

# Annapurna Circuit via Poon Hill Trek, Nepal

## Annapurna Circuit via Poon Hill Trek - 22 Days

**Date:** 22 September – 13 October, 2026

**Price: \$4,580.00 USD**

Per Person/Twin Share

(Price subject to change due to exchange rate fluctuation and minimum group numbers).

\* A single room/tent supplement is available for an additional USD 800.00 (please request at time of booking).

Other dates: If my guiding trek dates do not suit your preferred schedule, I can arrange a specific one with my exceptional local operators to meet your needs. Please get in touch with me to discuss your desired personalised trekking adventure.

## About Annapurna Circuit via Poon Hill Trek

The Annapurna Circuit Trek is one of the world's best trekking routes. It is a dramatic odyssey around the mighty Annapurna range, regarded as one of the top ten walks in the world. Our expansive pilgrimage of the Annapurna Range offers a unique insight into Nepal's physical and cultural diversity. This teahouse/lodge-based trek is undoubtedly a classic journey appreciated by trekkers from around the globe. Since it opened to foreign tourists in 1977, the Annapurna Circuit Trek is renowned as one of the planet's most spectacular and diverse walks. It features lush green valleys and fascinating villages that offer impressive snow-capped views of the White Himalayas.

Starting at an elevation of less than 1,000m, we can explore the spectacular Himalayas from bottom to top, including many different angles and perspectives. The trek exposes itself moderately, ascending through subtropical scenery to a Tibetan-influenced valley and then over the soaring Thorong La Pass to the desert-like Trans-Himalayan Kali Gandaki Valley. This thoughtfully designed itinerary completes the circuit with a few new variations due to heavy road construction that will enhance this magnificent expedition. We travel by bus from Kathmandu to Besi Sahar (760m) and Chamje village (1,410m) to commence the Annapurna Circuit trek. The journey follows the Marsyangdi River through rice paddies, terraced fields, and Hindu villages under the shadow of the Annapurna and Manaslu Ranges. As we ascend, the valley becomes narrower, waterfalls plummet from high above, and the scenery gains a rugged alpine appearance.

The highest point of the Annapurna Circuit trek is crossing the Thorong La Pass (5,416m) at the valley's top. We will traverse the pass counter-clockwise from east to west; the longer ascent and shorter descent from west to east are too demanding for many trekkers to manage in one day.

As we trek and descend north of the Great Himalayan Divide, there is a dramatic change as we enter the stark landscape of the Tibetan Plateau, where the culture becomes predominantly Buddhist, to reach the village of Muktinath (3,760m). Well-known temples are significant to

both Hindus and Buddhists. From Muktinath, there is now an extensive motorway availability; therefore, to avoid walking on long sections of roads, we take a private bus or jeep to explore and view the barren panoramas of the Tibetan Highland and great Kali Gandaki Valley, said to be one of the deepest gorges on earth with Annapurna I (8,091m) and Dhaulagiri (8,172m) towering above.

We will stay in the villages of Kalopani (2,530m) and Tatopani and experience the famous Tatopani Hot Springs (1,190m). Trekking to Ghorepani (2,860m) from Tatapani involves an ascent through tiny villages, terraced fields, and pretty villages of rhododendron jungle. Ghorepani means 'horse water' and was a stopping place for the vast mule trains that used to ply this route. Entering Ghorepani village, mountain views emerge, and we begin to appreciate what awaits us the following day. The final highlight of this incredible trek will involve an unforgettable morning hike to Poon Hill (3,210m). A sunrise view from Poon Hill offers a breathtaking panorama of the awe-inspiring high mountains peaks of Annapurna I (8,091m), Annapurna II (7,937m), Annapurna III (7,555m), Annapurna IV (7,525m), Annapurna South (7,219m), Nilgiri South (6,839m), Tilicho Peak (7,134m), Dhaulagiri (8,172m), Machhapuchhre-Fishtail Mountain (6,997m), Singa Chuli – Fluted Peak (6,501m), and many more incredible peaks that comprise the spectacular Annapurna Range.

After the sunrise walk to Poon Hill, we will trek to the village of the Gurung settlement, Ghandruk (1,940m). This exciting village is a chief enrollment hub for the well-known Gurkha soldiers and holds the important Annapurna Conservation Area Project. The final day of the trek will see us hike to Khimche (1,640m) before returning to Pokhara for two nights and finally returning to Kathmandu, where we complete our exhilarating Annapurna trekking expedition.

### Itinerary

**Day 1:** Arrival at Kathmandu International Airport (1400m). Transfer to Radisson Hotel (D)

**Day 2:** Nepal time zone acclimatisation day in Kathmandu. Trek orientation with Cherie & Nepalese guides. Clothing & equipment check. Full-day sightseeing of Kathmandu. Visit: Durbar Square, Swoyambhunath, Boudhanath & Pasupatinath – Radisson Hotel (B/B)

