

Annapurna Poonhill Trek

'In between the high 8th thousand-ers'

Introduction

One of the most picturesque and popular treks in Nepal. It passes through country inhabited by a wide diversity of peoples. It offers spectacular mountain scenery on the ancient Trans- Himalayan Salt Trade Route. Offering great mixture of culture, flora and landscapes from the low lands of subtropical to the alpine zone, from the paddy fields to the rhododendron, silver fir and pine forest, this trek offers a short circuit route on the south of Annapurna Himalayan range, offering grand views of three highest mountain range from Dhaulagiri, Annapurna to Manaslu range trekking in the midst of the rain and alpine forest zone, and through traditional villages with constant view of the high snow capped peaks including the majestic Mt. Fishtail.

Although this trek passes through several up hills and down hills for few days, but our itinerary is flexible giving our trekkers a chance to walk on their own chosen pace and for you to enjoy and immerse in this beautiful surrounding. This trek is ideal for all types of outdoor and nature lovers.

TRIP PROFILE

Total duration	10 nights 11 days.
Trek Grade	Moderate.
Trek Duration	6 days.
Max Elevation	3,210 m. (at Poon Hill.)
Mode of Trek	Teahouse / Lodge basis.
Trek Start	From Nayapul.
Trek Ends	At Dhampus Phedi.

TRIP DEPARTURES

Spring-Summer-Autumn-Winter.(Every Year)

16th February to 26th February.

15th March to 25th March.

21st April to 01st May.

29th September to 09th October

20th October to 30th October.

17th November to 27th November.

15th December to 25th December.

12th January to 22nd January.

OUTLINE ITINERARY

DAY 01 Arrive at Kathmandu. Transfer to Hotel.

DAY 02 In Kathmandu. Full day sightseeing tour.

DAY 03 Drive to Pokhara. 5-6 hour journey.

DAY 04 Pokhara to Tikhedhunga (1,577 m.).

DAY 05 Tikhedhunga to Ghorepani (2,855 m.).

DAY 06 Ghorepani - Poon hill – Tadapani (2650 m.)

DAY 07 Tadapani to Ghandruk (1960 m.).

DAY 08 Ghandruk to Tolkha (1,770 m.).

DAY 09 Tolkha to Dhampus (1,650 m.) to Pokhara.

DAY 10 Drive back to Kathmandu. 200 k.m. 5-6 hrs Bus Journey.

DAY 11 Transfer to airport for final Departure.

Trip Dossier

DAY 01 Arrive at Kathmandu. Transfer to Hotel.

Upon arrival at Kathmandu Tribhuvan International Airport you will be greeted by our staff, who will escort you to the hotel, where our Sherpa guide or the office staff will give you a brief orientation about the hotel, Kathmandu itself, trekking, and the do's and don'ts of the area. Also, they will go over any other related information that you might require while in Nepal.

DAY 02 In Kathmandu. For full day or full day sightseeing tour.

After your first night in Kathmandu, you will be well informed on arrival about the time for your half day guided sightseeing tour in Kathmandu and the various places of interest. Depending on the time of your flight arrival the night previous, we will schedule your half day tour in the morning or afternoon. For late night flight arrivals, we prefer to do an afternoon tour in order for you to get properly acclimated to the time change.

DAY 03 Drive to Pokhara. 5-6 hrs journeys.

Early breakfast, then travel by a Tourist Coach towards the scenic Pokhara highway. This is a fascinating drive through the foothills of the Himalaya. The road has been greatly improved in recent years. The drive continues with several stops on route before Pokhara. On reaching Pokhara, you will transfer to the Hotel with enough time in the afternoon for a stroll around the beautiful Phewa Lake side.

DAY 04 Pokhara to Tikhedhunga (1,577 m.)

Morning drive leads on the good motor able road for about 25 Km. the journey continues along with the great scenery passing through several villages Naudanda, Kanre, and Lumle all the way to Nayapul.



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On reaching at Nayapul, our adventure begins from the warm sub tropical region; the walk follows the Modi River upstream to Birethanti & follows the east bank of Bhurungdi Khola with scenery of waterfall, high green forest and follows the nice trails. Lunch will be served at Ramghai and finally reaches to Tikhedhunga. Walking distance is four hours and overnight at Tikhedhunga village where you can enjoy the cool splash of the cascading waterfalls.

