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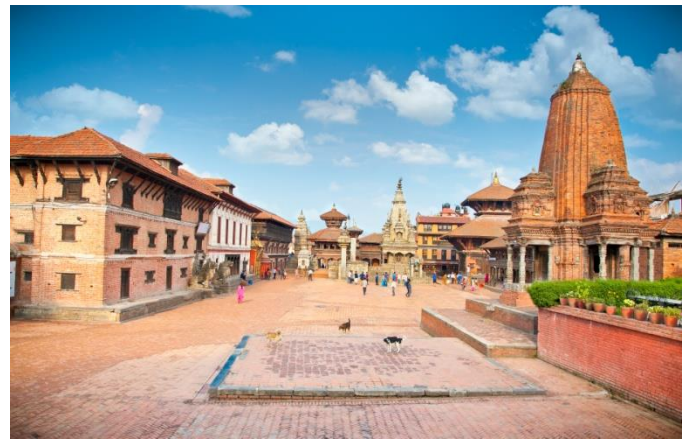
Himalayan Bliss Short Trek

The Himalayan Bliss- Short Trek offers stunning vistas of the mighty Annapurnas and the surrounding Himalayan peaks and is not as physically challenging in terms of duration and altitude. This Trek passes through Ghandruk-Ghorepani section of the Annapurna and is often an introduction to the magnificent experience that is trekking.



A major highlight of this trek is to climb Poon Hill (3,210 m) from Ghorepani to watch the sunrise. Enjoy the glow of the sun-rays shine over the Himalayan giants.

| TRIP FEATURES | |
|------------------|--|
| Kathmandu Valley | Visit Hindu & Buddhist World Heritage Sites |
| National Park | Annapurna Conservation Area (7,629 km ²) |
| Mountains | Machapuchare, Annapurna I, Hiunchuli, Mardi Himal, Annapurna II, Annapurna South |
| Villages | Ghandruk, Landruk, Phedi, Ulleri |
| Tribes | Mostly Gurung and Thakalis |
| Landscapes | Subtropical Forests, of Magnolia and rhododendron to snow clad mountains |



ITINERARY SYNOPSIS

| TRIP FACTS | |
|--------------------------|---|
| Best Period | Feb to May – Oct to Dec |
| Total Duration | 7 Nights/ 8 Days |
| Trek Duration | 02 Nights/ 03 Days |
| In Kathmandu | 03 Nights |
| Flights | Kathmandu-Pokhara-Kathmandu |
| Domestic Flight Duration | 30 Minutes |
| Highest Altitude | 3,193 meters (10,475 ft) |
| Precautions | Altitude Sickness |
| Trekking Grade | Moderate |
| Trek Start Point | Ghandruk |
| Trek End Point | Ulleri |
| Accommodation | Hotels in Kathmandu & Pokhara/ Lodges in Trek |

| Himalayan Bliss- Short Trek -ITINERARY SYNOPSIS | |
|---|--|
| DAY 01 | Arrival Kathmandu |
| DAY 02 | Sight Seeing in Kathmandu Valley |
| DAY 03 | Flight:KTM to Pokhara |
| DAY 04 | Drive: Pokhara – Nayapool – Ghandruk (1940m) Trek: Ghandruk to Tadapani (2630m) |
| DAY 05 | Trek: Tadapani to Ghorepani (2865m) |
| DAY 06 | Excursion: Poon Hill (Sunrise 3210m); Trek: Ulleri; Drive: Pokhara |
| DAY 07 | Am: Free Pm: Fly back to Kathmandu |
| DAY 08 | Final Departure |

- **Important Note: All Trek and Drive Durations are approximate times.**

ITINERARY DETAILED

Day 01: Arrival: Kathmandu

Arrive at Tribhuvan International Airport; met by our representatives and transferred to hotel.

Free for the rest of the day with a small brief in the evening about the trek.

Overnight: Hotel

Day 02: A.M. Sightseeing; P.M. Trek Preparation

A.M.: In the morning, explore Kathmandu Valley. Visit the ancient Bhaktapur Durbar Square and a peek into Nepal's rich history and a visit to Boudha Stupa, another UNESCO World Heritage.

