

Annapurna Sunrise Trek

Url: <https://www.glorioushimalaya.com/trip/annapurna-sunrise-trek/>

Duration

8

Max. Altitude

3,210m

Difficulty

Easy

Group Size

Min 2 people

Per Person Cost

USD 600

Transport

Car & Bus

Meals

Breakfast in Kathmandu and Pokhara Hotel

Accommodation

Hotel & Lodges

Starts At

Kathmandu

Ends At

Kathmandu

Highlights

- A short and adventurous trek to the Annapurna region.
- Beautiful sunrise and spectacular mountain view from Poonhill (3,210m).
- Visit a typical Ghandruk village and explore Gurung culture.
- Sightseeing of historical and cultural heritage sites in Kathmandu valley.
- Hikes through colorful Rhododendron flowers along the route.

Overview

Our Annapurna sunrise trek offers stunning mountain views from the master viewpoint. The region that we know of so well - the Annapurnas - is the birthplace of alpinism. [Annapurna region](#) is home to some of the most famous mountain peaks on the earth. Hence, it's a given that Annapurna 1 and its subsidiary peaks needn't bow to any mountains, anywhere. Its needle-like, gothically drawn skyline is the kind that inspires adventurers globally.

The Annapurna sunrise view trek is also popularly known as the '[Ghorepani Poonhill](#)' trek. It's a treat

early morning to view the stunning mountains from the master viewpoint of the entire region. The trip begins from Pokhara city and concludes at Ghandruk; this is an ideal trip for family & loved ones as it is short & sweet with not much altitude to climb. It's a roughly 45-minute drive from Pokhara to Nayapul where our real thrills of adventure begin.

Itinerary

Day 01: Kathmandu Airport Arrival - (1,400m / 4,593 ft)

After your arrival at Tribhuvan International Airport in medieval and modernized Kathmandu, you will be warmly greeted by our office representative and transferred to the hotel. After check-in and some refreshments, our senior sherpa guide will come to meet you and give you a brief orientation about Annapurna Sunrise Trek. You can then go for a stroll down the street to get familiar with the neighborhood, have supper and go to bed. This is your first overnight in the valley of temples and cows, probably the most in the world. Overnight at hotel inclusive Breakfast.

Day 02: Drive to Pokhara (850m / 2789 ft) - 7 hrs drive

After breakfast, we leave our hotel early morning for a drive with scenic views along the road to Pokhara via Prithivi national highway. The drive could take roughly 7-8 hrs to reach Pokhara. We also have the option for a flight from Kathmandu to Pokhara for 35 minutes. We then do an overnight at our hotel by the lake in the lovely 'city of lakes' on the BB Plan.

Day 03: Drive to Nayapul and then trek to Ulleri (2,070m / 6,792 ft) - 6 hrs walk

Begin our day after breakfast with a drive up to Nayapool for an hour, and then trek to Ulleri. Then our real journey begins. After we reach Nayapool, we begin our hiking. The trail goes through sub-tropical forests. On the way, we have to cross Modi Khola (river) by hiking across an airy suspension bridge. We have to ascend the about 3,000 steps to reach up to Ulleri, this is exciting & challenging. The hiking time from Naya pool-Ulleri is about 5-6 hours of trekking. Overnight at lodge in Ulleri.

Day 04: Trek to Ghorepani (2,874m / 9,429 ft) - 5 hrs walk

We move on along steep trails on well-known tracks. Nature lays before us alien sights of majestic snow-capped mountain peaks, lush vegetation and fertile plant life that is so fantastic to behold. We climb further through the rhododendron forest to Deorali [3100m] and reach a hamlet and cultivated fields. Continue walking for 3 hours and finally, we find ourselves in Ghorepani. Ghorepani also has houses lodges that provide food and accommodation to travelers out on the trail.

Day 05: Early hike to Poon hill (3,210m / 10,531 ft) to Ghandruk (2,012m / 6,601 ft) - 8/9 hrs walk

As we quit Ghorepani, we hike along terraced fields below the wonderful panorama of awe-inspiring glaciated Himalayan mountain ranges. As the trail moves across a group of flatlands, forest, cultivated lands and a suspension bridge over Khumnu Khola, we arrive at the scenic & beautiful village of Ghandruk after hiking for 8 hours. A supreme vantage point in this pristine & serene village offers breathtaking views of Annapurna South, Gangapurna, Annapurna III, Machhapuchhare and Hiunchuli. Several hotels and teahouses at the village give us a warm welcome with sincere Nepalese hospitality while catering to the requirements of all trekkers' who hit the trail through this village. Camping in its terraced fields gives you the open wild feelings of adventure! Overnight at the lovely village of Ghandruk.

Day 06: Trek to Nayapul and then drive back to Pokhara (850m / 2789 ft) - 5 hrs walk

Today is the last day of this trek. After breakfast, we ascend to Nayapul about 5 hours walk, following the trail paved by stones; we walk through some beautiful villages and terrace framings. After crossing Modi Khola, we reach Birethanti. And then half an hour walk from Birethanti, we enter Nayapul. From here, we can easily access any means of transportation to drive to Pokhara. In the evening, you are free to wander by the lakes of Pokhara. Overnight at hotel inclusive breakfast.

Day 07: Drive back to Kathmandu (1400m / 4,593 ft) - 7 hrs drive

While driving from Pokhara to Kathmandu, we head up to Damauli, Dumre, Mugling, and Kurintar where Nepal's first Cable car is operated to reach Manakamana Temple, this is a temple where most Nepalese come to have their wishes granted before leaving home or getting married. From Naubise we climb up to Thankot, the gateway to Kathmandu and finally reach our hotel & a lovely soft warm bed. Overnight in Kathmandu inclusive with breakfast.

Day 08: Departure to your destination

After breakfast and our last day in Kathmandu, our vehicle and escorts will be on standby to drop you to the international airport three hours before our scheduled flight back home. At Glorious Himalaya, meeting you has been a great honor and we pray for your Safe journey home and will reflect on the wonderful times we spent together. Bon Voyage!!! We hope to see you again some day...

Trip Includes

- All the airport and hotel transfers are by private vehicles.
- 2-night's of 3-star standard hotel accommodations in Kathmandu city inclusive breakfast.
- 2-nights of hotel accommodation in Pokhara city inclusive of breakfast.

- 3-nights of twin sharing local lodges accommodation while on the trek.
- Everyday meals are on full board throughout the trek. (breakfast, Lunch & Dinner)
- An experienced and government certified guide for the trek.
- Kathmandu-Pokhara-Kathmandu ground transfers by luxurious tourist bus.
- All the necessary trekking permits and paperwork for the trek.
- Rain protection duffel bag and sleeping bag to use for the trek.
- First aid medicine for the trek.
- Trip achievement certificate after successful trip completion.
- All the government taxes and company service charge
- Farewell dinner at the end of the tour.

Trip Exclude

- International airfares and Nepal entry visa fee.
- Your travel insurance.
- Use of wifi, hot shower, and charging while on the trek.
- Porters are available at an extra cost for the trek.
- Tips to the trekking crews.

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)

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