DAY 05 Tikhedhunga to Ghorepani (2,855 m.)

The trail steeply ascends on the long stone steps to Ulleri village with the scenery of terrace landscape and Annapurna Himalaya. After few hours of long hard climb with several breaks in between reaching at Ulleri village, from here the path is gradual on the winding trail through the cool shade of forest, the walk continues with few short ups and downs section, Walking in the midst of the giant rhododendron forest and finally reaches you at Ghorepani after a good 5-6 hours of trek.

Ghorepani Deurali, a busy spot on the ridge in the midst of the beautiful rhododendron forest, offering grand views of Dhaulagiri range of mountains on the west and Annapurna to the north.

DAY 06 Ghorepani - Poon hill – Tadapani (2650 m.)

The guide will wake you up early in the morning for 45 minutes to an hour hike up to Poonhill with a help of flash light or moon light and glimpse of stars and walking through the Rhododendron forest. Poonhill named after the hill tribe Pun, inhabitants of Ghorepani and surrounding area. This is a great vantage spot for the most panoramic scenery from the far western Himalaya of Dolpo, Mt. Dhaulagiri, Annapurna including Mt. Machhapuchare (Fish Tail), Manaslu, all the way to Ganesh Himalayan range. Nearly 600 k.m range of mountains can be viewed from this great spot with the spectacular sunrise on the mid western Himalaya range. After a great time here return to Ghorepani for breakfast and continue trek to Tadapani, the walk passes through the Rhododendron, Pine, fir & bamboo forest with few short ups and downs and until reaching the days' destination at Tadapani. On of the wonderful place with close view of the Annapurna and Fishtail, situated in the midst of the rain and alpine mixed forest. This takes around five hours walking distance up & down besides lunch break at Bhanthati.

DAY 07 Tadapani to Ghandruk (1960 m.)

Today's walk leads through serene forest for an hour on the gradual path to Bhasi Kharka, from this spot the trail descends with occasional view of the Mt. Annapurna ranges & Machhapuchare (Fishtail).

The trail descends through forest, creeks and small streams and into the maze of trails till Ghandruk village is reached. This is a semi-modern village and gateway to Annapurna Sanctuary. On reaching Ghandruk at lunch time and as well for the night stop with enough time to explore the village and Gurung culture.

DAY 08 Ghandruk to Tolkha (1,770 m.)

After eating a great Himalayan breakfast amongst amazing views of the mountains, trek down towards the paved courtyards of Ghandruk village past the farm houses, and terrace fields then reaching by the Modi River at Phedi between Landruk and Ghandruk. After crossing Modi Khola (stream) on a suspension bridge with a view of wild honey bee hives hanging precariously on a rocky cliff. From here the trail leads up to a slow climb all the way to Landruk village for lunch, from here the path leads to a gradual walk on the winding trail for an hour to a small settlement at Tolkha for the overnight stay.

DAY 09 Tolkha to Dhampus (1,650 m.) to Pokhara

From Tolkha, there is a grand view of Annapurna South and Hiunchuli can be seen right from your room. With the lovely morning in Tolkha, our journey continues on the gradual winding path towards Bhaise Kharka a small settlement at the base of the hill, from here less than an hour climb through the beautiful rainforest brings you at the top of the ridge at Deurali the highest point of this trek. From here one can view Mt. Dhaulagiri, Annapurna South and Mt. Machhapuchare.

After Deurali, the trek goes down through the lovely forest on the good wide path with wonderful scenery; after an hour you reach into Pothana Village, which is situated in the midst of the forest with awesome views of the Annapurna and Manaslu range. After having lunch, trek down to the village at Dhampus with fabulous mountain scenery. From Dhampus an hour descend brings you at Phedi for the smooth drive to Pokhara, on reaching Pokhara by the Phewa Lake side. Overnight at Hotel near the lake side.

DAY 10 Drive back to Kathmandu. 200 k.m. 5-6 hrs Bus Journey.

After a wonderful time in the mountains and with a nice break at Pokhara, board on the Bus for the scenic drive back to Kathmandu. The drive passes through numerous towns and farm villages with great scenery of the farm fields, terraces, the verdant hills. After a good drive of 5-6 hours reaches you at Kathmandu.

