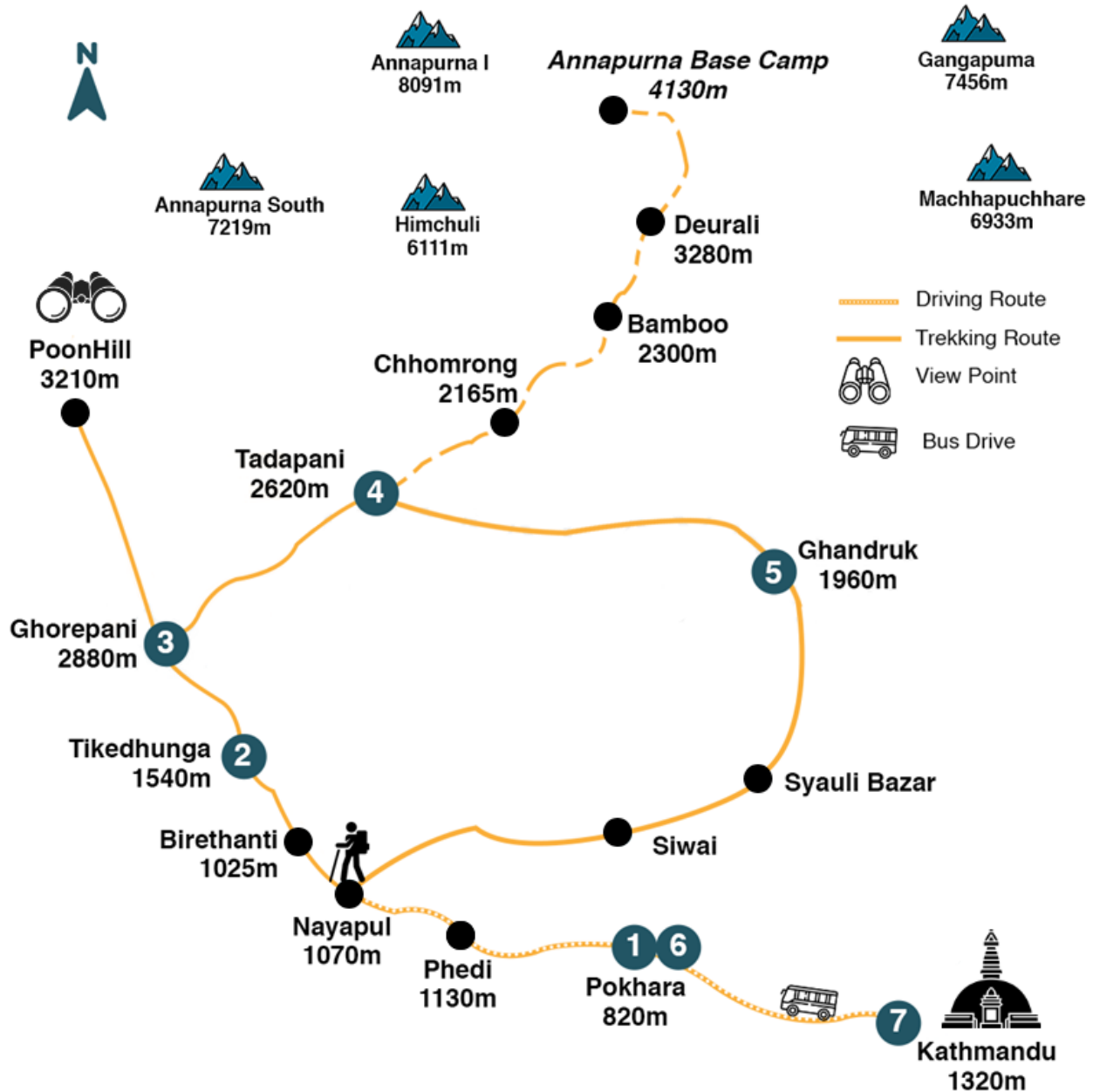


BEST OF NEPAL -
KATHMANDU, POKHARA, GHOREPANI-POONHILL TREK
12 Nights/ 13 Days

Ghorepani Poonhill Trek



Enthusiasts generally ask question as to which is the shortest trek in Nepal, while you can still see the real Himalayas & we advise them that You don't have to climb a big mountain to have the best view across the Himalayas as the foothills of Annapurna Range offer some of the best mountain scenery. The most famous of them is climb up to Poon Hill, a 3210 meters high "hill" with a perfect point to see some of the biggest and most beautiful mountains on the planet. The Ghorepani Poon Hill trek itself can be done in short duration as compared to any other higher altitude circuit. Lace up your hiking boots and head up to Poon Hill. The altitude of this hike is modest, and altitude sickness is less of an issue compared to the higher altitude of Annapurna Circuit or Everest Base Camp.

Program Itinerary:

Day 1 |

Arrival in Kathmandu.

Once you arrive in Tribhuvan International Airport, you will be warmly greeted and welcomed with “Khada” by our representative who will assist and transfer you towards your hotel. After check-In, all necessary travel documents will be handed over to you along with a short briefing on your tour.

Overnight stay at a hotel in Kathmandu.

Day 2 |

Sightseeing of Swayambhunath Stupa, Kathmandu Durbar Square & Patan Durbar Square.

After breakfast, you will begin your sightseeing tour of Kathmandu by visiting **Swayambhunath Stupa**, also known as the Monkey Temple, a UNESCO World Heritage Site and one of the most iconic landmarks in Kathmandu. From the top of the hill, you can enjoy panoramic views of the city and the surrounding mountains.



Next, you will visit **Kathmandu Durbar Square**, a complex of ancient palaces, temples, and shrines that was once the seat of the Nepalese monarchy. You will explore the intricately carved wooden architecture, the towering pagoda-style temples, and the Hanuman Dhoka Palace.



Finally, you will visit **Patan Durbar Square**, another UNESCO World Heritage Site, located in the city of Patan (also known as Lalitpur), just south of Kathmandu. Here, you will see the traditional Newari architecture and intricate stone carvings of temples and palaces.

