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ANNAPURNA BASE CAMP WITH POON-HILL TREK

The Annapurna Base Camp Trek via Poon Hill is an incredible trip that combines the two treks of Ghorepani Poon Hill and Annapurna Base Camp. Poon Hill ABC Trek through Pun Hill is the best destination for trekkers who want to see the breathtaking mountains from a lower elevation and wander around the high Himalayan glacier marine, icefall with diverse cultures and countryside people live hood. After a scenic flight from Kathmandu, the Annapurna Base Camp Poon Hill Trek begins in Pokhara, a beautiful touristic city. The Poon Hill Annapurna Base Camp Trek begins in Nayapul and continues through the rural villages of Birethanti, Hile, Thikhedhunda, Ulleri, and Banthanti before arriving in Ghorepani. Ghorepani is a peaceful paradise with a breathtaking panoramic view.

Includes

Inclusions while on Tour

- All arrival and departure transfer by private vehicles as per group size.
- 13 nights' accommodation at Luxury Resort/Hotels as mentioned below.
- Meals: 13 breakfasts, 09 lunches and 10 dinner,
- Airfare for trekking guide for sector Kathmanud - Pokhara - Kathmandu
- Local village and schools visit on the way wherever is possible.
- Visit Tibetan carpet factory and Thanka painting while guided sightseeing tour in Kathmandu and Pokhara
- Seasonal and regional festivals and unique experiences as per region, (Min 10

Pax requires in the group)

- Visit of spiritual Places in the city areas and outside the city while by surface travel.
- Participate in harvesting and cultivation activities depending on the season.
- Monumental areas entrance fees as per the itinerary levied by the government and local authorities.
- Professional licensed local English/other language speaking guide service in Kathmandu, and Pokharan.
- Other festivals, festivities and spiritual activities will be observed or participated while on tour,
- Accompanying official escort throughout the trip.
- Special souvenir on farewell / departure

Includes While on Trek:

- All 3 major meals including Tea/Coffee, hot water to drink,
- Licensed trekking guide, his allowance, hotel and meals
- Trekking Sherpa porter (2:1porter), allowance, hotel and meals.
- Duffle bag to put your belongings,
- Medical kit.

Excludes

- International flights tickets
- Nepal entry visa fee
- Travel Medical Insurance
- Emergency Evacuation Service
- Items of a personal nature such as alcoholic/nonalcoholic drinks, laundry

- Any other expenses which are not mentioned at the included section
- Tips/gratuities/Donations for driver, guides and escorts
- Force Majeure

Itinerary

Day 1: Arrival Day

Arrive at Tribhuvan International Airport Kathmandu and you will be transferred to the hotel for staying overnight. Late-night welcome dinner at a Nepali restaurant. Enjoy your dinner with Going Nepal crews and brief about the program also prepare for your trek to Annapurna Base Camp and Ghorepani.

- Elevation of Kathmandu: 1300m/4264ft
- Transportation: Private car
- Accommodation: 4-star hotel
- Meal: Welcome dinner

Day 2: Fly to Pokhara and Explore Pokhara city

Breakfast and check out from the hotel. Drive to Kathmandu Domestic Airport and catch a flight to Pokhara. You will reach Pokhara within Half hour. After reaching Pokhara, check in to the hotel and proceed for Half day city tour. you will visit Davis Falls, Gupteshwor Cave, and Tibetan Refugee Camp.

Davis Fall: Locally known as the Patale Chango, Davi's Fall is a ferocious waterfall located about 2 km southwest of Pokhara Airport on the Siddhartha Highway. The source of the waterfall is Phewa Lake and the fall itself is named after a Swiss lady who was swept away by the fall in 1961. The fall cuts through the rocks to create complex caves and tunnels on its path. Gupteshwor Mahadev cave on the other side of the fall is one such cave carved by Devi's Fall. The sacred shrine dedicated to Shiva is popular among the local residents and is seldom missed by tourists to Davi's Fall.