DAY 11 Transfer to airport for final Departure.

Today keep in mind your international flight time; so make sure to keep your confirmed air ticket, departure tax (in local currency), and your passport handy. Our staff will take you to the airport for your final departure from our amazing country, Nepal.

Pokhara Valley

Pokhara is one of the most unique sub-tropical valley in the Himalaya and probably in the world, where one can marvel the beauty of the Himalayan landscape and reflection of the Annapurna massif including the towering majestic peak of Mt. Machhapuchare on its beautiful lakes.. Pokhara is situated



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in the mid western Nepal. It is linked by the main highway of 200 km driving distance from Kathmandu, and by air approximately 20 to 30 minutes flight with a sweeping panoramic view of the mid western Himalaya. Mother Nature has certainly blessed this fertile valley with outstanding scenery of the landscapes, snow capped mountains, moderate tropical climate, and beautiful pristine lakes of Begnas, Rupa and Phewa. The most stunning of Pokhara's sights is the magnificent panorama of the Annapurna range which forms its backdrop. Annapurna massif includes Annapurna I to IV and Annapurna South. Among these high peaks it is the towering majestic Mt. Machhapuchare (Fish Tail) which dominates all others in this range Pokhara with its natural beauty is also a starting point of Nepal's most popular adventure destinations. Most of the trekking, mountaineering expeditions begin from this remarkable place and it's an ideal spot for all types of holiday makers.

Complimentary Services

Services as mentioned below are rendered complimentary upon confirmation of your booking with us:

- a. Complimentary tourist registration to respective consulate office or embassy
- b. Complimentary international flight ticket re-confirmation
- c. Complimentary Gurkha Encounter T-Shirt (subject to availability)
- d. Complimentary welcome dinner in one of the finest local restaurants in Kathmandu with cultural shows presented by different ethnic groups
- e. Complimentary use of sleeping bags and down jackets

Mode of Payment

To confirm your trip we request you an upfront payment of 40% of the quoted amount by authorizing the same with your credit card details filled up in our GE Booking Form.

If you pay by cheque/ bank draft pls make it payable to:

Gurkha Encounters Pvt. Ltd.
G P O Box: 20195
Ganeshman's Building
House No.: 135
Chaksibari Street, Thamel, Kathmandu, Nepal
Phone: +977 1 4267 882 and 889
Fax: +977 1 4267 854

Note: If you pay by Master/Visa cards there is a bank service charge of 3.5% which will be charged as an extra; for payment through American Express there is a 5.5% bank service charge.



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Terms & Conditions

- ❖ The Company is not liable for any refunds after the departure date of the scheduled itinerary.
- ❖ Cancellation should be made 48 hours before departure and a 40% cancellation charge is approved besides tax, transportation and permit. See specific information below
- ❖ No refund will be given if the program ends before the provided itinerary date.
- ❖ The Company is not to be held responsible for your early termination of a trek should our experienced leader feels it is unsafe for you to continue due to fitness and/or health issues
- ❖ The Company is not liable for an unconvinced or rescheduling due to natural, political or bureaucratic circumstances
- ❖ The Company is not responsible for delays caused by local weather conditions resulting in international flights being missed
- ❖ The Company is not responsible for the financial implications of rescue. Please ensure you have the appropriate insurance to cover these situations before you arrive in Nepal
- ❖ Our staffs are very experienced in leading treks at all altitudes. It is their responsibility to ensure your safety, their conclusions regard safety are final and should you not follow their advice the Company can not be held responsible for the outcome.

If you wish to cancel your trip for any reason the following scale of charges will apply:

Date of Cancellation	Charge Incurred
2 months before departure	Loss of deposit (40% of Total Trip Cost TTC)
29 days to 2 months before departure	50% of TTC
10 to 28 days before departure	70% of TTC
Less than 10 days before departure	100% of TTC

Equipment List (General Items)

- A pair of light hiking boots
- A pair of sandals
- 2 pairs of woolen socks and 2 pair of hiking socks
- 1 medium poly pro shirt
- 1 pile jacket
- 1 down jacket
- 1 woolen hat
- A pair of sunglasses
- A pair of glove shells with liner or ski gloves (opt.)
- A pair of woolen gloves
- One Trekking pack 3000 cubic inches capacity



