



Ghorepani Poonhill Trekking - 6 Days



Trip Facts

Destination	Nepal
Duration	6 Days
Group Size	2 - 18
Trip Code	DWTTK05
Grade	Easy
Activity	Annapurna Treks
Region	Annapurna Region
Max. Altitude	3,210m at Poon Hill
Nature of Trek	Lodge to Lodge Trekking
Activity per Day	Approx. 4-6 hrs walking
Accommodation	Hotel in Pokhara and Hotel/Lodge/ Tea House during the trek
Start / End Point	Pokhara/ Pokhara
Meals Included	Breakfast in Pokhara Hotel and all Meals (Breakfast, Lunch, Dinner) during the trek
Best Season	Feb, Mar, Apr, May, June, Sep, Oct, Nov & Dec.
Transportation	Kathmandu- Pokhara-Kathmandu by Tourist Bus, Pokhara -Birethanti, Ghandruk Phedi - I

A Leading Himalayan Trekking & Adventure Specialists

TRULY YOUR TRUSTED NEPAL'S TRIP OPERATOR.

Visit Nepal is incomplete without a trek to Poonhill, spectacular sunrise view over the Himalayas, Ghandruk, a mountain village on the lap of Annapurna south, and Machhapuchhre, and Pokhara scenic...









Its Notice to all our valuable clients who are joining Ghorepani Poon Hill Trekking with us that our journey begins with a 6-7 hour bus ride from Kathmandu to Pokhara (approx 200 km) which is included in the package, however, if you want to take a domestic flight from Kathmandu to Pokhara (20 mins approx) and also from Pokhara to Kathmandu, we can provide that with an additional flight cost which is not included in the package. Discovery World Trekking would like to recommend all our Valuable clients that they should arrive in Kathmandu a day earlier in the afternoon before the day we departed and start our Ghorepani Poon hill Trekking next day, To make sure that you'll attend our Official Briefing as an important Pre-meeting. The reason we do so is we want to make sure that you get proper mental guidance and necessary information just to have a recheck of equipment and goods for the journey so that if you have forgotten something then we'll provide you with that ASAP.

About the Trip

Visit Nepal is incomplete without a trek to Poonhill, spectacular sunrise view over the Himalayas, Ghandruk, a mountain village on the lap of Annapurna south, and Machhapuchhre, and Pokhara scenic and beautiful valley of lakes. Poonhill trek is a short and enchanting introduction to trekking yet to be considered one of the top ten most popular trekking routes in the world, offers spectacular views of the Annapurna and Dhaulagiri.

- ✔ Best Price Guarantee
- ✔ Hassle-Free Booking
- ✔ No Booking or Credit Card Fees
- ✔ Team of highly experienced Experts
- ✔ Your Happiness Guaranteed

Highlights

-  Spend a day Clean, Green and peaceful city of lake, Pokhara
-  Beautiful panorama views of famous mountain range from Poonhill view tower
-  Reach Ghorepani Poonhill(3210m)
-  relaxing Hot spring at Jhinu danda
-  Short and suit for any aged group
-  No fear of Altitude Sickness or Acute Mountain Sickness
-  Pretty villages and farmland at Ghandrung,
-  Get a taste of rural Nepalese life

What is Included?

- ✔ Both way transportation service between Kathmandu and Pokhara by Tourist bus.
- ✔ Private transport from Pokhara bus station to your hotel in Lakeside, Pokhara.
- ✔ Two nights accommodation with Breakfast (room with attached bathroom) at " Hotel Crown Himalayas" in Pokhara.
- ✔ Accommodation: Three nights room with attached bathroom Tikhedunga/uleri, Ghorepani and Jhinu Danda and one night standard room at Tadapani during the trek (Generally Twin Sharing Room)-4 Nights
- ✔ Both way private transportation service from Pokhara to Birethanti (trek start)and Ghandruk Phedi (trek end) to pokhara.
- ✔ Included meals (6 Breakfast, 5 Lunch and 4 Dinner during trek.
- ✔ Government License holder Discovery World Trekking experienced and qualified trek leader (guide), assistant trekking guide, (12 or Above trekkers: 1 assistant guide) and porter to help trekkers luggage (2 trekkers:1 porter "9 kg per trekker max limit")..
- ✔ Coverage of guides and porters meals, insurance, salary, lodging, transportation and other necessary equipment.
- ✔ Annapurna Conservation Area Permit (ACAP) Fee.
- ✔ Trekkers Information Management System (TIMS) card fee.
- ✔ All Government and Local Taxes.
- ✔ Water purification tablets for safe drinking water

- ✔ Snacks (cookies) and Seasonal fresh fruits every day
- ✔ Assistance in arranging rescue operation in case of complicated health condition (funded by travel insurance).
- ✔ Souvenir - A company's T-shirt & Cap
- ✔ Discovery World Trekking appreciation of certificate after over the successfully trek.
- ✔ Farewell Dinner at the end of the trek

🗘 What is Excluded?

