



Annapurna Base Camp Trek via Poonhill

Url: <https://www.glorioushimalaya.com/trip/annapurna-base-camp-trek-13-days/>

Duration

13

Max. Altitude

4,130m

Difficulty

Moderate

Group Size

2+ pax

Per Person Cost

USD 900

Transport

Car, Bus, Jeep

Meals

Breakfast, Lunch, Dinner

Accommodation

Hotels and Local Lodges

Starts At

Kathmandu

Ends At

Kathmandu

Highlights

- Visit the Annapurna conservation area, which is home to many plants and animals,
- Hike to the highest point in the Annapurna Base Camp to see the Annapurna glacier
- Throughout the trek, you can see the Annapurna and Machhapuchhre ranges.
- Go to the beautiful Poon Hill, which is a great place to watch the magical golden sunrise over the mighty mountains from a high point.
- Jhinu Danda has natural hot springs where you can jump and relax to get rid of the stress of the day.
- Celebrate the success of being able to stand with your team at an elevation of 4,130 meters below the mountains.
- Amazing hospitality of the local Gurung people.

Overview

Extend the popular Annapurna Base Camp trek with an equally popular trail that goes to Ghorepani Poonhill. One of the best classical trekking experiences in Annapurna conservation areas is the journey to

Annapurna base camp via the breathtaking Ghorepani Poon Hill route. If you want to see breathtaking mountain views from a lower altitude and like to explore higher to the high Himalayan glacial regions and the Annapurna Base Camp, then the Poon Hill ABC Trek will be the best option for you.

After a scenic drive from Kathmandu, the Annapurna Base Camp Poon Hill Trek begins in a beautiful tourist city at Pokhara. As we make our way from Ghorepani to Tadapani, we'll be treated to a breathtaking view of the mountains. Later, we'll be watching the sun rise over the mountains from the top of Poonhill. Spectacular views of Lamjung Himal, Annapurna II, Annapurna IV, Machhapuchhre, Annapurna South, Annapurna I, and Mt. Dhaulagiri are available from the top.

After this, we follow the classic ABC Trek which goes through the Annapurna conservation area. The majority of the path winds through a jungle filled with Snow leopards, deer, and countless other species, as well as a rich array of plants. Before reaching Machhapuchhre Base Camp, the trail passes through the towns of Tadapani, Chhomrong, Sinuwa, Bambo, Dobhan, Himalaya, and Deurali. Beyond Himalaya Hotel, the area is revered as a sacred area, where it is not permitted to sacrifice animals, so people also call it the Annapurna Sanctuary and the trek the Annapurna Sanctuary Trek.

The path doubles back until reaching Chhomrong village, where it then descends to Jhinudanda, where there is a natural hot spring. Gurung community is the main inhabitants of this area and around the entire trek in general.

Therefore we welcome you to join Glorious Himalaya on this amazing hike with both ABC and Poonhill!

*Check out our itinerary for **Annapurna Base Camp Trek via Poon Hill**. Or just send us an [email](#) and we'll tailor-make an itinerary based on your requirements.*

Itinerary

Day 01: Arrival in Kathmandu and transfer to the hotel - (1400m)

You will arrive in Kathmandu on the very first day of your trip. A representative from Glorious Himalaya will be waiting for you outside the terminal, holding a sign with your name on it. Upon arrival in Nepal, you will be greeted and transferred to your hotel in the heart of Kathmandu. Once you have checked into your hotel, you can relax there for a while or go out and about to get a feel for the neighborhood.

Accommodation

Hotel

Meals Included

Breakfast

Day 02: Drive from Kathmandu to Pokhara (850m) - 7 hrs drive

Get some breakfast and get ready to leave Kathmandu as soon as you can. We take a tourist bus from Kathmandu to Pokhara by the lake Fewa. To get to Pokhara, you need to take a bus for about 8 hours. Your lunch stop will be in the town of Malekhu, which is known for its river fish. From Kathmandu's domestic airport, you can also take a scenic flight to Pokhara. Today's drive will take you by farms,

villages, terraced fields, rivers, streams, lush valleys, rough canyons, and farmlands, all of which are typical of rural Nepal.

