



## Bridge Nepal Treks & Travels

Ananda Bhairab Marg, Naxal, Kathmandu

Phone: +977 9802397328 | +977 9851425260

Email: [info@bridgenepaltreksandtravels.com](mailto:info@bridgenepaltreksandtravels.com)

Website: [www.bridgenepaltreksandtravels.com](http://www.bridgenepaltreksandtravels.com)

# Annapurna Base Camp Trek via Ghorepani Poon Hill - 13 Days Himalayan Adventure Nepal | Guided outdoor activities in Nepal

<b>Price</b>	1000.00
<b>Duration</b>	12 Nights and 13 Days
<b>Location</b>	Nepal

### Tour Overview

Annapurna Base Camp Trek via Ghorepani Poon Hill is one of Nepal's most complete Himalayan journeys, blending classic trekking culture with high-altitude alpine wilderness and iconic sunrise viewpoints. Having walked this route multiple times, I can confidently say it offers a rare progression where every day transforms the landscape, culture, and atmosphere until you stand inside the natural amphitheater of the Annapurna Sanctuary.

The journey begins in Kathmandu, where travelers experience Nepal's cultural heartbeat before moving toward Pokhara, a serene lakeside city framed by the Annapurna range. From Ulleri, the trail quickly climbs through stone stairways and terraced hills into rhododendron forests alive with birdsong. Ghorepani introduces warm teahouse hospitality and sweeping views of Dhaulagiri and Annapurna South. At Poon Hill, sunrise paints the Himalayas in gold, revealing a vast panorama of peaks including Annapurna I, Machhapuchhre, and Nilgiri.

Beyond Tadapani and Chhomrong, the route descends and re-enters the Modi Khola valley, where landscapes become increasingly dramatic. Bamboo and Dovan are wrapped in dense forest, waterfalls, and mist-filled gorges. Deurali marks the transition into alpine terrain, where cliffs rise sharply and Machhapuchhre dominates the skyline.

Reaching Annapurna Base Camp at 4,130m is a powerful moment, surrounded 360 degrees by towering Himalayan giants. The glacier-lit basin feels sacred, with Annapurna I, Hiunchuli, and Machhapuchhre enclosing the sanctuary. Cultural encounters with Gurung villages such as Chhomrong and Jhinu Danda add depth, where traditions, hospitality, and Himalayan resilience are deeply felt. Jhinu's natural hot springs provide a soothing reward after days of trekking.

Accommodation throughout the journey is in carefully selected teahouses offering warm meals, comfortable bedding, and authentic mountain hospitality. This trek is not just a route—it is a complete Himalayan experience combining sunrise viewpoints, cultural immersion, alpine adventure, and one of the most spectacular base camp destinations in Nepal.

### Trip Highlights

- Experience two of Nepal's most iconic destinations in a single journey: the sunrise viewpoint of Poon Hill (3,210m) and the spectacular Annapurna Base Camp (4,130m) inside the Himalayan sanctuary
- Start the journey in Kathmandu, exploring Nepal's cultural heritage, ancient temples, and vibrant Himalayan gateway atmosphere before heading to the mountains
- Scenic drive or flight to Pokhara, a beautiful lakeside city surrounded by the Annapurna and Machhapuchhre mountain ranges
- Trek through traditional Magar and Gurung villages such as Ulleri, Ghorepani, Tadapani, and Chhomrong, offering deep cultural immersion and authentic Himalayan lifestyle experiences
- Walk through dense rhododendron forests, especially vibrant in spring, with rich biodiversity, waterfalls, and peaceful mountain trails
- Witness a breathtaking sunrise from Poon Hill with panoramic views of Dhaulagiri, Annapurna I, Machhapuchhre (Fishtail), Nilgiri, and surrounding peaks
- Enter the heart of the Annapurna Sanctuary, a dramatic natural amphitheater surrounded by towering snow-capped mountains
- Explore the iconic Chhomrong village, a gateway settlement offering stunning close-up views of Annapurna South and Hiunchuli
- Trek through the mystical Modi Khola valley with bamboo forests, hanging cliffs, waterfalls, and alpine wilderness landscapes
- Reach Machhapuchhre Base Camp and Annapurna Base Camp, surrounded by 360-degree Himalayan peaks in a powerful glacial basin
- Experience sunrise at Annapurna Base Camp, where golden light illuminates Annapurna I, Hiunchuli, and Machhapuchhre in a surreal mountain setting
- Enjoy warm teahouse accommodation throughout the trek, with every stop offering breathtaking Himalayan views from your room
- Relax in natural hot springs at Jhinu Danda, a perfect way to unwind after completing the high mountain journey

- A complete trekking experience combining adventure, culture, nature, and some of the most dramatic Himalayan scenery in Nepal
- Ideal for trekkers seeking a balanced route with both classic viewpoints and high-altitude base camp achievement

## Detailed Itinerary

### Arrival in Kathmandu (1,400m)

Altitude: 1,400m

Distance: N/A

Duration: Arrival day

Arrive in Kathmandu, the cultural and historical heart of Nepal. Transfer to a comfortable hotel in Thamel and attend a detailed trek briefing. The evening offers a gentle introduction to Nepal's vibrant atmosphere, with traditional architecture, local markets, and distant Himalayan impressions on clear days.