- ⊖ International Flight.
- ⊖ Nepal Entry Visa Fees for multiple Entries on arrival at Tribhuvan International Airport- (15 days - \$25-30, 30 days- \$40-50 and 90 days- \$100-110)
- ⊖ Excess baggage charges (Limit is 9kg per Person)
- ⊖ Accommodation, all meals at Kathmandu.
- ⊖ Lunch and Dinner in Pokhara.
- ⊖ Extra night accommodation, Meals in Kathmandu and Pokhara due to early arrival or late departure, early return from the trek.
- ⊖ Personal expense such as shopping, snacks, bar bills, bottle or boiled water, shower, Wi-Fi, laundry, telephone call, battery re-charge fee extra porters etc.
- ⊖ Personal clothing and gear.
- ⊖ Travel insurance.
- ⊖ Tips for guide and porters (Recommended by the Culture)
- ⊖ Additional costs or delays caused by management out of control like landscape, bad weather condition, in case of itinerary modification with a view to safety concern, illness, change of government policy, political instability raises strike, moment etc.
- ⊖ All the costs and expenses which are not listed in "cost includes" will be counted as Excludes

🔍 Overview

Ghorepani Poon hill trekking is a short week-long trek in the foothills of the Annapurna to Ghorepani Poonhill. Enjoy trekking through beautiful mountain scenery and charming Gurung villages in, dense rhododendron forests full of birds and deep sub-tropical valleys, all set below the Annapurnas with the picturesque fluted peak of Machapuchare (Fish Tail Peak) dominating the skyline.

You get the best sunrise views over the **massive Annapurna, Dhaulagiri Nilgiri, Hiunchuli, and Machhapuchhre (6,993m)** from the top of **Poon Hill (3,210m/10,531ft)** located above the **village of Ghorepani**. You can immerse yourself in nature, beauty, and fascinating culture through one of the most scenic routes in the world.

This journey begins with a drive from **Kathmandu to Pokhara** to Berithanti/Uleri. We kick start our trek at Berithanti/Uleri. We trek through the rice terraces along Modi Khola to Tikhedhunga .we get to view snow-capped mountains, stone-paved hiking trails, scenic villages, varieties of flora and fauna being very close to Mother Nature, Next day we trek along the Modi Khola to Birethanti and climb to Ghorepani, you can explore the villages and interact with the people to get an insight on their life and culture also you'll be rewarded with fantastic views of the Annapurnas, Machhapuchhare, and Hiunchuli as well as our first peak of Dhaulagiri.

Early morning, the next day we make our way to poon hill to watch the renowned sunrise over the **snowcapped Himalaya**. From Poon Hill, we see a fantastic sight of glaciers, and mountain ranges from **Hiunchuli, past Annapurna South to Annapurna I (8,097m/26,566ft) Gangapurna, Khangsar Kang, Annapurna III, and Machhapuchhare**. Then we return through the large Gurung village of Ghandruk with a visit to the museum and stop at Jhinu Danda to relax in the natural hot springs there. our trek finishes and we drive back to Pokhara.

The trekking on the foothills of Poon Hill is the perfect destination for renowned culture and nature with lush forests and beautiful landscapes that anyone can accomplish in a short period of time.

Day to Day Itinerary

Day 1


Drive From Pokhara to Nayapul /Birethanti (1039m/3,250 ft), trek to Tikhedunga - Uleri (1,540 m/5,050 ft)

Itinerary Facts

Driving Hours	(43km / 26 mile) - 2hrs
Highest Altitude	1,540 m/5,050 ft
Trek Distance	7 km/ 4.34miles
Trek Duration	3-4 hrs

After a nourishing breakfast meal, we enjoy a short drive through the beautiful landscape on the way to **Nayapul/birethanti or off-road of Hile**, we start our trek here. The route follows a pleasantly through the fertile jungle and terraced fields along a rushing river. then follow the trail through the north bank of the Bhurung Khola, steadily up the side of the valley to **Hille(1,495m)** and after a short climb, we reach **Tikhedhunga(1570m)**. The Trek leads steeply up to **Uleri (2073 meters)**, a large beautiful Magar village.

