
Trekking

Annapurna Base Camp and Ghorepani Poon hill Trek

Join the Annapurna Base Camp & Ghorepani Poon Hill Trek for an incredible adventure! Hike through stunning mountain landscapes, experience local culture, and catch a breathtaking sunrise over the Himalayas. A perfect mix of challenge and beauty!

OVERVIEW

COUNTRY	Max Elevation	DURATION
NEPAL	4130M	14 DAYS
COORDINATES	Trip Code	Group Size
28°31'49.6"N 83°52'41.0" E	RE-ABC-PH	2-12 Pax

The Annapurna Base Camp (ABC) and Ghorepani Poon Hill Trek is an exciting journey that offers a mix of stunning mountain views, rich culture, and diverse landscapes. This trek is special because it allows you to visit both Annapurna Base Camp and Poon Hill, experiencing both high-altitude trekking and the beauty of the lower foothills.

Highlights:

- **Annapurna Base Camp:** Located at 4,130 meters, ABC is a beautiful, secluded spot surrounded by towering peaks, including Annapurna I (8,091 meters) and Machhapuchhre (6,993 meters). The 360-degree views of the mountains are breathtaking, making this a major highlight of the trek.

- **Poon Hill Sunrise:** After visiting ABC, the trek takes you to Poon Hill (3,210 meters), where you'll wake up early for a spectacular sunrise. The view of the Annapurna and Dhaulagiri mountain ranges at sunrise, with the peaks glowing in shades of gold and pink, is unforgettable.
- **Cultural Immersion:** Along the way, you'll pass through traditional Gurung and Magar villages, where you can learn about the local cultures, traditions, and lifestyles of people who call these mountains home.
- **Biodiversity:** The trek passes through the Annapurna Conservation Area, a protected region filled with a rich variety of flora and fauna. The lush rhododendron forests are magnificent during the spring when they are in full bloom.

Trek Overview:

The trek begins with a drive from Kathmandu to Pokhara, followed by a trek from Nayapul. You'll begin the journey with a gradual ascent through forests and terraced fields, heading towards ABC. After reaching ABC and enjoying the incredible views, the trek will take you down to the Modi Khola valley and then head up to Ghorepani. From Ghorepani, you'll make an early morning ascent to Poon Hill to watch the sunrise before descending back to Tikhedunga and returning to Pokhara.

Best Time to Trek:

- **Spring (March to May):** The weather is mild, and the rhododendrons are in full bloom, adding to the beauty of the landscape.

- **Autumn (September to November):** The skies are clear, and the weather is stable, providing the best conditions for trekking and stunning mountain views.

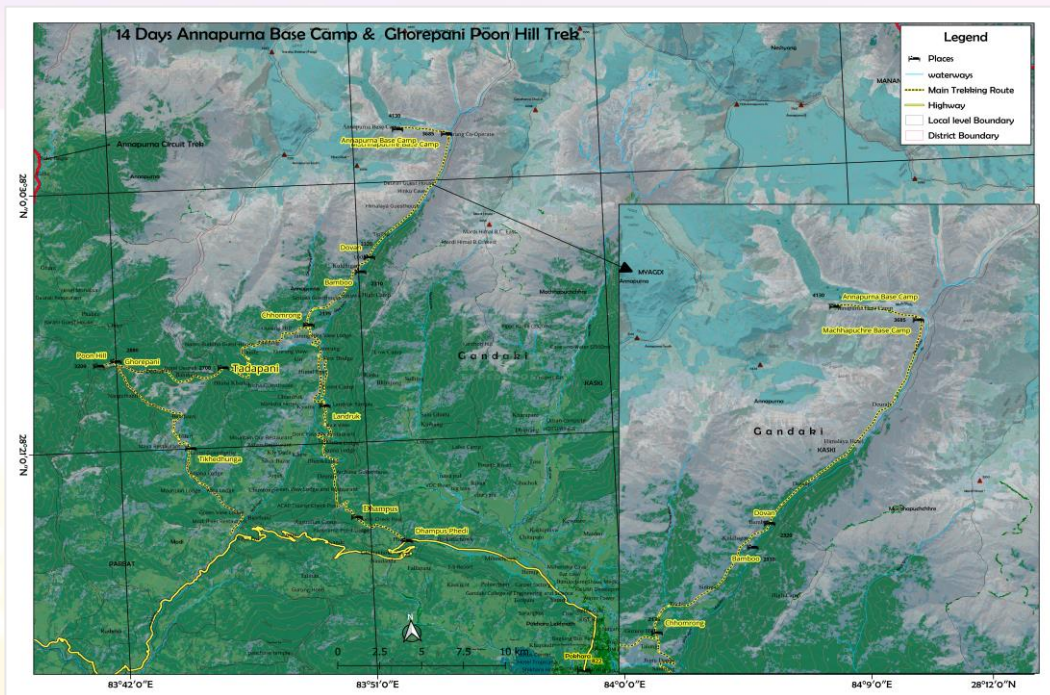
Difficulty Level:

This trek is classified as moderate. You'll be walking 5-7 hours a day with some steep ascents and descents, so a reasonable level of fitness is recommended.

The Annapurna Base Camp and Ghorepani Poon Hill Trek is an amazing way to explore the beauty of the Annapurna region, offering a mix of high-altitude trekking, cultural encounters, and incredible natural beauty.

MAP

[View on Google Map](#)



DETAIL ITINERARY

Day 01 Arrival in Kathmandu (1400m)

Outside the terminal of Kathmandu's Tribhuvan International Airport, our airport agent will be waiting for you with a sign bearing the name of the Company. Then, you will transfer to the Hotel after you arrive at TIA. If you arrive at TIA on time, you can visit the nearby Hotel area (depending on the arrival time) or you can rest after the long air flight. On this day, our staff or your trip guide will meet and greet you at the Hotel and brief you about the day ahead journey. You will stay overnight.

Day 02 Drive to Dhampus Phedi (1170 m) via Pokhara (822 m) from Kathmandu

Following an early breakfast at the hotel, you will drive towards western Nepal along the Prithivi Highway. After a one-hour drive, you will reach the Trishuli River, where you will witness a typical Nepali house, terrace, farmland, hotel, and Khaja Ghar along the way. During the journey, you will have your lunch at a riverside restaurant.

Continuing along the Kathmandu-Pokhara highway, you will cross-diverse landscapes, flora, fauna, and culture. Upon reaching Pokhara, you will drive towards Dhampus Phedi. After arriving at Dhampus Phedi, covering a long bus journey you will stay overnight. We will provide you with a private bus or jeep (Bus and a jeep depending on the group size).

Day 03 Trek to Landruk (1640 m) from Dhampus Phedi

After a delightful breakfast at Dhampus Phedi, your next day's trek will commence. Dhampus village is a renowned location, serving as the gateway to Annapurna Base Camp and Mardi Himal trek. On this day, you will trek and encounter picturesque houses along the way. You will witness the entire Annapurna view, including Annapurna I (8091m), Fishtail (6993m),

Annapurna (7455m), Lamjung Himal (6983m), and the Dhaulagiri range. Take a break along the way to Lunch. Resume your trek after lunch, ascending while encountering the unique culture and farming land, with a warm welcome from local people. Continue your trek up to Landruk, a beautiful village renowned for honey hunting. In this village, you can observe the Gurung tradition and culture. From here, enjoy a stunning sunset view over the Annapurna range. After reaching Landruk in the late afternoon, you will stay overnight.

Day 04 Trek to Chhomrong (2175 m) from Landruk

Following the morning breakfast in Landruk, you will trek to Chhomrong, a beautiful village situated at an elevation of 2175m. The predominant ethnicity in Chhomrong is Gurung, and the locals speak both Nepali and Gurung languages. Here, you can immerse yourself in the unique culture of the Gurung people, who will warmly welcome you with smiles on their lips. Chhomrong boasts a settlement with a history of 100 years, one of the oldest villages in the region. The villagers of Chhomrong adhere to the Bon religion.