Accommodation in Kathmandu

### Flight or Drive to Pokhara (820m)

Altitude: 820m

Distance: 200 km (drive) or 25 min (flight)

Duration: 6-7 hours drive or short flight

Travel to Pokhara, a serene lakeside city framed by the Annapurna and Machhapuchhre ranges. The drive follows rivers, green hills, and traditional settlements. Upon arrival, enjoy views over Phewa Lake reflecting snow peaks. Accommodation in a boutique hotel near the lakeside.

### Drive to Nayapul & Trek to Ulleri (1,540m)

Altitude: 1,540m

Distance: 8-10 km trek

Duration: 4-6 hours

Begin trekking from Nayapul or drive up to Ulleri for a shorter start. The trail passes terraced fields, small Magar villages, and suspension bridges over the Bhurungdi Khola. Stone steps lead through oak and rhododendron forests. Accommodation in a traditional teahouse in Ulleri.

### Trek to Ghorepani (2,860m)

Altitude: 2,860m

Distance: 10 km

Duration: 5–6 hours

Climb gradually through dense rhododendron forests rich in seasonal blooms. Pass Banthanti and Nangethanti villages with panoramic glimpses of Annapurna South and Hiunchuli. Ghorepani offers one of the most spectacular ridge-top settlements in the Himalayas. Accommodation in a comfortable mountain lodge.

### **Poon Hill Sunrise (3,210m) - Trek to Tadapani (2,630m)**

Altitude: 3,210m / 2,630m

Distance: 12 km

Duration: 6–7 hours

Early morning hike to Poon Hill rewards a breathtaking sunrise over Dhaulagiri, Annapurna I, Machhapuchhre, and Nilgiri. The descent continues through forest ridges into Tadapani. The trail feels magical with birds, mist, and changing forest ecosystems. Accommodation in a scenic teahouse surrounded by forest views.

### **Trek to Chhomrong (2,170m)**

Altitude: 2,170m

Distance: 10–11 km

Duration: 5–6 hours

Descend through forest trails and cross Gurjung villages before ascending to Chhomrong, a key Gurung settlement offering the first close view of Annapurna South and Hiunchuli. The village sits dramatically on a hillside terrace. Accommodation in a well-managed teahouse.

### **Trek to Dovan (2,600m)**

Altitude: 2,600m

Distance: 10–12 km

Duration: 6–7 hours

Descend to Chhomrong Khola and climb into dense bamboo and rhododendron forests. The trail enters the Annapurna Sanctuary region, where waterfalls and moss-covered landscapes dominate. Wildlife sightings are common in this quieter section. Accommodation in a remote forest teahouse.

### **Trek to Deurali (3,200m)**

Altitude: 3,200m

Distance: 8–9 km

Duration: 5–6 hours

The valley narrows significantly, creating a dramatic alpine corridor. Pass Himalaya Hotel and Hinku Cave, a historic resting point for early expeditions. Snow peaks begin to dominate the skyline. Accommodation in a basic but atmospheric high-altitude lodge.

### **Trek to Annapurna Base Camp (4,130m) via Machhapuchhre Base Camp**

Altitude: 4,130m

Distance: 10–12 km

Duration: 6–7 hours

A breathtaking ascent leads to Machhapuchhre Base Camp and onward into the Annapurna Sanctuary. The landscape opens into a vast glacial bowl surrounded by Annapurna I, Hiunchuli, and Machhapuchhre. Reaching ABC is an unforgettable moment of Himalayan immersion. Accommodation in a high-altitude teahouse inside the sanctuary.

### **Sunrise at ABC - Trek to Bamboo (2,340m)**

Altitude: 2,340m

Distance: 14–15 km

Duration: 6–7 hours

Witness sunrise over the Annapurna massif, where golden light illuminates icy walls and glaciers. Descend through MBC, Deurali, and alpine forests back toward Bamboo. The dramatic change in altitude feels like moving through multiple ecosystems in a single day. Accommodation in a forest teahouse.

### **Trek to Jhinu Danda (Hot Springs) (1,780m)**

Altitude: 1,780m

Distance: 10 km

Duration: 5–6 hours

Continue descending through Chhomrong and hillside villages. Jhinu Danda offers natural hot springs beside the Modi Khola river, a perfect recovery after days of trekking. Accommodation in a hillside lodge overlooking river valleys.