 Overnight at "Hotel Purinima" with attached bathroom.

 Included meals (Breakfast + Lunch + Dinner)

Day 2

Trek from Uleri (1,540 m/5,050 ft) to Ghorepani (2,860 m/ 9,385 ft)

Itinerary Facts

Trek Distance	11 km / 6 miles
Highest Altitude	2,860 m/ 9,385 ft
Trek Duration	3-4 hrs

Today, we walk starts from the beautiful village of Uleri towards Ghorepani Poon Hill. we can take in astonishing views of the **snowy peaks of the Annapurnas, Machhapuchhare**, and **Hiunchuli**. Then we ascend more gently through the rhododendron forest to **Nanghethani(2460m)**. After an hour more walking we reach our destination **Ghorepani**, a spectacular settlement located on a ridgeline. The hillside below the Ghorepani is swathed in eight different species of **Rhododendron, Nepal's national flower**.

 Overnight at "Hotel Snow Land" with attached bathroom.

 Included meals (Breakfast + Lunch + Dinner)

Day 3

Early morning hike to Poon Hill viewpoint (3,210 m/ 10,525 ft) , then trek to Tadapani (2,630 m/8,630 ft)

Itinerary Facts

Trek Distance	11.50 km / 7.1 miles
Highest Altitude	3,210 m/ 10,525 ft
Trek Duration	4hrs

Today we have an early start on the day. We ascend to Poon Hill just in time to view the breathtaking sunrise over the Himalayas. We can view a brilliant panorama of mountain ranges from **Poon Hill (3210m)** of mountains **Dhaulagiri I 8167m, tukuche 6920m, Nilgiri 6940m, Annapurna South, Annapurna I (8091 m), Hiunchuli(6441 m)**, and much more. After enjoying the views, we return to our lodge for a **hearty breakfast**, and then follow a pleasant forest trail through rhododendron and oak groves to **Deurali(2960 m)** on a trail that connects the **Ghorepani-Tatapani** trail at Chitre. The trail descends through **rhododendron forests** to **Banthanti (2606m)**. after crossing to the north side of the stream the trail goes uphill and enters a cane field to **Bhurung Khola** before climbing again through the steep forests for 20 minutes to finally reach **Tadapani (2710m)**, another beautiful village with great views of the peaks!



Overnight at "Hotel Grand View Lodge"



Included meals (Breakfast + Lunch + Dinner)

Day 4

Trek from Tadapani (2,630 m/8,630 ft) to Jhinu Danda (1780m/6,393 ft) and nearby natural hot springs

Itinerary Facts

Trek Distance 8 km / 4.9 miles

Highest Altitude (2,630 m/8,630 ft)

Trek Duration 4 hrs

We continue our way down to the **Kimron Khola** and ascend, passing through the serene forests of **rhododendron**, **bamboo**, and **oak**. We then ascend to **Chomrong village** before dropping by the small peaceful settlement of **Jhinu danda**. This village has a nearby riverside **hot springs** where we can soak our tired muscle.



Overnight at "Hot Spring Cottage" with attached bathroom.



Included meals (Breakfast + Lunch + Dinner)

Day 5

Trek from Jhinu Danda (1780m/6,393 ft) to Siwa/Ghandruk Phedi (1,150m/3,770ft), drive to Pokhara (820m) via Nayapul (1050m)

Itinerary Facts

Trek Distance km / 2.4 miles

Highest Altitude 1780m/6,393 ft

Trek Duration 3-4hrs

Driving Hours 2-3hrs

We have reached our final day on the **trekking trails**. After leaving **Jhinu Danda hot spring** We follow the plain dust road along the right of **Modi Khola** which is regarded as one of the best and most relaxing walks of the entire trek. We reach **Siwa/Ghandruk Phedi**. We then say goodbye to the trails and make a return drive through **picturesque countryside** to Pokhara. **Accommodation** at a hotel near the lake.



Overnight at "Hotel Crown Himalayas" with attached bathroom.



