



COSMIC HIMALAYA

Safest • Meaningful • Experiential Journeys

Annapurna Base Camp Trek

via Poon Hill – Premium Himalayan Adventure



Discover one of the most spectacular trekking journeys in the Himalayas. This premium adventure leads you through the legendary Annapurna region of Nepal, combining the iconic sunrise viewpoint of Poon Hill with the breathtaking natural amphitheatre of Annapurna Base Camp. Experience charming mountain villages, ancient forests, alpine landscapes and the warmth of traditional Himalayan hospitality.

Quick Facts

- Sunrise over the Himalayas from the famous Poon Hill viewpoint
- Explore the dramatic Annapurna Sanctuary
- Trek beneath the sacred Machhapuchhre (Fishtail Mountain)
- Stay in authentic Himalayan tea houses
- Relax in natural hot springs at Jhinu Danda
- Discover vibrant Kathmandu and scenic Pokhara



Panoramic Annapurna Himalayan Range Manang Valley



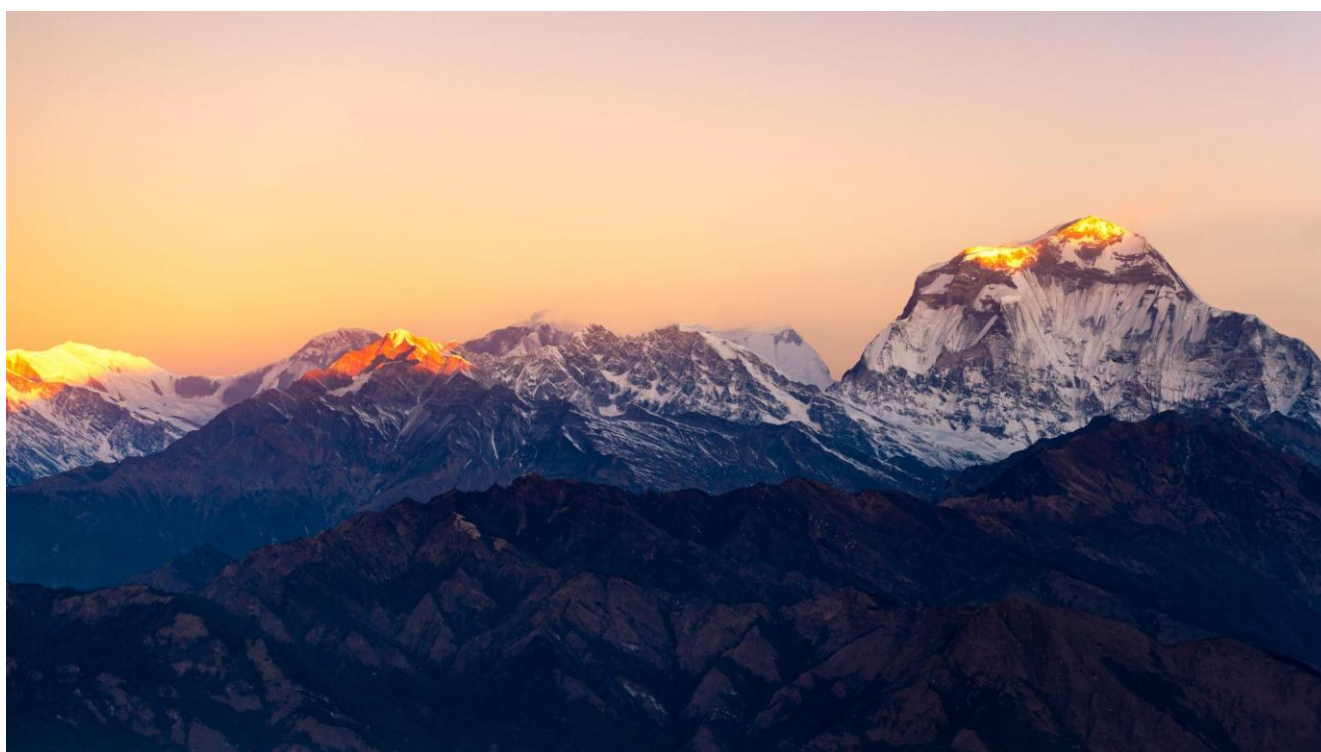
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Quick Facts

Duration	15 Days
Maximum Altitude	4,130 m (Annapurna Base Camp)
Difficulty	Moderate
Best Season	March–May & September–November
Starting Point	Kathmandu, Nepal
Price	Based on Group size and Negotiation
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The majestic of Himalayan mountain range during sunrise view from Poon Hill view point at Nepal



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Day 1 – Arrival in Kathmandu

Arrival at Tribhuvan International Airport in the vibrant capital of Kathmandu.