Overnight stay at a hotel in Kathmandu.

Day 3 |

Transfer to Pokhara. [Approx. 210 km]. Explore Lakeside.

After breakfast, you'll drive to Pokhara, a beautiful city located at the base of the Annapurna massif. The journey will take approximately 7-8 hours, covering a distance of about 210 km.

Upon arrival, you can explore the lakeside area, which offers breathtaking views of the Annapurna Mountain range. Next, you will be participating in boating activities at Phewa Lake, the main attraction of Pokhara. You can enjoy the view of Machapuchre and other mountains reflecting in the lake. In the evening, you can explore the vibrant lakeside area.



Overnight stay at a hotel in Pokhara.

Day 4 |

Visit Devi's Fall, GupteshworMahadev Cave& World Peace Pagoda. Boating at Phewa Lake.

After Breakfast, you'll visit **Devi's Fall**, a stunning waterfall that originates from the Phewa Lake and disappears into the underground tunnel. Then, visit **Gupteshwor Mahadev**, a sacred cave located near Devi's Fall. The cave is dedicated to Lord Shiva and has a natural rock formation that resembles the Shiva Lingam.



Lastly, you will visit **World Peace Pagoda** which is the spectacular symbol of peace and is the 71st peace pagoda in the world standing 115 feet tall. Visitors need to climb a flight of stairs to reach the top of the striking monument. There are two tiers to the structure with separate passages to circumambulate.



Late afternoon or in the evening, we'll enjoy a peaceful and scenic **boat ride on Phewa Lake**, the second-largest lake in Nepal, with the stunning Annapurna Mountain range as a backdrop.



Overnight stay at a hotel in Pokhara.

Day 5|

Drive to Nayapul. Trek to Tikhedhunga. (1,570 meters/5,150 ft)

Elevation: Nayapul (1,070 meters/3,510 feet) to Tikhedhunga (1,570 meters/5,150 feet)

Distance: Pokhara to Nayapul to Tikhedhunga (~9 km)

Duration: 1-2 hours (drive), 4-5 hours (trek)

Difficulty: Moderate

You will begin the trek with a scenic drive from Pokhara to Nayapul. From there, you'll trek along the ModiKhola River, passing through small villages and beautiful rhododendron forests. You will spend the night in a tea house in Tikhedhunga.