There is a notable myth associated with the Bon religion: In 1957, the first climber, Wilfrid Noyce led by the famous British mountaineer and explorer, Lieutenant Colonel Jimmy Roberts accompanied by the pioneer of trekking in Nepal, encountered a peculiar event. The group ascended from Camp I to Camp II, but when they woke up the next morning at what they believed was Camp II, they discovered they were back at Camp I. This event led the villagers to believe in the power of nature, and as a result, they began worshiping Bon. Since then, the Nepal government has prohibited climbing Mt. Machhapuchhre. Thus, you have the opportunity to experience the Bon religion in this region.

On this day, you will ascend 535 meters in elevation. During the trek, you will pause for lunch, where you can enjoy authentic Nepali dishes. After lunch, resume your trek, reach Chhomrong, and spend the night at a lodge.

Day 05 Trek to Dovan (2520 m) from Chhomrong

After the morning breakfast in Chhomrong, your trek will commence. On this day, you will cover a distance of approximately 9 km from Chhomrong to Dovan. Dovan is situated at an elevation of 2520m. You will pause for lunch along the way, and after lunch, your trek will resume. The steep descent to Chhomrong Khola and the subsequent steep ascent towards Upper Sinuwa constitute the most challenging part where caution is required. The overnight stay will be at a lodge in Dovan.

Day 06 Trek to Machhapuchhre Base Camp (3685 m) from Dovan

You will start your trek early in the morning from the village of Dovan, which is located at an altitude of approximately 2520m. The trail from Dovan follows the course of the Modi Khola River. As you hike alongside the river, you will gradually gain altitude and leave behind the dense forests. After walking for a while, you will come across Hinku Cave, a large rocky overhang.

The path will lead you uphill to Deurali, a small settlement located at an altitude of around 3,230 m. After refueling at Deurali, the trail continues through attractive alpine forests. After approximately 4 hours, you will reach Machhapuchhre Base Camp (MBC), located at an elevation of about 3,685m. From there, you will get excellent views of the majestic Machhapuchhre along with Mt. Hiunchuli, Annapurna South, Annapurna I, Annapurna III, Gandharvachuli, and Gangapurna.

Day 07 Trek to Annapurna Base Camp (4130 m) from Machhapuchhre Base Camp

You will have breakfast with a view of the magnificent Machhapuchhre Peak in the early morning. After having Breakfast, you will be ready for the awaited Annapurna Base Camp. It takes approximately 2 hours to reach ABC from MBC. After reaching Annapurna Base Camp, you will have Lunch with the view of Mt. Fishtail (6993m), Mt. Annapurna I (8091M), Annapurna South (7219m), Mt. Dhaulagiri (8167m), Mt. Gangapurna (7455m), and Mt. Mardi Himal (5587m).

On this day you will be staying overnight at ABC.

Day 08 Trek down to Bamboo (2310 m) from ABC

You will wake up early in the morning and hike to a viewpoint to witness another sunrise over the majestic mountains in the Annapurna region. This breathtaking view will mesmerize your heart and soul. After enjoying this beautiful moment, you will continue your trek back to Bamboo, passing through Machhapuchhre Base Camp, Deurali, and Dovan. The trail will take you through a forest of oak, bamboo, and rhododendrons and you will spend the night at Bamboo.

Day 09 Trek to Tadapani (2700 m) from Bamboo

After an early breakfast at Bamboo, you will start your trek for the Tadapani where you will ascend 390m. You will have lunch at Tadapani. It is a beautiful village situated at an elevation of 2700m. You will stay overnight at Tadapani.

Day 10 Trek to Ghorepani (2880 m) from Tadapani

After having breakfast at Tadapani, you will be ready for the Ghorepani early in the morning. On this day you will gain 180m only, which shows that the trek will be short. This place used to be a rest stop where ancient traders found water (Pani in Nepali) for their horses (Ghoda in Nepali). Thus leading to the name Ghorepani. You will have your Lunch at Ghorepani. It is a famous stop point for the Poon Hill trek. You will experience natural beauty, Cultural richness, and warm hospitality here. Here you will find numerous teahouses, Lodges, and Hotels. This place will offer you beautiful Mountain views of Annapurna South, Himchuli, and Mt Machhapuchhre. You will stay overnight here.

