



Ghorepani Poonhill Yoga Trek - Itinerary

1. Arrival in Kathmandu

Altitude: 1,350m/4,428ft - Welcome to Kathmandu, the capital of Nepal! Our airport representative will welcome you and take you to your hotel. After this we give you shortly brief and further details of the trip program. Overnight stay in hotel

2. Preparation for Trek and Kathmandu Valley sightseeing tour

After having breakfast we visit the World Heritage Sites situated in Kathmandu Valley which includes Swayambhunath Stupa / Monkey Temple, Boudhanath Stupa and Pasupatinath Temple. All of these monuments are built for resembling different cultural and traditional values throughout the ancient time. You can get to observe the amazing sculptures, paintings and statues made by ancient Newari people. Along with this the exploration offers a chance to observe the local living style of Nepalese people. After this, take a rest for some time and then join the yoga sessions at evening. Overnight stay in Hotel breakfast included

3. Drive to airport for Pokhara

Drive from Kathmandu to Pokhara (200 km- around 6 hours' drive). This is a scenic drive, offer you amazing views of stunning mountains, green forests and local cultures plus the way people survive their lives. Pokhara is also known as the heaven place of Nepal where you get to see the naturalistic sceneries amazing caves and beautiful lakes. You can see the lakes like Rupa, Begnas, Fewa, and caves like Mahendra, bat, Gupteshwor and many Annapurna ranges along with stunning Mt. Macchapuchhrey. Overnight stay in Hotel breakfast, lunch included

4. Drive to Nayapul from Pokhara (1.5 hrs) and trek to Thikedunga (4 hrs) 1500 m

After breakfast about 1.5 hrs drive head to Nayapul. This is the confluence of Modi River draining Annapurna base camp and Burungdi River. We follow upstream Burungdi River trail and climb gradually for about 4 hrs to Thikedunga, This trek is best for observing the lush green forests filled with rhododendron flowers. We have our evening sessions in Tikhedhunga. Thikedunga is a small charming village full of lodges. Here we will spend the night. Overnight at a guesthouse - breakfast, lunch and dinner with tea or coffee included.

5. Trek to Ghorepani (6 hrs / 2,800 m)

After having breakfast and completing our yoga sessions in the morning, we will start our days walk with steep climb to Ulleri village. There are about 3,000 stone steps to Ulleri village which will take about 2 hrs to climb. After passing Ulleri, the trail climbs up gradually through the forest of bamboo and pine. Walking constantly for another 4 hrs through this trail, takes us to Ghorepani at 2,800 m. Ghorepani is best known for the sunrise and sunset views over the snow peaked mountains. Overnight at a guesthouse - breakfast, lunch and dinner with tea or coffee included.

6. Hike up to Pun Hill (50 mints / 3,210 m) | Trek to Tadapani 2670 m

Pun Hill is the most beautiful view point in the Annapurna region where we do our morning yoga sessions. We will hike for about 1 hour to Pun Hill at 3,200 m for sunrise view over the Himalayan peaks. One can see about 15 different peaks including Dhaulagiri I (8,167m / 7th highest), Annapurna I (8,091m / 10th highest) and Manaslu (8,156 m / 8th highest). After breakfast, we will head for our next destination of Tadapani. The trail passes through the rhododendron forest with few ups and downs of 400 m. Overnight at a guesthouse - breakfast, lunch and dinner with tea or coffee included.

7. Trek to Jhinu Danda(1760m) 5 hrs

During this day, you will walk through terraces, green hills with mountain views and reach Jhinu Danda. Jhinu Danda is one of the tourist's most noticeable destinations during the trek. You will see their rich culture, Gurung people with their Typical Gurung dress on the way. Along with this it offers you a chance to analyze the living way of people bearing cultural and traditional values. The way to Annapurna Base Camp can go through Chhomrong but you will climb down to Jhinu Danda where natural hot spring is. You can enjoy with hot spring as well. Overnight at a guesthouse - breakfast, lunch and dinner with tea or coffee included.

8. View Himalayas & Back to Dhampus Phedi then Pokhara

View the last panoramic Himalayas views, have the yoga classes and trek to Dhampus Phedi (920m) walking (4 hrs) drive back to Pokhara by private vehicle do half day Pokhara sightseeing including Davis Fall, Gupteswori Cave, Tibetan Refugee Camp, if you have a time boating in the Fewa Lake, yoga sessions in the evening and stay in a Pokhara hotel. Overnight at Hotel - breakfast, lunch with tea or coffee Pokhara tour entrance fee included.

9. Drive from Pokhara to Kathmandu

We do yoga in the morning. After breakfast, enjoy beautiful riverside view on the way overland tour to Kathmandu. After reaching Kathmandu relax and take a rest do some shopping and in the evening join cultural show dinner program offer by the company. Overnight stay in Hotel breakfast, lunch, Dinner included

10. Farewell

Today, our airport representative drops you to the airport before 3 hours of your departing time. Or you can join another adventures trip in Nepal or outside the country with Sunrise Adventure Treks. We are always here for operating your trips. Have a safe flight!

INCLUSIONS

- All airport pick up and departure
- All transportation in A/ c car, van or tourist deluxe bus
- Yoga Mat & Yoga Guru
- Daily Yoga class
- Three star category hotel in the city in twin sharing bed with breakfast basis & standard trekking lodge during trekking
- Kathmandu sightseeing with city tour guide
- Whole accommodations during trips

- Sleeping bag, down jacket during trek, T- short and trip achievements certificate Full board meals during trekking as mentioned in the itinerary (Breakfast, Lunch, Dinner)
- First aid medicine item ,
- Trekking permit & TIMS card (Trekking Information Management System)
- Necessary staff, guide & porters their salary, accommodation, meals and their insurance, professional guide (for two guest one Sherpa porters to carry baggage)
- One especial farewell dinner program
- Our government tax & official expenses

EXCLUSIONS

- All your personal expenses & any types of drinks
- Tour entrance fee in the city, your extra meals in the Kathmandu, bar bills etc.
- Clients international air ticket
- Clients travel insurance & tips for the trekking crew

URL: <https://www.sunriseadventuretrek.com>