

**10 DAY NEPAL ANNAPURNA PANORAMA**

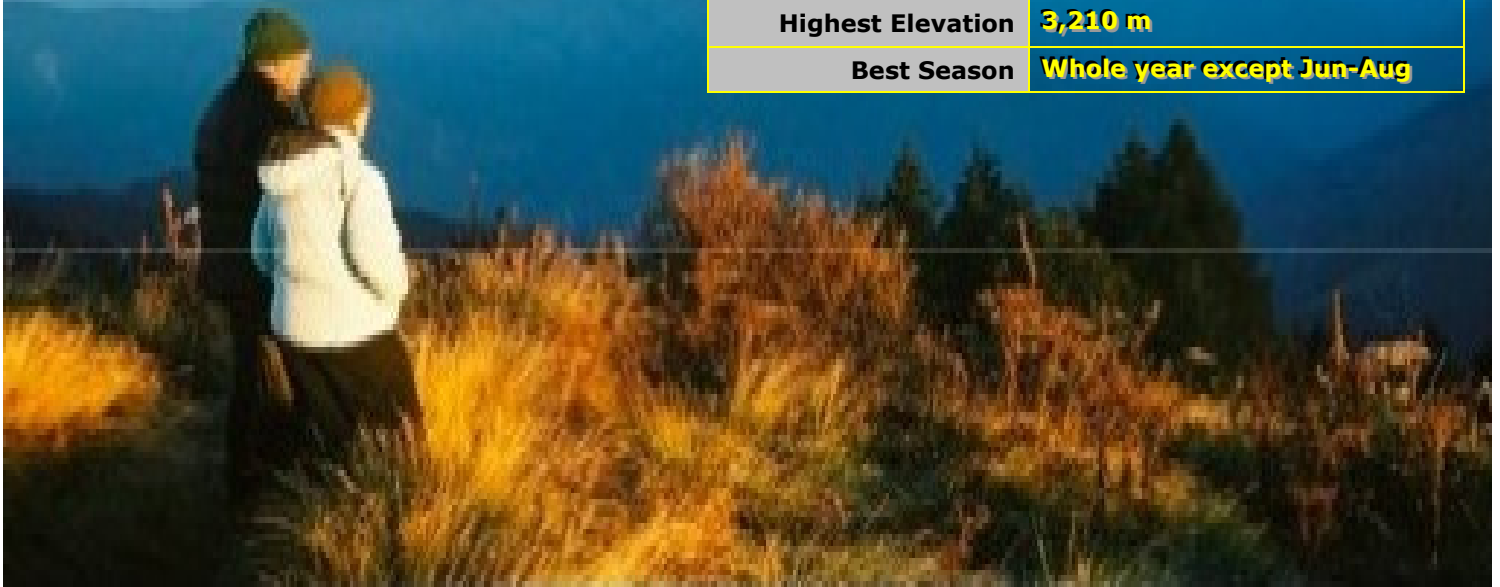
**Tour Code: NPL-AP\_10**

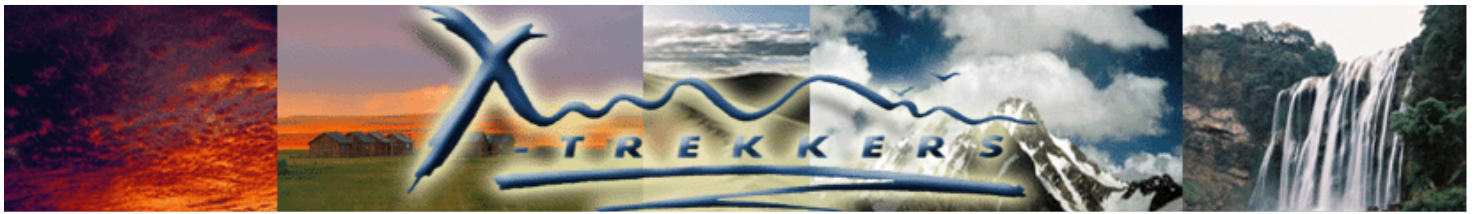
Nepal offers a unique bio-diversity due to its distinctive geographical location. The country presents a vivid range of interesting treks that provide a variety of experiences to suit every taste and preference. Thus, it is indeed difficult to find a dull and insipid moment in this exotic and exciting locale.

