

Regd. No.162883/073/074



"Explore unseen World"

# NORTH NEPAL

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[www.northnepaltrek.com](http://www.northnepaltrek.com)

## 4 Days Poon Hill & Ghandruk Trek

Poon Hill & Ghandruk Trek 4 days is a short trek in the Annapurna Region. Despite being a short trek, it does not fail to captivate its trekkers. On this Trekking, you will trek 4 days into one of the most beautiful regions of Nepal.

S.N	Itinerary	Services
Day 1	<b>Drive from Pokhara to Nayapool and Trek to Tikhedhunga</b>  Altitude: 1520m Trek: 3- 4 hours Drive: 1.5 hrs	<ul style="list-style-type: none"> <li>✓ ACAP Permits</li> <li>✓ Jeep</li> <li>✓ Trekking Guide</li> <li>✓ Porter</li> <li>✓ 2 Meals ( L/D )</li> <li>✓ Accommodation</li> </ul>
Day 2	<b>Tikhedhunga to Ghorepani</b>  Altitude: 2800m Trek: 6 hours	<ul style="list-style-type: none"> <li>✓ Trekking Guide</li> <li>✓ Porter</li> <li>✓ 3 Meals ( B/L/D )</li> <li>✓ Accommodation</li> </ul>
Day 3	<b>Ghorepani to Poonhill to Tadapani</b>  Altitude: 3120 m to 2600 m Trek: 6-7 hours	<ul style="list-style-type: none"> <li>✓ Trekking Guide</li> <li>✓ Porter</li> <li>✓ 3 Meals ( B/L/D )</li> <li>✓ Accommodation</li> </ul>
Day 4	<b>Tadapani to Ghandruk and Drive back to Pokhara</b>  Altitude: 2630m Trek: 3 hours Drive: 2.5 hours	<ul style="list-style-type: none"> <li>✓ Trekking Guide</li> <li>✓ Porter</li> <li>✓ 2 Meals ( B/L )</li> <li>✓ Jeep</li> </ul>

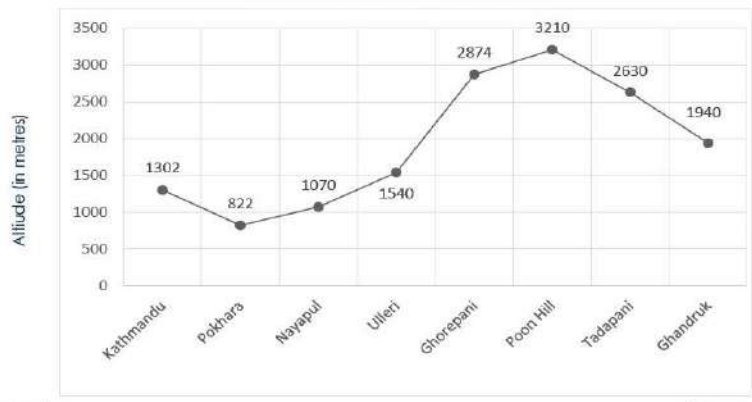
# POON HILL SUNRISE TREK



- Drive Route
- Trek Route
- Secondary Route
- Peak
- Lodge/Hotel



## ALTITUDE CHART



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[www.northnepal trek.com](http://www.northnepal trek.com)

Photo: Poonhill trek

# TRIP HIGHLIGHTS

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- Magnificent views of snow-capped mountains like Annapurna I(8,091m), Fishtail(6993m) Himchuli (6441m) and more
- Discover a wide range of flora and fauna on the trail
- Close encounter with Traditional Nepalese Lifestyle
- Accommodation at traditionally build tea houses
- Spectacular sunrise viewpoint
- Beautiful streams and suspension bridges on the trail
- Traverse through culturally enriched villages inhabited by the Gurung and Magar communities of Nepal
- Short and easy adventure in Annapurna Region
- A section of Annapurna Conservation Area (Largest protected area in Nepal)

## Day 01: Drive from Pokhara to Nayapul & Trek to Tikhedhunga

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- **Trek Hours: 3-4 hours**
- **Altitude: 1520m**

We will start our travel early in the morning after breakfast. We will travel from Pokhara to Nayapul via car, which will take us about one and a half hour to reach Nayapul. It is the starting point of our trek. Following our arrival at Nayapul, our permits will be checked. After that, we will set up our hiking to Tikhedhunga, a small village on the way to Ghorepani with a few numbers of lodges for accommodation.

The beautiful meadows, streams and suspension bridges on the trail will add extra flavor to your trek. It will take around 4-5 hours to reach Tikhedhunga from Nayapul. Tikhedhunga has a lot to offer us. Splendid hospitality of locals, and traditionally-built tea houses are its identity. We will stay overnight in a tea house in Tikhedhunga.



Photo: Tikhedhunga

## Day 02: Tikhedhunga to Ghorepani

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- **Trek Hours: 5 hours**
- **Altitude: 2800m**

Following our breakfast in Tikhedhunga, we will start our second-day trek. It is comparatively more difficult than our first-day trek. We have to ascend through a steep uphill section to Ulleri (2,070m). After Ulleri, we'll reach Banthanti (2200m). The views from Banthanti will take your breath away.

Then from Banthanti, we will hike up to Nangthanti (2500m) crossing several hillocks and babbling streamlets. On the way to Nangthanti, the splendid view of mountains like Annapurna, I and Annapurna South can be enjoyed. Ghorepani is a 1-hour hike from Nangthanti. After hiking for 1 hour, we will get to Ghorepani, the stop for our day 2 trek. Ghorepani is a small settlement area at 2850m with folk tea houses that provide lodging facilities to trekkers.