Tibetan Camp: It is a Tibetan Settlement near Davis Falls. Here you can overlook the Tibetan culture and their residence. They also have small shops for selling the things brought from their country and also a carpet showroom with a gallery containing all of their history coming to Pokhara. Afterward, drive to Peace stupa locally known as Shanti stupa which is located at the top of the hill and you can overlook Phewa lake and Pokhara city. After finishing the tour stop for a lunch at Pokhara, Lakeside. After lunch, drive back to the hotel and rest. Dinner can be served around the lakeside where

you can enjoy the lake vibe during the evening. overnight at the hotel and prepare for your trek to Ghorepani.

Day 3: Drive from Pokhara to Ulleri via Nayapul and trek to Ghorepani (2,840m).

This is the first day of the ABC Poon Hill Trek. The trek begins at Ulleri (1,960m) after 3 to 4 hours of driving from Pokhara via Nayapul (1,010m), Birethanti, Tikhedhunga (1160m), and Hille (1,495m). We begin by walking through the village and farm terraces, gradually ascending through dense forests of oak and rhododendrons towards Banthanti (2,250m). Then continue walking towards Nangethanti (2,460m), arriving after an hour at Ghorepani (2840m). Spend the night at a Teahouse.

- Elevation of Ulleri: 2160m
- Transportation: Bus/Jeep (As per group size)
- Driving distance: 3 to 4 Hours
- Trek duration: 3 to 4hrs
- Accommodation: Tea house/Lodge
- Meals: Full-board Tea/coffee en route , Lunch, Dinner

Day 4: Hike up Ghorepani to Poon Hill (3210m) and Tadapani (2520m).

We'll hike up to Poon Hill (3210m) early in the morning for about 45 minutes. This viewpoint offers an unobstructed and beautiful view of the sunrise over the high Himalayas, including Dhaulagiri (8,167m), Annapurna (8,091m), Machhapuchere, Nilgiri, Hiuchuli, South Annapurna, and others. In addition, we can see a network of other peaks appearing before our eyes as if by magic. We return to Ghorepani for a hot breakfast before beginning our walk to Tadapani. The trail ascends alongside ridges with pine and rhododendron forests to Deurali before descending through beautiful waterfalls, streams, and dense forest to Banthanti. The streams have some clear pools alongside the trail which finally climbs up to the final destination Tadapani meaning 'hot water.' This is the water supply for a village far away. We spend a night at Tadapani.

- Meals: Breakfast, Lunch, Dinner

Day 5: Trek from Tadapani to Chomrong (2140m)

After breakfast, the trail descends steeply through rhododendron forests and terrace fields to Kimrong Khola, which provides excellent views of the upper Modi valley. After

crossing the suspension bridge, continue on to a Gurung village. If you feel so inclined, you can make a financial contribution to the schoolchildren and school welfare. The trail continues from here, gradually ascending through the forests with a massive landslide ridge - an easy walk to Chomrrong (2140 m). We can see the mighty peak of Annapurna South, Hiuchuli, Gangapurna, and Fishtail in the distance. Stay in a lodge for the night.

- Elevation of Chhomrrong: 2140m
- Trek duration: 4 to 5 hrs
- Accommodation: Tea house/Lodge
- Meal: Full-board Tea/coffee en route , Lunch, Dinner

Day 6: Trek from Chomrrong to Dovan

The trail descends a stone staircase to the Chhomrrong Khola before ascending to the small village of Sinuwa (2340m). The trail continues through the dense forest. The path then descends very steeply through thick bamboo at the bottom of the gorge to Bamboo. After lunch, we hike up the Modi Khola forest to the Dovan. Spend the night in a guesthouse.

