

GHOREPANI POONHILL TREK



Spectacular views of the Annapurnas and Dhaulagiri from Poon hill
Machhapuchhre (fish-tail) peak, the 'gatekeeper' of the Annapurna Sanctuary
Unique experience of Gurung cultures and hospitality
Experience a wide variety of Nepal's climate zones, wildlife and landscapes
Cultivated terraces, waterfalls, dense rhododendron and oak forests



WELCOME TO NEPAL WANDERS

Thank you for your interest in our Ghorepani Poon hill trek trip. Nepal wanders we are passionate about our off the beaten track experiences as they provide our travelers with the thrill of coming face to face with untouched cultures as well as wilderness regions of great natural beauty. We are committed to ensuring that our unique itineraries are well researched, affordable and tailored for the enjoyment of small groups or individuals. Our itineraries will give you the very best travel experience, designed by people with incredible knowledge who have excellent vision of authentic exchange and real exploration with a responsible tourism approach. Whether you like your adventures to include trekking, touring, cycling or kayaking Nepal Wanders can make it happen for you. We hope you will join us for a life changing experience!!

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WHY TRAVEL WITH NEPAL WANDERS?

Nepal Wanders have been pioneering treks in Nepal since 2008. Our extra attention to detail and seamless operations on the ground ensure that you will have a memorable trekking experience. Every trek is accompanied by an experienced local leader trained in remote wilderness first aid, as well as knowledgeable crew that share a passion for the region in which they work, and a desire to share it with you.

You can be sure that when booking a Nepal Wanders trip there will be no hidden costs - our all inclusive treks represent the best value for money. Most importantly, our adventures have always sought to benefit the local peoples we interact with, safeguard the ecosystems we explore and contribute to the sustainability of travel in the regions we experience.

TRIP FACTS

Activities: Trekking

Trip duration: 10 days

Grade: Gentle which means

- 1) Suitability: most people in good health who take regular exercise.
- 2) Walking times: average 4 to 6 hours walking per day for up to 8 days often including one or two rest days.
- 3) Altitude: up to 4,000m.
- 4) Terrain: for most of time following well-travelled trails through villages, there will be some daily ascent and descent.
- 5) Remoteness: usually not too remote and often there is a reasonable level of infrastructure such as lodge accommodation and cell/ mobile phone reception.

TRIP INTRODUCTION

Ghorepani Poon hill trek is one of the best short treks in the Annapurna region of Nepal. Starting from the minimum elevation of 1025m (Birethanti), the trail takes you to the altitude of 2,860m Ghorepani and then 3,210m Poon Hill; that

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greet you with a magnificent view of early morning sun rays striking Annapurna range, Dhaulagiri, Machhapuchhre and 20 other towering peaks of the Annapurna region. As Ghorepani, Poonhill trekking trail makes a complete circle both starting and ending at Nayapul, the trek is also famous as a small Annapurna circuit trekking.

Along with the view of mountains, trekkers can equally enjoy the company of cultivated terraces, waterfalls, dense rhododendron and oak forests full of chirping birds and flying butterflies – simply perfect for nature lovers. Moreover, Poon Hill Ghorepani trek, is also an introduction to the culture, tradition, hospitality, farming practices and lifestyle of different ethnic groups including Gurung and Magar.

TRIP ITINERARY

Day 01: Upon our arrival at the Tribhuvan International Airport (TIA) in Kathmandu, you will be greeted by a representative from Nepal Wanders who will take you to our hotel. In the evening there will be a welcome dinner in a traditional Nepali Restaurant where you will be able to enjoy authentic Nepali cuisine with a brief cultural program.

Meal included: Dinner

Day 02: Kathmandu valley sightseeing

The capital, Kathmandu Valley is a big storehouse of exclusive cultural and historical sites. Kathmandu valley has the highest concentration of UNESCO world heritage sites in a given space. In this day we will have full day sightseeing of UNESCO World Heritage Sites like Kathmandu Durbar Square (a historical structure offering architectural wonders), the Pashupatinath Temple (a Hindu shrine dedicated to the Lord Shiva- lord possessing the power of destruction), Swyambhunath and Boudhanath (a Buddhist shrine dedicated to Lord Buddha – the Light of Asia).

