



Global Treks & Expedition P. Ltd.

Chakshibari Marg 591, Thamel
Kathmandu, Nepal

Ghorepani Poonhill Sunrise Trek Brief Itinerary

Day 01 : Kathmandu to Pokhara by tourist Bus

Our trekking staff will pick you up at the hotel at 6:00 AM and escort if you can you by public Vehicle you can go to at around 07:00 AM the tourist bus station. If you can go by the private vehicle you can directly from your hotel. The drive will wind through the many hills of the Trishuli river valley. After a 7-8 hours drive (200 KM) from Kathmandu, we will reach Pokhara city. Pokhara is a beautiful valley set on the banks of the Phewa Lake, Pokhara is also known for its panoramic views of Annapurna, Machapuchare (shape of fishtail) in the north part of Pokhara, Dhaulagiri in the west, Lamjung Himal and Manaslu in the east. It is smaller and much less hectic than Kathmandu, hence providing the perfect starting point for our trek. Overnight at a hotel.



Day 02 : Drive to Nayapul & Trek to Ulleri

Drive: 1.5 hours from Pokhara to Nayapul

Trek: 4-6 hours to Tikhedhunga or Ulleri

Overnight: Teahouse in Tikhedhunga or Ulleri

Because of Our trekking staff will pick up at the hotel at 06:00 am and escort if you can you by public Vehicle you can go to at around 07:00 am at the tourist bus station. If you can go by the private vehicle you can directly from your hotel. The drive will wind through the many hills of the Trishuli river valley. After a 7-8 hours drive (200 KM) from Kathmandu, we will reach Pokhara city. Pokhara is a beautiful valley set on the banks of the Phewa Lake, Pokhara is also known for its panoramic views of Annapurna, Machapuchhre (shape of fishtail) in the north part of Pokhara, Dhaulagiri in the west, Lamjung Himal and Manaslu in the east and you will drive to the Hile. Overnight at Guest House.

Day 03 : Trek Ulleri to Ghorepani. (2,840 M)& Ghorepani to Poonhill (3,210 M)

Trek: 6-7 hours

Highlights: Rhododendron forests, scenic landscapes

Overnight: Teahouse in Ghorepani

We move on towards the steep climb to Ulleri, which is a large Magar community village(2,070 M). The trail ascends more gently through pastures and cultivated fields from this point, while winter this trail will be covered with snow fine forest of oak and rhododendrons towards Banthanti (2,250 M). Then we trek towards Nangethanti at (2,460 M). You will get the chance to see the panoramic view of many Himalayas. After an hour walk, we arrive at Ghorepani (2,840 M). Overnight at a Guest House.

Day 04 : Trek Poonhill to Tadapani. (2,610 M)

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Poon Hill: Early morning hike (45 minutes to 1 hour) for sunrise view

Trek: 5-6 hours to Tadapani

Overnight: Teahouse in Tadapani

Today, very early in the morning, we start an hour hiking to Poonhill at an elevation (3,210 M) for the experience of sunrise as well as the sensational views a brilliant mountain range spectacle; this vantage point provides an unobstructed view of the sunrise over the high Himalayas. There we spend about an Hour, then we return to Ghorepani we take a hot and healthy breakfast at a hotel. Then start walking to Tadapani from Ghorepani climb along ridges, and through pine and rhododendron forests to Deurali (2,960 M). After that, we descend to the Banthanti, then turning off to Tadapani. Overnight at a Guesthouse.

Day 05 : Trek to Ghandruk (2,000 M)

Trek: 3-4 hours

Highlights: Scenic views, cultural experience in Ghandruk village

Overnight: Teahouse in Ghandruk

Ghandruk is a beautiful place in Annapurna region. Your trek will trek in the early morning. It offers a very close view of the Annapurna and the view of the sunset -sunrise which is very spectacular. There are small village areas where you can watch the local village Gurung and the traditional museum exploring. In this trek, your journey will be more exciting. Lots of mountains will sen from there like Mt.Annapurna, Himchuli, Manaslu etc after all you will reach to Ghandruk. Overnight at Guest House.

Day 06 : Trek Ghandruk to Nayapul (1,050 M) and Back to Pokhara.

Trek: 4-5 hours to Nayapul

Drive: 1.5 hours back to Pokhara

Today from this trail walk around two hours from Ghandruk can be considered one of the best and the most relaxing walks of the entire. We reach Nayapul then an hour drive will take us back to Pokhara. After checking in to the hotel we will walk around Lakeside and a few Lake for a boating trip to Tal Bahari temple and then back to the hotel. In the evening time walk around the lakeside to see different culture and program on the street and test the food. Overnight in Guest House.

Day 07 : Back to Kathmandu through Tourist couch.

After having breakfast you have the option to extend your trip to continue on to next destination on to Chitwan for Jungle safari, Rafting adventure in Trisuli River, Kathmandu valley shopping tour, scenic Everest Flight, Mountain biking, and other activities. Or you will move to Kathmandu by the surface through Tourist couch. O/N at Kathmandu hotel.

Cost include

- 2 Night Pokhara Hotel Accommodation with B/B plan
- All your standard mention meal during the trek (B/L/D)
- Guest House during the treks. (Pokhara to Pokhara Trail)
- Local Global Treks English Speaking Guide.
- Food, accommodation, salary, insurance, equipment, medicine for all staff.
- Transportation from Pokhara-Nayapul to Pokhara through a private vehicle.

- Transportation from Kathmandu to Pokhara to Kathmandu through Tourist couch.
- All our government tax, vat, and tourism service.
- Official expenses.

Cost Exclude

- Travel insurance covers emergency rescue and evacuation.
- Lunch whilst in Pokhara.
- Alcoholic hot and cold drinks.
- Personal trekking equipment.
- Tips for trekking staff and driver.
- Any other expenses which are not mentioned on price included section.

Trip Map



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