Included meals (Breakfast + Lunch)

Day 6

Drive from Pokhara (820 m/ 2,690 ft) to Kathmandu (1,350 m/4,450 ft)

Itinerary Facts

Driving Hours (205 km /127 miles) - 6-7 hrs

Early morning we depart from **Pokhara to Kathmandu**. The 200 km route goes along the **Marsyangdi River** and then the **Trishuli river** offering a good view of the natural scenery and farmland. The bus makes one last climb and we arrive at the valley of the **gods, Kathmandu**.



Accommodation at your selected Hotel in Kathmandu.



Breakfast

Route Map



Trips Notes

The beginning of the journey towards Ghorepani Poonhill Trekking

The first day is your arrival day in Kathmandu (Tribhuvan International Airport-TIA), Nepal. On the second day, we drive to Pokhara. Tourist bus departures around 7 a.m. every day from Kathmandu. Pokhara is a gateway to start the Ghorepani Poonhill trekking.

Both way Tourist bus for Kathmandu- Pokhara is included in the package. The flight/private transportation is provided at an extra cost.

Don't Worry, We'll Pick You!

Discovery World Trekking provides free airport arrival and departure transfer on any flight for the **Ghorepani Poon Hill Trek package**. You will be received from our representative crew from Discovery World Trekking regardless of the flight you take holding a pamphlet of your name and our company name with a warm-hearted welcome with either a khada or a marigold garland and you'll be escorted to your hotel with all comfort possible.

Accommodation Details During The Trek

6 Days **Ghorepani Poonhill trek** includes **four nights** lodge to lodge stay at a mountain and **two nights** in Pokhara hotel where we use the best available lodge and select the best accommodation in trekking. We provide **three nights** twin sharing room with private attached bathroom at Tikhedunga/uleri, Ghorepani and Jhino Danda, **one night** twin sharing standard accommodation at Tadapani.

We spend two **nights hotel in Pokhara**, accommodation with attached bathroom, TV, 24 hours hot water, power, and laundry facility.

For solo trekker -a single private room with attached bathroom in the available lodge, single private accommodation in other places of the itinerary.

Two nights of Hotels in Kathmandu before and after the trek is required which is not included in the package. Kathmandu has a wide range of hotels for all budgets and your interest. We prefer your choice.

Hot showers, Wi-Fi will be available at an extra cost in possible places.

The Meals

Our trek is all over high elevations near the **world's highest peak** which means your body needs enough carbohydrate, protein, nutrition as food is fuel for the body to hike on such humongous Himalayan trails. **The meal** on this trek is very convenient but not as in cities.

There will be **6 Breakfasts, 5 Lunch, and 5 Dinners** will be provided in the trek.

Some of the popular menu items are -

Six breakfasts - (Oatmeal, Corn Flakes, French toast with Jam, Butter, Cheese, and Honey Tibetan bread or Chapati Local tsampa porridge, Hashed brown eggs, Varieties of eggs (Omelets) Pancakes Muesli Breads Fruits and Vegetables Hot drinks like varieties of teas and coffees Hot chocolates, etc)

Five lunch - (Dhal, Bhat & Tarkari (Dal Bhat power 24 hours) Tibetan Bread Various Soups items Sherpa Stew Steaks Sandwiches Momo (dumplings) Macaroni dishes Tenduk Spaghetti Noodles Thukpa Pasta Vegetable curry Potatoes items Vegetable and salad Pizza (Tomato, Mushroom, Mixed) Snakes (Papad, Prawn) Desserts items (Rice Pudding, Apple pie), etc)

Five dinners - (Dhal, Bhat & Tarkari Tibetan Bread Various Soups items Sherpa Stew Steaks Sandwiches Momo (dumplings) Macaroni dishes Tenduk Spaghetti Noodles Thukpa Pasta Vegetable curry Potatoes items Vegetable and salad Pizza (, Tomato, Mushroom, Mixed) Snacks (Papad, Prawn) Korean Raman Desserts items (Rice Pudding, Apple pie), Hard Drinks Steaks, etc.) are available on the menu during the trek.

The best selected from the menu of the lodge which will be fresh, hygienic, tasty, and nutritious. The menu is a combination of traditional local, Asian, and western cuisine almost everywhere but as we go up close, the menu list will be shorted. We highly recommend liquids green tea, lemon tea, hot lemon, ginger tea and garlic soup(must), etc. at high

altitude and also the fresh vegetable items for health benefit.

There plenty of non-veg items will be available we won't recommend any of them because the meat in such places is not hygienic and healthy during the trek. We highly encourage to avoid dairy and cheesy items and strongly suggest not to consume Alcoholic drinks, caffeinated items, hot chocolates as experts suggest to avoid such items during such high elevation treks.

