

Ghorepani Trek



Ghorepani is one of our shorter treks. It is a 5 day trek. It is the perfect trek for someone short on time. *(This trek is **also** a good trek for someone taking part in one of our Yoga/Trek programs such as the 2 week Yoga/Trek holiday. This is 1 week of yoga at our centre in Satungal followed by a 1 week trek to Ghorepani with yoga practice in the morning and evenings along the way)*

Day 1: Arrival Kathmandu. We will meet you at Kathmandu International Airport and transfer you to your hotel. When you have had time to settle in and freshen up after your long flight you will be invited to our office (or we will visit you) for tea and a briefing about the program. At this time we can also take care of other necessary documentation. We will also check with you about any extra equipment you may need from us such as a day bag (rucksack) or other necessities you may have forgotten. Depending on which Day 2 plan you choose (Flight or Tourist bus) you may ask the front desk of the hotel for an "early breakfast please" (flight) or a boxed-breakfast (tourist bus).

Day 2: Journey to Pokhara. After having breakfast we will take you to the Domestic Airport for a 25 minute scenic flight to Pokhara. During this short flight you will have magnificent views of the wonderful Manaslu peaks and the snow-capped Annapurna mountain range, as well as the Langtang Himalayan range (If you chose tourist coach via the scenic Prithvi highway it is about 6/7 hour drive to Pokhara. Pokhara is a beautiful valley, with panoramic views of Annapurna, Machapuchare (shape of fish tail), and Dhaulagiri).

Day 3: From Pokhara to Tikhedhunga. We will drive by private vehicle to Nayapul where we will begin our trek on foot. After a 30 minute walk along the banks of the Modi Khola, we reach Birethanti (1025m). From Birethanti we continue along terraced fields beneath the Green Hill ranges. You can stop at the small village of Sudame for a rest and a beverage if you wish. I will stay with you but probably send the porters on ahead (a kind gesture is to ask the porters to stay with us as well and offer them a soft drink, you can make a 'friend for life' with this simple offering). Next, the trail continues following the north bank of the Bhurungdi Khola through several hamlets and climbs steadily up the side of the valley to Hille (1495m); after another 15 minutes we finally reach the village of Tikhedhunga (1570m). Today we will pass several waterfalls with 'plunge pools' at their bases that beg you to jump in (the trail from Nayapul to Tikhedhunga follows the Bhurungdi Khola, River). You may also take a short walk in the evening after we arrive at Tikhedhunga to go for a swim. We will overnight here.

Day 4: Tikhedhunga to Ghorepani (2860m). After breakfast, the trail crosses the Tikhedhunga Khola on a suspension bridge and then drops to Bhurungdi Khola and crosses another suspension bridge. We will begin our journey with a steep climb to a large (ethnic Magar) village at Ulleri (2070m) and then Banthanti. We trek the day through dense forest of Rhododendron, Oak, and Bamboo stands; enjoying the chirping of birds and graceful ballet of butterflies. Next, our trek takes us to Nangethanti (2460m) and then an hour further on we arrive at Ghorepani. We will stop at the highest part of the Ghorepani village. This place (blik) provides majestic views of Dhaulagiri I (8167m), Tukucho Peak Nilgiri (6940m), Annapurna South, Bharha Chuli (Fang, 7647m) and Annapurna I (8091m). Get out the cameras; this is a 'wow' moment at sunset! Time now for some dinner and a good night's rest. Overnight here in Ghorepani.

Day 5: Ghorepani to Poonhill and Tadapani (2610m). We will hike about 45 minutes to Poon Hill (3210m) early this morning. Poon Hill is a famous viewpoint from where we will be able to enjoy panoramic views of the 'High' Himalayas; Giants such as Dhaulagiri (8167m), Annapurna 1 (8091m), Machapuchare, Nilgiri, Hiunchuli and Annapurna South. Next we will climb to the Deurali Pass for a spectacular panorama over Dhaulagiri and Annapurna. The trail descends steeply down here to Banthanti through dense moss-covered forest rich with bird life to Tadapani which provides you close up sunset views of Annapurna, Hiunchuli and Machapuchare. At some point today we will stop for snacks or lunch depending on how you feel and our forward progress. Rest assured tonight we will have a good meal, lots of fun, and good sleep at a guesthouse. Maybe we will sing a few Nepalese songs?