After sightseeing we finalize our clothing and trekking gears (down jacket, trekking boots, sleeping bags etc.) required during the trek. Overnight in Kathmandu.

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Meal included: Breakfast

Day 03: Drive from Kathmandu to Pokhara

Today, in the morning our guides will come to pick you up at your hotel and escort you to the bus station to catch an early morning, comfortable tourist bus to Pokhara. The bus will head towards the west of Kathmandu Valley and continue the journey towards the western part of Nepal following the Prithvi Highway along the Trishuli river. The bus will stop twice – one for breakfast and one for lunch and then continue until we reach Pokhara. The evening can be utilized to explore the lake area. Overnight in Pokhara.

Meals included: Breakfast

Day 04: Drive to Nayapul & trek to Tikhedhunga

(1,540m/5,052ft)

Today is the first day of the trek and our destination is Tikhedhunga. First we drive from Pokhara to Nayapul. On reaching Nayapul, after two hours drive, the luggage is prepared for the porters. After a short pre-trek preparation, we start to walk towards Birethanti following the south bank of the Modi River. In Birethanti, our leader will take care of all the check in formalities at the ACAP office, and then we follow the trail that leads us towards Bhurungdi Khola. Passing Lamdawali, Sudame, Hile, and a few waterfalls we finally reach Tikhedhunga. Overnight at a lodge in Tikhedhunga.

Meals included: Breakfast, Lunch & Dinner

Day 05: Tikhedhunga to Ghorepani (3,194m/10,479ft)

Today is the second day of the trek and our destination is Ghorepani. We first climb up to Ulleri, following a stone paved steps. After climbing more than 3000 steps we reach Ulleri. A gentle ascent from here through the Rhododendron and Oak forest, passing Banthanti and Nangge Thanti will then take us to Ghorepani – a gateway to Poon Hill, which is the best sunrise view point in the Annapurna region. Overnight at a lodge in Ghorepani.

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Meals included: Breakfast, Lunch & Dinner

Day 06: Hike to Poon Hill and trek to Tadapani
(2,590m/8,497ft)

Today is the third day of the trek and our destination is Tadapani. Today we wake up early and hike up to Poon Hill (3,193m) to catch the first ray of the sun striking the mountains of Annapurna region. We enjoy the view of sunrise, spend some time taking snaps and then get back to the lodge at Ghorepani. From here, we walk east, passing Deurali pass and Ban Thanti towards Thulo Odar Kharka through rhododendron forests. A steep descent and a short climb from here will finally take us to Tadapani. Overnight at a lodge in Tadapani.

Meals included: Breakfast, Lunch & Dinner

Day 07: Trek to Ghandruk (1,940m/6,364ft)

Today is the fourth day of the trek and our destination is Ghandruk – a Gurung village situated at an altitude of 1,940m. The trail descends through the forest of Oak and Rhododendron. We can enjoy varieties of chirping birds en route. On reaching Ghandruk we rest for some time and then we set off to explore the village, handicraft center as well as Gurung museum. In the evening, on request, the Gurung Cultural Program can also be organized. Overnight at a lodge in Ghandruk.

Meals included: Breakfast, Lunch & Dinner

Day 08: Trek to Nayapul and drive to Pokhara(820m/2,690ft)

Today is the last day of the trek in the Annapurna region. The walk begins from Ghandruk and drops down to the Modi River crossing Imle, Chane and Kimche. Then the trail along the Modi River will take us to Birethanti crossing Syauli Bazaar and Chimrung. On reaching Birethanti, we complete the checkout formalities at ACAP office and then head towards Nayapul. On crossing the bridge we reach Nayapul where catch a bus to Pokhara. After two hours, we finally reach Pokhara. The

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evening will be spent enjoying the lake area and other attractions of Pokhara. Overnight in Pokhara.

Meals included: Breakfast

Day 09: Drive from Pokhara to Kathmandu (1,300m/4,264 ft)
Today, from Pokhara we catch a tourist standard bus to Kathmandu. Leaving Pokhara we head east toward the capital city, Kathmandu. After 7 hours of drive all the way through Prithvi Highway, we reach Kathmandu. On reaching Kathmandu you will be escorted to your hotel, where you can freshen up and rest for some time. Around the evening, the company representatives conduct a short meeting to discuss the trip, your experience and the feedback. By the time dinner will also be ready. Overnight in Kathmandu.