Day 11 At early morning Hike to Poon Hill (3200 m) and after lunch trek back to Tikhedhunga (1500 m)

Early in the morning, you will be ready for a sunrise hike up to Poon hill. It takes approximately 1 hour to reach and enjoy the sunrise of Dhaulagiri, Manaslu,

Annapurna I, Hiunchuli, Tukucho Peak, Fishtail, and Nilgiri. After enjoying view, you will continue hiking down to Ghorepani and you will have lunch there, after lunch, you will trek back to Tikhedhunga. Tikhedhunga is the home of the Magar and Gurung people, which is rich in cultural heritage. It is the gateway to different routes in the Annapurna region, surrounded by greenery and terraced fields, attracting trekkers with its peaceful and traditional beauty. Today will be the last day for the trek and you will stay overnight here.

Day 12 Drive to Pokhara from Tikhedhunga and Overnight stay at Hotel

After having breakfast at Tikhedhunga you will be ready to drive to Pokhara (822 m) and you will have lunch in Pokhara. After lunch, you will explore the lakeside area or you will rest, depending on your choice, and stay overnight at the Hotel.

Day 13 Drive back to Kathmandu from Pokhara

After your breakfast, you will be ready to drive to Kathmandu and your lunch will be on the way. You will reach Kathmandu in the late afternoon. There will be a farewell dinner at night and stay overnight at the hotel.

Day 14 Departure from Tribhuvan International Airport

You will enjoy your breakfast in the early morning and proceed with your departure from Tribhuvan International Airport according to your planned schedule.

WHAT'S INCLUDED

At Rise Expeditions, we handle every detail of your Annapurna Base Camp and Ghorepani Poon Hill Trek, ensuring a safe, comfortable, and unforgettable journey. With experienced guides and top-notch gear, you can focus on enjoying the stunning Annapurna region. The following is included in your booking:

INCLUDED

- International arrival and departure
- All ground transportation
- Total of 13 nights (2 nights in a hotel in Kathmandu, 1 night pokhara hotel and 10 nights at tea houses)
- All accommodations and meals in Kathmandu before and after the journey
- Hotel stay at Kathmandu is Bed and Breakfast (BB) Plan
- Full board at trek including breakfast, lunch, and dinner
- Government-licensed English-speaking trek leader. For 4-6 trekkers, 1 assistant guide will be added, and for 7-10 trekkers, 2 additional assistant guides will be provided.
- Porter to assist with trekkers' luggage (2 trekkers per porter, with a maximum weight limit of 18 kg per porter, i.e., 9 kg per trekker). Non-essential items can be stored at the Kathmandu hotel.
- Coverage for guides' and porters' wages, meals, insurance, lodging, transportation, flights, and necessary equipment
- Water purification tablets for safe drinking water
- Annapurna Conservation Area permit fee
- Daily snacks (cookies) and seasonal fresh fruits
- All government, local taxes, and official expenses
- Assistance in arranging rescue operations in case of complicated health conditions (funded by travel insurance)
- Farewell dinner at the end of the Annapurna Base Camp and Ghorepani Poonhill Trek

EXCLUDED

- International flight costs
- Nepal entry visa fees for multiple entries on arrival at Tribhuvan

International Airport (15 days – \$25-30, 30 days – \$40-50, 90 days – \$100-110)

- Excess baggage charges (limit is 9 kg per person on the trek)
- Extra night accommodation in Kathmandu due to early arrival, late departure, or early return from the trek
- Personal expenses (shopping, snacks, boiled bottled water, hot (tea/coffee) and cold drinks, hot showers, alcohol, Wi-Fi, telephone calls, battery recharge fees, extra porters, etc.)
- Personal clothing and gear
- Travel insurance covering emergency high-altitude rescue and evacuation (compulsory)
- Tips for guides and porters (recommended)
- Additional costs incurred due to causes beyond our control, such as landslides, weather conditions, itinerary modifications for safety, illness, changes in government policies, strikes, etc.
- All other costs and expenses not listed in the “What is included in my 14-Day Annapurna Base Camp and Ghorepani Poon Hill trek ?”

EQUIPMENT

Trekking to Annapurna Base Camp and Poon Hill is an unforgettable adventure. With Rise Expeditions, you'll experience stunning mountain views, rich culture, and diverse landscapes. Book your trek, and we'll provide you with all the details you need for an incredible journey.

