

Annapurna base camp with Poonhill Trek

Overview: The Annapurna Sanctuary Trek is one of the most important treks in the Annapurna region, which is the fusion of Annapurna Base Camp Trek and Poon-Hill Sunrise Trek. The hike was specially tailored by MMT to the untouched landscape, the panoramic view of the mountains and the sunrise over the mighty Annapurna I (8091 m) from Poon Hill. In addition to these, the most important highlights of the trek are the wonderful and breathtaking view of shiny peaks such as Annapurna I, Annapurna South, Machhapuchre (fish tail), Gangapurna, Hiunchuli etc. from Annapurna Base Camp and Machhapuchre Base Camp (3.00 m / 12.140 m) ft). The hike to the protected area is tempting and engaging, as the hike runs along the glacier stream and perceives Hinuchuli, Machhapuchre and the Annapurna mountain range. Walking through the villages shows the religious importance, since hikers are prohibited from carrying meat and eggs. The villages are a multicultural society in which people value other religions and treat people equally. The people in this region also treat the guest as God and offer standard and gracious hospitality. The hike not only leads along the Annapurna hiking trails, but also testifies to the mountains and enjoys the quiet village life. but also the opportunity to visit UNESCO World Heritage Sites and explore the cultural, religious, architectural diversity and diversity of Kathmandu during a city tour on day 2. Relax in the natural hot spring of Jhinu Danda. There is a belief that immersion in a natural hot spring improves circulation, reveals pain, and heals skin problems.

Quick facts:

Duration: 15 days

Trek Starting point: Nayapool

Trek Ending point: Jhinu

Transportation: Tourist coach / local vehicles

Max Elevation : 4130m

Grade: Moderate

Accommodation: tourist standard hotel in Kathmandu and Pokhara / teahouse lodge during the trek

Activities: Hiking & trekking, Sightseeing, cultural tours

Attractions: Annapurna-I (8091 m), Annapurna-II (7937 m), Annapurna-III (7555 m), Dhaulagiri (8167 m), Machhapuchhre (6998 m) and Gangapurna; Hindu and Buddhists temples; culturally rich traditional villages of ethnic communities of Magar, Gurung, Ghale, and Thakali and their hospitality.

Best seasons: March, April, May September, October, November, December

Please do not forget to carry the following items with you:

- 3 Passport size Photos
- Torchlight / Headlight
- Warm cap
- Sunglass and sun-cream
- Sleeping bag (light weight)
- Trekking sticks
- Dry fruits and chocolates
- Down jacket
- Backpack (No luggage or hand carry)
- Trekking trousers
- Trekking shoes (No any converse and Vans shoes)

PROGRAM ITINERARY

➤ **Day 01 : Arrival in Kathmandu (1400m) Meet and Greet**

Welcome to Kathmandu! As you landed in TIA you can observe the breathtaking scenery, after going to customs, our representative will be encountering and receiving with warm greetings along with that guide will brief about culture shock of Ktm's narrow street taking to the hotel.

➤ **Day 02: Kathmandu Sightseeing and Preparation for Trekking**

After breakfast, We will start a full day of exploring about incredible Kathmandu as it is culturally affluent, guide will take you from the hotel in private vehicle. As these cities are Renowned UNESCO heritage like Swaymbhunath, Pasupatinath, Bouddhnath as these are Buddhism and Hinduism pilgrimage. Overnight at hotel.

➤ **Day 03 : Kathmandu to Pokhara (1400 m): 7 – 8 hours (drive)**

To start our trekking, we wake up early in the morning, take our breakfast in the hotel and drive T6 Pokhara in a tourist coach. We take our lunch for the day on the way to Palpa Resort. Upon arrival at Pokhara transfer to the hotel. In the evening, we do some leisure activities around Phewa Lake and do final preparation for the trekking. Overnight at Hotel.

Alternative: You can also take a domestic flight from Kathmandu to Pokhara. The duration of the flight is about 30 Minutes. One way flight costs around 105 USD per Person. We can make a flight reservation for you. Please let us know.