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One Sunscreen lotion SPF 10 to 30 and One Sunscreen stick SPF 10 to 30
Two Reading books (Optional)
One Walkman (Opt) and Music tapes (Opt) iPods Digi Camera and its Charger
A one liter water bottle
A pair of Trekking poles
One flash light with 4 sets of batteries
one -5 to -20 sleeping bag
Two T-shirts and one long sleeve T/city shirt
Two Trekking baggy pant

Toiletry Items

Towel, pre-moistened novelettes, wash cloth, lip balm, and any additional personal items such as toothbrush, comb, etc.

Miscellaneous Items

Photo equipment with plenty of films and spare batteries, reading/writing materials, postcards of hometown and/or photos of home and family to share with Nepalese people, safety pins, sewing kit, zip lock bags for small items.

Welcome to the Himalaya

Namaste and welcome to the stunning and diverse geographical regions of the Himalaya.

This wonderful place is home to many of the highest mountains in the world including the world's highest, majestic Mount Everest, to some of the deepest gorges, lush valleys, great rivers, colorful people and ancient histories. You'll find a wide and fascinating diversity of landscapes, culture, people and activities within the Himalaya. From stunning scenery to vibrant and colorful culture, from the serenity and spiritualism of ancient temples and monasteries to the thrills and spills of some of the finest white water rides, from the challenge of the awesome peaks to the laid back relaxation of the valley, lakesides and quiet hill stations to the deep lush jungles of the lowlands, from romantic and intricate courtyards, exotic palaces and exquisite restaurants to high snowy passes where prayer flags flutter in the skies and from the solitude of the great peaks to the welcoming bustle and warmth of the local bazaars and courtyards. Whatever your interest, the Himalaya has something to offer everyone.



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Gurkha Encounters is a leading trekking, adventure and eco travel company based in Kathmandu, Nepal and established in 1988. We specialize in the Himalayan regions of Nepal, Tibet, Bhutan and India, including Sikkim. Our services include advice, planning and organization of a wide range of adventure and trekking travel options and related services including: trekking and climbing expeditions among the world's highest peaks; jungle safaris; white-water rafting; mountain biking; family adventures; educational expeditions for schools and youth groups; short breaks, guided tours and sightseeing; special interest holidays; romantic breaks; volunteer placements and corporate services.

Our office staff, guides and other support staff are all from local villages and towns in the Himalaya and are all experienced and qualified professionals. Our extensive local knowledge as well as our experience and local contacts mean that we are able to provide the best service to you and we are proud of our reputation for quality, innovation and overall customer service with a focus on cultural and environmentally responsible travel. We aim to provide you with an excellent, friendly and personal service at competitive and fair prices for a truly memorable adventure travel experience.

Small Group Travel

Most of our trips, treks and tours are organised on a small group basis, usually with a maximum of 16 persons in a group. On family holidays the maximum number is 20 to allow a number of families to join a group. By keeping numbers small we are able to offer a friendly, personal and high quality service.

Tailor Made Private Charter Adventures

We offer a very competitive complete tailor made service and are happy to design private charter programs for individuals and for groups as well as to tailor any of our packages to more closely meet your requirements. We have a wealth of experience in helping many clients in designing and planning individual adventures, ranging from romantic breaks to personal challenges, fundraising programs, student programs to extreme adventure expeditions, from low budget to no expense spared. We don't charge a fortune to tailor make a trip for you and we have plenty of ideas, suggestions and experience we're happy to share. We'll work closely with you to design your adventure. Our advertised brochure prices will give you an idea of what you can expect to pay but we'll provide individual quotes based upon your itinerary, requirements, budget and number of people traveling.

Let us take care of the research and arrangements for your flights, accommodation, guides, transport, permits, peak fees, equipment requirements, food and all ground handling service for treks, expeditions or tours, using our local knowledge, expertise and contacts. And you can get on with enjoying yourself.



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Group and Club Organisers

If you are organising a trip for a group or a club we will offer one free* additional place for every 10 bookings made. You can use this for your own travel, use it to reduce the overall cost of the trip for everyone or perhaps offer it as a fantastic prize for your group members or for a charity. Contact us for more details and for conditions (* permit fees, national park entry fees, airfares and departure taxes not included).