P.M.: The rest of the day is left free to pack and purchase any last minute essentials for the trek.

Overnight: Hotel

Day 03: Fly to Pokhara

After breakfast transfer to the domestic airport and catch the flight to Pokhara Upon arrival met by waiting vehicle and transfer to the hotel.

Rest of the day is free to rest, relax and explore the lake side city.

Overnight: Hotel.

Day 04: Drive: Pokhara – Nayapool – Ghandruk (1,940m) Trek: Ghandruk to Tadapani (2,630m)

After Breakfast, board the vehicle to drive towards Nayapool and then to Ghandruk. Approximately after 20 minutes steep climb, we reach the picturesque village of Ghandruk, a large Gurung village in the Annapurna region.

We head north towards Tadapani. Buy/refill water as no shops until BhaiseKharka. Reach Bhaise Kharka, a clearing in the jungle with two basic lodges. Stop for refreshments.

Continue trek towards Tadapani, a small village with a cluster of hotels and souvenir shops, Tadapani at 2,630 meters offers spectacular views of Annapurna(s), Hinchuli, and Machapuchhre.

Dinner and Overnight: Lodge

Trek Duration: 4 – 4 ½ hours.

Drive Duration: 2 ½ - 3 hours

Day 05: Trek: Tadapani to Ghorepani (2,865m)

We descend via stone steps from the village square to reach a small brook. Cross the bridge and begin ascent through a thick rhododendron forest through cascading waterfalls to reach Deorali (3193m), the highest point of the trek. Stop for Lunch. Brief rest and continue trek via the undulating trail through the forest on a ridge to arrive at Ghorepani. Enjoy scenes of dense rhododendron and magnolia forest to the south, while Annapurna and Dhaulagiri shimmer under the sun to the north.

Dinner and Overnight: Lodge

Trek Duration: 5 – 5 ½ hours.

Day 06: Excursion: Poon Hill (Sunrise, 3210m);

Trek: Ulleri; Drive: Pokhara

An hours' trek to Poon Hill just before dawn, be mesmerized as different hues of sunlight caress the mighty Himalayas. Return to Ghorepani for breakfast; and then begin the return journey.

Descend steeply to reach a river. Descend further following the trail beside a stream and reach Ulleri, another Magar settlement.

Board a local vehicle to take us to Nayapool via the village of Tirkhedhunga. Change vehicle here and drive to Pokhara.

Overnight: Hotel

Trek Duration: 4 – 4 ½ hours

Drive Duration: 2 ½ hours – 3 hours.

Day 07: Flight: Pokhara to Kathmandu

A hearty breakfast, our last meal in the lap of the Himalayas, we take a short flight back to Kathmandu.

Upon arrival, be met by a representative and transferred to hotel. The remainder of the day is free.

Overnight: Hotel, Kathmandu.

Day 08: Departure

Last minute shopping of souvenirs and transfer to TIA, Kathmandu for onward journey.

**** End of Arrangements****



Package Costing

HKD24,499 for two passengers

HKD1,749 per passenger per night
(based on two passengers)

Package Includes:

- All transfer to / from International / Domestic Airport in private A/C vehicle accompanied by an English speaking guide.
- 03 nights hotel in Kathmandu on Bed and Breakfast Basis inclusive of applicable Govt. taxes.
- Sightseeing as per itinerary in Kathmandu in private vehicle accompanied by an English speaking guide.
- All monumental sightseeing fees as applicable for the sightseeing
- Airfare for Kathmandu / Pokhara / Kathmandu.
- Accommodation in Standard lodges for the duration of the Trek.
- 03 Nights 04 Days' trek in Annapurna region accompanied by English speaking guide and porter.
- Staff Ratio: 01 English speaking guide, 01 porter for every 02 passengers, 01 assistant guide for every 04 passengers.
- Max. baggage weight limit 15 kgs per person including Day Pack
- All our guides are Govt. approved license holders, trained and certified regularly in first aid and rescues in the Himalayas.
- All meals (B+L+D) will be provided as selected by the guide along with one hot drink (tea /coffee) after meals. Tea with biscuits in the afternoon upon reaching the Lodge after the trek.
- Maps of the trek region one is going in.
- Insurance for the Nepali staffs.
- Satellite Phone in case of emergency.
- (For personal use at USD5.00 per minute using satellite phone) (Provided for treks above 4,500 meters only).
- Comprehensive medical kit.
- Oxygen cylinder with regulator mask for emergency use. (Provided for treks above 4,500 meters only).

