Annapurna Base Camp Trek with Poon Hill

Annapurna Base Camp Trek with Poon Hill : The Ultimate Himalayan Adventure

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Experience the adventure of a lifetime and an authentic immersion into the heart of Nepal with the comprehensive 15-Day Annapurna Base Camp with Poon Hill Trek. Designed for travelers seeking a transcendent trekking experience and breathtaking panoramic spectacles, this complete package seamlessly pairs a world-class Himalayan trek with a Kathmandu Valley UNESCO World Heritage Sites Tour and a Pokhara city and nature day tour.

Trek Highlights & Panoramic Views

This legendary route offers some of the most spectacular landscapes and mountain vistas on Earth.First, from the tranquil lakeside city of Pokhara, indeed, you can catch fabulous early views of Annapurna South and Mt. Machhapuchhre (Fish Tail). Specifically, before heading onto the trail, you will truly savor this magnificent visual prelude.

- Poon Hill Viewpoint (3,194 m): A renowned vantage point boasting sweeping sunrise vistas of the Dhaulagiri and Annapurna Himalayan ranges.
- Annapurna Base Camp (4,230 m): The ultimate destination where mountaineers launch their ascents of Annapurna I (8,091 m), the 10th-highest peak in the world.
- The Annapurna Sanctuary: A deep, glacier-covered amphitheater at the center of the region where prominent western peaks—including Mt. Hiunchuli, Mt. Annapurna South, Mt. Fang, Mt. Annapurna I, Gangapurna, Annapurna III, and Mt. Machhapuchhare—are

arrayed in a stunning circle.

- The Modi Khola Gorge: Witness where the Modi Khola cuts a path southward through a narrow gorge 12,000 feet deep, opening up into a wide, fertile valley traditionally inhabited by the Gurung community.

Landscapes & The Annapurna Conservation Area

The trail presents an ever-changing canvas of terrain, transitioning dynamically from subtropical rice terraces and rocky stone steps to rugged glacial moraines.

The entire route falls within the Annapurna Conservation Area Project (ACAP), Nepal's largest protected natural sanctuary. Although the trail is accessible year-round, in fact, it reaches its ultimate peak of scenic beauty during the spring season. Specifically, as spring arrives, wild rhododendron forests burst into brilliant shades of red, pink, and white, thereby transforming the landscape into a breathtaking natural spectacle. As a protected ecological haven, ACAP is home to:

- 1,226 species of flowering plants
- 102 species of mammals
- 474 species of birds
- 39 species of reptiles
- 22 species of amphibians

Cultural Immersion & Authentic Cuisine

Beyond its stunning alpine geography, the Annapurna region is rich with indigenous heritage. The major inhabitants of the area include the Gurung, Magar, Thakali, Manange, and Loba communities, most of whom practice Buddhism.

Furthermore, as you journey through traditional mountain settlements, you will experience genuine Himalayan hospitality. Indeed, you will discover wonderful opportunities to sample world-famous Nepali cuisine; consequently, specifically, you can savor authentic Thakali Dal Bhat sets that hikers and culture lovers deeply cherish.

Know About This Trip

- Duration: 15 Days (Kathmandu to Kathmandu) [Can be customized for express itineraries]
- Trip Difficulty: Moderate (Endurance required for stone staircases and high altitude)
- Maximum Elevation: 4,130m / 13,550ft (Annapurna Base Camp)
- Best Seasons: Autumn (Sept – Nov) & Spring (March – May)
- Accommodation: Teahouses / Mountain Lodges on trek, 3/4-Star Hotels in Kathmandu & Pokhara
- Required Permits: ACAP (Annapurna Conservation Area Permit) & TIMS Card
- Transport Highlights: Private/Tourist vehicles for city tours + Optional Helicopter Flight from ABC to Pokhara

Itinerary

Day 1: Arrive in Kathmandu, Transfer to Hotel.