Overnight stay at a Local Tea House/ Lodge

Day 6 |

Trek to Ghorepani from Tikhedhunga. (2,840 meters/9,318 ft)

Elevation: Tikhedhunga (1,570 meters/5,150 feet) to Ghorepani (2,840 meters/9,318 feet)

Distance: ~12 km

Duration: 5-6 hours (trek)

Difficulty: Moderate to Difficult

The second day of trekking will be challenging, as we'll climb up to Ulleri village, a steep ascent with over 3,000 steps. From there, you'll continue through rhododendron forests and reach the village of Ghorepani, where you'll stay in a tea house for the night.

Overnight stay at a Local Tea House/ Lodge

Day 7 |

Morning excursion to Poonhill. Trek down to Tadapani.

Elevation: Poon Hill (3,210 meters/10,531 feet), Tadapani (2,630 meters/8,628 feet)

Distance: Ghorepani to Poon Hill (~2 km), Ghorepani to Tadapani (~10 km)

Duration: 1-2 hours (Poon Hill hike), 5-6 hours (trek to Tadapani)

Difficulty: Moderate

We'll wake up early in the morning and hike up to Poon Hill to witness the breathtaking sunrise over the Himalayas. Poon Hill is one of the most popular viewpoints in the Annapurna region, offering panoramic views of Dhaulagiri, Annapurna, and other peaks.

After spending some time on the hill, we'll trek back to Ghorepani for breakfast and then continue trekking for around 6 hours to reach Tadapani.

Overnight at Local Tea House / Lodge



Day 8 |

Trek to Ghandruk from Tadapani.

Elevation: Tadapani (2,630 meters/8,628 feet) to Ghandruk (1,940 meters/6,364 feet)

Distance: ~10 km

Duration: 3-4 hours (trek)

Difficulty: Moderate

On the walking through the forest of oak and rhododendron and sweet flowers, you will leave Tadapani village the next morning and reach Ghandruk village. Ghandruk is the large Gurung village. We can get striking views of Annapurna South, Gangapurna, Machhapuchhre, Annapurna III, Hiunchuli and other Mountains from viewpoint in Ghandruk. Home stay in Ghandruk is a pleasant experience. We will be welcomed by the locals with Khada and traditional dance will be performed in evening in our honour.

Overnight at Local Tea House / Lodge

Day 9 |

Trek down to Nayapul from Ghandruk. Transfer to Pokhara.

Elevation: Ghandruk (1,940 meters/6,364 feet) to Nayapul (1,070 meters/3,510 feet)

Distance: ~11 km (trek)

Duration: 4-5 hours (trek), 1-2 hours (drive)

Difficulty: Easy to Moderate

You will wake up early to hike up to the viewpoint and explore Ghandruk village, where you'll catch the sunrise over the Himalayas. From there, you'll return to the hotel for breakfast before descending to Nayapul.

From Ghandruk, we will lower down through the scenic route with views of Annapurna South, Hiunchuli, Fishtail and Gangapurna Mountains. We will cross the forest of blooming rhododendron and reach Birethanti from where we will take the downhill walk and follow ModiKhola till we reach Nayapul from where we will take vehicle and reach Pokhara in an hour. You'll then be driven back to Pokhara, where the trek will end.

Overnight stay at a hotel in Pokhara.

Day 10 |

Transfer to Bandipur [Approx. 85 KM / 3.5 hours' drive]

After breakfast, you will depart Pokhara and drive to Bandipur, a journey that takes approximately 5 hours. Upon arrival in Bandipur, you will check into your hotel and have a delicious lunch & some time to rest and freshen up.



Overnight stay at a hotel in Bandipur.

Day 11|

Drive back to Kathmandu [Approx. 145KM / 5-6 hours' drive]

After breakfast at the hotel, you will drive to Kathmandu, enjoying the scenic views along the way.

Upon arrival in Kathmandu, check-in to your hotel, rest and relax for some time.