**Annapurna Panorama (Poon Hill) Trekking**

As you proceed slowly along the trek upward, you get to notice the varied bounties of nature and get a chance to look at the cultures and customs of different ethnic groups at close quarters. The trek commences from an altitude of 1300m and ends at Poon Hill which is at an altitude of 3210m. Here you not only enjoy a superb panoramic view of the Annapurna and Dhaulagiri peaks but also gets a splendid and magnificent view of the sunrise. Poon Hill is one of the most interesting features of this trekking tour.

<b>Style</b>	<b>Organized teahouse trek</b>
<b>Grade</b>	<b>Easy to Moderate</b>
<b>Highest Elevation</b>	<b>3,210 m</b>
<b>Best Season</b>	<b>Whole year except Jun-Aug</b>





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### **Brief Itinerary (Itinerary subject to changes)**

#### **Day 1 Arrive Kathmandu. O/N Hotel (Dinner)**

After arriving at Kathmandu airport you will be transferred to the hotel by private vehicle. Time to settle in and explore the local area of Thamel. A welcome dinner of traditional Nepalese food is provided in the evening.

#### **Day 2 Kathmandu Sightseeing. O/N Hotel (Breakfast)**

After breakfast in hotel we leave the hotel with guide to explore some of the attractions in Kathmandu valley such as Kathmandu Durbar Square, Pashupatinath Temple, Bouddhanath Temple and Swoyambhunath Temple.

#### **Day 3 Kathmandu – Pokhara with rafting (200km, 7hrs). O/N Hotel (Breakfast, Lunch)**

Breakfast early morning before 07:00 am - this morning you will be driving to Pokhara (200km), depart in the early morning, approximately 7 hrs away by private car/van. Absorb a scenic route through the country lanes. 3 hours Rafting is done on Trishuli River on the way.

#### **Day 4 Pokhara - Ulleri (2070m - hours) O/N Teahouse (Breakfast, Lunch, Dinner)**

After breakfast (approx at 07:30 am), and then we drive to Nayapul (42km), 1.5 hr by car via large village of Lumle and walk about 20 minutes to Birethani, a large and prosperous town. The trail follows the main street of Birethani, go through bamboo forests and pass a large waterfall and swimming hole. Beyond a pasture used by pony caravans, the trail reaches Sudami where you will be served lunch. After lunch we climb steadily up the side of the valley, reaching at 1495m near by Tirekhedhunga. Along the way, various hamlets offer ample camping possibilities but Ulleri is the objective for the day. We pass Tikhe Dhuga on the way. Stay overnight in Ulleri

#### **Day 5 Ulleri to Ghorepani (2855m 6 hours) O/N Teahouse (Breakfast, Lunch, Dinner)**

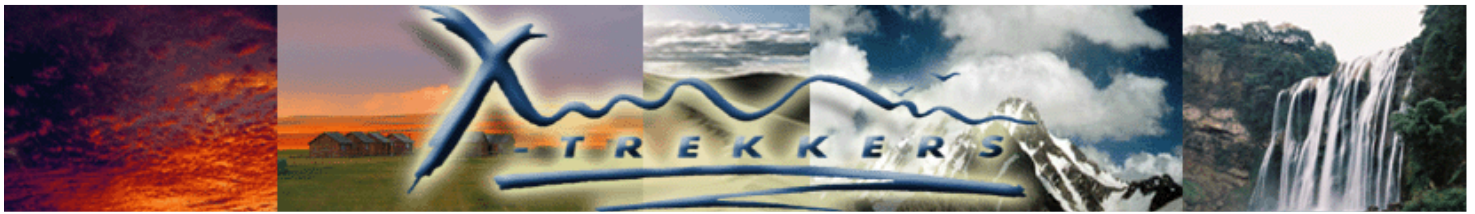
After Ulleri at 2070m. the trail climbs gently through pastures and cultivated fields. There are magnificent more pleasantly through rhododendron and oak forest. The trail crosses two sparkling clear streams before making a short, final climb to Nangethani. Your lunch will be provided in Nangethanti - Thani is a Nepali words meaning "rest house" "Dharmasala".. From Nangethanti we climb to Ghorepani. Stay overnight in Ghorepani.

