

Ghorepani-Poonhill Trek

Ghorepani Trek, one of the popular options in the Annapurna Region, is a short, scenic and relatively easy trekking route. It offers panoramic views of the Annapurnas, Dhaulagiri and Machhapuchhare in addition to the diverse natural cultural experiences to the trekkers. On the way one is sure to encounter the legendary ex-Gorkha Soldiers and their families as the villages en route afford the reknown and fierce fighters to the British Army till today.

07 DAYS TREK ITINERARY.

DAY 01: Pokhara - Tikhedhunga (1491m.)

After breakfast drive to Nayapul (42km) 1.5 hrs by car and walk about 20 minutes to Birethanti. The trail follows the main street



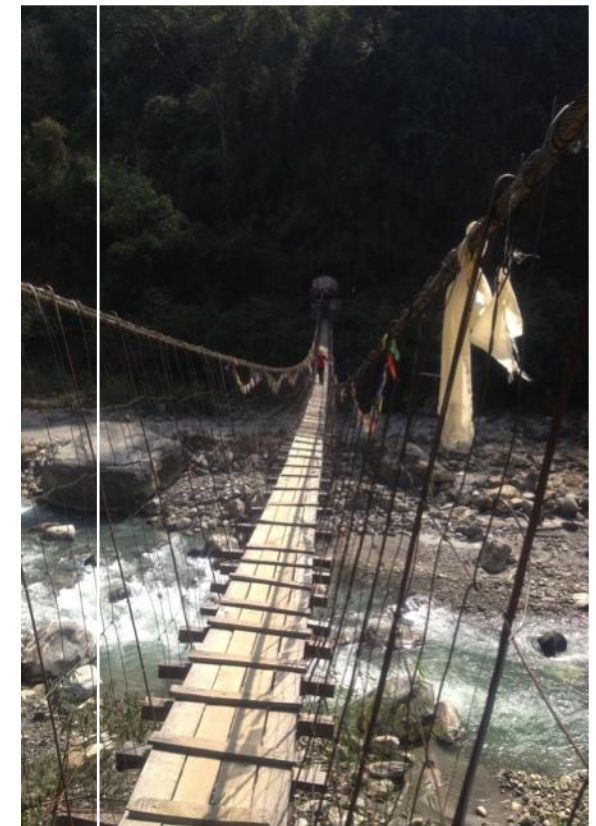
Of Birethanti, going through bamboo forests and past a large waterfall and swimming hole. Beyond a pasture used by pony caravans, the trail reaches Sudami, a lunch spot for the trekkers. After lunch climb steadily up the side of the valley, reaching Hile at 1495m and then Tirkhedhunga. O/N in Tirkhedhunga.

DAY02: Tikhedhunga-Ghorepani (2855m)

From Tirkhedhunga the trail ascends a steep stone staircase to the large Magar village, Ulleri at 2070m. Above the village the trail climbs gently through pastures, cultivated fields and pleasant rhododendron and oak forest. The trail crosses two sparkling streams before making a short, final climb to Nangethanti, the lunch spot. From Nangethanti trek for about one hour to reach Ghorepani at 2850m. O/N at Ghorepani.

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Facts of the Trek

Grade	: Moderate
Best Season	: Feb-May Sept-Nov
Per day walk	: 6-7 hours
Type of Trek	: Tea House
Duration	: 7 days
Elevation	: Maximum 3210m



DAY 03: Ghorepani - Poon hill - Tadapani

Wake up at 5:30 AM and start to climb to Poon Hill (3195m) for the unobstructed views and sunrise over the high Himalayas. One can see a magnificent panorama of White Mountain peaks from Poon Hill. Descend to Ghorepani enjoy the breakfast and follow the trail which finally emerges on a grassy knoll. The trail passes through the forest, gorges and streams to reach the vantage point "Tadapani (2540 metres) that offers a brief view of the mountains. O/N in Tadapani.

DAY 04: Tadapani – Chhomrung

From Tadapani, the trail descends through the forests then terraced fields, to the Khumrung Khola. A short steep descend among rocks leads to a stream crossing, then it continues gently past over streams, finally to the village of Chhomrung. O/N at Chhomrung.

DAY 05: Chhomrung - Ghandruk

Ghandruk, a huge Gurung village at 1940 metres, is the second largest Gurung village in Nepal and is an interesting cluster of closely spaced, slate-roofed houses. There are neatly terraced fields situated

both above and below the village. The view of the Annapurna South from here is breathtaking. Machhapuchhare, seen from here in its fishtail shape, peeps over a forested ridge. O/N in Ghandruk.

DAY 06: Ghandruk to Tolka

The trail descends from Ghandruk to the ModiKhola, which is crossed on a suspension bridge. It then climbs up a stone staircase to Landruk, a Gurung village at 1620m. It continues through the village with some unusual oval-shaped houses before ascending to the village of Tolka on a long stone staircase (3 hrs). O/N in Tolka.

DAY 07: Tolka to Phedi and Pokhara.

Take a steep ascend to another small settlement called Deurali atop a hill at 2150m. From here the trail descends on a stone-paved trail to the village of Pothana (1990m) before reaching Phedi (950m), the ending point of the trek. Take a private transport to return back to Pokhara.