**Day 3:** Private Bus drive to Besi Sahar (760m) 6-7 hours – Teahouse (B/L/D)

**Day 4:** Local private jeep drive to Chamje (1,410m) 4-5 hours, trek to Tal (1,700m) 2-3 hours – Teahouse (B/L/D)

**Day 5:** Trek to Bagarchhap (2,160m) 6-7 hours – Teahouse (B/L/D)

**Day 6:** Trek to Chame (2,670m) 6-7 hours – Teahouse (B/L/D)

**Day 7:** Trek to Pisang (3,200m) 4-5 hours – Teahouse (B/L/D)

**Day 8:** Trek to Manang (3,540m) 3-4 hours – Teahouse (B/L/D)

**Day 9:** Acclimatisation day in Manang (3,540m) 3-4 hours return. Teahouse (B/L/D)

**Day 10:** Trek to Yak Kharka (4,018m) 4-5 hours – Teahouse (B/L/D)

**Day 11:** Trek to Thorong Phedi (4,450m) 3-4 hours – Teahouse (B/L/D)

**Day 12:** Trek to Thorong-La Pass (5,416m) and trek down to Muktinath (3,760m) 9-10 hours – Teahouse (B/L/D)

**Day 13:** Local Jeep/Bus drive to Kalopani (2,530m) 5-6 hrs- Teahouse (B/L/D)

**Day 14:** Local Jeep/Bus drive to Tatopani (1,190m) 4-5 hrs- Teahouse (B/L/D)

**Day 15:** Reserve day in Tatopani/Hot Springs (1,190m) or reserve day for Thorung-La Pass crossing if needed due to inclement weather and acclimatisation requirements – Teahouse (B/L/D)

**Day 16:** Trek to Ghorepani (2,860m) 4-6 hours – Teahouse (B/L/D)

**Day 17:** Sunrise trek to Poon Hill (3,210m) & Trek to Tadapani (2630m) 5-6 hours – Teahouse (B/L/D)

**Day 18:** Trek to Ghandruk (1,940m) 3-4 hrs Teahouse (B/L/D)

**Day 19:** Trek to Khimche (1,640m) 1-2 hrs. Drive to Pokhara (820m) 3-4 hrs. Half-day sightseeing in Pokhara City – Pokhara Grande Hotel (B)

**Day 20:** Free day in Pokhara and half-day sightseeing tour – Pokhara Grande Hotel (BB)

**Day 21:** Private bus drive to Pokhara Airport & fly to Kathmandu – Radisson Hotel (BB)

**Day 22:** Departure to International Airport. End of the trek (B)

B/B = Bed & Breakfast, B = Breakfast, B/L/D = Breakfast/Lunch/Dinner

\* Itinerary subject to change

\* Single room supplement available at an additional cost of USD 800

\* **Detailed trek itinerary and information (clothing & equipment list; medical declaration & clearance; FAQ's) issued upon booking.**

\* Due to commercial development in the Annapurna Range, this expedition will bypass extensive walking along roads and allow private bus or jeep exploration through various sections of this diverse landscape.

### **Trek Inclusions:**

- Arrival/Departure transfers on both domestic and international flights
- Deluxe Hotel accommodation in Kathmandu – Radisson Hotel (twin-share – bed & breakfast as per itinerary)
- Deluxe Hotel accommodation in Pokhara – Pokhara Grande (twin share basis – bed & breakfast as per the itinerary)
- Highest quality Teahouse accommodation with the attached bathroom when available on a twin share basis during the trek (single room supplementary charge available if requested)
- Unlimited breakfast, lunch, and dinner from a full teahouse menu of your choice while trekking
- Unlimited hot drinks at each meal (excluding carbonated & alcoholic beverages)
- 4-5L of boiled or filtered drinking water per day while trekking
- Welcome or farewell traditional Nepalese dinner with cultural dance & folk music
- Half-day guided city tour in Kathmandu.
- Half-day guided city tour in Pokhara.
- All domestic flights and airport tax (Pokhara-Kathmandu)
- Transportation to and from the starting and ending points of the trek
- Free use of quality trekking gear – sleeping bag, fleece liner & jacket for the duration of the trek (return at the end of the trek)

Professional Nepalese trekking co-guide & assistant guides well trained in Wilderness First Aid.

- Porters to carry all personal gear and group equipment
- First Aid Kit (excluding personal prescription medication)
- Gamow Bag/PAC – (Portable Altitude Chamber – portable hyperbaric chamber to treat severe altitude illness – AMS, HAPE &, HACE).
- TIMS card & any other required permits, taxes, or official documentation for trekking
- Trekking map
- Emergency helicopter rescue Evacuation Coordination Service (You are responsible for travel/trekking insurance to cover this contingency)

#### **Trek Exclusions:**

- International airfares (approximately AUD 1000-1600 return from Melbourne to Kathmandu)
- Travel & emergency helicopter rescue insurance (Please make sure your insurance covers helicopter evacuation services)
- Excess baggage charges of more than 15kg (which includes carry-on bag) for domestic flights
- Visa fees
- Extra night accommodation in Kathmandu or Pokhara because of early arrival, late departure, and early return from the mountain (due to any reason) than the scheduled itinerary
- Drinks (carbonated and alcoholic)
- Hot shower and battery charges during the trek
- Entry into Poon Hill (USD 4)
- Expenses of personal nature (laundry, phone calls)
- Lunches and dinners while not trekking (approximately AUD 5-10 per meal in Kathmandu & Pokhara restaurants, AUD 20-30 per meal in Radisson Hotel)
- Tips for Nepalese co-guides & porters
- Pre-Trek Simulated Altitude & Group Training program

#### **FBI Travel, Group Travel experts are my preferred travel manager for all Adventure Treks.**

FBI Travel requires a non-refundable booking fee of **AUD 250** per person to confirm your reservation and guarantee a seamless experience. This essential fee solidifies your participation in the tour and allows us to begin the meticulous preparation process that defines the quality and reliability of our services.

From trek bookings, flights, and accommodation to travel insurance and visa assistance, they'll help you with everything you need to make getting there and back easy.

Please get in touch with FBI Group Travel Leader Deanne: 03 8573 0900 or email:

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