



www.whitehimalayastreks.com

Gorepani Poon Hill Trek - 8 days - \$500/Person

Trip Info

Trip Code: WHT/NT-06

Grade: Moderate

Maximum Elevation: 3M.

Type: Trekking/Hiking

Activity: Hiking and Camping

Starts at: Tikhedunga

Ends at: Nayapul

Trip Route: Tikhe Dunga, Gorepani, tadapani, Ghandruk

Best Season: Autumn & Spring

Accommodation: Hotel

Meal: Breakfast, Lunch & Dinner

Offer: 10% Discount

The Ghorepani trek (also known as the "Ghorepani / Poon Hill" trek) is one of Nepal's most classic short treks. In a short amount of time, you pass through beautiful local villages, rhododendron forest, and, of course, get access to panoramic views of Nepal's most famous peaks from Poon Hill, Dhaulagiri, Nilgiri, Annapurna I and Annapurna South.

Interested in doing this trek? Get in touch with one of our local Nepal specialists who can organize this trek for you with an experienced licensed guide.

Itinerary

Day 1 - Welcome to Kathmandu!

As you fly into Kathmandu, you'll have beautiful views over the valley, the Himalaya, and of the terraced fields below. After going through customs, a representative will be waiting to guide you through the initial culture shock of Kathmandu's narrow, winding streets and get you settled into your hotel. Once you've settled in, head out and visit one of Kathmandu's cultural highlights. In the evening, the tourist hub of Thamel is a good place to grab your first meal, with a variety of restaurants to choose from offering both Western and local Nepali dishes.

Day 2 - Explore Kathmandu

Kathmandu has a special atmosphere during the early morning hours when the city is slowly coming to life yet not too chaotic. It's a great time to walk and explore the streets or have a chai overlooking one of the local courtyards or durbar squares. There are a number of ways you can spend the day given the many incredible sights around the Kathmandu Valley. Later in the evening, head out for dinner at one of the city's great eateries, or your specialist can arrange a home-cooked dinner with a local family.

Day 3 - Fly from Kathmandu to Pokhara and trek to Tikhedhunga

Today you'll be driven to Kathmandu domestic airport for a short flight to Pokhara and will transfer to Nayapul, from where the trek begins! Your first trail will head uphill through fertile farms of rice, maize, and millet fields. Following the main trail of Birethanti, pass by a small waterfall and continue until you reach Sudami where you will stop and have lunch.

Get back on your feet after this midday break and climb steadily along the side of the valley until you reach Tikhedhunga Teahouse for your overnight stay.

Day 4 - Trek from Tikhedhunga to Ghorepani

Wake up for an early breakfast at your teahouse in preparation for your big climb to Ulleri. The trek begins with a steep stone stairway—3,767 steps to be exact—up the ridgeline, eventually leading you through cultivated fields. Once you've completed this section, the rest of trail continues through a scenic area of blooming rhododendron blossoms and old oak forests.

Keep climbing uphill until you reach Nangethanti, which is your stop for lunch. Thanti is a Nepali word that means "rest house"; keep in mind that during winter months, the trail can be covered with snow. Work off your lunch and continue the climb until you get to Ghorepani, a village surrounded by spectacular scenery that's popular with trekkers.

www.whitehimalayastreks.com

Day 5 - Trek from Ghorepani to Tadapani and Poon Hill

Start off with an early morning wake up call and begin your pre-dawn climb to Poon Hill (10,500 ft) in just about an hour. This is a spiritual place that provides majestic scenery, especially when the rising sun casts golden light on the nearby snow-covered peaks like Dhaulagiri, Annapurna South, Fishtail, and Singa Chuli, to name a few. Grab a masala tea from the coffee shack and enjoy the sublime views with your fellow trekkers.

You'll then return downhill to Ghorepani for a hearty breakfast before continuing a full-day of trekking towards the small village of Tadapani. This trail works itself uphill and downhill through a range of landscapes and microclimates, so keep your camera (and warm layers) close.

Day 6 - Trek from Tadapani to Nayapul, drive to Pokhara

After breakfast in Tadapani, the trail continues to descend steeply until you get to Syauli Bazar through amazing hillside landscapes, forests, and terraced rice fields. Your trek will end at Nayapul where you'll be transferred to your hotel in Pokhara. Even from this urban environment, you'll be rewarded with magnificent views of the Himalayas including Dhaulagiri, Manaslu, Machhapuchhre, the peaks of Annapurna, and others.

Upon arrival in Pokhara, settle in your hotel and enjoy the afternoon and evening on your own. This relaxed lakeside town is the gateway to the Himalayas, so there are plenty of cool cafés, restaurants, funky shops, and yoga studios that cater to expats and adventure travelers.

Day 7 - Fly from Pokhara to Kathmandu

After breakfast, you may have time to do more sightseeing, relax, or check out one of the Pokhara's coffee shops. About 1.5 hours before your flight, you'll be picked up from your hotel and taken to the domestic airport to catch your flight back to Kathmandu.

In Kathmandu, you'll be transferred to your hotel and can enjoy the rest of the afternoon and evening at your leisure. Explore Kathmandu's streets on foot, bicycle, or rickshaw, perhaps shopping for souvenirs or seeing anything you may have missed at the beginning of your trip.

In the evening, choose from a selection of Nepali, French, Vietnamese, and Middle Eastern dishes in Kathmandu.

Day 8 - Depart Kathmandu

Time to say farewell to Nepal. Enjoy your last moments in Kathmandu with breakfast in a café, a city stroll, and/or souvenir shopping. A representative will meet you at your hotel



White Himalayas Treks & Expedition (P.) Ltd.

Kageshwori Manohara-5, Thali, Kathmandu, Nepal

www.whitehimalayastreks.com

and drive you to the airport for your return flight home. It's good to be at the airport at least two hours prior to departure.

Cost Includes

- All meals during trek in Local Lodge
- English speaking local expert guide
- Local porters during trek (ratio:- 1 porter : 2 member)
- Annapurna Conservation Area permit fees
- Trekkers' Information Management System fees
- Kathmandu/Pokhara/Kathmandu airfare with domestic airport departure tax
- 3 nights' accommodation at 3 star hotel in Kathmandu on twin/double sharing with breakfast
- 1 night accommodation in Pokhara (3 star) on twin/double sharing with breakfast
- Accommodation during trek available everyday en-route (local lodge)
- Airport transfers with an escort by Private Vehicle
- Equipment clothing for porter & staffs
- Insurance for all staff & porters
- All applicable government tax
- Guided sightseeing tour in Kathmandu with inclusive of monuments entry fees.

Cost Excludes

- Nepal visa - Multiple Entrée 15 days - USD 25 Details in Visa Page
- International flight
- Lunch & dinner during Kathmandu and Pokhara hotel stay
- Extra baggage charges (All together only 15 kg is allow by domestic airline)
- Personal gears & clothing (available on hire in Kathmandu)
- Tips, any expenses incurred in emergency evacuation/road block due to any reason, table drinks, snacks while walking
- Any other tours, transfer and service other than mentioned above
- Your insurance and medical Expenses