



Annapurna Basecamp via Poonhill Trek

Trip Highlights

- Most popular route, starting from Nayapul and passing through beautiful villages like Ghorepani and Chhmorong before reaching base camp. Offers incredible sunrise views from Poon Hill and chance to experience local cultures in villages like Ghorepani and Ghandruk.
- .One of the most treks in the world, circumnavigating the entire Annapurna massif, and passing through diverse landscapes from lush valleys to arid high-altitude plateaus. Interaction with diverse ethnic communities like the Gurungs and Magars, experiencing their unique culture, traditions and hospitality.
- Relaxing in hot natural hot springs at Jhinu Danda, a soothing reward after treks. Encounters with diverse Himalayan flora and fauna, including birds like the colorful Daphne (Himalayan Monal) and the mammals like the Himalayan Thar and Musk Deer. Reaching the Annapurna Base Camp, a serene, amphitheater surrounded by towering peaks, offering sense of achievements and awe-inspiring vistas.

Overview:

The Annapurna base camp is a renowned Himalayan adventure, showcasing the breathtaking beauty of Nepal Annapurna's massif. Beginning in Nayapul, the trek winds through lush rhododendron forests, terraced fields, and charming villages inhabited by Gurung and Magar communities. Along the route, trekkers are treated to panoramic views of towering peaks, including Macchapuchre and Annapurna South.

As the trail ascends, the landscape transforms into alpine meadows, with majestic snow-capped peaks looming overhead. Highlights to the journey include sunrise vistas from Poon Hill, natural hot springs to Jhinu Danda, and encounters with diverse flora and fauna.

The culmination of the trek is the Annapurna Base Camp, nestled at an altitude of 4,130 meters amidst a natural amphitheater of towering peaks. Here, trekkers are rewarded with unparalleled views of Annapurna (8,901 meters), the tenth highest mountain in the world. The experience of standing at the base majestic giants, surrounded by awe-inspiring beauty, is truly unforgettable, making the Annapurna Base Camp trek a must-do for adventure seekers and nature enthusiasts alike.

Outline Itinerary (16 Days)

Day 1 : Arrival in Kathmandu

Upon arrival in Kathmandu, our representative will be there to welcome you and helps you to transfer to your hotel. On the way to hotel, our representative will shortly brief you about Kathmandu city. There will be orientation programme for you in hotel at 5 pm. After that you will have delicious dinner with your guide, helps you in your entire trek , provides you bunch of information about the trek.

Max Altitude Kathmandu(1,400m)

Overnight Himalayan Suit Hotel

Meal breakfast

Day 2 : Exploring Kathmandu Valley

Kathmandu valley, nestled in the heart of Nepal, captivates with its rich culture heritage and stunning landscapes. From the ancient temples of Durbar Square to the serene beauty of Swoyambhunath Stupa, each corner offers a glimpse into the valley's vibrant history and spiritual essence, making it a traveler's delight.

Max Altitude Kathmandu(1,400)

Duration 4-5 hours

Overnight Himalayan Suit Hotel

Meal breakfast

Day 3 : Pokhara by road

Experience the picturesque journey to Pokhara by road, where every twist and turn unveils breathtaking vistas of Nepal's natural beauty. From terraced fields to cascading

waterfalls, the route offers a scenic spectacle. Prepare to be mesmerized by the majestic Himalayan peaks and serene lakes that await in Pokhara's embrace. Add Description Here

Max Altitude Pokhara (822m)

Duration 6-7 hours

Overnight hotel

Meal breakfast

Day 4 : Drive to Tikhedhunga and trek to Ulleri

From Pokhara you can take ground transport to Tikhedhunga for about 3 hours, (12.9 km) where the journey begins for the trek to Ulleri. As you traverse through lush forests and charming villages. Prepare to be immersed in nature's grandeur and the cultural richness of the region.