When you get to Pokhara, there will be a private car waiting to take you to your hotel. Tonight, our guide will tell you about the trip. On the lakeside in Pokhara, there are great restaurants with a wide range of cuisines and a lively nightlife with dance and music performances.

Accommodation

Hotel

Meals Included

Breakfast

Day 03: Drive to Ulleri - 3 hrs and Trek to Ghorepani (2,874m) - 4 hrs walk

This is the day first of ABC Poon Hill Trek. The trek commences at Ulleri (1,960m) after 3 to 4 hours of driving by private/Public vehicle from Pokhara via Nayapul (1,010m), Birethanti, Tikhedhunga (1160m), Hille (1,495m) village. In the morning, we walk through the village and farm terrace ascending gently, through dense forests of oak and rhododendrons towards Banthanti (2,250m).

Occasionally, the Longgur (long tail black mouth Monkey) jumps in the trees. Then, continue to walk towards Nangethanti (2,460m), after an hour's walk we arrive at Ghorepani (2840m). Stay overnight at a Teahouse.

Walking Distance

10.3km/ 6.4 miles

Elevation Gain

2052 m/ 6,832 ft

Accommodations

Hotel

Meals Included

Breakfast

Day 04: Hike to Poon hill (3,210m) and trek to Tadapani (2,623m) - 5 hrs walk

Without eating breakfast, we get up at the crack of dawn and walk for an hour to the top of Poon Hill. Some of the best sunrises in Nepal can be seen from Poon hill, which offers a breathtaking panorama. Dhaulagiri I and II, Annapurna I, Annapurna South, Himchuli, Gangapurna, Mt. Fishtail, Mardi Himal, and Lamjung Himal are all visible from the peak of Poon hill. Ahead of the mountains are some hills that, come spring, are covered in rhododendron. Enjoying tea atop Poonhill while taking breathtaking photographs is a perfect way the morning. After a long morning walk, we head back to Ghorepani for breakfast.

After breaking for breakfast, we set out on the trail that will lead us down to Tadapani. We can stop for food at Banthanti around noon to eat. Today, the trail is teeming with monkeys. Once we get to Tadapani, we'll have a fantastic view of Fishtail Mountain.

Walking Distance

11 KM/ 6.8 Miles

Elevation Gain

336 m/ 1102 ft

Accommodation

Tea House

Meals Included

Breakfast, Lunch, Dinner

Day 05: Trek to Chhomrong (2,170m) - 5 hrs walk

Today we walk from Tadapani to Chhomrong where the main trail to Annapurna Base Camp is rejoined. We begin descending quite steeply into the valley. At the bottom will be a suspension bridge that we cross. Slowly we reach Taglung village where we can rest for some time. As Chhomrong lies at a lower altitude the descent continues for quite some time till we reach Chhomrong.

We cross through many farmlands and can get to see animals like mules on the trail as well which bring food higher up. Crossing Upper Chhomrong, we have to walk for around 20 minutes more to reach Chhomrong where we stay for the night.

Walking Distance

11 KM/ 6.9 Miles

Elevation Lose

453 m/ 1,486 ft

Accommodation

Tea House

Meals Included

Breakfast, Lunch, Dinner

Day 06: Trek to Dovan (2,500m) - 6 hrs walk

We leave Chhomrong early in the morning towards Dovan. Initially, we have to descend many stone steps which seem to go on forever. We then cross the suspension bridge and start the ascent to Sinuwa. Crossing Bamboo so named after the large number of bamboo trees that surround the area we keep walking toward our destination.

Nearby Bamboo you may even get a glimpse of the Red Pandas and bears. A number of waterfalls also deck the route. After crossing Sinuwa the region becomes entirely vegetarian. We then have to start descending to reach Dovan where we will settle for the night.

