



Ghorepani-Poon Hill Sunrise Trek



Introduction

Ghorepani-Poon Hill Sunrise Trek, One of the popular as well most visited trekking area as well short trek of Nepal, Relatively easy trek with fantastic views of the snow-capped mountains in the Annapurna region. Reaching as high as 3,210m at Poon Hill you will be faced by one of the most spectacular mountainscapes on Earth. The view at sunrise is a joy to behold, justifying each and every gruelling step you took to get there. From the top of Poon Hill the snow-capped summits of the Himalayan giants, Dhaulagiri and Annapurna I, both more than 8,000 metres high, includes Mt. Machhapuchhre 6,993m, Annapurna South 7,219m, Himchuli 6,441m, Gandharva Chuli 6,248m, Annapurna III 7,555m, Gangapurna 7,455m. Etc can clearly be seen in addition to many other peaks. When the sun's rays strike the mountains, they glow like gold.

With the breathtaking scenery at the Phewa Lake in Pokhara, the dense rhododendron forest and peaceful villages on the trek takes you through forests and fascinating traditional villages of Gurungs people. This short trek gives you a glimpse of Nepalese extreme Himalayas, people of different communities with their own cultures, traditions, and values, rare and unique vegetation and wilderness, and unforgettable trail through the snowy landscape with panoramic views of the Himalayas, and the exquisite temples and shrines in Kathmandu, this trip is a delight to your eyes. You will also have an opportunity to take on such a sensational (and optional) activities as paragliding and Everest mountain flight to appreciate the breathtaking views presented by the Himalayan range.

This trip is ideal for people who want to participate in a moderately active trip without taking on too many physical

challenges.

Facts

- Altitude: 3,210m. Poon Hill<
- Duration: 7 days
- Grade: Moderate
- Group: 2-15
- Country: Nepal
- Best Season: March-May, Sep-Dec
- Start/Ends: Kathmandu
- Accommodation: Hotel/Lodge
- Transportation: Private Car / Van / Hiace as per group size/ Flight
- Meals Includes: Breakfast/Lunch/Dinner

Highlights

- Easy and Short trek in Annapurna region
- Best Sunrise and Himalayas View, Poonhill 3,210m
- One of the Biggest Ghandruk Gurung villages and Ulleri Magar Village with their own cultures and traditions.
- Overlooking view of Dhaulagiri 8,167m. Manaslu 8,163m. And Annapurna I 8,091m including others Himalayas.
- Waterfall, Rice Terrace

Itinerary

- **Day 1 :** Arrive at Tribhuvan International Airport (KTM) Kathmandu: Arrival in Kathmandu [1300 m/4264 ft] Arrive at any time, Xtreme Climbers vehicle and represent we'll pick you up from Tribhuvan International Airport and take you to the hotel. Your included activities consist of refreshments, introduction to your guide, as well as an introduction on The Trek. Meal includes:Breakfast
- **Day 2 :** Fly kathmandu to Pokhara 25 minute and Drive to Nayapul (1,050 m/3,445 ft), and trek to Tikhedunga 1,530m/5,040ft. 3/4 hrs walk. Included meals:Breakfast Lunch Dinner
- **Day 3 :** Tikhedunga to Ghorepani 2,850m./9,390 ft. 16 hr5 walk. Included meals:Breakfast Lunch Dinner
- **Day 4 :** Early morning, hike to Poon Hill viewpoint 3,210m./10,525ft. (1 hr) and then trek to Ghandrung 1950m/6398ft.5/6 hrs walk. Included meals:Breakfast Lunch Dinner
- **Day 5 :** Ghandruk - Nayapul and drive back to Pokhara 910m/2,986ft. 1 hrs. Included meals:Breakfast Lunch Dinner
- **Day 6 :** Drive/fly back Pokhara to Kathmandu. Included meals:Breakfast Dinner
- **Day 7 :** Final Departure, Your adventure comes to an end today! There is nothing to do but trade emails with your travel companions and organize your photos. A representative from Xtreme Climbers will take you to the airport, approximately 3 hours before your scheduled flight. On your way home you'll have plenty of time to plan your next adventure in the wonderful country of Nepal. Included meals:Breakfast

Note: The above itinerary can be tailor made as per client's request, we can make the itinerary shorter/Longer by cutting or adding days, People who have longer time can add the White Water Rafting, Jungle safari tour in Chitwan National park, Paragliding and Zeep Flyer in Pokhara and other extra activities so feel free to write us on info@xtremeclimbers.com for further details.