Note- Lunch and dinner at Pokhara shall not be provided by the company.

All Personal Bills (Alcoholic Drinks, Hot and Cold Drinks) in tea house/ Lodges or in cafe except Standard Meals(Breakfast, Lunch, Dinner with seasonal fruits) are excluded from Package

Best Time To Trek Ghorepani Poon hill trek

The weather is one of the most important factors to look at when deciding to trek to **Ghorepani Poon hill trek** cause no one is beyond nature. People trek 12 months of the year up to **Ghorepani Poon Hill trek** but certainly, there is ups and downs in every season, It is best suited to trek during the spring and the autumn as the sky is crystal clear from dusk till dawn, the rainy weather stops and thick sun-blocking clouds also fades. The Magic of clear azure skies provides the most spectacular vistas. With added those breathtaking views,

Tho during the **winters and monsoon**, it becomes a bit challenging to trek due to heavy snowfall, cold temperature but that's what excites many trekkers. Although trekking is possible throughout the year each season has different advantages and attractions and advantages offer for trekking in the Annapurna region. The temperature in the mountains also depends according to the altitude range – the higher the altitude, the lower the temperature. In brief, below are the detailed information about the climatic condition of every quarter of months.

March-May - Spring

Destination towards **Ghorepani Poon hill in Spring (March-May)** is a season in which mountain lovers and travel enthusiasts come to Ghorepani Poon hill in a very large number. In this season, the climate is mild, the rainfall is quite low and the trekking conditions are perfect.

The mean daily temperature in the Ghorepani Poon hill is **between 5 to 15 degrees C**. Lower regions along the trek are even warmer making it pleasant for any nature lover. Trekking season begins after March in the spring. By April, the trek route throughout the Himalayas will be rewarded with different full blossom rhododendron of red, pink, and white even at an elevation of over 3,000 meters.

The temperature starts rising from mid-March up to mid-May. The weather is cool at this time. The sky is very clear and you can enjoy the clearest views of the mountains.

June to August -Summer

If you are coming to trek **Ghorepani poon hill** in between July to August, you are signing up for summer. Summer season falls in the month of June, July, and August.

Summer is the month of the hottest temperature and therefore has the most pleasant trekking conditions compare to other months. But the monsoon that coincides with the summer means that you have to be more careful with your preparation as the trekking trails might be wet and slippery. It usually rains during this season.

Monsoon generally begins around the end of June and continues up to the second week of August.

The temperature during the days usually ranges from **15°C to 25!** and gets relatively colder at night (**5°C to 15?**) mornings are usually clear with clouds building up during the afternoon and disappearing again at night.

Though the rain may cause some problems. various plants bloom during this season, the valleys will be a green and totally different view than during other seasons.

September to November -Autumn

Autumn (**September, October, November**), like Spring, is a season that invites travelers around the world to trek in the **Ghorepani Poon hill**. Moderate temperatures, mild wind, and low precipitation make Autumn a season of wonderful trekking conditions.

This is a favorite among tourists with the most favorable weather and perfect climate condition. The sun shines brightly the skies are clear you get a superb view of mountains and the temperature is perfect for the daytime trek. you can enjoy spectacular starry skies since the sky is clear at night.

The monsoons will be over by early September and the weather ranges from mild to warm days. **Daytime temperatures** can reach up to 20c in high altitudes, the nights are colder with temperatures that may go down around 5c. the greens that grew during monsoon fade to golden/amber proving a spectacular contrast against the crystal blue skies, grains are ripening in the enclave.

The environment is clean and the lowlands are lush. The biggest festivals of Nepal like **Dashain, Tihar** also fall during these seasons. It is also a busy season, the clearest month, with the crisp and sparkling sky. The daytime temperatures

at this month are usually the most stable, from mild to cool conditions the humidity is also pretty dry with very cold nights

December to February- Winter

Winter (December - February) treks in the Annapurna region are as popular as the Spring or Autumn treks. The places along the Ghorepani Poon hill trek can be cold during the winter but that's what excites most trekkers. The temperature of Ghorepani Poon hill itself can be as low as 5 degrees 10C which tempts trekkers to visit this region in pleasant climatic conditions.