Walking Distance

11.2 KM/ 7 Miles

Elevation Gain

330 m/ 1,082.5 ft

Accommodation

Tea House

Meals Included

Breakfast, Lunch, Dinner

Day 07: Trek to Deurali (3,200m) - 4 hrs walk

Today is a comparatively short day of trekking as we only have to cover around 7-8 kilometers. The trail continues to be filled with Bamboo and Rhododendron trees. As we walk we near the Hinku Bridge. We

can go for a short detour to Hinku Cave which is located nearby as well.

We continue following the Modi River until we reach Deurali for lunch. The trek today only lasts 3-4 hours so we can freshen up to explore nearby and relax for a larger push tomorrow.

Walking Distance

6.7 KM/ 4.2 Miles

Elevation Gain

700 m/ 2,296.5 ft

Accommodation

Tea House

Meals Included

Breakfast, Lunch, Dinner

Day 08: Trek to Annapurna Base Camp - (4,130m) via Machhapuchhere Base Camp (3,700m) - 5 hrs walk

You'll get to the Annapurna Base Camp today. The train slowly goes up the mountain in the morning, and then it goes down the mountain quite steeply for some time. After a short hike further, you can get to the Machhapuchhre Base Camp. From here, you can see the Hiunchuli, Annapurna South, Annapurna I, Annapurna III, and other mountains in the area.

You start walking and make your way through the region with less vegetation until you reach the Annapurna Base Camp in just under two hours. You've reached the top of your hike at 4,130 meters. In the morning, you can watch the sunrise over the steep south face of Annapurna, which rises above you from the lap of this beautiful mountain. Standing at the base of the tenth-tallest peak in the world is a very big accomplishment. We can roam around the Annapurna Base Camp today and check out the area and see the awesome sunset.

Walking Distance

9.2 KM/ 5.7 Miles

Elevation Gain

930 m/ 3,051 ft

Accommodation

Tea House

Meals Included

Breakfast, Lunch, Dinner

Day 09: Trek to Bamboo (2,345m) - 6 hrs walk

Sunrise at the Annapurna Base Camp is glorious. Taking numerous pictures, we grab breakfast and begin our descent back after reaching the climax of the trip. In order to reach Bamboo today, you will follow the same path that led you to Bamboo. Following the Modi Khola again we begin our trek after breakfast.

At Bamboo, you'll drop to an elevation of roughly 1700 meters. These two locations are separated by roughly 18 kilometers, making the journey between them the longest of the entire trip. Here you can get both pickled bamboo and bamboo vegetables. We stay here at a lodge and retire to bed after dinner.

Walking Distance

15 KM/ 9.3 Miles

Elevation Lose

1785 m/ 5,856 ft

Accommodation

Tea House

Meals Included

Breakfast, Lunch, Dinner

Day 10: Trek to Jhinu Danda (1780m) - 5 hrs walk

First thing in the morning in Bamboo, eat some food and then walk for about an hour through the woods to get to Sinuwa. We walk back up the stone steps we descended on the way to ABC from the town of Sinowa. Depending on our hunger levels, we can either stop for lunch at Sinowa or head straight to Jhinu danda.

We arrive at Jhinu Danda, sign in, and immediately head to the on-site hot spring for some much-needed Rest & Recuperation. A cold-water river originates in the glacier regions and flows past the hot spring. The lodge is where we'll be spending the night after a nice, relaxing bath. After the long journey is over, we can celebrate here.

Walking Distance

11.7 KM/ 7.3 Miles

Elevation Lose

1,115 m/ 3,658 ft

Accommodation

Tea House

Meals Included

Breakfast, Lunch, Dinner

Day 11: Trek to Siwai (1,230m) and then drive to Pokhara city - 3 hrs walk

After breakfast, we will depart from Jhinu Dada on our final day of hiking. Until you reach Siwai, we'll be walking alongside the Modi River. It takes around three hours to walk from Jhinu Danda to Siwai, which is located about a few kilometers away. Siwai is accessible from Pokhara by road.