Upon landing at Tribhuvan International Airport, you will be warmly greeted by our representative staff and transferred smoothly to your hotel. After checking in, take time to freshen up, shake off any travel fatigue, and unwind or spend a quiet evening getting ready for the adventure ahead.

- Accommodation: Hotel in Kathmandu
- Elevation: 1,350m / 4,429ft

Day 2: Kathmandu UNESCO World Heritage Sites Tour.

Today is dedicated to exploring the cultural heartland of Nepal's capital. After breakfast, your guided tour takes you through some of the most historic and spiritually significant landmarks in the Kathmandu Valley, all recognized as UNESCO World Heritage Sites.

- Kathmandu Durbar Square: Step back in time to explore ancient palace courtyards, intricate wood-carved temples, and the living history of medieval royals.
- Pashupatinath Temple: Visit the sacred Hindu temple complex situated on the banks of the holy Bagmati River, renowned globally as a major pilgrimage site.
- Swayambhunath Stupa (Monkey Temple): Ascend to this ancient hilltop stupa for panoramic views of the entire valley and a close look at the watchful painted eyes of Buddha.
- Bouddhanath Stupa: Walk the meditative kora circuit around one of the largest spherical stupas in the world, a vibrant hub of Tibetan Buddhist culture.

In the afternoon, you will visit our office for an official pre-trip briefing. This is your opportunity to meet your trekking guide, double-check your gear and equipment checklist, and review final safety and itinerary details with the team.

- Accommodation: Hotel in Kathmandu
- Elevation: 1,350m / 4,429ft

Day 3: Drive or Flight to Pokhara by Car/bus (6/7 hours) or flight (25 min.).

Today, you head westward toward the vibrant adventure hub of Pokhara, the primary gateway to the Annapurna region. You can choose between two travel options:

- By Flight (Recommended): Take a short, scenic 25 to 30-minute domestic flight that offers breathtaking aerial views of winding rivers and distant mountain ranges.
- By Road: Enjoy a 6 to 7-hour scenic drive along the Prithvi Highway, following picturesque river valleys and terraced hillsides.

Once you arrive in Pokhara, check into your hotel and spend a relaxing afternoon wandering along the vibrant Lakeside promenade, taking in the tranquil setting of Phewa Lake with the peaks of the Annapurna range reflecting on the water.

- Accommodation: Hotel in Pokhara
- Elevation: 827m / 2,713ft

Day 4: Drive to Nayapul and trek to Ullrei (1960 m.)

Your official Himalayan trekking journey begins today. After breakfast in Pokhara, enjoy a scenic 1.5-hour drive to Nayapul, where your trek commences.

- Birethanti Checkpoint: After a short walk from Nayapul, you will arrive at the picturesque town of Birethanti to officially register your TIMS Card and Annapurna Conservation Area Permit (ACAP).
- The Trail Experience: The path ahead winds past rushing waterfalls, dense jungle trails, local rural villages, and striking green terraced fields.
- The Ascent to Ulleri: After passing through Tikhedhunga, you will tackle a challenging 2-hour steep ascent up stone steps. Your hard work is immediately rewarded with an astonishing first view of Annapurna South and Hiunchuli towering overhead.
- Accommodation: Teahouse / Mountain Lodge in Ulleri
- Elevation: 1,960m / 6,430ft

Day 5: Ullrei to Ghorepani (2860 m.)

After breakfast, you will continue your ascent, climbing toward Banthanti. The trail leads you

through dense, massive rhododendron forests and past cascading waterfalls before finally arriving at the open mountain village of Ghorepani. Perched high on a ridge, Ghorepani opens up to breathtaking panoramas of towering 8,000-meter giants, including Dhaulagiri (8,167m) and Annapurna I (8,091m). If you are trekking during the spring season, the surrounding trails burst into vibrant color with blooming rhododendrons—Nepal's national flower.

- Accommodation: Teahouse / Mountain Lodge in Ghorepani
- Elevation: 2,874m / 9,429ft

Day 6: Ghorepani – Poon Hill trek to Tadapani (2630 m.)