The coldest time is from **December** through early February, after late February, the climate gradually gets warmer. Temperatures get cold dropping to -5 degree C at high altitudes. Daytime is pleasantly and relatively warm with sunshine. Despite being cold the skies are usually very clear, mountain views are at their best. With snowy caps, it might snow and the ground will be snow the trails are the least busy at this time. It may not be the best season for beginners but experienced trekkers will have no problem.

The weather in the Himalayas is so unpredictable and the temperature may change quickly from day to night.

Physical Condition & Experience Requirements

6 days Ghorepani Poonhill trekking is an easy grade trek in the Annapurna region. The hiking is generally 4 to 5 hrs a day, taking regular breaks to capture the stunning mountain views. Trek routes on Ghorepani Poonhill are fairly ascent, decent and straightforward following well-established trails but this is a high mountain journey that has to walk along with the remote trails in the Himalayas. Trekkers who are able to hike 4 to 5 hours a day at a reasonable pace with a light day pack can take part in this trek. Some days may require longer waking hours. So you must be reasonably fit and prepared for long days. Trekking at higher altitudes is physically demanding than trekking in the lower altitudes. To join trekking, all participants should be in good health condition with normal physical fitness and have a positive attitude, self-confidence, and strong determination. It is very important to make sure you are as healthy as possible before starting trek. Participants with pre-existing medical conditions such as heart, lung, and blood disease should inform us before booking the trek.

Trekking group /single

We organize a group as well as a private trek. The price of group discount is applied with having your own paxes at your group and price will be the same whether group joining or private touring. We are able to lead and handle any size of the participants in a group. There will be a group leader Guide, a porter for every two trekkers, and an assistant guide for a group of 12 or above trekking members.

A typical day in Trek

A day of trekking will be rewarded with a unique experience providing to trek leisurely with plenty of time to enjoy the scenery, take photos, and explore the local village. During the trek, you are accompanied by an experienced, friendly, and qualified expert guide along with porters to carry out your baggage. You need to take your small regular day pack on hiking days. The day starts with an early morning cup of tea. Each morning after packing our bags and having a wholesome breakfast, we set off on the day's walk around 7 am -8 am, depending on the duration and nature of the day's walk. After trekking 3 to 4 hours, lunch will be served around midday on the route to the next destination and we continue after an hour rest. The afternoon walk is generally shorter being only 2 to 3 hours when we reach our overnight lodge we snack on the pre-prepared extra dietary snacks, then after dinner, we will have free time to explore nearby places. Dinner is provided around 6 to 7 pm. In the evening before going to bed, we discuss each group member's hiking experience of that day. And the guide will brief the next day trip plan. After completing the trip briefing we enjoy fun and games and entertainment. Trekkers love learning the Nepalese language from our Discovery World Trekking crews, playing cards, talking to and chatting with the crew members, reliving the day adventure, or reading books before heading off to bed for a well-deserved sleep.

Communication on trek

On the Ghorepani Poon Hill Trek, the use of internet service will be available at the lodges with some extra service charge. You can contact your family and friends via the lodges, but once we reach high altitudes communication will be through the phone for safety purposes.

We'll communicate all our valuable clients through our leader at least once a day to make sure you're fine, safe, feel right, and have everything up there.

You'll always be connected to **Kathmandu's DWT office** for any kind of help during the trek. Also, depending on the kind of network you use, there will be a signal but not very strong before the high altitude. At your request, we can provide you with a separate local sim card (Most of the places have wifi service available with an extra cost) for good access to connecting.

Normally Wi-Fi works every part of the trek in lodge/lodges which will be provided with an extra cost.

Electricity and battery recharge, water on the trek

Throughout the lodges at **Ghorepani Poon hill**, electricity for the camera and mobile battery recharge is available at an extra cost in all lodges. Most of the lodges have hydroelectricity and some of them have used solar panels. Water during the trek, you can buy either packed mineral water from local lodges and en route shop or filling boiled water at an extra cost. **A water purification pill** is will be provided to make water drinkable.

You shouldn't drink water from the river, tap, well up there cause it might not be drinkable as it seems.

Extra personal expenses on trekking

Discovery World Trekking tries to provide all extra expenses excluded from the package. Meals and accommodations in Kathmandu are up to our clients themselves as all kinds of **hotels/lodges (both luxury & budget)** can be booked easily online or even we can do it on request.

All our valuable clients will have to bring personal spending money with them to cover costs of meals and accommodations in Kathmandu, visa process, travel insurance policy purchase, beverages, snacks for the trek, hot and cold drinks, tips to the trekking crew members, souvenirs, etc.

