



Trip Facts

Price: USD 1250

Duration: 12 days

Trip Profile: Annapurna Panorama Trek with Rafting

Geography: Himalayas/Hills/Forests/Glaciers

Location: kaski/Dhading

Max Altitude: 3,210m/

Accommodation: Hotel/ Tea house/ Lodge

Ethnic People: Gurung/ Magar

Religions: Buddhism/ Hinduism

Meals: All meals included during the trekking

Transportation: Flight/ Tourist Bus/ private Vehicle

Group Size: 1-10 Pax

Highlights

- An overview tour of UNESCO World Heritage Sites in Kathmandu
- Visit the most beautiful city Pokhara
- A scenic panoramic trek in the foothills of Annapurna I (8091m)
- Trek through ethnic villages
- Learn unique cultures and enjoy the warm gestures
- Enjoy the beautiful sunrise and majestic vistas of the mountain from Poon Hill (3210m)
- Indulge in an adventurous rafting experience in the Grade-4 waters of Trishuli River



Overview

The Annapurna Panorama Trek is also known as the view trek from Poon Hill. The short trek in the foothills of Annapurna I (8091m) accounts for an easy-paced trail meandering along with the diverse landscapes of the region. The trek ends with an adventurous rafting experience in the Grade 4 Trishuli River, adding charm to the overall trip.

Annapurna view trek with Rafting takes you on a short trek towards the Ghorepani Poon Hill trail followed by a day rafting in the cold waters of the Trishuli River flowing route back to Kathmandu.

Trekking on the white snowy Himalaya and then flowing with the speed of white water is a different experience. We, Himalaya Land Treks wants to cherish trekker's journey with a fusion of two different experience in a single trek. This Annapurna Panorama view trek with white water rafting is the one to provide full relished to the visitors.

Major Attractions In Annapurna Panorama View Trek with Rafting

Historic Kathmandu City

Kathmandu is not only about the place. It is a city with life. It is a city full of historic evidence. A city decorated with art at its every corner. A city clustered in the unity of diverged caste and creeds. Kathmandu is itself a majesty on itself. Historic durbar squares, religious heritages namely Swyambhunath, Pashupatinath, Bouddhanath, etc. calls upon the visitors.

The 12 days Annapurna Panorama view trek by [Himalaya Land Treks](#) begins once you arrive in the historical Kathmandu City. The trip starts with a scenic journey. You will be visiting some of the most popular [UNESCO World Heritage Sites](#) around the Kathmandu Valley.

Explore the beauty of Pokhara



Pokhara is very famous for tourism. Trying to figure out the beauty of Pokhara within a paragraph is nothing than stupidity. I in my words can never express the elegance of this mystic city. It is the most beautiful city in Nepal.

Pokhara shares its beauty through the silence of lakes, rush of springs, the darkness of caves, and many more. Fewa makes your heart wide with deep silence, David falls make you dance with its melodious flow, Mahendra gufa (cave) cleans both your heart and soul. The lights of the street make it alive 24/7. To experience this elegance of Pokhara everyone must visit this alluring city at least once in a lifetime.

Ghorepani and Poon Hill

Ghorepani (2874 m) and Poon Hill (3210) offers the most majestic views of nature. You'll encounter the 3,200 stone steps going from Ulleri to Ghorepani. You reach Poon Hill from the way after Ghorepani. For making a friendship with nature a near destination for travellers is Ghorepani Poon Hill trek.

Poon Hill is a major tourist attraction located inside the Annapurna region that offers a magnificent panorama view of Mt. Dhaulagiri (8167m), Annapurna I (8091m), Nilgiri (7061m), and Machhapuchhre (6997m) along with the beautiful views of the sunrise and sunset.

Explore numerous ethnic villages

In view trek to Annapurna, you will be trekking through many ethnic villages. With an adorable view of nature, you get to learn about different cultures from people of different communities. You will pass beautiful villages like Tadapani, Nayapul, Ghandruk, Pothana, and Dhampus.