Day 6: Tadapani to Ghandruk (1951m). After breakfast the trail starts with a steep downhill through rhododendron forests and terraced fields. Depending on the season we may be pleasantly surprised by the sight of cherry blossoms in bloom on the far slopes of the ravine. Soon we enter the village of Ghandruk, a slope settlement with stone houses mostly inhabited by the (ethnic) Gurung people. Most of the men from this village were members of the brave Gurkha's of Britain and India. An ideal vantage point in this pristine village offers breathtaking views of Annapurna South, Gangapurna, Annapurna III, Machapuchare and Hiunchuli. We will spend the night in this village.

Day 7: Ghandruk to Birethanti (1025m) and return to Pokhara. Today is our last day of trekking. Today the trail passes through small hamlets, terraced rice fields and subtropical forests offering a glimpse of life in these mountains. The trek is downhill all the way to Birethanti. We step onto a staircase paved with stone slabs, curving in and out of the village and then terraced farms. We complete our trek in Nayapul at an elevation of 1070m. It is short and easy walking through the terraces of the hill settlement. Then, a 1 hour drive by private vehicle back to Pokhara. *You can chose to stay here in Pokhara tonight or push a late flight back to Kathmandu.*

Day 8: Kathmandu. Today is a day to rest and relax in Kathmandu. You may take care of any final shopping, or get your paperwork in order. Tonight we typically enjoy the celebratory meal, listen to music and relive our trek one last time!

Day 9: Transfer to Airport. Today we will assist you in getting to the airport for your travel to your next destination.

Note: Above itinerary *includes* FB (Full Board) which is Accommodations, Breakfasts, Lunches and Dinners. All drinks are excluded during the treks but may be purchased along the way.

Special note:

Above itinerary can be designed according to your preferences. Please let us know whether you would like to make it a shorter or longer trek. Also, if you would like to stay on longer in Kathmandu, we offer city guided tours of Kathmandu, white water rafting, jungle safaris or Everest mountain flights.

Brief Package Highlights:

In this package, we have included 2 nights hotel in Kathmandu at 3 star hotels on BB plan, meals and accommodations during trekking, farewell dinner in Kathmandu, domestic flights (round-trip) from KTM to Pokhara (a discount if you chose bus to Pokhara but this is not advised for a short trek), all ground transportation by private car, an experienced guide and porter and all of the government taxes and necessary permits.

Included in the cost:

- Airport transfers (round-trip)
- 2 nights' accommodation in Kathmandu on BB plan.
- Meals (Breakfast, lunch and dinner) during trekking.
- Farewell dinner in Kathmandu.
- Fresh fruits during trekking.
- Double occupancy rate.
- Annapurna Region Trekking map.

- Round trip flight: Kathmandu / Pokhara (tax incl.)
- Experienced Government licensed holder guide.
- Travel & Rescue arrangements.
- Porter / Sherpa who will carry your bags during the trekking.
- Food, accommodation, insurance, salary, equipment, transportation, local taxes for guide and porter.
- Group medical supplies (i.e. first aid provisions).
- All necessary paper work and national park permits.
- TIMS (Trekking Information Management System).
- All government taxes and tourist service charges.

Services excluded in the cost:

Meals and drinks while in Kathmandu.

Your personal travel insurance.

Nepal entry visa fee.

Tips for trekking staff and drivers (tipping is expected but it is not mandatory).

Personal shopping and laundry.

Personal extra trekking equipment (i.e. custom poles).

For your information, you must stay one night in Kathmandu before and after the trek. That is why we have included them. They are 3 star hotels. You may upgrade your accommodations for a surcharge.

For the current pricing, please use the contact form.