Package Excludes:

- International Airfare.
- Personal trek equipment's like sleeping bag, duffel bag, etc.
- Drinking water on trek (*payable directly*)
- Hot showers and charging of batteries of mobile/camera etc. (*payable directly*)
- Items of a personal nature such as bar bills telephone calls, laundry, extra mileage and any extra costs incurred due to natural calamities, flight delays, etc.
- Personal insurance and medical expenses.
- Liability for or against theft, loss of goods, injury, accidents, loss of life, etc.
- Personal medications.
- Any rescue costs (*helicopter evacuation /using horse etc.*)
- Permit fees if using personal satellite phones or other communication devices or if filming is done.
- Extra Baggage weight (* *maximum weight limit is 15 kg per person. This includes the day pack*)
- Tips to Nepali staffs.
- Nepal Visa fee upon arrival in Kathmandu
- Meals (*Lunch and Dinner*) in during the guests' stay in Kathmandu and other cities except during Trek

- Expenses arising due to cancellation of flights, strikes, etc or any unforeseen uncertainties beyond the control of G C Nanda & Sons.
- Personal travel /medical/ cancellation/ rescue insurance.

(Please get comprehensive medical insurance/ accidental insurance and should include evacuation by helicopter due to any emergencies that may arise)

- Costs associated (*Accommodation/ Meals/ Flights/ Logistics*) with the trip finishing early or departure before the scheduled date due to any reason or) with extending a trip due to bad weather or other circumstances.
- Costs associated with filming. (*Special permits required for this*)
- Any item not mentioned in the above "*The cost includes*".

Packing List

Any extra luggage not needed on the trek can be left at the hotel in Kathmandu during your expedition.

Packing System:

You will need to carry daypack. Other luggage will be carried by porters. We recommend you pack your items in durable and large backpack/ duffel bag including your sleeping bags.

Carried Bag Weight Limit: 15kg

VALID PASSPORT: Your passport must be valid for 6 months after your arrival date in Nepal.

MEDICAL INSURANCE CARD: Should anything happen, we can get you the care you need.

REQUIRED VACCINATIONS: important to receive required (or recommended) vaccinations before traveling abroad.

THE LIST

a. **Trekking Gear**

- Change of clothes for Kathmandu - *to be kept in storage during expedition*
- Heavyweight down jacket, Fleece jacket or vest (1)
- Synthetic hiking pants (1),
- Rain Jacket, synthetic long underwear (top and bottom)
- Synthetic T-shirt, Wool or synthetic hat
- Gloves, Waterproof hiking boots,
- Nylon-wool blend socks (2-3)
- Sandals/Crocs/old sneakers (for walking around the lodges/restrooms in the evening)
- Day pack, Water bottle, Headlamp, Sunscreen, Sunglasses
- Quick-dry towel, Personal toiletries and medicine
- Sleeping bag w/ 0°F rating, Toilet paper in zip lock bag
- Extra ziplock bags for toilet paper waste on the trail
- Hand sanitizer

b. **Documents and Logistics**

- International flight booked and confirmed to Kathmandu
- Flight Information submitted
- Valid Passport and Visa, Photocopy of passport
- Two (2) passport-sized photos for trekking permits
- US Currency for 15 or 30-day Nepali Tourist Visa
- Medical insurance card
- Cash for Tipping, souvenirs, incidental costs, etc.

c. **Other (optional)**

- Reading material for the trail, OTC medications (Advil, Imodium, Pepto-bismol etc.), some choose prescriptions such as Diamox to treat altitude sickness. We recommend talking to your doctor about the use of any prescription medicine, Guidebooks, Camera, Trekking poles, Bandana or buff (for dust and wind), Energy bars, Outlet Adapter (available to purchase in Kathmandu), Zip-lock bags for waterproofing passport and other valuables, Wet wipes