#### **Day 6 Ghorepani to Tadapani (2700m 6 hours) O/N Teahouse (Breakfast, Lunch, Dinner)**

At 5:30 am wake up and start to your climb to Poon Hill (3195m) around 1hr. It provides unobstructed views and sunrise over the high Himalayas. You can see a lot of White Mountain peaks from Poon Hill. After sunrise, you will return to the lodge in time for breakfast.

Ghorepani means "horse water" and it is no doubt a welcome watering stop for the teams of horses, mules and ponies that carry loads that carry loads between Pokhara and Jomsom. From Ghorepani, the trail climbs south on muddy path through the deep forests. It finally emerges on a grassy knoll which offers good mountain views, including views of Machhapuchhare. (not visible from Ghorepani pass), and a panorama all the way south to the plains of India. It is similar views from Poon Hill.

Climbing along the ridge in pine and rhododendron forests to a top 3030 meters then descend to at a second pass also called Deuri, at 2960 meters. The trail a ridge hides the mountains as makes a steep, sometimes treacherous, descent on a narrow path alongside the stream, as the descent continues. The stream has some clear pools alongside the trail and finally becomes a series waterfall over a jumble of boulders. The steep descent becomes



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more gentle way to reach Banthani and stop for lunch (approx. 1 hour)

From Banthani, the trail follows the stream down to a bridge where the trails start climbing, leaving the moist high mountain forest and entering a field of cane, making some ups and downs past to a vantage point "Tadapani" (2540 metres) that offers a brief view of the mountains. Tadapani means "far water". The water supply is a long distance; it takes porters more than half an hour to fetch a load of water. Stay overnight in Tadapani.

### **Day 7 Tadapani to Landruk (1800m 7 hours) O/N Teahouse (Breakfast, Lunch, Dinner)**

We serve the breakfast in the morning and start your journey, 7:00 AM to Ghandruk, it takes approx.: 3 hours. From Tadapani, the trails descend through the forests then terraced fields, to the Khummu Khola. The Ghandrung trails descends steeply from Tadapani, through forests, a short steep descend among rocks lead to a stream crossing, then the descent continues gently past over streams, finally leading out on the ridge to Ghandruk. Lunch will be in Ghandruk. After Lunch the trail continues to drop to the Modi Khola (River) before arriving at our destination Pothana.

### **Day 8 Landruk to Dhampus Phedi (1100m) - Pokhara (by land) O/N Hotel (Breakfast, Lunch, Dinner)**

We serve the breakfast in the morning and start your short journey along the Modi Khola (River) to Dhampus Phedi, where our private transport to Pokhara and hot showers awaits.

### **Day 9 Pokhara – Kathmandu O/N Hotel (Breakfast, Lunch, Dinner)**

Drive from Pokhara to Kathmandu by private car/van. Farewell dinner in Kathmandu

### **Day 10 Departure (Breakfast)**

Today we bid fond farewell to this beautiful country.

#### **Please Note**

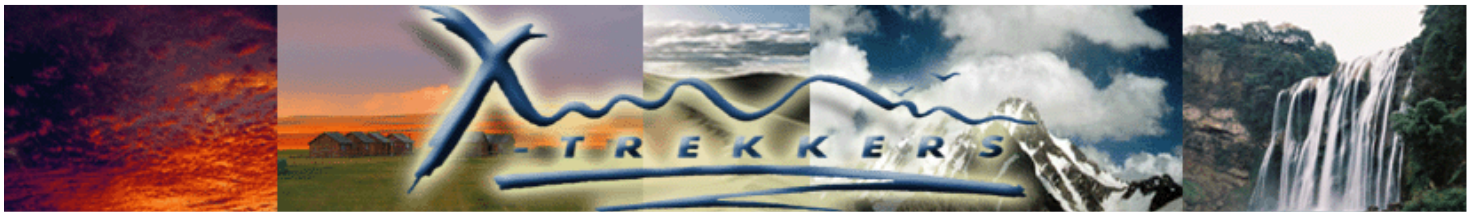
This itinerary is intended as a guide only. Local conditions and weather may necessitate variations to the program and can affect the availability of views and panoramas described. Be aware that all times stated are approximate, and may vary with individual and group fitness.

