



## Ghorepani Poon hill yoga trek in Nepal - 9 Days

Ghorepani Poon Hill Yoga trek offers a perfect blend of **adventure and spiritual** exploration, combining the trekking in the beautiful **Annapurna region** with yoga and meditation practices. It allows you to connect with nature, practice yoga, and witness astonishing Himalayan Mountains. The trek takes you through traditional Nepali villages inhabited by the Gurung and Magar communities, providing a chance to immerse yourself in the **Himalayan** way of life, experience the local culture and interact with the friendly locals. During the trek, you have the opportunity to practice yoga in serene and natural setting, guided by experienced **yoga instructors**. Yoga sessions are typically held in the morning or evenings enhancing the overall trekking experience by allowing you to connect with nature, find inner peace, and relieve any physical strain from the trek.

Ghorepani is a beautiful village situated at an altitude of 2850 meters. From there, you will hike early in the morning to Poon Hill. It is the main attraction of this trek. It is a viewpoint located at an altitude of 3210 meters, offering eye-capturing sunrise and sunset views over the **Annapurna and Dhaulagiri** mountain ranges.



## PRICE INCLUDES

- Airport Pick up and drop by private vehicles
- Two night hotel in Kathmandu (B & B) plan
- Two night hotel in Pokhara (B & B) plan
- Drive to Pokhara and end Kathmandu by tourist bus
- Drive to Nayapul and end Pokhara by private vehicle
- Trekking permits and TIMS card
- Three times meals a day- Breakfast, Lunch, Dinner and accommodation in teahouse/ lodge during the trek
- One experienced (government licensed) and qualified English speaking guide
- One porter for two trekkers
- Guide/ Porters: food, lodge, transportation, salary, insurance, equipment etc
- First aids kit
- All taxes and company service charge

## PRICE EXCLUDES

- International airfare and visa fees
- Lunch and dinner in Kathmandu
- Personal expenses of bar and beverage bills, wifi, hot shower, bottle of water, extra porters, laundry or any other things which are not mentioned by the company
- Your trekking gears and extra nights in a certain destination
- Your travel insurance which should include the emergency rescue
- Tips for your guide and porters
- Extra expenses due to any event such as strikes, weather conditions, or flight delays



## ITINERARY IN DETAIL

### Day 1: Arrival in Kathmandu

After your arrival in the international airport in Kathmandu, you will be greeted by the hotel of your choice by our office representative. After you get some refreshment and rest in the hotel we will have meeting in the afternoon. A session of yoga, yogic breathing and mediation that is sure to make you fill great, refreshed and prepared for this trekking experience in the Annapurna region. You will end the day with a welcome dinner in an authentic restaurant. Stay overnight at hotel in Kathmandu.

### Day 2: Kathmandu to Pokhara by tourist bus

Today, after an early morning session of the yoga and meditation, your guide will come to pick you up and transfer to the tourist bus station for your day drive to lakeside city of Pokhara through the scenic countryside. Travelling on the Kathmandu to Pokhara highway, we drive past the scenic landscape, waterfalls and river, rural settlements and twisting road overlooked by the majestic Himalayas far away before reaching the beautiful and diverse city of Pokhara. On your arrival in Pokhara bus station, we will be picking you up and transfer to the hotel. After refreshment in the hotel your guide will take you to the walking tour around the marvelous Phewa Lake. The surrounding area of Lakeside blends in the influence of modern lifestyle with the preservation of local culture and heritages. After exploring the beautiful city of Pokhara, you will stay overnight at the hotel in Pokhara.

### Day 3: Pokhara to Nayapul by Jeep then trek to Tikhedhunga

Early in the morning, we will have the first session of yoga and meditation for today in this yoga trekking and get started for the day. The trekking in this beautiful and diverse region starts today after we drive to the starting point of Nayapul from Pokhara on a drive of about 2 hours with your guide and porters on the well road of approximately 45 km. En route, you will pass through some village with great scenery from Naudanda, Kanre, and Lumle before reaching the small settlement of Nayapul. After you arrive at Nayapul, the adventure begins from the warm sub-tropical region with Tikhedhunga as the destination for today. We start our walk from Nayapul by following the Modi River upstream to Birethanti, a village situated at the confluence of Modi River and Bhurungdi River. Further on the trail, we will follow the eastern bank of Bhurungdi Khola and reach to the settlement of Tikhedhunga after a trek of couple of hours with scenery of waterfall, high green forests. Furthermore, we will also trek on the trail marked by stone staircase, the landscape with moss covered trees and forest adorned with colorful rhododendron flowers. Lunch will be served somewhere on the way at the tea houses before we reach to Tikhedhunga. The first yoga, meditation and yogic breathing session in the trekking region is today in Tikhedhunga. Stay overnight at the tea houses.