➤ **Day 04: Drive to nayapul (1070m) ,Trek to Tikhedhunga(1480m)**

Commencing the Poon Hill trek from Nayapul to Tikhedhunga offers a seamless and visually stunning beginning to the journey. The picturesque drive from Pokhara to Nayapul provides mind-blowing sights, setting the tone for the adventure ahead. Covering a distance of 9.2 kilometers (5.7 miles), the trek spans approximately 4 to 5 hours, passing through charming locales such as Birethanti, Lamdawali, Sudame, and Hile.

➤ **Day 05: Tikhedhunga (1480)m to Ghorepani (2100 m): 11 km: 6 – 7 hours**

From Tikhedhunga a steep walk for about 2 hours will take us to Ulleri (2070 m). On the way, we cross the Magar village of Banthanti from where we get to see the stunning view of Machhapuchhre (6997 m), Hiunchuli (6441 m) and Annapurna South (7219 m). We then cross a small river and climb to Nangethani. Upon arrival at Ghorepani, we get soaring views of Dhaulagiri, Annapurna South, Hiunchuli, Annapurna I and other mountains. Overnight at teahouse lodge.

➤ **Day 06 : Ghorepani to Tadapani (3210 m): 6 – 7 hours**

Poonhill is famous for its best sunrise view. That's why, we wake up very early and trek to the base of Poonhill. After about an hour of climb, we then reach Poonhill viewpoint. From there we can view the beautiful sunrise over Dhaulagiri (8167 m), Annapurna I (8091 m), Annapurna II(7937 m), Annapurna III (7855 m), Annapurna IV (7525 m), Annapurna South (7219 m), Nilgiri Mountain (6940 m), Tukucho Mountain (6920 m), Varaha Shikhar (7847 m), Lamjung Himal (6931 m) and other mountains. We then return to our lodge in Ghorepani for breakfast and take the descending trail to Tadapani village.

Overnight at teahouse lodge.

➤ **Day 07: Tadapani to Chhomrong (2170 m): 4 – 5 hours**

After breakfast, we will descend our trek, the path leads to Chhomrong, where it takes a (4-5 hours) of hike followed by an ascent Khudi-ghar. Winding through descent forest bamboo and vibrant rhododendron bushes, the trail unveils breathtaking views of the Himalayan range and captivating landscapes. Our final destination for the day is tranquil Himalaya, where serenity awaits us. Overnight at teahouse lodge.

➤ **Day 08 : Chhomrong (2150m) to trek to Himalaya (6-7hours)**

After a hearty breakfast, our trek commences from Chhomrong, leading us on a mesmerizing journey through diverse landscapes towards the Himalaya. Over the course of approximately 6-7 hours, we'll traverse through varying terrains, from lush bamboo forests to vibrant rhododendron bushes, culminating in the serene ambiance of the Himalaya. Each step unveils new vistas and experiences, promising an immersive and unforgettable trekking adventure.

➤ **Day 9: Himalaya to Machhapuchhre Base Camp (3700 m)**

After breakfast, our day starts by climbing the route onwards Himalaya Hotel. On the way we can explore the Hinku cave. After lunch, the trail will continue to the Machhapuchhre Base Camp for overnight stay, where we can have the closest glimpse of Machhapuchhre along with Annapurna-I and Gangapurna. Overnight at teahouse lodge.

📌 **Day 10: Explore Annapurna Base Camp (4130 m) / Rest day**

On this day we explore the beauty of the Annapurna region. It's time to ascend to the highest point of the trek. We start our journey to Annapurna Base Camp. Located at an altitude of 4131 m above sea level, the base camp is the starting point for climbing Mt. Annapurna I, the tenth highest mountain in the world which is also among the most dangerous. We can enjoy a spectacular view of mountains like Annapurna I (8091 m), Annapurna South (7219 m), Barashikhar (7800 m) and Machapuchhare. Overnight at teahouse lodge.

➤ **Day 11: Annapurna Base Camp (ABC) to Bamboo (2310 m)**

After spending a wonderful time in ABC, it's now time to return back. We head back to Bamboo, a picturesque village along the route. Overnight at teahouse lodge.

