



Ghorepani - Poonhill



Overview

The trek to Ghorepani and Poonhill is a perfect holiday for those running short of vacancy days! The trek itself runs over five days. During that time, you will discover green meadows scattered with little towns, colourful rhododendron forests full of birds, as well as profound sub-tropical valleys.

At your highest point, 3210m at Poonhill, you will get the best viewpoint to catch the sunrises upon the Himalayan landscapes, the Annapurna range, Mount Dhaulagiri, and the striking Machhapuchhare (Fishtail) Peak.

In addition to these idyllic sceneries, you will come across charming villages, where you will meet the Gurungs and Magar folks.

You will spend unforgettable time with Sherpas and villagers, enjoying their kindness by sharing a cup of tea with them while eating breakfast.

The amazing meetings you will do along the trek will offer you unforgettable memories.

Required number of participants: minimum 2, maximum 12.

The start date refers to the arrival date in Kathmandu and the end date refers to the earliest you can book for your return flight home. When departing from Europe allow for an overnight flight to Kathmandu, but on the return it is possible to depart in the morning and arrive on the same day.

Private trips are welcomed if the scheduled dates do not fit. We have our own office and guesthouse ready and waiting for any dates you may prefer.

Package

Includes	Excludes
<ul style="list-style-type: none">• Airport transfers• 3 nights accommodation in Kathmandu (B&B)• Three meals per day with hot drinks (e.g. Tea, coffee) on trek days• Accommodation in lodges during the trek• An experienced, helpful and friendly guide• Porters (one per person, carrying maximum 15kg)• Surface transfer to and from Pokhara on private car / van.• Annapurna conservation permit, and TIMS permit• 1 night accommodation in Pokhara with B&B basis	<ul style="list-style-type: none">• International flight to and from Kathmandu.• Meals and drinks while Kathmandu and Pokhara.• Personal costs like drinks, laundry, hot showers, and bottled water.• Trip insurance and emergency rescue.• Visa fees (\$30 for 15 days)• Sightseeing tours• We also recommend offering a tip at the end of your trip to your guide and porters, as tips are not included in the package price. During your trek briefing, you will be wisely advised on this matter and on the average amount to offer.

Itinerary

Day 1– 1400m

Arrival in Kathmandu, transfer to your hotel or our guesthouse.

Day 2– 1400m (4-5 hours)

Drive from Kathmandu to Pokhara, then Nayapul, by car/van.

Day 3– 1525m

Nayapul – Ulleri. Today will be quite easy until the lunch point, allowing you to get used to trekking in Nepal. The trek then begins, heading to Tikhedhunga. After a short walk along Modi River, we will

reach Birethanti (1065m), a charming village with many shops and teahouses. There, your path starts climbing steadily up the valley to Hile (1495m). Later, we will reach Ulleri.

Day 4– 2775m

Ulleri – Ghorepani. We will begin our day with a smooth climb up across amazing forests of oak and rhododendron until Banthanti (2250m). From there, we will head toward Nangethanti (2460m) and after an hour, we will reach our goal: Ghorepani.

Day 5– 3210m - 2775m - 2710m

Ghorepani – Poonhill – Tadapani. Our day will start early in the morning with a hike to Poonhill to discover the amazing landscape of the region being warmed up by the sunrise. The place will also offer you a panoramic view of the Himalayas, including Mount Dhaulagiri, Annapurna South, and Fishtail. Later we will come back to Ghorepani for a good breakfast and then march to Tadapani.

Day 6– 1940m

Tadapani – Ghandruk. Our trek today begins with a small but steep downhill where we will come across forests before the path becomes smoother at the village Ghandruk (2000m). This village is typical of the Gurung ethnic folk of Nepal. They speak their own dialect, have their own culture and lifestyle. It is probably one of the most popular places in Nepal offering incredible mountain views and easy connection with Pokhara and Kathmandu.

Day 7– 1400m

Ghandruk – Pokhara. Our journey will allow us a relaxing trek. We will come across Birethanti before heading toward Nayapul. A car/van will be waiting for us to guide us to Pokhara.

Day 8– 1400m

Pokhara – Kathmandu. Drive from Pokhara back to Kathmandu by car/van.

Day 9 – 1400m

For your last day with us, you will get the chance to take a sightseeing of the capital city of Nepal. Enjoy various cultural discoveries around the Pashupatinath temple, Boudhanath Stupa, Swayamboudhanath and Kathmandu Durbar Square.

Day 10 – Transfer from your accommodation to the airport, flight back home.

Fitness

The trek is not too demanding, thus you do not need to be an athlete to do it. Nonetheless, ascents may require more effort with few longer days of constant walking with your backpack. The effects of the high altitude may increase your tiredness quicker. Thus you need to be healthy as some of the locations we will visit are hours from professional medical care. Please fill out the medical form prior to your booking and get a check-up on dental issues.

Type of Terrain

This trek is a well-trodden path all along, even though it may sometimes be stony and jagged in some places. It is not a mountaineering trek nor climbing that would require special equipment. The hike is nice and not demanding, nonetheless some paths' steep may seem never-ending!

While trekking you will get the chance to meet a lot of people but you may also encounter yaks. Never forget that when meeting a yak, step towards the inside of the trail. Thus avoiding the cliff edge!

We do not ask to take poles but they can be of useful help. This choice is all yours, but if you have knees problems or personal preference for using them, we definitely recommend you to take them. In the upper hills, open slopes and moraine may offer you added reassurance with poles, but once more paths are quite easy to walk on.

We also recommend to take lightweight hiking shoes with a high ankle, in order to protect you better against possible injuries related to ankle. Heavy boots will be too warm and heavy and cumbersome. You may take cross trainers but remember they are often cold in the morning in the mountain.

Height Gained

Kathmandu is at about 1400m height and your hike to Poonhill will take you up to 3210 m, being the highest point of your journey. Ghorepani – Poonhill trek thus gains a total of 1810 m from Kathmandu.

Kit list

- The main idea of the kit is to keep you warm, dry, protected from the sun, be able to move efficiently on the mountains and be comfortable in the nights.
- The most important details to cover are as follows:
- GEARS - Large Duffle bag/Rucksack ~80L (for a porter to carry) + Medium Daypack ~40L (carried by you)
- SHELL - Top and bottoms to keep off wind/rain
- INSULATION - Warm layered system to keep you warm (body, hands & Head)
- BASELAYER - Thin layers to wick away sweat and strip down to when it gets hot
- SHOES - Comfortable, Waterproof shoes/boots to support your ankles over jagged terrain. Lighter footwear to change into during the evenings.
- SLEEPING - Warm sleeping bag to spend a good night's sleep in the lodges
- FOOD/LIQUID - Water bottles & favourite snacks for the day
- WASHING & MEDICAL – For you to wash & eventually avoid headache, blisters