Contact Us

We are always happy to provide more information and suggestions. If you are in Kathmandu, please visit our office in Thamel, Kathmandu. You can email us at info@gurkhaencounters.com, or telephone us on +977 1 4267 882 and 889 or fax on +977 1 4267854 or contact to our Managing Director (RAJ) Mobile +977 9851022717 / 9851082548. For general information please visit our website www.gurkhaencounters.com

‘Tapai lai Hardik Swagat Cha’ - Welcome from our heart to the mighty Himalaya.

Trekking in the Himalaya

The Himalaya mountain regions provide some of the finest trekking routes available anywhere. Within the Himalaya, Nepal’s mountainous, hilly and lowland Terai regions offer some of the most spectacular trekking in the world. Treks vary from high altitude routes some of which visit base camps used by mountaineering expeditions to easy short treks within the Kathmandu Valley and lower hill country where you’ll travel through pretty villages, subtropical lowlands, vast meadows and forests, fast flowing rivers, deep canyons and even the cold and barren regions at the feet of the great mountain peaks. The views change with the seasons, with different stages of planting and harvesting cycles in the villages and valleys and the brilliant display of wild flowers in spring and autumn.

Trekking with us means an adventure walking holiday, with a small group of other trekkers, led by an experienced and professional English speaking local guide. We use professionally trained and experienced local Sherpa guides or Sirdars on our treks, tours and expeditions and are totally confident in their ability and experience. Local guides are integral to providing you with the best travel experience. Not only can they share local knowledge and insights, at the same time as you travel you are contributing to the local economy and supporting local communities at the same time as you travel. Whatever route you choose, you’ll be sure to meet local people and enjoy stunning landscapes as you walk at your own pace through well established village trails. Whilst some of the popular trekking trails



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are used by climbing expeditions on their approach marches, most have been used for hundreds of years by the local Nepalese for everyday travel and trade.

Teahouse Trekking

On the more popular treks in Nepal, particularly in the Everest, Langtang and the entire Annapurna regions, enterprising villagers have built teahouse lodges, similar to European style alpine lodges offering simple but comfortable accommodation and food. We offer a selection of single/twin sharing rooms in the best available lodges run to a high level of service. We also supply a four season sleeping bag and cotton liner free of charge on our teahouse treks. Hire of other key items if needed can be arranged in advance. During the trek you'll have 3 meals a day, with a mixture of European and Asian style dishes and large portions. Soft drinks, sweets, mineral water and alcohol are not included.

Fully Provisioned Camping Style Trekking

This type of trek is staffed by a full Sherpa crew including a Sirdar (head man), cook and assistants. Porters, yaks, horses or mules carry your main baggage. It is the Sherpa crew's job to perform all the camp work, from setting up to providing freshly made meals, to leaving the site clean on departure. We provide twin share dome or A frame sleeping tents, a kitchen tent, mess tent and toilet tent. We also provide tables, chairs or stools, lanterns/candles, thin sleeping mattresses and all crockery and cutlery as well as a fully equipped kitchen set up. The Sherpa crew will cook, wash up, and provide hot water for washing and tea and coffee at night and for your wake up call. Food is a mixture of Asian and Western dishes, with lots of choice, freshly prepared. As with teahouse trekking you can expect 3 main meals each day. Soft drinks, sweets, mineral water and alcohol are not included.

A few of our teahouse treks involve crossing high passes and necessitate camping for a couple of nights. We provide full camping services for these nights including providing four season sleeping bags.

Our Grading System

In Nepal, the trails often zigzag with plenty of ascents and descents and it is better to think in terms of hours spent walking rather than miles covered. A typical day's walking is from five to seven hours with a number of ascents and descents. This includes a one hour lunch stop, a comfortable pace of walking and time to enjoy your surroundings.

We use four grades for our treks, intended to give you a general sense of what to expect and to help you choose which adventure will suit you best. Factors such as weather conditions, altitude, fitness level, experience, interests and how you feel on a particular day all contribute to how easy or strenuous you



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find a trip. If you're unsure of whether a trek is suitable for you just contact us before making your booking.

Wish you have memorable time with us!