Each visitors are welcomed everywhere in this region with the warm gestures of the community people. With a cultural motive of "Atithi Devo Bhava", every visitors are respected as a god in this region. These people make your journey more memorable and adventurous as



well.

Rafting at Trishuli

White water rafting in the fast-flowing speedy rivers of Nepal is among the wish list of trekkers planning to visit Nepal. Moving with the speed of white water gives you the most relishing experience ever. And Nepal is also famous for this typical mind-blowing, fun-filled experience.

Trishuli is gifted with numerous difficult rapids that add to the overall adventure. From Charaudi you'll embark on 3/4 hours long rafting experience in Grade-4 white water waves of the Trishuli River. After a long trek on foot trails, white water rafting adds more spices of adventure to your trip.

Best time for Annapurna Panorama view trek

The best time to do the Annapurna Panorama view trek is during the spring and autumn seasons. You can also peruse this trek throughout the year. But it's better to trek in the month between February to May and September to December.

Alternate Packages

If you want to experience a different trail route and access for equally adventurous route then you can go to our next packages of the Annapurna region through the following link [Ghorepani Poon Hill Trek](#), Short Poon Hill sunrise trek.

If you want to conquer a more adventurous trek then please check out our next trek package through the following link [Short Annapurna Base Camp Trek](#), [Annapurna Sanctuary Trek](#), [Mardi Himal Trek](#).

Himalaya Land Treks specializes in custom trekking in Nepal. We conduct all kinds of treks to Annapurna and other exciting trek destinations in Nepal. You can also choose to join our fixed groups at a reasonable rate and enjoy full-board trek packages as well. We are pretty sure, your Annapurna panorama view trek will be the unforgettable trekking in Nepal.



Day to Day Itinerary

Day 1: Arrive in Kathmandu (1300 m. /4265 ft.)

Accommodation: Overnight at 3 star Hotel

Welcome to the historical Kathmandu City! Upon your arrival, you'll be warmly welcomed by our representative at the airport. He will then escort you to your hotel located at the heart of the city. You'll meet your trek guide and discuss the itinerary in detail.

Day 2: Trek Preparation and Kathmandu Valley Sightseeing

Accommodation: Overnight at 3 star Hotel | **Meal:** Breakfast

Today is the trek preparation day. Your guide will assess your equipment and gears to determine if they are good enough to be taken for the trek. You can also choose to visit the nearby stores to purchase any required gears or equipment, including trek accessories and snacks for the trip. Afterward, you'll embark on a scenic sightseeing tour of the historical Kathmandu City and witness some of the most popular UNESCO World Heritage Sites including the Kathmandu Durbar Square, the Swayambhunath, the Pashupatinath, and the Boudhanath.

Day 3: Drive from Kathmandu to Pokhara (820 m. /2690 ft.) | 6 hrs.

Walking hr: 6-7 hrs | **Accommodation:** Overnight at 3 star Hotel | **Meal:** Breakfast

After an early breakfast at the hotel, you'll embark on a scenic road journey along the massive Trishuli River towards Pokhara. Lying 200km west to Kathmandu City, Pokhara serves as a gateway to the Annapurna region. It also remains a popular tourist getaway frequented by both tourists and locals. The scenic drive may last almost 6hr. Upon your arrival, the city will welcome you with the magnificent views of Machhapuchhre (6997m) and Annapurna I (8091m) in the backdrop.

Day 4: Drive from Pokhara to Nayapul (1050m. /3346 ft.), 2hrs and then trek to Tikhedhunga (1577 m. /5174 ft.), 3 hrs.

Walking hr: 5 hrs | **Accommodation:** Lodge/Tea house | **Meal:** Breakfast/Lunch/Dinner

After an early breakfast at the hotel, you'll embark on a scenic 2hr road journey leading from



Pokhara to Nayapul. Nayapul serves as the gateway to the Annapurna Conservation Area. You will drive past the Lumle village en route to Nayapul. Once at Nayapul, you'll prepare your bags and embark on the first day of the trek. The trail leading from Nayapul to Tikhedhunga consists of a mostly uphill trek. Overnight in Tikhedhunga.