➤ **Day 12 : Bamboo (2310m) to Jhinu (1780m) (hot spring)**

The trail remains the same until Chhomrong. After passing Khuldighar, there is an experimental sheep farm, and the trail continues through rhododendron and bamboo forests with breathtaking mountain scenery, particularly Mt. Machhapuchhre (6,997m). The trail descends steeply from the historic Gurung settlement Chhomrong to the Jhinu hot springs, where you can bathe in natural hot springs about 20 minutes. Overnight stay at teahouse

➤ **Day 13: Drive back to city of lake (Pokhara) (1400m) from Jhinu**

After breakfast, we will embark on a scenic journey towards Pokhara, covering approximately 25 kilometers in(4-5 hours). Upon reaching Pokhara, we will have some spare time, allowing for a delightful session of retail therapy. In addition to shopping, take the opportunity to immerse yourself in the mesmerizing beauty of Pokhara, from enchanting sunsets to captivating cultural performances. Consider exploring local museums to gain insights into the rich history and culture of this picturesque city."

➤ **Day 14 : Drive back to Kathmandu (1400m) 7-8 hours**

As we conclude our incredible journey, our next destination is Kathmandu. We will embark on a tourist coach bus for the approximately (7-8 hours) drive back to the capital city. Take in the scenic views along the way and reminisce about the memorable experiences from our adventure.

Alternative: You can also take a domestic flight from Kathmandu to Pokhara. The duration of the flight is about 30 Minutes. One way flight costs around 105 USD per Person. We can make a flight reservation for you. Please let us know.

➤ **Day 15 : Farewell and Departure**

After breakfast a staff member will pick you up from the hotel and transfers you to airport for the final departure. We wish you a pleasant and safe flight back home and hope to see you soon again.

What's Included:

- ☒ Airport Pick-up and drop Service
- ☒ Hotel Accommodation in Kathmandu (twin sharing basis) with breakfast
- ☒ Guided Tour of Kathmandu valley with an experienced tour guide
- ☒ Hotel Accommodation in Pokhara (twin sharing basis) with breakfast
- ☒ Sightseeing charges and Entry fees
- ☒ 1 way flight from Jomsom to Pokhara
- ☒ Accommodation during the trek (teahouse / guesthouse / homestay)
- ☒ All meals during the trek (Breakfast, Lunch, Dinner)
- ☒ Transportation (tourist coach / local bus / private vehicle)
- ☒ Experienced licensed English-speaking trekking guide
- ☒ Local government Entry Permit of Rs. 2000 (started in 2018)
- ☒ Insurance of the Guide and Porter
- ☒ Annapurna Conservation Area Permit
- ☒ TIMS (Trekking Information Management System) Trekking Permit Card
- ☒ Medical kits carried by the guide
- ☒ All necessary paper works, office service charge and all Government Taxes

Optional Add-Ons:

- ☒ Porter (cost: 20 USD per day; carries 15 - 20 kg load. Porters accommodation, transport and meal is paid by the company)
- ☒ Down jacket, all-season sleeping bag, duffel bag and trekking map (in case if you don't have your own. Down jacket, sleeping bag and duffel bag must be returned after completion of the trip).

What's Excluded:

- ☒ Travel insurance (Mandatory: Should include emergency evacuation coverage while trekking up to 5500+ m)
- ☒ International airfare and Visa costs (you can get Visa upon arrival at the Airport)
- ☒ Domestic flight POK - KTM
- ☒ Personal interest items or gears
- ☒ Tips to guide / driver / porter
- ☒ Lunch and dinner in Kathmandu and Pokhara
- ☒ Extra night accommodation in Kathmandu and Pokhara in case of early arrival, late departure, and early return from the mountain (due to any reason) than the scheduled itinerary
- ☒ Beverage and Drink Items / Other Extra facilities like hot shower during trek
- ☒ Any other expenses which are not mentioned in "What's Included" section



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Important note:

This note represents the most current information for this itinerary and may supersede any information in the current brochure, including but not limited to the itinerary and price. The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control. We do our best to provide you the best available services but at the same time ask for your understanding to be flexible, in case of unpredictable conditions.



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Thank you for choosing Trekadviser, Nepal as your travel partner. We wish you a very pleasant stay in Nepal.