### Day 4: Tikhedhunga to Ulleri to Ghorepani (2780 meters)

With the village of Ghorepani, the traditional stoppage of traders and their horses, as the destination for today, we will start our trek after having the breakfast in the hotel of your overnight stay and another session of yoga, yogic breathing and meditation. The trek will begin with the steep trek through the stone paved staircase. After trekking for couple of hours with several breaks in between to catch our breath, we will get a chance to get the wonderful view of the Annapurna range, Machhapuchhre and Hiuchuli Mountain besides the beautiful greenery and lush hills and valleys. The trail ahead of Ulleri is gradual that moves ahead in winding fashion through the cool shade of pine and rhododendron forests that has some ups and downs in store for the trekkers. After passing through other charming



villages of Banthati and Nangethati, we will reach the Ghorepani village, inhabited in majority by the Magar community. This village provides excellent view of Annapurna range, Dhaulagiri and other sibling peaks besides the well preserved Magar culture. The final session of our refreshing yoga and meditation session will make the evening detoxicated after a long trek. Overnights stay at tea house in Ghorepani.

#### **Day 5: Trek to Ghorepani to Tadapani (2660 meters)**

Today, we will leave this beautiful village, Ghorepani. Before the day breaks and after our regular yoga session, armed with their backpacks on their back and lights on their hands along with excitement in their mind for witnessing one of the most memorable sunrises of this entire trek. After uphill trek of around 45 minutes to reach the Poonhill, trekkers witness the remarkable natural phenomena. Named after the ethnic group Poon, the resident of Ghorepani and surrounding area, Poonhill provides the tantalizing view of sunrise over the stunning mountains from west Dhaulagiri, Annapurna ranges and a unique mountain Mount Machhapuchhare (Fishtail) following the tantalizing view of Manaslu to Ganesh Himal to the east ranges of mountains. After enjoying at this spot that provides the view of wide range of high mountains, we will return to Ghorepani for having our breakfast. Then the trek continues through the forest covered with pine, bamboo and rhododendron trees, short ups and downs and the lush vegetation with occasional view of the mountains before reaching the settlement of Tadapani. Lunch will be serving on the way at the teahouses. We end our day with the session of yoga, meditation and yogic breathing. Stay overnight at the tea houses.

#### **Day 6: Tadapani to Ghandruk (1990 meters)**

We will trek through the Gurung village of Ghandruk as the destination. The regular session of yoga, meditation and yogic breathing starts our day while the trek starts from the settlement of Tadapani, we will trek for around an hour in a gradual path before reaching the Bhasi Kharka, a summer settlement for the animal herders and locals. From this point, we will descent to the Ghandruk village with the occasional view of the Mount Annapurna ranges and unique Fishtail Mountain and passing through the forest creeks, smaller streams wherein the white-faced monkeys are seen swinging from one tree to the next. Ghandruk, also referred to as the 'Switzerland of Nepal' by some adventurers, is a semi-modern town and the gateway to the Annapurna Sanctuary. One of the biggest towns of this trek, Ghandruk is famous for being a living museum of Gurung cultures and traditions, small market and uniquely arranged houses, panoramic views of the Himalayas and the stairs that weave through the village like a game of Chutes and ladders connecting the house and market. On reaching Ghandruk at lunchtime and as well for the night stop with enough time to explore the village and Gurung culture. We complete the day with another session of yoga and meditation. Overnights stay in Ghandruk.

#### **Day 7: Ghandruk to Nayapul walk then drive to Pokhara (820 meters)**

The trek in the Annapurna region will finally coming to an end as we descend to the city of Pokhara recalling the memories of a great time in Ghandruk in the previous couple of days. On a path paved with stone, we will trek down to the starting as well as the ending point of the trek i.e. Nayapul. During the trek of around 5 hours to Nayapul, we will pass through several smaller settlements, enjoying the view of the Himalayas and terraced fields, interact with the locals who are with their horses and mules loaded with goods besides the lovely scenery of waterfalls and rivers, resting places under big trees and many other attractions. After experiencing all these attractions en route, we will finish our trek in Nayapul (or New-Bridge) and go for a drive to Pokhara on a private vehicle only to reach the Lake



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City after couple of hours. We will have our session of yoga and meditation in the morning as well as in the evening in this day. Stay overnight at the hotel in Pokhara.

### **Day 8: Drive back to Kathmandu (1350 meters)**

Well, after having wonderful time in the Nepal's Himalayas and short rest in Pokhara, today you will have a day drive through scenic countryside to Kathmandu in the route that never fails to attract the attention of the travelers. After having breakfast, and we will have a quick session of yoga and meditation then you will be picked up from hotel and transfer to the bus station according to given time. Once you arrive in Kathmandu bus station, you will be receive from our office representative and take you to the hotel. After engaging ourselves in some activities during the day, in the evening, we will have another session of yoga, meditation and yogic meditation. Stay overnight in Kathmandu. Note: You can fly to Kathmandu which takes 35min but it will be expensive.

### **Day 9: Departure**

On the ninth day, the trek will officially come to an end. Today after having breakfast, we will transfer you to the international airport in Kathmandu for your next destination, at least three hours prior to the flight schedule. We hope that the diversity of culture and tradition, natural beauty and wildlife, flora, fauna and architectural heritages has created a special place in your heart, strong enough to come for another adventure or exploration in this enchanting nation, Nepal.