Today presents one of the most iconic highlights of your journey. An early pre-dawn hike takes you to the summit of Poon Hill (3,194m) to witness a legendary sunrise over the Himalayas. Watch as the first morning light paints the towering peaks of Dhaulagiri (8,167m), Annapurna I (8,091m), and the entire Annapurna massif in brilliant shades of gold and orange.

After savoring this awe-inspiring panorama, return to Ghorepani for breakfast, pack your gear, and set out along the trail toward Tadapani. The path winds through lush, dense rhododendron and oak forests filled with vibrant natural scenery and local wildlife, with towering Himalayan peaks serving as a dramatic backdrop throughout the walk.

- Accommodation: Teahouse / Mountain Lodge in Tadapani
- Elevation: Tadapani at 2,630m / 8,628ft *(Poon Hill Viewpoint at 3,194m / 10,479ft)*

Day 7: Tadapani to Sinuwa (2355 m.)

Leaving scenic Tadapani behind, today's journey takes you deeper into the heart of the Annapurna region. The trail begins with a descent crossing the Kyumrung Khola river, winding through Gurjung and leading you into Chhomrong—one of the most scenically captivating

Gurung villages in the area, tucked right at the base of Himal Chuli.

From Chhomrong, the trail drops down to the Chhomrong Khola before beginning a long, steady climb high above the west bank of the Modi Khola, eventually bringing you up to your final resting stop for the day at Sinuwa.

- Accommodation: Teahouse / Mountain Lodge in Sinuwa
- Elevation: 2,340m / 7,677ft

Day 8: Sinuwa to Deurali (3200 m.)

Continuing your ascent deeper into the dramatic Annapurna Sanctuary, today's trek brings you first to Kuldi Ghar after roughly 2 to 3 hours of walking. Past a scenic clearing in the jungle, the route drops steeply down a rocky bank before leveling out to wind through thick bamboo thickets at the bottom of the gorge, keeping closely to the west side of the river. You will pass the peaceful meadow of Tomo and arrive at the dramatic end of the gorge at Pantheon Barah, marked by a quiet path and local shrine. The trail then climbs upward past the Himalaya hotel campsite, ultimately leading you to your high-altitude resting place for the night at Deurali.

- Accommodation: Teahouse / Mountain Lodge in Deurali
- Elevation: 3,200m / 10,498ft

Day 9: Deurali to Annapurna Base Camp-ABC (4130 m.)

Today marks the crowning achievement of your trek as you push deeper into the high alpine zone. The trail mounts steadily through the dramatic landscape, following in the footsteps of legendary mountaineers like Maurice Herzog, Chris Bonington, and Reinhold Messner who popularized this iconic sanctuary.

As you arrive at Annapurna Base Camp, the vastness of the pristine snowy terrain and the towering walls of the Annapurna massif reveal themselves in a thrilling, 360-degree glacier-covered amphitheater. The glorious panoramas and intimate proximity to these giant Himalayan peaks provide an unforgettable, breathtaking reward for your journey.

- Accommodation: Teahouse / Mountain Lodge at Annapurna Base Camp
- Elevation: 4,130m / 13,550ft

Day 10: ABC to Bambu (2315 m.)

Today begins your return journey down the valley, retracing your steps from the high alpine heights of the sanctuary. Descending roughly 1,800 meters back toward Bamboo, the trail offers a refreshing new perspective on the dramatic landscapes you crossed on the way up, giving you a chance to enjoy the shifting vegetation, rushing river views, and deep gorges from a different angle.

- Accommodation: Teahouse / Mountain Lodge in Bamboo
- Elevation: 2,310m / 7,578ft

Day 11: Bambu to Jhinu Danda hot spring (1780 m, 5/6 hrs)

After nearly a week and a half on the trail, nothing could seem more soothing for tired limbs than the opportunity to relax in the natural hot springs at Jhinu Danda. Serving as one of the trek's most delightful bonuses, these warm, mineral-rich pools are set right on the riverbank beside the rushing Modi Khola, offering the ultimate therapeutic recovery for weary muscles.

