

# Ghorepani Poon Hill Trek



## Trip Overview

This is one of the short trips with a beautiful trek, it is designed for those who would like to see mountain views in a short time duration. Just an 8-hour drive and one more day trek from Kathmandu will take you to Gorepani to see the amazing Himalayan range. After having crystal natural beauty this short trip follows toward popular Gurung village named Gandruk. From Gandruk our reserved jeep will take us to Pokhara in only two hours. Pokhara is the place where many activities such as Paragliding, Zip flyer, Bunjee Jumping, Boating, Sightseeing around the city, and ultra-light flights are available as per your interest. We have an extra day in Pokhara to explore around.

## Trip Itinerary

- Day 1 - Arrival in Kathmandu (1400 Mtr/4592 Ft) and transfer to hotel
- Day 2 - Sightseeing in Kathmandu and preparation for trek

- Day 3 - Drive to Pokhara to Nayapul trek to Ulleri(2073 Mtr/6800 Ft)
- Day 4 - Trek to Gorepani(2855Mtr/9364 Ft)
- Day 5 - Morning hike to Poon hill(3210 Mtr/10530 Ft ) and trek to Bhanthanti(2194 Mtr/7196 Ft))
- Day 6 - Trek to Gandruk(1940Mtr/6363 Ft)
- Day 7 - Trek to Nayapul Drive to Pokhara(800 Mtr/2624 Ft)
- Day 8 - Rest Day in Pokhara and for varieties activities
- Day 9 - Flight to Kathmandu
- Day 10 - Final Departure for home.

## **Cost Includes & Excludes**

### **Includes**

- All airport/hotel pick ups and drops within Nepal
- Flight from Pokhara to Kathmandu
- All trekking permits , TIMS card, Government and local taxes for the trek
- All ground transportation on a comfortable vehicle as per the itinerary
- An experienced English speaking and government licensed trekking guide
- Porter Services(2 Trekkers : 1 Porter)
- Medical kit incase of Emergency
- Porter Services(2 Trekkers : 1 Porter)
- All Meals (Breakfast , Lunch and Dinner ) During the trek
- Insurance for Nepali Staffs
- Sleeping Bag and Down Jacket for the trek
- Welcome and farewell dinner
- Staffs Cost including their Salary, food , accomodation and equipments

### **Excludes**

- Nepal Visa Fee
- Personal Trekking gears
- International Flight fare

- Lunch and Dinner in the city , extra night accomodation in Kathmandu and Pokhara in case of early arrival or late departure and early return from the trek due to any reason than the scheduled itenerary
- Any rescue cost
- Tips for Guide and Staffs
- Personal Travel and rescue insurance
- Personal expenses as phone calls, laundry , Bar, Battery charge, extra porter, shower and bottled or boiled water
- Helicopter charter flight
- Excess baggage charges ( can be carried only 15 Kg including in Airfare)

## **Gears and equipment**

- Head
  - Warm Hat
  - Cap
  - Face Mask / Muffler
- Upper Body
  - Wind stopper/Waterproof Jacket
  - Down Jacket
  - Fleece Jacket/ trousers
  - Thermal
  - T-shirts
  - Woolen gloves/Water/windproof gloves
- Lower Body
  - Trekking Trousers(light weight long Pant)
  - Underwear
  - Wind stopper/waterproof Pant
  - Fleece or woolen pants
- Feet
  - Thin Lightwear/heavy poly or wool Socks
  - Sandals

Trekking Boot  
Gaiters  
Spare Shoes

- Accessories

Medium Rucksack (50-70 Ltr)  
Small Day Pack  
Personal Medical Kit  
Chapstick/Sunscreen  
Water bottle  
Large Duffel bag  
Trekking Pole  
Spare batteries for Camera and Flash Light  
Hand Towel  
Head lamp with extra Batteries  
Sun Glasses with UV protection  
Suitcase (For stored in Kathmandu hotel for not needed items for trek)

## Faqs

### 1. Why to go trekking in Gorepani Poon hill?

*Annapurna region in Nepal is a popular destination for trekkers and climbers from all over the world. Every year thousands of trekkers and climbers come to Annapurna region to explore the beautiful Himalayan range as well as wonder natural beauties. Altitude wise it is not that high, the highest point of this trek is only 3210 Mtr in Gorepani poon hill. The view from Poon Hill is amazing, from where we can enjoy the view of one of the greatest Himalayan ranges including Dhaulagiri seventh highest mountain in the world.*

### 2. What is the best seasons to trekking in Gorepani Poon hill ?

*In Nepal, there are four different seasons Spring, Summer, Autumn, and winter. Spring and Autumn are most popular for trekking in Nepal. But the best season of your travel might differ as per your purpose and your suitable time for traveling in Nepal. But altitude this is trekking at a very low elevation, the people with normal fitness can easily do this trek. You can read more about the most favorable seasons in our link below <http://www.khumbualpinetravel.com/nepal-travel-guide.html>*

**3. What permit do I need for the Gorepani poon hill trek?**

*To enter in Annapurna area, we have to take several permits as follows.*

- 1) Annapurna conservation area project permit*
- 2) Trekking information and Management Services (TIMS)*
- 4) How safe is the Gorepani poon hill trek?*

*Safety is our first concern. We provide experienced guides and leaders for the particular trip who are well-trained in high altitude sickness, and first aid, have friendly attitudes, and have the ability to provide useful and important instructions. All our itineraries are designed with proper acclimatization days to reduce the risk of altitude sickness. In every group, we provide a first aid kit bag in case of any injury or emergency. We make the proper decision according to the regularly updated weather report, if there is any chance of big snowfalls or storms, we decide and do the action as per the situation.*

**4. How is the lodging and fooding facilities in Gorepani poon hill trek ?**

*Along the trail to Gorepani, there are well-facilitated lodges available with various types of foods. We provide you three meals a day with your own choice. We always provide seasonal fruits as well. We always book lodges with good management and facilities. The rooms are very nice with an attached toilet. if you buy a single supplementary package you will get a single room. But in high season single rooms are very hard to get, sometimes we should share with another person/group.*

**5. Is there any internet wifi and phone call facility on the way?**

*After you arrive at Kathmandu airport, we recommend buying one NCELL sim card. In the Gorepani region, Ncell works in some places and the internet facility is good in this area.*

**6. Can I use the forieng currency and Credit cards on the way in any shop or Lodge?**

*You can pay by oriegn currency as well, but the exchange rate will not be same as Kathmandu, so we recommand you to exchage the money in kathmandu and take a nepalese Rupees. In annapurna region credit cards are accepted only in some place.*