In the evening visit **Thamel**, located in the heart of Kathmandu, is a vibrant and bustling neighborhood that serves as the tourist hub of the city. It is a bustling maze of narrow streets teeming with shops offering colorful textiles, traditional handicrafts, and trekking gear. It also has an extensive selection of restaurants, cafes, bars, and entertainment venues.



Overnight stay at a hotel in Kathmandu

Day 12|

Sightseeing of Bhaktapur Durbar Square, Pashupatinath Temple & Boudhanath Stupa.

Then you will continue your journey to **Bhaktapur Durbar Square** to explore its architectural marvels, including the Royal Palace, Nyatapola temple, Pottery square, and Dattarya Temple. Bhaktapur Durbar Square is a UNESCO World Heritage Site located in the ancient city of Bhaktapur, Nepal. It is a historic plaza surrounded by stunning examples of Newari architecture, including palaces, temples, statues, and courtyards. The square serves as the cultural and religious heart of Bhaktapur, showcasing the rich heritage and craftsmanship of the region.



After that we'll visit **Pashupatinath Temple**, one of the most significant Hindu temples in the world, located on the banks of the Bagmati River. Here, we'll witness Hindu rituals and cremation ceremonies, which take place on the banks of the river.

Lastly, you will visit **Boudhanath Stupa**, also known as Khasti Chaitya, another UNESCO World Heritage Site, located about 11km from the center and northeastern outskirts of Kathmandu. It was built in the 5th century and is surrounded by devotees who whirl prayer wheels 108 times chanting mantras.



Overnight stay at a hotel in Kathmandu.

Day 13|

Final Departure

Finally, our representative will transfer you to the airport for your onward flight. We hope you had a wonderful time in Nepal and look forward to seeing you again.

[Note: This program is given as an indication according to the indications known to date. It may be subject to changes on site due to local data. These changes will always be made in the best possible way, in the spirit of the original program.]

****END OF SERVICES****

*****HAPPY JOURNEY*****

www.adventureworldindia.com

12 Nights/ 13 Days **GHOREPANI POONHILL TREK**

PER PERSON PACKAGE COST BASED ON TWIN/DOUBLE SHARING ON Bed & Breakfast basis except during Trek where package cost is based on All Three Meals daily:

Validity :
01 March 2026 to 31 May'2026
&
01 Aug'2026 to 30 Nov'2026

CITIES	NIGHTS	PLAN	HOTELS - I	HOTELS - II	HOTELS - III
Kathmandu	02 N	BB	Hotel Tibet	The Malla Hotel	Dusit Princess Kathmandu
Pokhara	02 N	BB	Hotel Utsab Himalaya	Atithi Resort & Spa	Hotel Barahi Pokhara
Trek	04 N	AP	Local Tea House/ Lodge	Local Tea House/ Lodge	Local Tea House/ Lodge
Pokhara	01 N	BB	Hotel Utsab Himalaya	Atithi Resort & Spa	Hotel Barahi Pokhara
Bandipur	01 N	BB	Bandipur Mountain Resort	The Old Inn	The Old Inn
Kathmandu	02 N	BB	Hotel Tibet	The Malla Hotel	Dusit Princess Kathmandu
Cost Based on 02 Pax			USD 1730	USD 1880	USD 2020
Cost Based on 03 Pax			USD 1800	USD 1950	USD 2095
Cost Based on 04 Pax			USD 1720	USD 1870	USD 2010
Cost Based on (05 - 09) Pax			USD 1640	USD 1785	USD 1910
Cost Based on (10 - 14) Pax			USD 1570	USD 1710	USD 1860
Cost Based on (15 - 19) Pax			USD 1460	USD 1610	USD 1755
Cost Based on (20 - 24) Pax			USD 1465	USD 1610	USD 1755
Cost Based on (25 - 29) Pax			USD 1420	USD 1570	USD 1710
Single Room Supplement			USD 250	USD 445	USD 520
MAP (Dinner) Supplement (except during the trek portion where all three meals daily are included)			USD 215	USD 250	USD 275
AP (Lunch & Dinner) Supplement (except during the trek portion where all three meals daily are included)			USD 430	USD 490	USD 545