- Accommodation: Teahouse / Mountain Lodge in Jhinu Danda
- Elevation: 1,780m / 5,840ft

Day 12: Jhinu Danda to Dhampus (1650 m.)

Continuing your journey through the lower hills, today's trek takes about 6 to 7 hours to reach Dhampus from Jhinu Danda. The trail guides you across the Chhomrong Khola and Modi Khola rivers via New Bridge, winding onward through Himalpani and the traditional village of Landruk.

Along the way, you will pass through Tolka village, situated at an elevation of 1,700 meters above sea level. This vibrant region is predominantly populated by the Gurung and Magar ethnic groups, offering a wonderful glimpse into their rich, traditional lifestyle and warm local hospitality.

- Accommodation: Teahouse / Mountain Lodge in Dhampus
- Elevation: Dhampus at 1,650m / 5,413ft *(Tolka village at 1,700m / 5,577ft)*

Day 13: Dhampus to Phedi and drive to Pokhara.

Dhampus is quiet, serene, and amazingly beautiful, offering an ideal setting to reconnect with nature after days on the trail. From this charming vantage point, you are treated to a long, sweeping range of the Himalayas, including close and spectacular views of Annapurna South, Machhapuchhre (Fishtail), Dhaulagiri, Hiunchuli, Lamjung Himal, and surrounding peaks.

After soaking in the scenery, you descend for the next 3 hours through beautiful forests and peaceful countryside trails to reach Phedi. Your memorable trekking journey officially concludes here, followed by a short and scenic 30-minute drive back to the comfort of Pokhara.

- Accommodation: Hotel in Pokhara
- Elevation: Phedi at 1,130m / 3,707ft *(Dhampus at 1,650m / 5,413ft)*

Day 14: Pokhara Full Day sightseeing.

This city Known as the adventure capital and the scenic jewel of Nepal, today is dedicated to exploring the rich landmarks, tranquil lakes, and thrilling outdoor activities of Pokhara.

- Scenic Lakes & Waterways: Experience the beauty of Pokhara's major lakes—Phewa Lake, Begnas Lake, and Rupa Lake—ideal for peaceful sightseeing and boating. Take a traditional rowboat across Phewa Lake to visit the sacred Tal Barahi Temple nestled on its own island.

- Cultural & Natural Landmarks: Tour iconic spiritual and historical sites, including the centuries-old Bindabasini Temple, the serene World Peace Pagoda (White Peace Gumba), and the vibrant alleys of the Old Market. Delve into subterranean wonders like Davis Falls (Patale Chhango), Gupteswor Mahadev Cave & Temple, Mahendra Cave, and the Bat Cave, alongside rich alpine history at the International Mountain Museum.

- Adventure Sports & Viewpoints: For thrill-seekers, Pokhara offers world-class outdoor adventures, including tandem paragliding, high-speed zip-flying, and extreme skydiving (available seasonally in November), all paired with sweeping Himalayan vistas from the famous Sarangkot Viewpoint.

- Accommodation: Hotel in Pokhara

- Elevation: 827m / 2,713ft

Day 15: Drive/flight back to Kathmandu by tourist bus/plane

Your incredible Himalayan trekking journey concludes today as you make your way back to Kathmandu. Depending on your preference and travel style, you can choose between two convenient options:

- By Road (Scenic Drive): Embark on a long, adventurous day's drive along the highway. This overland route provides numerous scenic opportunities, thrilling winding roads, and

picturesque views of river valleys and hillside villages along the way.

- By Flight: Alternatively, you can easily catch a short domestic flight back to Kathmandu from Pokhara, offering a swift, comfortable aerial journey that saves time.

Upon your return to Kathmandu, you will be transferred back to your hotel to check in, unpack, and enjoy a well-deserved evening celebrating the successful completion of your Annapurna trek.

- Accommodation: Hotel in Kathmandu
- Elevation: 1,350m / 4,429ft

Day 16: Final departure from Kathmandu.