There will be a vehicle waiting for you at Siwai to drive you back to Pokhara. Pokhara is home to a variety of tourist hotspots like Fewa Lake. As the sun sets over Fewa Lake, we can enjoy a variety of cuisines and toast our successful trek at the Lakeside.

Walking Distance

4.3 KM/ 2.7 Miles

Elevation Lose

380m/ 1,246 ft

Accommodation

Hotel

Meals Included

Breakfast and Lunch

Day 12: Drive back to Kathmandu

Kathmandu and Pokhara are connected by the picturesque Prithvi Highway. Lunch options include Muglin and Malekhu, both of which are excellent choices. Malekhu is famous for its fresh fish, caught in

the nearby Trishuli River. Travel time can be lengthy, however, due to traffic and road conditions, especially in Muglin and Kathmandu.

As an option, we can visit the Manakamana temple, which is located not far from Kurintar. We'll walk you back to your accommodation. At last, your journey comes to an end in Kathmandu.

Accommodation

Hotel

Meals Included

Breakfast and Dinner

Day 13: Departure Day

On our final day in Kathmandu, after breakfast, our vehicle and guides will meet you at the hotel three hours before our flight back. It was wonderful to finally meet you at Glorious Himalaya. We shall remember the good times we shared as we pray for your safe return home. In Nepal, we say "Feri Bhetumla," which translates roughly to "Until We Meet Again."

Meals Included

Breakfast

Trip Includes

- All the airport and hotel shuttles by private vehicles as per the itinerary.
- 2 nights of 3-star standard hotel accommodation in Kathmandu inclusive of bed and breakfast.
- 8 nights twin sharing local lodges accommodation during the trek.
- 2 nights hotel accommodation in Pokhara inclusive of breakfast.
- Meals on full board (breakfast, lunch, dinner) throughout the trek in the mountain region.
- Both way Kathmandu - Pokhara - Kathmandu surface transportation by tourist bus.
- Private jeep transport from Pokhara to Ulleri. (trek starting point)
- Private jeep transport from Siwai to Pokhara. (at the end of the trek)
- An experienced and certified local trekking guide for the trek.
- Supporting local porters to carry your belongings during the trek. (1 porter for 2 people)
- All the essential trekking permits and paperwork for the trek.
- If needed, we will provide rain protection duffel bag and sleeping bag to use for the trek.
- First aid medicine with an oximeter (which is very useful to check your pulse at high altitudes) for the trek
- An emergency helicopter rescue and treatment in case of your health issues while on the trek. (Should have your travel insurance)
- Trip achievement certificate after trip completion.
- All government taxes and company service charges.
- At the end of the tour, Nepali food farewell dinner in Kathmandu with a cultural dance program.

Trip Exclude

- International airfares and Nepal entry visa. [Click here](#) for Nepal tourist visa information.
- Lunch and dinner in Kathmandu and Pokhara.
- Your personal expenses such as the use of WIFI, hot shower, battery charging, etc in the mountain regions.
- Tips to the trip supporter. (Guide & Porters)

Checklist

What you should bring depends largely upon where, when and how you are trekking. The main stress while trekking is on keeping warm and dry while still being lightweight. At altitudes above 3,000 meter, you will need warm clothing at all times, while at lower altitudes, you will need to keep warm only in the evenings.

And for lower altitudes, fleece jackets are adequate, while at higher altitudes down jackets are advisable.

Waterproof, windproof jackets and pants, well broken in footwear, head cover is also recommended. Good hiking shoes, a pair of sandals, sleeping bags, down jacket, sunglasses, warm woolen hiking socks, lightweight warm gloves, drinking water bottle, water purification tablets (which is highly recommended) a Swiss army knife, torchlight, sun block cream, toiletries, one quick drying towel, first aid kit and a very good route map are other things that come very handy. You also need a camera to take home memories of the trip. Please find the details trekking gear checklist below.