Cost Includes

Full Board Service Includes

- All the ground transportation as per itinerary.
- Hotel in Kathmandu (2 nights) and Pokhara (One night) with breakfast at 3 to 5 stars level as per client's request.
- Meals 3 times a day (B.L.D) during the trekking as per itinerary.
- Twin sharing comfortable and clean private room in trekking.
- Domestic flight ticket from Kathmandu-Pokhara- Kathmandu with airport tax as per itinerary.
- Trip Map.
- An experienced, knowledgeable, helpful, friendly and English-speaking trekking guide and porter to carry your luggage during the trek (2 trekkers:1 porter).
- Food, drinks, accommodation, insurance, salary, equipment, transportation, local tax for Guide and porter.
- Group medical supplies (first aid kit will be available).

- Four season sleeping bag and down jackets to use for trekking, if necessary.
- Achievement Letter(Gift from our company).
- All necessary paper works and Annapurna conservation entry permits.
- Thuraya SAT Phone (Emergency use only)
- Radio Walkie Talkie
- Travel & Rescue arrangement.
- TIMS (Trekking Information Management System).
- All our government taxes, vat, local tax, tourist service charges.
- Welcome/Farewell Dinner

Cost and payment details

The cost is depending on group size, affected due to the requirement of number of guides and porters, requisite of Hotel in Kathmandu, method of land/air transport. The itinerary is changeable and modifiable as per needs and time frame of trekkers. Cost will be re calculated if the itinerary is changed or modified. Additional activities may be added as per trekkers request with appropriate additional cost. For Total Tour cost **EMAIL US**, we will send you within 24 hours as your requirements.

Why we don't include cost in our website?

NOTE: To provide you service in reasonable cost and attempt to address your each requirement **Xtreme Climbers** desired to provide you with some information which directly affects the cost and also helps us breakdown the cost. That is why we have decided to clarify our customers that due to the following reasons mentioned below we have not included the cost of each package in the company website.

1. Climbing season: The climbing permit royalty cost for mountain will be different during Spring and Autumn season. Normally most of the climbers climbs Himalayas in the Spring season. Climbing permit during Autumn will be 50% less than the spring season.
2. The cost of the trip depends on Number of persons joining in group for High expedition or Mountain Climbing including number of climbers, non-climber, base camp supporters, medical doctors, The number of climbing Sherpa guides, high altitude porters, kitchen crew, mode of transport you prefer and many other factors can affect the cost of the trip. Alpine climbing guide as well as the category of the hotel accommodation and the facilities that you aspire in the mountains affect the cost.
3. We operate the High Expeditions, Private and Public full arrangement package and basic arrangement service (full board or base camp service) which directly affects the expedition cost.
4. Request numbers of oxygen, mask regulators and the brands the clients require
5. The itinerary may be changed after reaching an understanding between the agency and the client. Other activities could be added or reduced as per the client's request before processing the trip. Price for reduced activities could be deducted and additional activities could be added in mutual understanding.
6. Either you want to operate this expedition as international group joining basics of Xtreme Climbers or individual (private arrangement) expedition.
7. Type of high camp food that clients require. Any specialized food that has to be ordered from foreign countries will be costlier compared to the one available here.
8. Either any of the climbers intend to attempt any world records? If so, do they require special services or equipment?

Due to the reasons mentioned above we would like to discuss with our client directly before offering the cost. So please feel free to drop your queries in [CONTACT US](#) or login to [Xtreme Climbers](#) for any information

about your selected package.

Cost Excludes

Full Board Service Excludes

- Lunch and dinner in Kathmandu
- All kinds of drinks in the mountain (hot, cold and alcoholic).
- Sightseeing in Kathmandu.
- Personal equipment.
- International airfare to and from Kathmandu.
- Travel and rescue insurance.
- Extra personal expenses (phone calls, laundry, bar bills, battery recharge, laundry, shower, excess baggage charges)
- Tips for trekking staff and driver (Tipping is expected).
- Any other expenses which are not mentioned on 'Price Includes' section.
- Additional costs or delays caused by management out of control like landscape, bad weather condition, in case of itinerary modification with a view to safety concerns, illness, change of government policy, political instability raises strike, moment etc.