If you have any special dietary requests, please let us know in advance.

#### **Travel Insurance**

It is strongly recommended that you be insured against medical and personal accident risks (including repatriation costs, air ambulance and helicopter rescue services) and that you also take out cancellation insurance. You should be aware that some policies restrict coverage or do not cover travel to Bhutan and may not cover activities such as trekking (and mountain bike). Please ensure that your policy provides a sufficient level of protection and covers you for the activities involved. You must carry proof of insurance (e.g. your insurance certificate) with you to Bhutan.

Please refer to our terms & conditions: <http://www.x-trekkers.com/Itineraries/Terms-&-Conditions.htm>



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<b>No of Person</b>	<b>LAND Price per Person in SGD</b>
<b>1</b>	<b>1820</b>
<b>2</b>	<b>1360</b>
<b>3</b>	<b>1320</b>
<b>4-5</b>	<b>1500</b>
<b>6-7</b>	<b>1380</b>
<b>8-10</b>	<b>1320</b>
<b>11 &amp; above</b>	<b>1280</b>
<b>SINGLE SUPPLEMENT For hotels stay</b>	
	<b>ADD 150</b>
<b>FLIGHT fare (SIN-Kathmandu-SIN)</b>	
	<b>From S\$ 650 + taxes</b>

**Please note that prices are subjected to change without prior notice  
Please email us to customize your trip!**

<b>LAND Price includes</b>	<b>LAND Price excludes</b>
<ul style="list-style-type: none"> <li>• Airport/ Hotel/ Airport pick up &amp; drop by private car/van</li> <li>• Kathmandu/ Pokhara/ Kathmandu private land transport for clients and staffs</li> <li>• All accommodation (3 star category or similar) on twin share basis in Kathmandu x3N (Hotel Manaslu) and Pokhara x2N (Base Camp Resort) and teahouse during trek</li> <li>• All meals as per itinerary</li> <li>• Guided city tour in Kathmandu by car/ van for 1 day</li> <li>• A government licensed English speaking guide and 1 porter for every 2 trekkers during the trek for 7 days</li> <li>• Complete trekking arrangement (Trek permit, National Park Fees, wages for porter &amp; guide, insurance for Guide/porters, trek registration cert)</li> <li>• Briefing prior departure</li> <li>• 15% discount for gears at X-Boundaries</li> </ul>	<ul style="list-style-type: none"> <li>• All international airfare &amp; taxes</li> <li>• Other domestic airfare &amp; taxes not mentioned</li> <li>• Personal gears &amp; expenses</li> <li>• Travel Insurance (Compulsory)</li> <li>• Beverages and any expenditure of personal nature</li> <li>• Meals not stated</li> <li>• Tips</li> <li>• Visa (USD 30)</li> <li>• Sightseeing/Monuments entrance fees in Kathmandu</li> <li>• Charge for Down Jacket and sleeping bag.</li> <li>• Any others expenses which are not mentioned on Price Includes section</li> </ul>

**Reservation**

A deposit of **S\$ 800** is required upon confirmation and the balance must be paid in full 30 days prior to the departure date. Non-payment by required date may result in the cancellation of your booking and subjected to cancellation charges. To complete your reservation, please signup online at <http://www.x-trekkers.com/registration.php> and send us a scan copy of your passport details.

**Payment** should be made in **SINGAPORE DOLLARS** in favour of "X-TREKKERS ADVENTURE CONSULTANT PTE LTD" by Cheque or Credit to bank account

Bank Name: Overseas Chinese Banking Corporation (OCBC)

Bank Branch: Clementi Branch (Branch code 522)

Account No: 522-076249-001

Account Name: X-Trekkers Adventure Consultant Pte Ltd

As soon as the payment is made, please send the bank-in slip or receipt (enlarged and darkened) by email ([info@x-trekkers.com](mailto:info@x-trekkers.com)).