Your unforgettable Himalayan adventure comes to an official close today. After breakfast and final checkout from your hotel, our team will provide a comfortable transfer to Tribhuvan International Airport (KTM) for your international departure flight home.

We truly thank you for being a wonderful part of our tour and travel family. As we bid you farewell, we hope you leave Nepal with a camera full of majestic mountain memories, a renewed spirit, and a standing invitation to return to the Himalayas for another of our exciting programs in the future!

- Farewell: Airport drop-off service included
- Elevation: Kathmandu at 1,350m / 4,429ft

Inclusions

Airport Transfers & Accommodation Support

- Airport Pick-up & Drop-off: Private transfer from Tribhuvan International Airport to your hotel in Kathmandu upon arrival and back for your final departure.

Expert Guide & Support Crew

- Fluent English-Speaking Guides: Professional, licensed sightseeing guides for Kathmandu city tours and experienced trekking guides for the trail.
- Sherpas & Porters: Dedicated trekking guides, Sherpas, and porters to safely carry all personal gear and group equipment (typically 1 porter shared between 2 trekkers).
- Staff Well-being: Comprehensive insurance coverage, daily allowances, and safe working conditions for all trekking staff.

Permits & Official Fees

- All Trekking Permits & Conservation Fees: National Park entry fees, Annapurna Conservation Area Permit (ACAP), and the Trekkers' Information Management System (TIMS) card.
- Cultural Site Entrance Fees: All standard entrance fees for guided sightseeing spots along the route.

Meals & Hydration on the Trek

- Full Board Meals: Fresh, hygienic breakfast, lunch, and dinner served daily throughout the entire trekking period.
- Safe Hydration & Hot Drinks: Properly boiled drinking water, regular tea, and coffee provided while on the trek.

Transportation & Flights

- Domestic Travel: All domestic bus tickets or regional flights between Kathmandu and Pokhara, including standard airport taxes.
- Trail Transport: Private or local ground transportation to and from the designated starting and ending points of the trek as applicable.

Safety & Trail Essentials

- Medical Support: Comprehensive first-aid kit carried by your guide for safety and health monitoring.
- Navigation Aid: Official trekking map provided for the route.

Special Extras & Celebrations

- Official Company T-shirt: A commemorative souvenir t-shirt from the trekking team.
- Trip Completion Certificate: A personalized certificate celebrating your successful summit at Annapurna Base Camp.
- Farewell Dinner: A special celebratory group farewell dinner hosted in Kathmandu to wrap up your adventure.

Exclusions

Meals & Beverages

- Kathmandu City Meals: Lunch and dinner during sightseeing days in Kathmandu (allowing you the flexibility to explore local restaurants).
- Extra Beverages: Bottled mineral water, cold soft drinks, alcoholic beverages, and specialty drinks during the trek (note that standard boiled water, tea, and coffee are included).

Documentation, Tickets & Fees

- International Airfare: International flights to and from Tribhuvan International Airport in Kathmandu.
- Entry Visas: Nepal entry visa fees (easily obtained upon arrival at the airport).
- Travel Insurance: Comprehensive personal travel insurance, which is mandatory and must cover high-altitude trekking and emergency evacuation.

- Monument Entry Fees: Admission tickets for cultural and historical monuments during city sightseeing days in Kathmandu and Pokhara.

Personal Gear & Trail Expenses

- Personal Equipment: Personal trekking clothing, boots, sleeping bags, and specialized trekking gear.
- On-Trail Extras: Incidental personal expenses during the trek, such as hot showers, device battery charging, Wi-Fi access, and international telephone calls.
- Staff Gratuities: Tips and gratuities for trekking guides, porters, and local drivers.

Safety & Contingencies

- Emergency Rescue: Costs associated with emergency evacuation, rescue operations, or medical treatment.
- Unforeseen Disruptions: Additional expenses resulting from unexpected circumstances outside the agency's control, such as adverse weather conditions, natural disasters, road blockages, flight delays, or cancellations.