Day 5: Trek from Tikhedhunga to Ghorepani (2880 m. /9449 ft.), 6hrs

Walking hr: 6 hrs | **Accommodation:** Lodge/Tea house | **Meal:** Breakfast/Lunch/Dinner

After breakfast at the tea-house, you'll begin climbing the trail towards Ghorepani. The trail gradually climbs through Lamdawali, Sudame, and Hile villages en route to Ulleri. The village of Ulleri boasts 3,200 stone steps that lead directly to Ghorepani village. You'll cover the entire steps while enjoying the beautiful scenery of the rhododendron forests. Once at Ghorepani, you'll be welcomed with the breathtaking panorama of the Dhaulagiri (8167m), Nilgiri (7061m), and the Annapurna massif.

Day 6: Morning hike from Ghorepani to Poon Hill (3210m. /10532 ft.), 2 Hrs, and again back to Ghorepani and then trek to Tadapani (2675m. /8776 ft.), 4 hrs.

Walking hr: 6 hrs | **Accommodation:** Lodge/Tea house | **Meal:** Breakfast/Lunch/Dinner

An early morning hike to the east will take you to Poon Hill. Poon Hill is a hilltop located 1hr away from Ghorepani and the most popular tourist destination in the entire valley. From here, you can enjoy the beautiful sunrise along with the majestic vistas of mountains including Annapurna I (8091m), Machhapuchhre (6997m), Nilgiri (7061m), Hiunchuli (6441m), and Dhaulagiri (8167m) among others. You'll head back to Ghorepani village for your breakfast. Afterward, you'll commence trekking down towards Tadapani village that goes through the lush rhododendron forests. Overnight stay at the guesthouse at Tadapani.

Day 7: Tadapani to Ghandruk (1950m. /6398 ft.), 4hrs.

Walking hr: 4 hrs | **Accommodation:** Lodge/Tea house | **Meal:** Breakfast/Lunch/Dinner

You'll leave Tadapani and continue along the main trail going through the lushly decorated rhododendron forest towards Ghandruk. Ghandruk serves as the HQ of the Annapurna Conservation Area (ACAP). The traditional Gurung village has preserved the ancient architecture, costume, culture, and lifestyle that remains the highlight for tourists. You'll make



a brief stop at Bhaisi Kharka for lunch before heading down to Ghandruk. Overnight stay at the guesthouse at Ghandruk.

Day 8:Ghandruk to Pothana (1990m. /6529 ft.), 6 hrs.

Walking hr: 6 hrs | **Accommodation:** Lodge/Tea house | **Meal:** Breakfast/Lunch/Dinner

Leaving Ghandruk, you'll begin descending along the stone staircase towards Kimbu. Kimbu lies on the banks of the Modi Khola. From here, the trail goes uphill through Landruk, Deurali, and Tolkha en route to Pothana. A short descent from Tolkha will lead to Pothana. You can catch the panoramic views of Dhaulagiri, Annapurna I, Hiunchuli, and the MachhapuchhreHimal from the top. Overnight stay in Pothana.

Day 9:Pothana to Dhampus Phedi (1113m. /3652 ft.), 3hrs, and then 1 hrs of drive to Pokhara

Walking hr: 4 hrs | **Accommodation:** Overnight at 3 star Hotel | **Meal:** Breakfast and Lunch

Leaving Pothana, you'll begin descending towards the Dhampus village. The trail goes through heavily forested areas and the trail follows a narrow path leading through small villages. It will take almost 3hours to reach Dhampus- a scenic village mainly inhabited by Gurung people. From here, you'll catch a commute back to Pokhara. Once at Pokhara, you'll be escorted back to your hotel.