Meals included: Breakfast, Lunch & Dinner

Day 10: Farewell Nepal

Our representative will pick you up at the hotel and transfer you to international airport for onward journey.

Meal included: Breakfast

FOOD

In Kathmandu and Pokhara, there will be a wide selection of restaurants to choose from, serving both delicious local and International cuisine to suit a broad range of tastes and budgets. Whilst on treks, most meals will be taken at the various lodges along the way. The trekking lodges have to source most of their food locally due to their extremely remote locations, so you can expect similar menus in each lodge based on fresh local produce. Our guide will assess the food arrangements that will be served. Health and safety issues will be kept as the utmost importance along with taste. Breakfast will usually be porridge, eggs, bread and a hot drink, lunch will be a simple meal with a hot drink, and dinner will be 3 courses consisting of soup, main meal and a simple pudding. Boiled drinking water will be provided at breakfast, lunch and dinner.

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During the trek it is possible to buy snacks, chocolate, soft drinks and beer on most days. Please be aware that since everything has to be carried up to villages where there is but little access to roads, these items become more expensive the further you get away from cities.

DIETARY REQUIREMENTS

Provided we are advised in advance of your departure we are able to cater for vegetarian diets and can assist with medically recommended diets (allergies and intolerances). Please ensure you discuss your requirements with us well in advance (at least 1 month prior to your trip) to determine whether we can cater to such dietary requirements on your chosen adventure. Please note that options are likely to be limited in very remote locations or alternatives may be more expensive or unavailable. There may be times when those with special requirements may need to provide their own food. We are unable to guarantee a peanut free or allergen free trip, and therefore, we strongly encourage that travelers with life threatening or severe allergies take all necessary medical precautions to prepare for the possibility of exposure. Passengers must travel with all necessary medications for food allergies and be capable of self-administering these medications.

ACCOMODATION

While in Kathmandu, guest will stay at Ambassador Hotel, situated in the heart of the city close to Thamel – the touristic hub of Kathmandu valley. The hotel is an excellent place to relax pre and post trek. The group will also spend 2 nights in Pokhara at a centrally-located tourist-class hotel. Whilst on trek there are 4 nights spent in lodges/tea houses that we have used over the years and proven to offer relative comfort and healthy meals. The Nepalese trekking lodges also known as 'tea-houses' are simple, friendly and atmospheric. As they are far from the nearest road is it not surprising that they are simple establishments as everything must be carried up by porters or

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animals. Mostly these lodges have heated dining areas which are often attractively decorated. Bedrooms tend to be quite basic and are unheated with wooden beds and foam mattress. You will need a sleeping bag. The lodges have shared washing and toilet facilities. Some lodges have solar powered showers (charged at \$2 - \$3 per shower) and battery charging facilities (also charged at a rate per hour). Staying at the lodges is a great way to meet fellow hikers and the locals.

All accommodation is arranged on a twin sharing basis.

However, if you are looking for single rooms, extra charges will be applied. For the 5 hotel nights in Kathmandu and Pokhara, single rooms are also available for a supplementary cost.

Additional hotel nights in Kathmandu are also available.

A TYPICAL DAY

After dawn you should wake and start packing your kitbag and making preparations for the day. Coming down to the dining room we will be served breakfast from the lodge kitchen. After a wholesome breakfast we are usually on the trail between 7.30am-8am, depending upon the duration and nature of the day's walk. We will generally reach our lunch stop by mid-day after around 3 or 4 hours of trekking. Lunch is taken at tea houses along the route or occasionally as a packed lunch. This is normally a leisurely affair and is a great time for relaxing, reading and sitting in the sun. Our porters usually catch up with the group during lunch and then are well on their way to the evening's stop by the time we set off again. It is usual for the afternoon's walk to be shorter than the morning session. On arrival at the lodge the trek leader will organize everyone's room. After checking in to your room you may wish to relax with a beer on the terrace of your lodge before taking dinner. Dinner is usually served between 6-7 pm. Remember to bring your headlamp and your water bottles to the dining tent so they can be filled with boiling water.