After completing visa and customs formalities, your trekking guide will welcome you at the arrival gate. You will be transferred to a comfortable 3-star hotel in the lively Thamel district.

The rest of the day is free to relax after your international flight or explore nearby streets filled with cafés, trekking shops and lively markets. Meet your trekking guide and prepare for your Himalayan journey.



Pashupatinath Temple in Kathmandu Nepal

Day 2 – Kathmandu to Pokhara

Travel from Kathmandu to the peaceful lakeside city of Pokhara (950 m).

The scenic drive takes around **6–7 hours**, passing through lush river valleys, terraced farmland, and traditional villages.

For travellers seeking comfort, an optional **short domestic flight (25 minutes)** is also available.

Pokhara is one of Nepal's most charming towns. In the evening, enjoy a stroll along **Phewa Lake**, famous for its cafés, restaurants and relaxed atmosphere.



Lakeside Pokhara cityscape at dusk with Machhapuchhre (Fishtail Mountain) in the background.

Day 3 – Pokhara to Tikhedhunga

Drive to **Nayapul (1050 m)** before beginning your trek.

The first day of trekking introduces you to the beauty of the Annapurna foothills. Following rivers and stone paths through small villages, you reach the peaceful settlement of **Tikhedhunga (1525 m)**.

Trekking time: 3–4 hours



The small village on the Annapurna trail track

Day 4 – Trek to Ghorepani

After breakfast, climb the famous stone steps to the village of **Ulleri**, a traditional settlement of the Magar people.

The trail continues through magical forests of oak and rhododendron before arriving at **Ghorepani (2870 m)**.

Trekking time: 6–7 hours

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Rocky steps and old building village along trekking to Ghorepani Poon hill

Day 5 – Poon Hill Sunrise & Trek to Tadapani

Wake early for a short hike to **Poon Hill (3210 m)** — one of the most famous viewpoints in Nepal.

At sunrise the Himalayan giants glow in golden light:

- Annapurna South
- Dhaulagiri
- Machhapuchhre

After breakfast back in Ghorepani, continue trekking through forest trails to **Tadapani (2610 m)**.

Trekking time: 5–6 hours



A spectacular sunrise with uninterrupted views from viewing seats of the Himalayas with Mt Dhaulagiri the prominent peak in the image and golden grasses and Tibetan prayer flags in the foreground from Poon Hill near Ghorepani.

Day 6 – Trek to Chhomrong

Descending through forest trails and crossing rivers, the path gradually climbs toward the beautiful mountain village of **Chhomrong (2150 m)**.

Chhomrong is the **gateway to the Annapurna Sanctuary**, offering spectacular views of Annapurna South.

Trekking time: 5–6 hours



View of Annapurna range includes Annapurna South and Mt.Himchuli view from Ghandruk village in northern-central of Nepal.

Day 7 – Trek to Himalaya

Cross several suspension bridges and follow the trail through dense bamboo forests along the Modi Khola river. Gradually climb toward the settlement of **Himalaya (2920 m)**.

Trekking time: 5–6 hours



A suspension bridge in the himalaya leading over a deep valley

Day 8 – Trek to Machhapuchhre Base Camp

Today's trail passes through the alpine landscapes of Deurali before climbing toward **Machhapuchhre Base Camp (3700 m)**.

From here you enjoy dramatic views of the sacred **Machhapuchhre (Fishtail Mountain)** along with Annapurna I, Hiunchuli and Gangapurna.

Trekking time: 4–5 hours



Machhapuchchhre Base Camp Pokhara Nepal / Mount Machhapuchchhre (Fish Tail)

Day 9 – Trek to Annapurna Base Camp

A short but spectacular trek leads to **Annapurna Base Camp (4130 m)** — the highlight of the entire journey.

Surrounded by a natural amphitheatre of towering Himalayan peaks, the views here are simply unforgettable.

Spend the afternoon exploring and enjoying the magical mountain atmosphere.