Day 10:Early Morning drive back from Pokhara to Charaudi 3 hrs, for Rafting and Overnight stay at Trishuli River Bank

Walking hr: 3 hrs | **Accommodation:** River side Resort | **Meal:** Breakfast/Dinner

You'll leave early from the hotel. A couple of hours drive along the Trishuli River will take you to Charaudi, the place where you'll start the rafting journey. The trip ends at Kuringhat. Although the entire trail spans 38km, you'll indulge in only a single day of rafting. After initial training, you'll embark on the raft with others. The captain will be there to guide you through the rapids and tides. Trishuli is a Grade-4 River that has numerous rapids. On the first part of the trip, you may encounter mostly Grade 2-3 rapids. You will start rafting along the calm water and slowly encounter rapids that become more violent. After completing the trip, you can



take a shower at the resort and relish a hot meal. Overnight beside the Trishuli River.

Day 11: Drive to Kathmandu and Thamel Excursion | Farewell Dinner

Accommodation: Overnight at 3 star Hotel | **Meal:** Breakfast/Farewell Dinner

Today, you'll bid farewell to the resort and embark on your ride back to Kathmandu. You'll drive along the Trishuli River while witnessing other rafting parties going down the river. Once at Kathmandu, you'll be escorted to your hotel. At noon, you can choose to go out and explore the nearby Thamel area- a popular tourist getaway that is home to numerous restaurants, bars, and shops. Later, we will host a farewell dinner to celebrate the completion of the trip.

Day 12: Transfer to International Airport for next destination.

Meal: Breakfast

You'll leave for the airport. A Himalaya Land Treks' representative will drive you back to the airport approximately 3 hrs early so to avoid any delays from traffic congestion.

Trip Cost Includes

- Airport pick up and drop off, upon arrival and departure.
- Pre trek meeting.
- 3-star Hotel in Kathmandu for 3 nights.
- Full day city tour in Kathmandu by a private vehicle.
- City entrance fees.
- Kathmandu-Pokhara-Kathmandu travel on a deluxe tourist bus.
- All necessary paperwork and permits (Annapurna Conservation permit and TIMS)
- Trekking equipment: down-filled sleeping bag, walking poles and a duffel bag.
- An experienced English-speaking Govt. registered trekking guide and local porters to carry luggage (2 trekkers: 1 porter).
- Guide and porter salaries, insurance, equipment, transport, food, and lodging.
- Private transport Pokhara to Naya Pul (trail foot).
- Private transport Phedi (trailhead) to Pokhara.
- Full meals: Breakfast, Lunch & Dinner on your choice.
- Supplementary snacks: energy bar and cookies.



- Fresh seasonal fruits after dinner.
- Unlimited Chlorine treated Safe Drinking water.
- Oxi-meter: To check pulse, heart rate, and oxygen saturation.
- All mountain accommodation (Soft, comfort, private room with shared toilet).
- 3-star Hotel in Pokhara with Breakfast.
- Private Transport from Pokhara to Charaudi (Rafting Place) and Charaudi to Kathmandu.
- Lunch and dinner on the rafting day.
- Accommodation in Trishuli River resort.
- A comprehensive First Aid kit.
- All government and local taxes.
- Souvenir: Himalaya Land treks t-shirt and Trekking Route map.
- Farewell dinner at one of the finest Nepalese Restaurant with traditional ethnic music and dance.

Trip Cost Excludes

- Nepal visa (USD 30 for 15 days and USD 50 for 30 days).
- Your international flight to and from Nepal.
- Meals in the city except for breakfast and other mentioned special dinner.
- The cost incurred during the tour around the city
- Cost for additional trips.
- Hot showers, Wi-Fi & battery charging on a trek.
- Travel insurance (for helicopter evacuation if needed whilst on trekking).
- Personal expenses such as laundry, telephone, internet/e-mail, etc.
- Bar and beverage bills.
- Tip for guide, porter, and drivers.