## Trek to Nayapul & Drive to Pokhara

Altitude: 820m (Pokhara)

Distance: 15–18 km trek + drive

Duration: 6–7 hours trek + 2 hours drive

Final trekking day passes through terraced farmlands and traditional settlements. Return to Pokhara and enjoy lakeside comfort, warm showers, and celebratory meals. Accommodation in a premium hotel.

## Drive Back to Kathmandu (1,400m)

Altitude: 1,400m

Distance: 200 km

Duration: 6–7 hours

Scenic return journey to Kathmandu along rivers and hillside highways. The trek concludes with a sense of accomplishment after experiencing one of Nepal's most diverse and rewarding Himalayan routes.

Accommodation in Kathmandu or onward departure.

### Included Services

- Airport pickup and drop in Kathmandu
- All necessary trekking permits including Annapurna Conservation Area Permit (ACAP) and TIMS card for legal and hassle-free entry into protected Himalayan regions
- Experienced, licensed trekking guide with deep knowledge of Annapurna region trails, ensuring safety, cultural interpretation, and real-time mountain insights throughout the journey
- All meals during the trekking days, including freshly prepared Nepali dal bhat, soups, noodles, and seasonal local dishes served in traditional mountain teahouses
- Full trekking accommodation in carefully selected teahouses and lodges located in Ulleri, Ghorepani, Tadapani, Chhomrong, Dovan, Deurali, and Annapurna Base Camp, each offering panoramic Himalayan views
- Ground transportation between Kathmandu, Pokhara, Nayapul, and return journey, passing through riverside highways, terraced hills, and rural Nepali settlements
- First aid support and basic medical assistance carried by guide for remote Himalayan trail safety
- Trekking route management, logistics coordination, and full assistance from Bridge Nepal Treks and Travels throughout the journey

### Excluded Services

- International airfare to and from Kathmandu
- Personal travel insurance

- Personal expenses
- Trekking equipment
- Tips for guide and porter
- Accommodation in Kathmandu and Pokhara

## Fixed Departure Dates

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## Frequently Asked Questions

### **Q: What is the Annapurna Base Camp Trek via Ghorepani Poon Hill?**

It is a 13-day Himalayan trekking route that connects the famous Poon Hill sunrise viewpoint (3,210m) with Annapurna Base Camp (4,130m). The journey passes through Kathmandu, Pokhara, Ulleri, Ghorepani, Tadapani, Chhomrong, Dovan, Deurali, and the Annapurna Sanctuary, offering a complete mix of culture, nature, and high-altitude adventure.

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### **Q: What makes this trek unique compared to other Annapurna routes?**

This route combines two major highlights in one itinerary: the panoramic Himalayan sunrise from Poon Hill, where Dhaulagiri and Annapurna ranges glow in golden light, and the dramatic glacier basin of Annapurna Base Camp surrounded by Annapurna I, Hiunchuli, Machhapuchhre, and Annapurna South. The contrast between lush green hills and alpine wilderness makes it exceptional.

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### **Q: How difficult is the Annapurna Base Camp Trek via Ghorepani Poon Hill?**

The trek is moderate in difficulty. The main challenge comes from long stair climbs (especially Ulleri), continuous ascent and descent, and altitude gain up to 4,130m. No technical climbing is required, but good physical fitness, stamina for 5–7 hours of walking daily, and mental preparation for altitude are important.

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### **Q: What is the full day-by-day route experience?**

The journey begins in Kathmandu (1,400m) with cultural orientation, followed by travel to Pokhara (820m). The trek starts from Nayapul and Ulleri (1,540m), continues to Ghorepani (2,860m), then Poon Hill (3,210m) for sunrise, followed by Tadapani (2,630m), Chhomrong (2,170m), Dovan (2,600m), Deurali (3,200m), Annapurna Base Camp (4,130m) via Machhapuchhre Base Camp, descending to Bamboo (2,340m), Jhinu Danda hot springs (1,780m), Nayapul, Pokhara, and finally back to Kathmandu.

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**Q: What mountain views are visible during the trek?**

Throughout the journey, trekkers see Annapurna I (8,091m), Annapurna South, Hiunchuli, Machhapuchhre (Fishtail), Dhaulagiri (8,167m), Nilgiri, Gangapurna, and several surrounding Himalayan peaks. Poon Hill offers a wide panoramic sunrise, while Annapurna Base Camp provides a 360-degree glacier basin view.

