

**Annapurna Sunrise Trek**

Duration: 08 Days



Trip Grade: Easy	Max Altitude: 3210m
Activity: Trekking, Signseeing & Hiking	Group Size: Min 02 pax
Arrival On: Kathmandu, Nepal	Departure From: Kathmandu, Nepal
<b>Meals: All meals during trek &amp; breakfast in kathmandu</b>	<b>Accommodation: Stone Built Houses (tea houses) during trek</b>

**Annapurna Sunrise Trek** takes you to the comfortable trekking destinations with more than just walking along the trails. You will fall in love with the breathtaking natural scenes along the route, the diverse cultural ensembles of the local inhabitants, magical-seeming forest with running rivulets, and the glossy Himalayas overlooking the entire trekking trail. Annapurna Sunrise Trek provides you the amazing sunrise view from Poonhill, Ghorepani, the blooming rhododendron forest in spring, pleased with the warm and excellent hospitality of the locals, and energized with the adventure and thrills of varying terrains. Join the Annapurna Sunrise Trek to experience the beautiful side of Nepal in a limited time and without going to higher altitudes. Annapurna Sunrise Trek, which leaves you trekking in the serene mountains and lush trails, begins at the trail-head of Nayapul which is one hour drive from Pokhara, one of the most beautiful cities in Nepal. Trek from Nayapul through the rugged trails accompanied by the fast-flowing Bhurungdi River and traverse through the dense and moss-covered forest with bamboo and rhododendron trees. The view of the waterfalls and mountain streams, green hills can be seen on the way. The exploration of the settlements of Tikhedhunga, Ulleri, Banthati, Ghorepani, Tadapani, and Ghandruk before returning to Nayapul to conclude the short adventure. Intermittently, feel the thrill in the long stone steps from Ulleri, get amused with the romantic sunrise and sunset over the Himalayas as seen from Poon Hill, marvel at the landscape from Ghandruk and experience the cultural diversities in various places during your Annapurna Sunrise Trek. One of the world's biggest rhododendron forests en route, various culturally rich and diverse villages as well as the warm hospitality of resident locals in the charming settlements makes your experience fruitful, in a limited time you have. Annapurna Sunrise Trek is a beautiful trekking which takes you from easy to moderate level of difficulty. The trekkers need to walk for an average of 5-6 hours per day in the hilly terrain. Though this trek can be done around the year, the months of January to June and September to December is considered as the best season for trekking in this trail. Join the Annapurna Sunrise Trek with us along with your friends and families to experience the best of [Annapurna Region](#) and get immersed in the natural beauty, cultural diversity and alluring landscape with the



**Himalayan Holyland Treks & Expedition Pvt. Ltd.**

Kaldhara Marga, Thamel, Kathmandu, Nepal

[www.himalayanholylandtreks.com](http://www.himalayanholylandtreks.com)

carefully designed itinerary.



## Itinerary

### Arrive at Tribhuvan International Airport (TIA) Kathmandu (1350m) & transfer to hotel.

You are welcomed by our team staff members and then transferred to the booked hotel. After a small refreshment break, we visit to Swoyambhunath Chaitya at the evening time. It's located near Thamel. Then our representative will briefly explain the about the trekking program. Overnight at hotel at B/B basis program.

### Kathmandu to Pokhara (850m) 7hrs. by Ac tourist bus-210km.

After the breakfast, we leave for the long drive to Pokhara, the second largest city in Nepal. The scenery along the road is dramatic and you will see rivers, valleys, cascading rice terraces and rocky gorges. Upon arrival, we will check in to the hotel. In the evening, you can enjoy leisure boating on the scenic Fewa Lake and see the magnificent reflection of Mt. Machhapuchhre and the Annapurna Range in the crystal clear water of the Lake (a wonderful photo opportunity!) Overnight at the hotel , B/B basis program.

### Pokhara - Nayapul and trek to Ulleri (1960m), 6hrs.

After breakfast, we will drive to Naya Pul (42km) by car (1h30) via the village of Lumle. We start trek to Birethanti, a beautiful town nearby the river (Modi Khola). The trail follows the main street of Birethanti, going on through bamboo forests and passing a waterfall and swimming hole. The trail continues to Ramghai where you will have lunch. After lunch, we will climb gradually up the side of the valley, reaching Tikhedhunga. We continue our walk crossing suspension bridge in Tikhedhunga and climb up to Ulleri .Overnight at guesthouse. B/L /D basis program.