Trekking Gear Checklist

Head

- Bandana or headscarf, also useful for dusty conditions.
- Warm hat that covers your ears (wool or synthetic)
- Headlamp with extra batteries and bulbs.
- Sunglasses with UV protection
- Prescription sunglasses (if required)

Upper Body

- Polypropylene shirts (1 half sleeve and 2 long sleeves)
- Light and expedition weight thermal tops.
- Fleece wind-stopper jacket or pullover.
- Waterproof shell jacket (preferably breathable fabric)
- Down jacket
- Gore-Tex jacket with hood, waterproof and breathable

Hands

- 1 pair of lightweight poly-liner gloves.
- 1 pair of lightweight wool or fleece gloves.

- 1 pair of mittens, consists of 1 Gore-Tex over mitt matched with a very warm polar-fleece mitt liner (seasonal)

Lower Body

- Non-cotton underwear briefs.
- 1 pair of hiking shorts.
- 1 pair of hiking trousers.
- 1 pair of lightweight thermal bottoms (seasonal)
- 1 pair of fleece or woolen trousers
- 1 pair of waterproof shell pants, breathable fabric

Feet

- 2 pairs of thin, lightweight inner socks.
- 2 pairs of heavy poly or wool socks.
- 1 pair of hiking boots with spare laces (sturdy, soles, water resistant, ankle support, "broken in")
- 1 pair of trainer or running shoes/sandals
- Cotton socks (optional)
- Gaiters (winter only), optional, "low" ankle high version

Sleeping

- 1 sleeping bag (-20 degrees)
- Fleece sleeping bag liner (optional)

Rucksack and Travel Bags

- 1 medium rucksack (50-70 liters/3000-4500 cubic inches, can be used for an airplane carryon)
- 1 large duffel bag
- A small daypack/backpack for carrying your valuables should have good shoulder padding
- Small padlocks for duffel-kit bags
- 2 large waterproof rucksack covers (optional)

Medical

- Small, personal first-aid kit. (Simple and light)
- Aspirin, first-aid tape, and plasters (Band-Aids)
- 1 skin-blister repair kit
- Anti-diarrhea pills
- Anti-headache pills
- Cough and/or cold medicine
- Anti-altitude sickness pills: Diamox or Acetylzolamide
- Stomach antibiotic: Ciprofloxacin, etc. Do not bring sleeping pills as they are a respiratory depressant.
- Water purification tablets or water filter.
- 1 set of earplugs
- Extra pair of prescription glasses, contact lens supplies.

Practical Items

- 1 small roll of repair tape, 1 sewing-repair kit
- 1 cigarette lighters, 1 small box of matches
- 1 compass or GPS (optional)
- 1 alarm clock/watch
- 1 digital camera with extra cards and batteries
- Large Ziplocs
- 2 water bottles (1 ltrs. each)
- 1 small folding knife
- Binoculars (optional)
- 4 large, waterproof, disposable rubbish sacks.

Toiletries

- 1 medium-sized quick-drying towel
- Toothbrush/paste (preferably biodegradable)
- Multi-purpose soap (preferably biodegradable)
- Deodorants
- Nail clippers
- Face and body moisturizer
- Female hygiene products
- Small mirror

Personal Hygiene

- Wet wipes (baby wipes)
- Tissue/toilet roll
- Anti-bacterial hand wash

Extras/Luxuries

- Reading books
- Trail map/guide book
- Journal and pen
- iPod
- Travel game i.e. chess, backgammon, scrabble, playing cards (to help you pass the time at teahouses or camps)
- 1 modest swimsuit
- Voltage converter
- Plug adapter (2 round pegs to 2 flat pegs)
- Lightweight pillowcase (in case if your teahouses do not provide you)

Contact Us, Head Office

Address:

P.O. Box No. 8349

Thamel, Kathmandu
Nepal

Mobile: [+977-9843760242](tel:+977-9843760242) (Viber, Hotline)

WhatsApp: [+977-9813637616](tel:+977-9813637616)

Email: info@gloriorhimalaya.com