Annapurna Base Camp Himalayas mountains during sunrise

Day 10 – Trek to Bamboo

Begin your descent through the sanctuary and forested trails.



Scenic forest trail along the Annapurna Base Camp trekking route in Gandaki Province, Nepal.



Day 11 – Trek to Jhinu Danda

Descending through forests and villages, you eventually reach **Jhinu Danda**, famous for its **natural riverside hot springs** — the perfect reward after days of trekking.

Relax in the warm mineral pools beside the river.



Jhinu Danda Hot Spring located at the Bank of Modi River

Day 12 – Trek to Nayapul & Drive to Pokhara

Walk along the Modi Khola valley before reaching **Nayapul**, where your vehicle transfers you back to Pokhara. Enjoy the evening exploring **Lakeside Pokhara**, known for its restaurants, cafés and nightlife.



A scenic stone trail near Nayapul leading trekkers through lush Himalayan forests into the breathtaking Annapurna Region

Day 13 – Return to Kathmandu

Drive back to Kathmandu through scenic hills and valleys.
Celebrate the completion of your Himalayan adventure.



A scenic mountain highway winding through lush Himalayan valleys on the journey back to Kathmandu



Day 14 – Free Day in Kathmandu

You can explore temples, markets, and cultural landmarks of Nepal's capital and celebrate the completion of our journey. Our Annapurna base camp trek via Gorepani poon hill itinerary comes to an end in Kathmandu.



Beautiful landscape with Phewa Lake and boat on lake, mountains in background also as reflectaion on lake. Machapuchare-Fishtail, Annapurna and many others. Pokhara, Nepal

Day 15 – Departure

Fly home farewell friends. You are saying goodbye to the mountain as your journey finishes from Nepal. We hope you enjoyed the tour with us, and are sure you will be back in another trip somewhere in the Himalayas again.



Aerial view of Kathmandu cityscape under mountains, Kathmandu Valley, Nepal

The Himalayan Experience

This trek is designed for travellers seeking both adventure and cultural discovery. Walk along ancient mountain paths used by local villagers for generations, pass through traditional Gurung and Magar settlements, and enjoy breathtaking views of the Annapurna and Dhaulagiri mountain ranges. Each evening you will stay in welcoming tea houses where you can relax, share stories with fellow travellers, and experience authentic Himalayan hospitality.



Trekkers relaxing in the natural hot springs of Jhinu Danda beside the rushing Modi Khola river after days of trekking in the Annapurna Region

Tour Price & Inclusions

Based on Group size and Negotiation

Includes:

- Accommodation during trek and in cities
- Professional trekking guide
- Local transportation
- Trekking permits
- Tea house accommodation during trek



Phewa Lake with boats and mountains at golden sunset.

Cost included

- 1: All hotel airports transfer as per itinerary.
- 2: Kathmandu to Pokhara flight and 15 kg bag. flight tickets for clients and guide. Both ways.
- 3: Best available lodge and tea house accommodation during the trek.
- 4: All food, breakfast, lunch, dinner during the trekking.
- 5: Domestic flights and exit taxes.
- 6: A trekking guide, Sherpa porters (2 trekkers one porter) together with their payments, assurance, gears, foods and accommodation.
- 7: All necessary Annapurna Conservation fees, permits, and paper works.
- 8: Entire administration and local taxes.
- 9: all guide and porters salary and insurance. Government taxes.
- 11: Fresh fruits after dinner everyday.
- 10: 1pc snickers or Mars chocolate each person everyday.
- 11: normal tea or coffee three cup with meal B, L,D.
- 14: Complementary trekking kit bag.
- 12: farewell dinner and Annapurna Base Camp map.
- 13: Sleeping bag returned after trekking.
- 14: Kathmandu 3-star hotel 1 night with breakfast and bed. After returning from trek.

Cost excluded.

- 1: Nepal visa fees on your airport arrival (you should bring accurate USD cash and two passports size photos).
- 2: Personal expenses (shopping, laundry, bar bills, battery charge, mineral water or boiled water, phone call, hot shower etc.)
- 3: Your lunch and dinner in Kathmandu and Pokhara (this also applies on coming back from trek earlier then the fixed itinerary)
- 4: Extra night accommodation in Kathmandu than above itinerary.
- 5: International fare/ arrival taxes/departure taxes to and from Kathmandu.
- 6: Tips for guide and porters/ Donations.
- 7: Rescue in case of emergency.