### Ulleri to Ghorepani (2800m), 5h30 hrs.

From Ulleri the trail slightly goes up to Banthanti and we will walk through the forest looking at the beautiful view of surrounding hills and Mt. Machhapuchhre. The trail then crosses two sparkling streams before making a short, final climb to Nangethanti where we stop for lunch. After lunch we walk about 1.5hrs to reach the Ghorepani village.

Thanti is a Nepali word meaning "highest house". In the winter, sometimes the trail can be covered with snow. From Nangethanti we will climb to Ghorepani(2800m), this is a Magar village specially Pun Magar, a sub ethnic group within Magar ethnicity. From here we can see the spectacular panorama of Dhaulagiri (8167m), Nilgiri (6940m), Annapurna I (8091m), Annapurna South(7219m), Hiunchuli (6441m) and Tarke Kang (7193m). Overnight at guesthouse. B/L /D basis program.

### Hiking to Poon Hill (3210m), trek to Tadapani (2630m), 6h30.

This morning, we will get up before dawn to climb up to Poon Hill. From here we see superb view of the sunrise over the panoramic vista of the Himalayas, including Mt. Dhaulagiri, Annapurna I, Annapurna South, Fishtail, himchuli, Thapa Peak, Dhampus Peak, Tukuhe peak, Baraha shikhar etc. After Poon Hill, we will return to Ghorepani, have a hot breakfast, and continue walking to Tadapani though rhododendron forest and overnight at a guesthouse. B/L /D basis program.

### Tadapani to Ghandruk (1940m) to Nayapul & drive to Pokhara, 1.5hrs.

The trail begins walking down through forest. We will enjoy the serenity of forest walking. There are some few streams and waterfall on our way. We might see monkeys in the forest. We will stop for tea break in Bhaisi Kharka then continue walking down to Ghandruk. Soon after we leave the forest, the Gurung village, Ghandruk welcomes us with its beautiful terrace and traditional Gurung houses. This is one of the most popular villages for Gurung ethnic and their culture. After we have lunch here, we exploring this

village visiting Gurung museums and monasteries & trek down to Nayapul. Overnight at hotel. B/B basis. B/B basis program.

**Pokhara to Kathmandu (1350m) drive by tourist bus, 7hrs.**

Pokhara to Kathmandu (1350m), 7h drive by A/C tourist bus. We will have a farewell dinner in a Nepali restaurant. Overnight at hotel. B/B basis.

**Final departure day to your destination.**

Final departure to your destination. Our representative drop you at the airport and say good bye.



## Cost Includes

- => Airport pickup and drop in a private vehicle.
- => Private vehicle for visit in the city.
- => Hotel accommodation in Kathmandu and Pokhara in B/B basis.
- => Tea house accommodation during the trek.
- => Three times meal during the trek.
- => Extra tea with cookies after you reach your destination everyday.
- => Hot soup in the high places.
- => Farewell dinner in Kathmandu after trek.
- => All the transportation as per the itinerary.
- => A professional guide for trek and sightseeing.
- => Short visit in Kathmandu after/before the trek.
- => Pokhara lakeside tour after/before the trek.
- => Porter service (2 trekkers: 1 porter).
- => Insurance for guide and porters.
- => Food and accommodation for guide and porters.
- => All necessary documents(Permits and TIMS).
- => All government and local taxes.
- => Medical kit.
- => Trip completion certificate.
- => Trekking map as itinerary.
- => T-shirt from the company.

## Cost Excludes

- => Visa for Nepal.
- => International flight to and from Kathmandu.
- => Lunch and dinner in Kathmandu and Pokhara.
- => Travel and rescue insurance of clients.
- => Personal expenses: Hot shower, bar bills, laundry and mineral water during the trek.
- => Extra night accommodation in Kathmandu and Pokhara in exception of itinerary.
- => Tips for your guide and porters.