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**Q: What cultural experiences are included?**

The trek passes through traditional Magar villages (Ulleri, Ghorepani) and Gurung settlements (Chhomrong, Jhinu Danda). Travelers experience stone-built houses, terraced farming lifestyles, Buddhist prayer flags, monasteries, and warm Himalayan hospitality. The spiritual atmosphere near Annapurna Sanctuary is deeply influenced by mountain Buddhism and local traditions.

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**Q: What natural attractions will I experience?**

Major natural highlights include rhododendron forests (especially vibrant in spring), bamboo and oak forests, Modi Khola river valley, waterfalls near Dovan, glacial landscapes at Deurali, and the Annapurna Sanctuary itself. Jhinu Danda natural hot springs provide a relaxing natural spa experience beside the river.

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**Q: What type of accommodation is provided?**

Accommodation is in carefully selected mountain teahouses and lodges throughout the trek. Rooms are twin-sharing, simple but comfortable, with warm blankets and traditional hospitality. Many lodges in Ghorepani, Tadapani, Chhomrong, and even near Annapurna Base Camp offer direct Himalayan mountain views from the room or balcony.

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**Q: Is altitude sickness a risk on this trek?**

The maximum altitude is 4,130m at Annapurna Base Camp. While the ascent is gradual, mild symptoms such as headache or fatigue can occur. Proper acclimatization, hydration, steady walking pace, and avoiding alcohol help reduce risk. The itinerary is designed to allow safe altitude progression.

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**Q: What is the best season for this trek?**

The best time is spring (March–May) when rhododendron forests bloom and visibility is excellent, and autumn (September–November) when skies are crystal clear and mountain views are at their best. Winter offers fewer crowds but colder conditions, while monsoon season is less recommended due to rain and landslides.

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**Q: What permits are required?**

Two permits are required: Annapurna Conservation Area Permit (ACAP) and TIMS card (Trekking Information Management System). These are arranged before the trek through a registered trekking agency.

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**Q: What meals are available during the trek?**

Teahouses offer a variety of fresh, locally prepared meals including dal bhat (traditional Nepali set meal), noodles, pasta, fried rice, soups, pancakes, eggs, and seasonal vegetables. Meals are simple but nutritious, designed to support long trekking days.

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**Q: What should I pack for this trek?**

Essential items include layered clothing, waterproof jacket, trekking boots, gloves, warm jacket, sleeping bag, sunscreen, water bottle, trekking poles, and personal medications. Weather changes quickly, especially above 2,500m.

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**Q: Is internet and mobile network available?**

Mobile network is available in lower regions like Ulleri and Ghorepani, but becomes weak in deeper valleys. Some teahouses offer paid Wi-Fi, though connectivity is limited in higher altitudes like Deurali and Annapurna Base Camp.

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**Q: How do I book the Annapurna Base Camp Trek via Ghorepani Poon Hill?**

You can book directly through Bridge Nepal Treks and Travels by contacting us via email, WhatsApp, or our official website. A passport copy and advance deposit are required to confirm permits, guide, accommodation, and logistics. Once confirmed, we provide a detailed pre-departure briefing and itinerary.

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**Q: What is included after booking?**

After booking, your package includes licensed trekking guide, accommodation during trek, meals (breakfast, lunch, dinner), permits (ACAP and TIMS), transportation, and full trekking arrangement support.

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**Q: What is not included in the package?**

International flights, Nepal visa fee, travel insurance, personal expenses, tips, drinks, and hotel stays in Kathmandu/Pokhara (unless specified) are not included.

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**Q: What is the maximum altitude?**

The highest point is Annapurna Base Camp at 4,130m.

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**Q: Do I need prior trekking experience?**

No prior trekking experience is required, but good physical fitness and stamina are recommended.

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**Q: How many hours do we walk daily?**

Average trekking hours range from 5 to 7 hours per day depending on terrain and altitude.

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**Q: Is this trek safe?**

Yes, it is safe when guided by experienced professionals. Our team ensures full safety, monitoring, and emergency support.

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**Q: Are hot showers available?**

Yes, but usually at an extra cost in most teahouses.

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**Q: Can beginners do this trek?**

Yes, beginners with reasonable fitness can complete this trek successfully.

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**Q: Is solo trekking allowed?**

Yes, but we recommend hiring a guide for safety, navigation, and cultural experience enhancement.

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**Q: Do I need travel insurance?**

Yes, travel insurance covering high-altitude trekking and emergency evacuation is strongly recommended.

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**Q: What is the group size?**

We organize both private and small group departures depending on traveler preference. Special offers are there for different group size

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## **Q: Why book with Bridge Nepal Treks and Travels?**

Because we provide experienced local guides, safe operations, personalized service, and authentic Himalayan experiences designed to make your trek smooth, memorable, and professionally managed from start to finish.

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### **Trip Information**

- About The Trek
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