- Elevation of Dovan: 2500m
- Trek duration: 5 to 6 Hours
- Accommodation: Tea house/Lodge
- Meal: Full-board Tea/coffee en route , Lunch, Dinner

Day 7: Trek from Dovan to Deurali

Today is a short day trek to altitude, with the risk of snow avalanches in the area we must cross the next morning. We'll be climbing through serene bamboo and rhododendron mixed forests near the Himalayan Hotel the entire way. Previously, this area, known as Hinko cave, was used as a porter's shelter. We then proceed to Deurali. The avalanche-prone section of trail is located on the ridge above Hinko. Spend the night in a guesthouse.

- Elevation of Deurali: 3200m
- Trek duration: 5 to 6 Hours
- Accommodation: Tea house/Lodge
- Meal: Full-board Tea/coffee en route ,Lunch, Dinner

Day 8: Trek from Deurali to Annapurna Base Camp (4130m), passing through Machhapuchre Base Camp (3700m)

After breakfast, the trail takes us into the heart of the Sanctuary, to the Annapurna Base Camp, where we would spend the night. For a few hours, the trail ascends, passing some roofless shepherd's huts along the side of a moraine - this area is windy and frequently snowbound. The trail continues climbing past the Machhapuchre Base Camp (3,700m), which isn't really a base camp because climbing the mountain is prohibited. We'll walk for 2 hours from here to Annapurna Base Camp through spectacular Himalaya scenery with amazing panoramic views of snow-capped mountains surrounding you. You have the rest of the day to explore and relax.

- Meals: Breakfast, Lunch, Dinner

Day 9: Trek back from Annapurna base camp/ MBC to Bamboo

After breakfast we drop down to Bamboo, collecting boundless experiences. This morning we glimpse sunrise and the last evening sunset over Mt. Annapurna I, Annapurna Fangs. The unobstructed views of mountain scenery, which is very spectacular as it's totally surrounded by mountains. We now come to know why this area is known as the Annapurna Sanctuary. After having spent a great time here, we retrace the journey back to Bamboo for the overnight stay. You can rest and relax in the evening with an unforgettable view of the many snow-capped peaks and enjoy dinner.

- Elevation of Bamboo: 2345m
- Trek duration: 5 to 6 Hours
- Accommodation: Tea house/Lodge
- Meal: Full-board Tea/coffee en route, Lunch, Dinner

Day 10: Trek Bamboo to Jhinu Danda (hot spring) (1780m)

The trail follows the same route until Chhomrong. Once we have passed Khuldighar there is an experimental sheep farm, the trail continues through rhododendron and bamboo forests with majestic mountains scenery, especially Mt. Machhapuchre (6,997m). From the ancient Gurung village Chomrong, the trail descends very steeply to the Jhinu hot springs, where you can bathe in natural hot springs only 20 minutes from our hotel. The rest of the day and stay overnight.

- Meals: Breakfast, Lunch, Dinner

Day 11: Trek Jhinu Danda to Siwai (1230m) /Syauli Bazaar

In the morning you will visit Hot Spring /Tatopani beside the Modi Khola river bank, where you can bath in natural hot springs, walking only 20 minutes from Jhinu Danda. Then back to tea house for breakfast and the trail for today first descends to the Komrong Khola and gets New Bridge, where you follow the river bank and through the forest to the Siwai (1,230m) through Kyum. We will drive from Siwai/ Syauli Bazaar to Pokhara by Jeep or Taxi, it takes 3 to 4 hours. Here we see many others trekkers as well, who are coming from Ghandruk after visiting Ghorepani Poon Hill. Stay at Pokhara overnight.

- Meals: Breakfast, Lunch, Dinner

Day 12: Fly to Kathmandu and Half day sightseeing

After breakfast Check out, and Transfer to Pokhara Domestic Airport to take a flight to Kathmandu, upon arrival in Kathmandu our representative will be waiting at the airport and proceed for the Half day Kathmandu Sightseeing to Boudhanath and Pashupatinath. After finishing the trip drive back to the hotel. Check into the hotel. Dinner and overnight at the Hotel.