Max Altitude Tikhedhunga (1480m)

Duration 3 hours hike

Overnight guesthouse

Meal breakfast

Day 5 : Ulleri to Ghorepani

From Pokhara you can take ground transport to Tikhedhunga for about 4-5 hours, (12.9 km) where the journey begins for the trek to Ulleri. As you traverse through lush forests and charming villages. Prepare to be immersed in nature's grandeur and the cultural richness of the region.

Max Altitude Ulleri (2050m)

Duration 4-5 hours

Overnight guest house

Meal Breakfast

Day 6 : Hike to Poonhill and trek to Tadapani

The trekking from Poonhill to Tadapani is about 6-7 hours(7.4 km). Poon hill, located in the Annapurna region, offers breathtaking panoramic views of the Himalayas, including Annapurna and Dhaulagiri ranges, at sunrise. The hike to Poon Hill typically starts from Nayapul and winds through lush forests, charming villages, and terraced farmland. It's a relatively moderate trek suitable for beginners and seasoned hikers alike. After witnessing the stunning sunrise from Poon Hill, trekkers often continue their journey towards Tadapani. The trek to Tadapani offers serene forest walks with occasional glimpses of towering peaks. Tadapani itself is a picturesque village perched on a hilltop, providing mesmerizing views of the surrounding mountain and valleys. Along the way, trekkers can immerse themselves in the rich culture of the local Gurung and Magar communities, making the journey not only physically rewarding but also culturally enriching.

Max Altitude Poonhill (3,210m)

Duration 6-7 hours

Overnight Guesthouse

Meal breakfast

Day 7 : Hike from Tadapani to Chhomrong

The trekking from Tadapani to Chhomrong takes about 6 hours(7.6 km). Tadapani to Chhomrong is a captivating segment of the Annapurna trek, offering diverse landscapes and cultural experiences. From Tadapani, the trail descends through dense rhododendron forests, where trekkers may encounter various wildlife and bird species. As the route progresses, the scenery transforms into terraced fields and quaint villages, showcasing the traditional lifestyle of the Gurung people. Chhomrong, nestled in the lap of the Himalayas, serves as a gateway to the Annapurna Sanctuary and is renowned for its stunning views of Annapurna South and Machhapuchhre peaks. The hike from

Tadapani to Chomrong presents trekkers with a perfect blend of natural beauty and cultural immersion.

Max Altitude Tadapani(2630m)

Duration 6-7 hours

Overnight Guest House

Meal breakfast

Day 8 : Trek from Chhomrang to Dovan

The trekking from Chomrong to Dovan takes about 7-8 hours(10m km). This is an enchanting trek through the rugged landscapes of the Annapurna region. As trekkers leave the picturesque village of Chomrong behind, they traverse steep trails and lush forests, encountering cascading waterfalls. The path meanders through bamboo forests and rhododendron groves. Dovan, nestled at the confluence of the Modi Khola and Chomrong khola, offers a serene and tranquil atmosphere amidst towering peaks.

Max Altitude Chhomrong(2150m)

Duration 7-8 hours

Overnight Guesthouse

Meal Breakfast

Day 9 : Trek from Dovan to Deurali

The trek from Dovan to Deurali takes about 5-6 hours(8 k.m). This trek is an exhilarating continuation of the Annapurna adventure. Setting off from Dovan, trekkers navigate through the lush forests and rocky terrain, with the thundering Modi Khola River accompanying their journey. The trail gradually ascends, offering breathtaking views of the peak. Deurali, situated at a higher elevation, provides a serene resting spot amidst the rugged landscape where trekkers can rejuvenate before continuing their exploration of the majestic Himalayas.

Max Altitude Dovan(2600m)

Duration 5-6 hours

Overnight Guesthouse

Meal Breakfast

Day 10 : Deurali to Annapurna Base camp

The trek from Deurali to Annapurna Base camp takes about 7 hours(7.7 km). This trek is a breathtaking journey through the majestic Himalayas of Nepal. Starting from the quaint village of Deurali, nestled amidst lush forests and terraced fields, trekkers gradually ascend through a series of picturesque landscapes, including rhododendron forests, mesmerizing waterfalls and traditional Gurung settlements. As the trail winds its way up, the panoramic views of snow-capped peaks, including the towering Annapurna massif, become increasingly awe- inspiring. Along the route, trekkers can rest and refuel at cozy tea houses. Finally, reaching Annapurna Base Camp, situated at an elevation of over 4,000 meters, offers a surreal experience .