CHECKLIST

Headwear

- Headlamp (minimum 200 lumens) with spare batteries
- Woolen Cap Buff Scarf
- Sunhat (to shade your face)

Bodywear (Clothing/Layering)

- Thermal top base layer Fleece jacket
- Gore-Tex jacket Down jacket
- Cotton t-shirt
- Thermal bottom base layer
- Fleece trouser
- Gore-Tex pant Mid weight pants
- Lightweight quick dry hiking pants

Handwear

- Wind stopper/screen tap gloves Thin fleece gloves

Footwear

- Trekking Shoes (for approach to basecamp) Slippers
- Normal socks Camp Shoes

Personal kit

- | | |
|--|---|
| <input type="checkbox"/> Trekking Backpack (45+) | <input type="checkbox"/> Water bottle |
| <input type="checkbox"/> Thermos | <input type="checkbox"/> Mug |
| <input type="checkbox"/> Spoon/fork | <input type="checkbox"/> Bowl |
| <input type="checkbox"/> Foldable pad Pad | <input type="checkbox"/> Toilet paper/wet tissue |
| <input type="checkbox"/> Sunscreen (minimum SPF 50+) | <input type="checkbox"/> Lip Balm with Sunblock (SPF 30+) |
| <input type="checkbox"/> Toothpaste | <input type="checkbox"/> Toothbrush |
| <input type="checkbox"/> Soap | <input type="checkbox"/> Towel |
| <input type="checkbox"/> Garbage bag | |

First Aid and Medications

- Personal Medications prescribed by your doctors
- Personal First Aid Kit (small and portable)

Miscellaneous Items

- | | |
|---|--------------------------------------|
| <input type="checkbox"/> Camera and Associated Gear | <input type="checkbox"/> Nail cutter |
| <input type="checkbox"/> Umbrella/raincoat | |

REQUIREMENT

The trek to Annapurna Regions is an incredible experience, combining

breathtaking scenery with a chance to explore Nepal's rich culture.

It's a moderately challenging trek, with steep trails and high altitudes, so good physical fitness and some prior trekking experience are important.

The journey takes you above 4,000 meters, where the air gets thinner, and altitude can become a factor. We'll guide you on how to prepare, from fitness tips to packing the right gear. If needed, we can recommend practice hikes to help you feel more confident on the trail.

With our experienced team supporting you every step of the way, you can focus on enjoying the adventure and making it to the stunning Annapurna Regions safely and comfortably.

Payment

You can pay your deposit and balance using any lawful method. If you choose to pay via electronic bank transfer, please ensure that you cover all associated fees, so the full amount shown on your invoice is received by us in the specified currency.

Cancellation Policy

To confirm your spot, a 30% deposit is required at the time of booking. An additional 40% must be paid at least one month before you arrive in Nepal, and the remaining balance is due upon your arrival. Payments can be made via cash or credit card, with credit card fees covered by the participant.

Cancellation Policy

- **45 Days Notice:** 25% of the total trek cost will be charged.
- **30 Days Notice:** 50% of the total trek cost will be charged.

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- **15 Days Notice:** 80% of the total trek cost will be charged.
 - **Within 15 Days:** You can postpone your trip for an additional 10% of the total trek cost. Cancellations after 15 days will require an extra 20% fee for postponing.

Additional Costs for Cancellations

- **Domestic Flights:** Airline policies will apply.
- **Luxury Hotel Bookings:** Hotel-specific cancellation terms will apply.

We would recommend that you purchase trip cancellation insurance for added protection. For more details, don't hesitate to get in touch with us or refer to our full [booking policy](#).

Insurance

We strongly recommend getting travel insurance before your trek to Annapurna Base Camp and Ghorepani Poon Hill Trek. This will help protect you in case of unexpected situations during your trip.

Your insurance should cover:

- **Medical emergencies and evacuation** (especially in case of high-altitude health issues)
- **Trip cancellations or interruptions**
- **Loss of baggage or personal items**
- **Travel delays or changes**

While we prioritize your safety, having insurance gives you extra peace of mind. If you need help finding the right coverage, please contact us.