- Meals: Breakfast

Day 13: Full-day Kathmandu Sightseeing

Breakfast & proceed to Kathmandu sightseeing (Patan Durbar Square, Kathmandu Durbar Square, and Swayambhunath). After finishing the trip drive to Thamel 'Tourist hub of Kathmandu' and spend little time shopping and exploring around. Finally, return to the hotel and overnight at the hotel.

Meals: Breakfast

Day 14: Departure

Breakfast and Timely transfer to International Airport for your onward destination.

Highlights

- To fulfill your dream to visit ABC (4,130m) in a short amount of time.
- The most scenic trekking route in the Annapurna region.
- Trip through the countryside, traditional culture, and a variety of vegetation.
- Beautiful panoramic views of the Annapurna mountain range.
- Massive Annapurna glacier not far from Annapurna Base Camp.
- View of the sunset and sunrise from Annapurna Sanctuary.
- Due to the short duration of the trip, you must be physically and mentally fit.

Travel Information

- Permits: A TIMS (Trekkers' Information Management System) card and Annapurna Conservation Area Permit (ACAP) are required for trekking in the Annapurna region. These can be obtained in Kathmandu or through a trekking agency.
- Best time to go: The best time to trek in the Annapurna region is between September and November and March to May when the weather is clear and stable.
- Route: There are several popular routes for trekking in the Annapurna region. Some of the most famous include the Annapurna Circuit, the Annapurna Base Camp Trek, and the Jomsom Trek.
- Accommodation: Accommodation during the trek is typically in teahouses or lodges. These provide basic but comfortable accommodation and meals. It is also possible to camp but it will require hiring equipment and porters.
- Physical fitness: The Annapurna treks are considered challenging, and a good level of physical fitness is required. It is important to be prepared for long days of hiking at high altitude and to acclimatize properly.
- Altitude sickness: Altitude sickness is a concern at high altitude. It is important to be aware of the symptoms and to take necessary precautions to prevent it.
- Guides and porters: It is possible to trek independently but hiring a guide and porters is recommended for safety and to ease the burden of carrying equipment.
- Insurance: It is important to have comprehensive travel and trekking insurance before embarking on an Annapurna trek. Make sure it covers emergency evacuation and medical expenses.
- Respect the local culture and customs: The Annapurna region is home to diverse ethnic groups and it's important to respect their culture and customs. Dress modestly and be mindful of cultural sensitivities.
- Be prepared for the change in weather: Weather in the mountains can change rapidly.

Things to know

- **Visa requirements:** Make sure to check the visa requirements for Nepal before you travel. Tourist visas can be obtained upon arrival at the airport or in advance from a Nepalese consulate or embassy.
- **Currency:** Nepalese Rupee (NPR) is the official currency of Nepal, but US dollars are also widely accepted. It's a good idea to carry cash, as credit cards and debit cards may not be accepted in some places.
- **Weather:** Nepal has a diverse climate, with temperatures varying greatly depending on the region and altitude. It's important to check the weather forecast and pack accordingly.
- **Altitude sickness:** Altitude sickness can be a concern when travelling to higher altitudes in Nepal. It's important to be aware of the symptoms and to take necessary precautions to prevent it.
- **Food:** Nepal has a diverse cuisine, with a mix of Indian, Tibetan, and Nepalese dishes. Some traditional Nepalese dishes include Mo:Mo (dumplings), Dal Bhat (lentil soup and rice), and Chow Mein (stir-fried noodles).
- **Language:** Nepali is the official language of Nepal, but many people also speak English.
- **Culture:** Nepal is a culturally diverse country with a mix of Hindu and Buddhist influences. It's important to be respectful of local customs and traditions, and to dress modestly when visiting temples and other religious sites.
- **Conservation and sustainability:** Nepal are home to many unique and endangered species and fragile ecosystems, it's important to be mindful of environmental conservation and sustainability while traveling.