We recommend bringing cash (dollars) which can be changed to rupees here cause during the trek only **Nepalese currency** is accepted.

Travel Insurance

This trip grade is **ranked easy** without risk of high altitude sickness. However, this mountain journey is not for usual visits, and other unforeseen or unexpected events may face such as injury, illness, flood, landslide or sudden climate changes, etc.

Travel insurance is a significant part of our booking condition for the Ghorepani Poonhill Trek. All the members of trekking must provide a copy of their comprehensive travel insurance policy certificate to Discovery World Trekking. The policy must cover medical and emergency repatriation inclusive of helicopter rescue and evacuation expenses at high altitude for trekking members.

Trekking members are kindly requested to send their detailed insurance information once they book for trekking. In case of emergency situations, we will be using the insurance policy and **informational documents** you sent us. This will help us arrange a quick and effective rescue operation, transfer for emergency medical help, etc.

Please ensure that the **insurance company** includes the cost incurred for mountain rescue service at the highest elevation of the trekking.

Passport and visa

All foreigners except Indian nationals must have a valid visa to enter Nepal. Visa is available on arrival at Tribhuvan International Airport upon entry in Kathmandu, Nepal, and at Nepal borders of India and Tibet. Visa can be easily

extended to the central immigration office. ; Visa application requires a passport with at least 6 months until expiration and one passport-size photo.

The current cost of visa for 30 days is US\$50(to be paid in cash) for 30 days that is required to make in cash. Other currencies are also accepted although rates may differ. Other nationalities should check entry requirements. visitors are requested to specify return flight tickets, time intended to stay in Nepal.

we recommended you schedule at least 1-2 days extra at the end of the trip just in case there is a delay. If no delay occurs we can arrange additional activity for your time in Nepal to help calculate the exact dates of these crossings we

have found the website to be very useful. The children under the age of 10 will get a free visa. Please be

advised to check the current regulation. Visa regulation can change without prior notice. Citizens of china as well as citizens of the South Asian Association for Regional Cooperation (SAARC) countries (Bangladesh, Bhutan, India, Maldives, Pakistan, and Sri Lanka) get a free visa. countries not entitled to get a visa upon arrival are Nigeria, Ghana, Zimbabwe, Swaziland, Cameroon, Somalia, Liberia, Ethiopia, Iraq, Palestine, and Afghanistan If you are a citizen of one of these countries, please contact your local Nepalese embassy.

Money exchange

Nepali Rupees (NPR/Rs) is the local currency.
(1 USD = ~ Rs.100 NPR).

You can exchange most foreign currencies Through banks and through money exchanges. money exchangers are also legitimate. You might be able to also exchange small amounts of cash at the hotel you are staying in. Money exchange facilities are available in Kathmandu and Pokhara. Money changers or Money exchangers in Kathmandu are found all over Thamel. The going rate is normally displayed in front of the stores on board. The official currency of Nepal is the Nepali Rupee (NPRs). Its symbol is often displayed as Rs. The government of Nepal has banned the import, export, and use of 500 and 1000 Indian Rupees in Nepal. You should ensure you are not carrying these notes on arrival in Nepal as they will be confiscated and you may be fined. Despite having the security advantage of traveler's cheque, many hassles problems like a lengthy process, and a high rate of the commission may take place during the processing at banks. You can withdraw cash (in Rupees only) from one of many ATMs in Kathmandu and Pokhara (if your card is linked to the International Cirrus System), or by exchanging your travel cash at a bank in Kathmandu, the service fee charge will impose on around four percent or more depending upon the bank. There is a daily transaction limit on cash withdrawing if you use the bank. Please note that most established banks in Asia will not accept foreign currency notes that are old, torn, or faded and they can be very difficult to exchange or extra fees added when exchanging at banks. Please ensure that you have new, clean notes. Please refer to www.xe.com/ for up to date rates.

Most of the established banks in Asia will not accept foreign currency notes that are old, torn, or faded. Please ensure that you have new, clean notes

How Much Luggage can I take during ghorepani poon hill Trek?

The weight limit for your luggage, Porters will be assigned to carry your luggage. Two people will be assigned one porter, combined luggage should not exceed more than **18 kgs**. We never overload our porters. but a should carry your own knapsack or backpack **(with your valuables or anything important) on your own.**

Only carry what the essentials, You can leave any excess baggage either at your hotel or at the Discovery World Trekking store for free.