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Bandipur	01 N	BB	Bandipur Mountain Resort	The Old Inn	The Old Inn
Kathmandu	02 N	BB	Hotel Tibet	The Malla Hotel	Dusit Princess Kathmandu
Cost Based on 02 Pax			USD 1992	USD 2162	USD 2323
Cost Based on 03 Pax			USD 2074	USD 2245	USD 2411
Cost Based on 04 Pax			USD 1978	USD 2155	USD 2316
Cost Based on (05 - 09) Pax			USD 1885	USD 2053	USD 2200
Cost Based on (10 - 14) Pax			USD 1809	USD 1967	USD 2141
Cost Based on (15 - 19) Pax			USD 1681	USD 1853	USD 2018
Cost Based on (20 - 24) Pax			USD 1687	USD 1852	USD 2017
Cost Based on (25 - 29) Pax			USD 1633	USD 1810	USD 1966
Single Room Supplement			USD 288	USD 512	USD 600
MAP (Dinner) Supplement (except during the trek portion where all three meals daily are included)			USD 249	USD 288	USD 320
AP (Lunch & Dinner) Supplement (except during the trek portion where all three meals daily are included)			USD 495	USD 564	USD 628

INCLUDED

- ✓ Welcome and assistance in Kathmandu,
- ✓ Accommodation in hotels mentioned or similar in DBL/TWIN rooms on BB Basis.
- ✓ Welcome drinks in the hotels.
- ✓ Necessary tours & transfer using A/C Vehicle.
- ✓ Service of an Excellent English Speaking during sightseeing tour at Kathmandu, Pokhara and Licensed Guide during Trek.
- ✓ 04 Nights 05 Days Ghorepani – Poonhill Trek with Licensed guide, 01 Porter for 02 Pax, 03 meals [Including: Breakfast, Lunch & Dinner]
- ✓ Necessary Monument Entrance Fees
- ✓ 01 Hour Boat Ride in Phewa Lake
- ✓ Bottles of Mineral Water in the vehicle.
- ✓ Sanitizers, Wet wipes & Tissue box in the vehicle.
- ✓ Assistance and transfers airport – hotel & vice versa,
- ✓ Taxes.

NOT INCLUDED

- × Any International Flight tickets
- × Travel Insurance
- × Nepal Visa & Visa Fee
- × Items of personal nature such as drinks, alcohol, laundry, Gratuities/tips and Camera fees, etc.
- × Extra Meals, Drinks & Beverages other than mentioned in programs,
- × Emergency Transportation / Evacuation.
- × Extra cost for unseen & unstoppable circumstances (natural disaster, strike etc.)
- × Elements not mentioned in above inclusions.

Physical Considerations before Base Camp Trek

Preparing for the Base Camp Trek is essential to ensure that you have a safe & enjoyable experience. This trek takes you through varied landscapes, challenging terrains, and high altitudes, demanding both physical and mental preparation. Training for the trek should begin at least two months in advance, focusing on building cardiovascular endurance through running, swimming, or cycling. Strength training for your legs, core, and shoulders is also necessary, besides flexibility exercises like yoga or stretching to prevent muscle injuries. Practice hiking on uneven terrain with a loaded backpack to simulate actual trekking conditions.

Gear preparation involves breaking in hiking boots, practicing with trekking poles, and wearing layers to ensure comfort in diverse weather. Always Carry a first-aid kit, as well as altitude sickness medication, & other essentials like water purification tablets. Keeping in mind that packing smartly and keeping your load light will make the trek more manageable.

Trekking at high altitudes can be physically taxing, so develop resilience through long hikes and by familiarizing yourself keeping in mind challenges of remote areas, as well as Learning about altitude sickness symptoms and how to handle them is crucial.

Nutrition and hydration are key to building endurance and staying fit on the trail. Maintain a balanced diet during training and stay hydrated to mimic trekking habits. Before the trek, get a medical check-up to ensure you are fit for high-altitude trekking related symptoms, especially if you have history of fluctuating health conditions.