Trekking evenings afford some of the best memories of your trek, whether it is talking, playing cards, chatting with the crew or joining in some singing and dancing with the local people.

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Much of the enjoyment of an expedition is in the journey itself.

INTERNAL FLIGHTS

Access to the high and remote areas of the Himalaya where our treks start is often only possible using internal flights. The inclement nature of mountain weather makes flying conditions complex. In addition, the Civil Aviation Authority of Nepal does not operate to the same standards as those of western nations and all airlines in Nepal appear on the European Commission's list of airlines that are banned from flying into EU member states. Flying in Nepal is an acknowledged risk, and many countries provide information regarding travel warnings. UK and Commonwealth Office travel advice provides further details which you can read on their website at: www.gov.uk/foreign-travel-advice/nepal/safety-and-security.

Nepal Wanders is mindful of its duty of care to clients travelling with. NW uses only four airlines in Nepal which were approved as safe carriers. These airlines are: Yeti Airlines, Tara Air, Buddha Air and Simrik Airlines. In addition to this both, Tara Air and Yeti Airlines have fulfilled the IATA Standard Safety Assessment (ISSA) - a new global safety standard for commercial airlines operating smaller aircraft.

www.iata.org/whatwedo/safety/audit/issa/

While we have taken appropriate action to try to minimize the risks of flying in Nepal, you should be aware that flying in mountainous terrain is not without any risk.

Please note that poor weather can cause delays on internal flights. If at the start of your holiday internal flights are cancelled for the day, you will spend an extra night in Kathmandu. On the majority of trips there is enough flexibility in the trekking itinerary to make up 1 or possibly 2 lost days, but alternative Arrangements must be made if internal flights are cancelled for a subsequent day. For trips that end with an internal flight out of the mountains with no alternative road access, we have 2 nights in Kathmandu as a contingency against delay.

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Helicopters can sometimes fly when the scheduled fixed wing aircraft cannot. If your group is offered the opportunity to use a chartered helicopter, either flying up from or back to Kathmandu, the cost will be shared between those choosing to take this option. In the extremely unlikely event that flight cancellations cause you to miss your homeward international flight, NW will render all assistance, but cannot be held liable for any extra costs incurred. We advise you to take out suitable insurance and to keep your receipts, as you may subsequently be able to make a claim.

TRAVEL INSURANCE

For everyone planning their next trek in the Himalayas of Nepal, it is highly recommended that you get a travel insurance that covers added expenses that might result due to various health issues, injuries or accidents (together with air ambulance, helicopter rescue and other treatment cost). Your insurance policy should cover up your entire activities that you are planning to accomplish throughout your stay in Nepal. In addition to this, the policy should also cover death, misplaced luggage, theft and liability, cancellations, medical treatment (counting hospital charges, cost of the medicine, doctor's fees) as well as repatriation cost. Also, most of the trekking trails in Nepal take you above the altitude of 5000m, therefore, you also need to ensure that your insurance policy covers treks that go over 5000m. In short, its client himself/herself has to take the responsibility regarding unforeseen expenses during the trip. For details please read our "terms and conditions".

GROUP LEADER & SUPPORT STAFF

The group will be led by an experienced English-speaking local leader and local guides. We will also have the services of porters or baggage animals to carry luggage.

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SPENDING MONEY

Approximately £200 (or equivalent in US dollars, Euros etc.) changed into local currency, should be sufficient for miscellaneous personal expenses including porter and trek crew tips, beer and soft drinks. It is not necessary to obtain local currency (Nepali rupees) prior to departure. Sterling, US Dollars and Euros are equally acceptable for exchange in Nepal. We recommend that you carry your travel money in the form of cash, since you will exchange the majority of this on the day of your arrival in Kathmandu. If you prefer not to carry all of your spending money in cash, it is possible to withdraw money (rupees only) from ATMs in Kathmandu and Pokhara using your debit or credit card but not while on trek. During the trek it is possible to buy snacks, chocolate, tea, coffee, soft drinks and beer on most days. Please be aware that since everything has to be carried up, these items become more expensive as you gain altitude.