We'll recheck everything (Luggage, equipment, etc.) in our briefing before we start our journey from our Office.

Ghorepani Poon hill Trek Safety




Discovery World Trekking guarantees **our valuable client's safety, security, and satisfaction. Safety** is the utmost important concern for us. For the trek, we will be carrying all the necessary gears, equipment, and first aid kits. Our leaders and guides have vast knowledge and have extensive first aid training. If a trekker falls sick due to the altitude, it is entirely up to the trekker to decide if he/she will further continue as health is very important. In case of emergency, the rescue helicopter will always be ready to bring you back from the higher elevation. During the trek, every group will be together so that everyone is safe and won't wander off alone.

Equipment Checklist

Equipment list for Ghorepani Poonhill trekking

Depending on the season you wish to go trekking you may have to make adjustments to clothing and equipments however these are the necessities list we prepared keeping your comfort and utility in mind. We never recommend our clients to bring over equipments which are not necessary for the trek.

Head

-  Sun hat or scarf
-  Winter hat or insulating hat or a wide-brimmed hat
-  Headlight with extra batteries

Face

- ☞ Sunscreen
- ☞ Sunglasses with UV protection
- ☞ Face/body wipes

Hands

- ☞ Lightweight gloves
- ☞ Heavyweight winter gloves

Body

- ☞ Hiking shirts
- ☞ Long sleeved shirt made of synthetic fiber
- ☞ Hooded rain jacket
- ☞ Fleece jacket
- ☞ Lightweight cotton pants
- ☞ T-Shirt (bring lightweight wool)
- ☞ Polypropylene underwear
- ☞ Down jacket (available for rent in Kathmandu)
- ☞ Sweater
- ☞ Waterproof jacket and pants

Footwear

- ☞ Hiking Boots that been worn in
- ☞ Thick wool socks (Take an extra pair of thick light socks)





Essential gear

- ☞ Backpack or daypack (Size depends on whether you take porter or not)
- ☞ Thermal bottle
- ☞ Water purification
- ☞ Trekking pole
- ☞ Sleeping bag (-15 degree bag is best in the high altitude trekking)
- ☞ Toiletries (toilet papers, toothpaste, toothbrush)




Toiletries

- ☞ Medium size drying towel
- ☞ Tooth brush
- ☞ Toothpaste
- ☞ Deodorant/ floss
- ☞ Bio degradable bar soap
- ☞ Nail clippers
- ☞ Small mirror

Personal accessories

-  Money
-  Watch
-  Cell phone
-  Camera

Extra items

-  First aid kit
-  Extra passport photos and photocopies of passport
-  Notebook and pen
-  Binoculars

Join Upcoming Trips

The given prices are per person basis and fixed in which the International flight cost has excluded. In addition, trek cost includes and excludes details is applied. The dates schedule is fixed, 100 percent guaranteed and confirmed to departure trekking. We are flexible to organize trek in your own departure trek date. We organize private and group trek. For this, trekker can send us message submitting your own departure trek date.

Departure Dates	Price
29 Nov, 2020 - 05 Dec, 2020	\$790 \$370
02 Dec, 2020 - 08 Dec, 2020	\$790 \$370
05 Dec, 2020 - 11 Dec, 2020	\$790 \$370
07 Dec, 2020 - 13 Dec, 2020	\$790 \$370
09 Dec, 2020 - 15 Dec, 2020	\$790 \$370



Discovery World Trekking

Paul Gurung (CEO/Founder)

Mailing Address: Post Box: 21576, Kaldhara Marg, Thamel, Kathmandu, Nepal, Kaldhara Marg, Thamel, Kathmandu, Nepal

Phone: [+977 1 4252366](tel:+97714252366)

Mobile: [+9779840055491](tel:+9779840055491)

E-Mail: info@discoveryworldtrekking.com

Skype: discovery1120

Phone: [+977 1 4252366](tel:+97714252366)

Location: Saat Ghumti Chowk, On the way to Kaldhara Marg, Near to the International Guest House, Kaldhara, Thamel, Kathmandu, Nepal. [Opening hours – 8 Am to 7 Pm]

24 Hrs. Emergency Call

[+977 9851054143](tel:+9779851054143)

or [+977 9840055491](tel:+9779840055491)

Quick Questions? Email Us

info@discoveryworldtrekking.com

Talk to an Expert

[+9779840055491](tel:+9779840055491)  

