take place.

With climate change the weather on the Annapurna Circuit is becoming less predictable, and heavy rains on occasions causes significant damage to the trail even outside of rainy season. Should this occur, and conditions make trekking the circuit unsafe, we will switch to the Annapurna Base Camp itinerary instead. A flight from Pokhara back to Kathmandu on Day 15 will also be included. See for further details: www.marigoldadventuretreks.com

DAY 2 : POKHARA

Late morning we head to the Kathmandu airport and fly west to Pokhara.

The 25-minute flight offers views of the Himalaya range to the north (on a clear day). Be sure to have your camera ready to snap the glory of the surrounding Himalayan peaks in the morning light.

Pokhara is set in a beautiful valley overlooked by the Annapurnas and the fishtail-shaped Machhapuchhare, one of the most distinctive of the Himalayan peaks. Arriving in Pokhara take a short orientation walk before heading to a Tibetan Refugee Camp ,Devil's fall,gupteshwori cave,stupa...

Accommodation

- Hotel (1 night)

Meals

- Breakfast.

Included activities

- Pokhara - Orientation Walk
- Stupa visit-Pokhara
- Devil's Fall,gupteshwori cave -Pokhara
- Pokhara - Tibetan Refuge Camp

DAY 3 : NAYAPUL (1070m) – ULLERI (1990m)

Transfer by private vehicle to Birethanti, where you'll meet your all-female hiking crew of assistant guides and porters. In the afternoon, they'll lead you into a world of friendly villagers, terraced fields, alpine meadows and rhododendron forest set before a backdrop of snow-clad peaks. You can expect the first part of this trek to be relatively flat and easy-going, however, after you reach Tikhedhunga, be prepared to get your blood pumping by climbing hundreds of stone steps to Ulleri. Don't worry, you'll have beautiful views of the villages, forests and mountains to keep you distracted while on the journey.

Accommodation

- Guesthouse (1 night)

Meals

- Breakfast

Special information

Your trekking distance today will be approximately 9 km or 5/ hours. Your travel time today will be approximately 5 hours.

DAY 4 : GHOREPANI (2860m)

Ghorepani sits at a cool 2860 m above sea level, so you can expect to get your heart rate pumping on today's exciting uphill climb. You'll pass traditional homes and tea houses along a path that winds up and down hills before rewarding you with views of Annapurna South halfway along the trek. Meander through thicker wooded areas filled with towering bamboo plants and blooming trees. Then, venture beyond Banthanti (2300 m) through a moss-coated jungle before reaching Nangathanti (2520 m) where you'll continue your journey to Ghorepani and enjoy some well-deserved rest in the evening.

Accommodation

- Teahouse (1 night)

Meals

There are no meals included on this day.

Special information

Your trekking distance today will be approximately 8 km or 4/ 5 hours.

DAY 5 : POONHILL (3210m) – TADAPANI (2630m)

Sunrise enthusiasts rejoice – today, you'll rise early for a pre-dawn hike up Poon Hill to enjoy the sunrise over Dhaulagiri and the Annapurna Range. You'll then head back and tuck into breakfast at your tea house accommodation before lacing up your boots for today's trek to Tadapani. Expect more magnificent views to frame your walking trail today as you continue north along the ridgeline with the Annapurna Ranges stretching along the east and west. You'll follow a forested ridge that serves up views of the ranges in both directions. Descend along a muddy slope before reaching a small settlement and beautiful forested gorge. From here, head toward the mountain village of Tadapani where you'll get a chance to relax, wander the local township and put your feet up for the evening.

Accommodation

- Teahouse (1 night)

Meals

There are no meals included on this day.

Special information

Your trekking distance today will be approximately 10 km or 7/8 hours.

DAY 6 : GHANDRUK VILLAGE (1940m)

Wake up with relief, knowing that today's trail is shorter and easier than you've become accustomed to over the last few days. You'll take in the sunrise from Tadapani and then hike to Ghandruk village. The

route from Tadapani to Ghandruk is tranquil and bursting with colourful wildflowers in spring. After reaching Ghandruk, you'll explore this fascinating mountain village, take in the mesmerizing views and get acquainted with the ethnic Gurung culture here.

Accommodation

- Teahouse (1 night)

Meals

There are no meals included on this day.

Included activities

- Ghandruk Village Tour
- Ghandruk Gurung Cultural Experiences

Special information

Your trekking distance today will be approximately 6.5 km or 5/6 hours.

DAY 7 : GHANDRUK – SYAULIBAZAR (1220m) - POKHARA

After a leisurely breakfast this morning, embark on a short trek down to Shyauli bazaar, where you'll be transferred to Pokhara by a private vehicle.

Take a boat ride across Phewa Lake to visit Tal Barahi temple in the lake's centre. After lunch, visit International Mountain Museum.

This evening is all yours to relax and admire the lakeside scenery.

Accommodation

- Guesthouse (1 night)

Meals

- There are no meals included on this day.

Included activities

- Pokhara - Phewa Tal Lake boat trip
- Pokhara - International Mountain Museum

Add on activities

- Activity - Free

Special information

Your trekking distance today will be approximately 6 km or 4 hours.

DAY 8 : DEPARTURE

The trip ends today, and you are free to depart at any time after check out. If you plan on spending more time in Kathmandu, let your booking agent know and they can organise more accommodation for you (subject to availability).

Meals

There are no meals included on this day.

Trip Details

Price

\$550usd (twin share)

Trip length

- 8days 7nights
- Trip starts from Kathmandu and finishes in Pokhara, Nepal.

Meeting point

Kathmandu, Nepal

Departure point

Pokhara, Nepal

Group size

Maximum 12

Included

- 7 nights Accommodation in hotels, guesthouses and trekking lodges/teahouses
- Wilderness first aid qualified guide
- Driver, guide, Porter & luggage transport
- 1 domestic flight(ktm-pkr)
- Acap & tims permits.
- Transportations.

Not included

- International flights
- Travel insurance (compulsory)
- Any visas required
- Late check-out at hotels
- Meals and drinks not mentioned in the itinerary
- Drinks with included Breakfast, lunches and dinners
- Tips to guide and porters.
- Personal expenditure

- Hiking equipment
- Pre or post-trip accommodation