GUIDANCE ON TIPPING

Tipping is the accepted way of saying 'thank you' for good service. Tips do not form part of the wages of your guides, porters and trek crew but they are very much appreciated. It is important to remember that tipping is voluntary and should be dependent on good service. Normally the tips are given at the end of the trek and this is best done as a group rather than from individuals. Most groups will give the tips with a bit of ceremony (or sometimes a party) on the last evening, to mark the end of the trip. The level of tipping should be determined by the group as a whole with everyone contributing an equal amount that all are comfortable with. As a rough guide, we recommend that a contribution from each group member of around £50 - 60 (in rupees) should provide a good level of tips when divided among your guides, porters, and other trek crew. At the end of a trek many people also like to donate various items of their equipment to the porters and trek staff who work so hard to make the trip a success. Boots, gloves, hats,

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scarves and even socks (clean of course) are always warmly received by the porters. Technical clothing and equipment such as head-torches and trekking poles are highly prized by the Sherpa crews. If you think you would like to donate equipment at the end of your trip, your local trip leader will make arrangements for a fair distribution among the trek crew.

BAGGAGE ALLOWANCE

Your baggage on trek will be carried by porters or pack animals. The packed weight of your trek bag whilst trekking should be no more than 15kg (33 pounds). It is possible to leave clothes or other items not required on trek at the group hotel.

ACUTE MOUNTAIN SICKNESS

When we ascend above 2500 meters our bodies have to acclimatize to the decreasing amount of the oxygen available. To allow our bodies to adjust we have structured our treks so that you ascend slowly allowing acclimatization to occur. However, during the acclimatization process, you may experience some of the following symptoms.

- Headache
- Tiredness
- Disturbed sleep
- Loss of appetite/nausea
- Shortness of breath
- Cough
- Palpitation
- Swelling of the hands and face

Individuals acclimatize at different rates. Your best strategy is to take your time and drink plenty of water. These symptoms may not indicate the onset of A.M.S. and if you experience them it does not necessarily mean that you should not continue. All our group leaders have extensive first aid training

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and we urge you to communicate with the group leader at all times should you believe you have any symptoms in order that we can effectively monitor your symptoms. The only cure for Acute Mountain Sickness is to descend.

Please note that your group leader has ultimate responsibility and may ask you to descend if symptoms persist.

EQUIPMENT LIST

The following checklist should help you with your packing. As a general rule, you should always try to keep the weight of your equipment to a minimum. The packed weight of your trek bag while trekking should be no more than 15 kgs.

You must bring the following items:

- Hiking boots – highly recommended leather ones
- Socks
- Trekking trousers
- Waterproof over-trousers
- Underwear
- Base-layer shirts
- Casual shirt and/or T-shirts
- Fleece jacket or warm jumper
- Waterproof jacket
- Warm jacket (down)*
- Sunhat
- Warm hat
- Sunglasses
- Gloves or mittens
- Daypack 30 litres
- Head-torch and spare batteries
- Sun protection (including total bloc for lips, nose etc.)
- Water bottles 1 Litre x 2
- Sleeping bag (comfort rated -15°C)
- Washbag and toiletries
- Toilet paper (you can also buy this in the lodges if necessary)
- Antibacterial handwash
- Small towel
- Selection of dry bags (to keep trek bag contents dry)

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OUR ATTEMPT WHILE YOU ARE ON A TREK

Most of our trails take you to the remote Himalayan region of Nepal, where communication facilities are very less. Therefore, we will take all the responsibility to deliver your message to your family, friend, relatives or the concerned person. Our guides are provided with a cell phone and are contacted on a regular basis. You can use the cell phone provided to our guides to send your message to us which will further be delivered to the respected person. Also, our guides will make every attempt to follow the planned itinerary; however, it is kindly requested to be flexible in case of changes in the itinerary caused by extreme weather conditions. We can also help you reschedule your international flight (Extra charge applicable) if you need any additional days to complete your trek. We will make every possible attempt to make your trek a 'grand success'.

IMPORTANT LINKS

Booking Conditions Link:

<http://nepalwanders.com/terms-and-conditions/>

Reservation and Booking Link:

<https://nepalwanders.com/booking-form/>