Max Altitude Deurali(3230m)

Meal Breakfast

Day 11 : Trek to Annapurna Basecamp to Bamboo/Sinwa

The trek from Annapurna base camp to Sinuwa takes about 8-9 hours(13.5 km). This is a journey through the stunning landscapes of the Annapurna region in Nepal. Starting from the village of Annapurna, trekkers traverse through lush forests, terraced fields, and charming cultural settlements, offering panoramic view of towering snow- capped peaks, including Annapurna South and Machapuchare. The trail gradually ascends, passing through diverse terrain and cultural highlights such as Chhomrong and Bamboo, before reaching Sinuwa.

Max Altitude Annapurna Base camp(4130m)

Meal Breakfast

Day 12 : Bamboo/Sinuwa to jhinu

The trek from Sinuwa to Jhinu is short as it take about 1-1.5 hours(2.4 km)

The bamboo to Jhinu trek is a scenic route in the Annapurna region of Nepal, encompassing lush forests, mesmerizing waterfalls and traditional villages. Trekkers traverse through picturesque landscapes, encountering the natural beauty of the Himalayas. The journey culminates in jhinu, known for its natural hot springs, offering relaxation and breath taking surroundings.

Max Altitude Bamboo(2310m)

Duration 1-1.5 hours

Overnight Guesthouse

Day 13 : Drive to Pokhara from Jhinu

Travel distance from Jhinu to Pokhara is about 3 hours. The scenic drive from Jhinu to Pokhara takes you through winding roads surrounded by greenery and mesmerizing mountain views. As you journey, you'll pass quaint villages, terraced fields and cascading waterfalls.

Max Altitude Jhinu(1780m)

Duration 3 hours

Overnight Hotel

Meal Breakfast

Day 14 : Pokhara

Travel distance from Jhinu to Pokhara is about 3 hours. The scenic drive from Jhinu to Pokhara takes you through winding roads surrounded by greenery and mesmerizing mountain views. As you journey, you'll pass quaint villages, terraced fields and cascading waterfalls.

Max Altitude pokhara(822m)

Overnight Hotel

Meal Breakfast

Day 15 : Drive from Pokhara to Kathmandu

By road, it takes about 8 hours from Pokhara to reach Kathmandu. Through your journey, you will enjoy with Nepal's varied landscape. From Pokhara's tranquility, the word winds through valleys, terraced field and bustling towns. As you near Kathmandu, the scenery transitions, offering a glimpse into Nepal's diverse beauty.

Max Altitude Kathmandu(1400m)

Duration 7-8 hours

Overnight Himalayan Suit Hotel

Meal Breakfast

Day 16 : Kathmandu

Departure day from Nepal is bitter sweet, filled with memories of its rich culture and stunning landscapes, After bidding farewell to Kathmandu bustling streets, travelers

head to Tribhuvan International Airport. With heart full of experiences, they depart, carrying Nepal's warmth and hospitality back to their home countries.

Max Altitude Kathmandu(1400 m)

Meal Breakfast

Include / Exclude

- All surface transfers as per itinerary
- Accommodation in Kathmandu at Himalayan Suite Hotel with breakfast
- Guide sightseeing tour in Kathmandu
- Welcome and Farewell Dinner
- Experience Sherpa climbing Guide with supportive staff
- proper insurance of all staff including porters.
- Fooding, lodging and other expenses of climbing crew.
- Lunch and dinner during the trip except climbing days (Meal cost is about \$4-7 per item)
- Personal equipment's and clothing
- Your insurances (Highly recommended)
- City sightseeing monuments entrance fee
- Gratuity or tips



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