



## **Ghorepani Poon Hill Trekking - Itinerary**

### **1. Arrival in Kathmandu**

Altitude: 1,350m/4,428ft - Welcome to Kathmandu, the capital of Nepal! Our airport representative will welcome you and take you to your hotel. After this at evening we give you further details of the trip program. Overnight stay in hotel

### **2. Drive/Flight from Kathmandu to Pokhara (200 km)**

It takes around 6 hours of drive or 25 minutes if flight from Kathmandu to Pokhara. Both the transportation offers scenic views of mountains along with lush green forests and terrace fields. Pokhara is known as the heaven place of Nepal. Here we get to observe many sights full of natural and cultural views. Mountains, caves, lakes and temples are the things of attraction that we can visit in Pokhara. Today we have our yoga sessions in evening. Overnight stay in Hotel breakfast, lunch included.

### **3. Drive to Nayapul, Tikhedunga from Pokhara ( 2 hrs) and to Ghorepani (5 hrs / 2,800 m)**

This is the confluence of Modi River draining Annapurna base camp and Burungdi River. During the trek we follow upstream Burungdi River and climb gradually for a Tikhedunga and Ghorepani. Thikedunga is a small charming village. Trek to Ghorepani (6 hrs / 2,800 m) Overnight at a guesthouse - breakfast, lunch and dinner

### **4. Trek Ghorepani to Poon Hill to Tadapani / 2600m**

Approximate Time: Poon Hill 1.5km (1 Hour). Trek to Tadapani: 5 to 6 hours. 12km Elevation: Ghorepani (2750m) to Poon Hill (3210m) to Tadapani (2600m) Overnight at a guesthouse - breakfast, lunch and dinner

### **5. Trek Tadapani to Ghandruk /1900m**

Approximate Time: Trek 4 to 5 hours. Descent 720m. 6 km. Elevation: Tadapani (2600 m) to Ghandruk (2000m) Overnight at a guesthouse - breakfast, lunch and dinner

### **6. Ghandruk to drive Pokhara**

Approximate Time: Trek 2 hours. Descent 1000m. 11 km. and drive to Pokhara Elevation: Ghandruk (2000m) to Nayapul (1050m) and Pokhara 900m Overnight at a hotel- breakfast

### **7. Drive from Pokhara to Kathmandu**

Drive from Pokhara to Kathmandu

## **INCLUSIONS**

- ü All ground transportation car, taxi deluxe bus during trips**
- ü Nice hotel in the city with breakfast basis & nice trekking lodge during trekking**
- ü Whole accommodations during trips & 5 nights hotel in Pokhara after trek**
- ü We will provide sleeping bag & down-jacket during trek**
- ü 3 times meals during trip as mention in the itinerary (Breakfast, Lunch, and Dinner)**
- ü First aid medicine item,**
- ü Some seasonal fruits**
- ü Our T-shirt & Trip achievement certificate**
- ü Trekking permit & TIMS card (Trekking Information Management System)**
- ü Guide his salary, accommodation, meals and their insurance**
- ü Our government tax official expenses**

## **EXCLUSIONS**

- û Extra meals in city & your personal expenses, drinks hot shower bills etc**

**û Your international air ticket**

**û Your travel insurance & tips for the guide**

URL: <https://sunriseadventuretrek.com>