Following our arrival at Ghorepani, we will be able to see a picturesque sight of snow-capped mountains, landscapes, and settlements. The views of mountains like Fishtail, Dhaulagiri, Annapurna South and more, crisp evening and the warm hospitality of Ghorepani will expunge your fatigue.

We will enjoy the evening in Ghorepani by strolling around the village and spend a night in a well-maintained lodge in Ghorepani.



Photo: Ghorepani

## **Day 3: Walk up Poon Hill - Ghorepani – Tadapani**

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- **Trek hours: 5-6 hours**
- **Altitude: 2,630m**

This is our day 3. We will walk to Poon Hill which will take around 45 minutes. We will hike up to top before dawn. From there, we will enjoy the beautiful sunrise. The orangish appearance mountains and sky due to sunrise look so alluring and is worth trekking for 4 days.

After spending around 45 min on top, we will descend to Ghorepani .Following our breakfast in Ghorepani, we will pack our bags and hike down to Tadapani (2,630m/8,628ft). Since we are descending, hiking will be a bit easier and we will cover the distance quite fast.

The route from Ghorepani to Tadapani is fascinating. We will spot small cascades, different species of birds and beautiful orange orchards on the route. After hiking for nearly 4.5 hours from Ghorepani we will reach Tadapani. In Tadapani we will stay overnight in a tea house.



Photo: Poonhill

## Day 4: Tadapani – Ghandruk

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- **Trek hours: 3 hours**
- **Altitude: 2,010m**

After our breakfast in Tadapani, We will hike towards Ghandruk (2,010m/6,600ft), a beautiful Gurung village located at the northwest of the Pokhara. From Tadapani, we will hike downhill through a scenic route. The mountain views from Ghandruk is amazing. Following our lunch, we

will visit the local markets and buy some stuff as a memento of our Poon hill trek. After that we will take a jeep from Ghandruk village. The beautiful hills and meadows on the side of road will make journey more interesting.

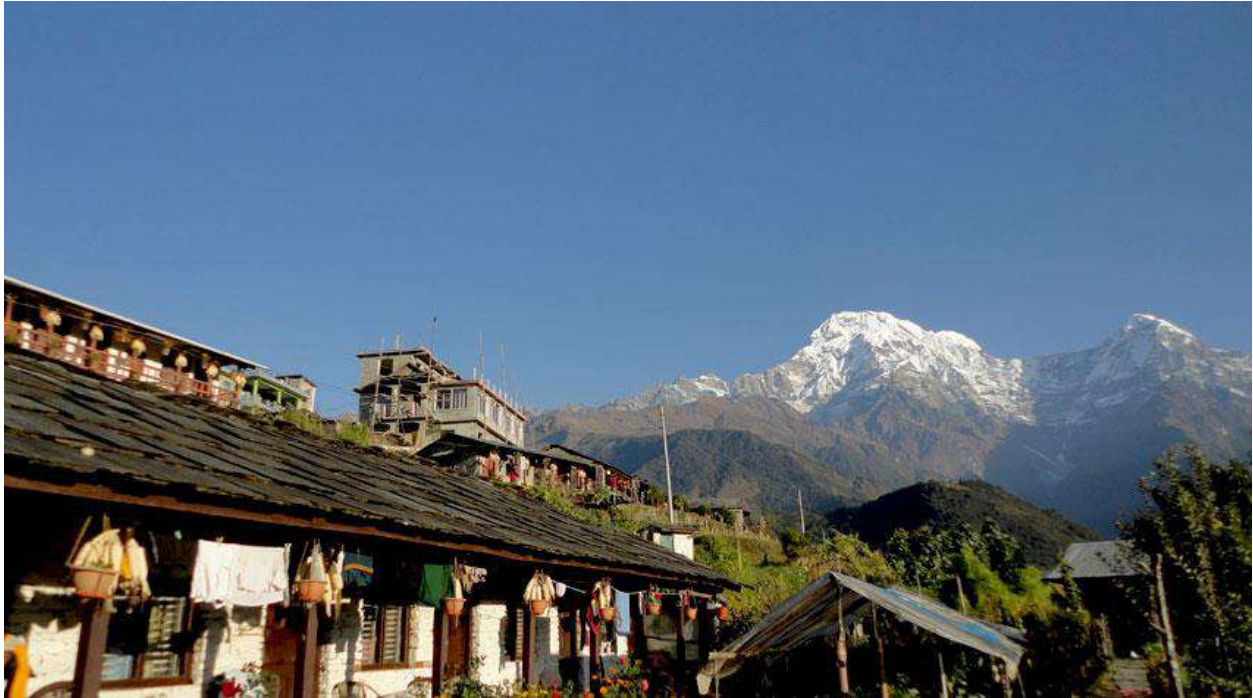


Photo: Ghandruk

## **COST INCLUDES**

- Private transport to the trekking starting point Nayapool and exit point Ghandruk
- All teahouse (lodge) accommodation during the trek
- Three meals a day (Breakfast, Lunch, and Dinner) during the trek
- An experienced English-speaking trekking guide
- 1 Porter (Carrying upto 25 kg only )
- Guide's & Porter's salary, insurance, equipment, transport, food, and lodging
- Annapurna Conservation Area permit & TIMS

- Company service charges
- VAT and local Tax

## **COST EXCLUDES**

- Travel and rescue insurance
- Personal expenses (phone calls, laundry, bar bills, battery recharge, bottler, etc)
- Tips for guides and porters
- Any extra activities after the trek
- Expenses arising out of various/unforeseen situations like natural disasters, strikes etc.
- Anything not mentioned in included list

\* Thank You \*