



Earthbound Expeditions

Annapurna Panorama Trek

7 days, from US\$687 per person

Duration

7 days

Grade

Easy

Max altitude

3,210 m

Start and end

Kathmandu

On the trail

3 to 6 hours a day

Best season

Mar to May, Oct to Dec

Accommodation

Teahouses

Meals

All meals on the trek

Group size

Up to 12

Getting there

Fly to Pokhara

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Annapurna Panorama Trek Overview

Two days of walking up to a ridge, an hour on a hilltop at 3,210 m, and sunrise over the Dhaulagiri and Annapurna ranges. The shortest and gentlest trek we offer in the Himalaya.

Trek overview

The trip takes seven days, four of them on the trail. You fly to Pokhara, drive to the road head above Birethanti, and walk for two days through Magar and Gurung villages to the ridge at Ghorepani. Before dawn on the third walking day, you climb for 45 minutes to the viewing tower on Poon Hill, at 3,210 m, and watch the sunrise on Dhaulagiri, Annapurna South, Nilgiri and Machhapuchhre. You then return the way you came.

Who this trip is for

First-time trekkers in the Himalaya, families with children who enjoy walking, and anyone with less than two weeks available. There is no technical ground, no pass, no snow in the trekking seasons and no significant altitude. If you can manage a hilly day walk at home, and do it two days in a row, you are fit enough for this trek.

How this differs from the Ghorepani Ghandruk circuit

We offer two treks that include Poon Hill, and they are different trips. The circuit continues east from Ghorepani to Tadapani and down through Ghandruk, which adds three days, considerably more climbing and several hundred dollars. This trek goes up to Poon Hill and returns down the same staircase. It is shorter, less expensive and easier, and it is the right choice if you have days rather than weeks in Nepal. If you have two weeks, choose the circuit instead.

The two demanding parts

The climb from Tikhedhunga to Ulleri is a stone staircase of more than 3,000 steps, with roughly 500 metres of ascent. It is not dangerous, but it is slow and tiring. The other is the 4:30 am start, in the cold and dark, for the walk up to the viewpoint. The rest of the trek is straightforward.

Itinerary

Day	Route	Hours	Distance	Altitude
1	Arrive Kathmandu	–	–	1,400 m
2	Fly to Pokhara	–	–	822 m
3	Jeep to the road head, walk to Tikhedhunga	3–4 hrs	7 km	1,480 m
4	Tikhedhunga to Ghorepani, over the Ulleri stairs	5–6 hrs	8 km	2,874 m
5	Poon Hill at dawn, down to Hile	6–7 hrs	13 km	3,210 m
6	Walk out to Birethanti, drive to Pokhara, fly to Kathmandu	2–3 hrs	6 km	1,400 m
7	Fly home	–	–	1,400 m

Day 1

Arrive in Kathmandu

When you land in Kathmandu, we meet you outside customs and drive you to your hotel. There is nothing to do for the trek this evening, so you can rest after your flight. Over dinner your guide briefs you on the four walking days, checks your boots and insurance, and answers your questions.

Altitude: 1,400 m On foot: None, arrival day Night: Hotel, Kathmandu Meals: Dinner

Day 2

Fly to Pokhara

A 25-minute flight west to Pokhara, or six hours by road if you would like to see the countryside. Pokhara lies at 822 m beside a lake below the Annapurna range, and from here you can see how close the mountains are. The afternoon is free.

Altitude: 822 m On foot: None, flight day Night: Hotel, Pokhara Meals: Breakfast, Dinner

Day 3

Drive to the road head and trek to Tikhedhunga

An hour and a half by jeep to the road head above Birethanti, where your permits are checked at the conservation area post. Then a gentle walk upstream beside the Bhurungdi Khola, on stone paths and across suspension bridges, past buffalo and terraced millet. The first day is deliberately short, because the next day is harder.

Altitude: 1,480 m On foot: 7 km, 3–4 hrs Night: Teahouse, Tikhedhunga Meals: Breakfast, Lunch, Dinner

Day 4

Trek via Ulleri to Ghorepani

The most demanding day of the trek. A steady climb to Ulleri up a stone staircase of more than 3,000 steps, taken slowly with plenty of stops, then an easier section through rhododendron and oak forest via Banthanti and Nangethanti to Ghorepani on its ridge. Roughly 500 metres of the climb is on the staircase.

Altitude: 2,874 m On foot: 8 km, 5–6 hrs Night: Teahouse, Ghorepani Meals: Breakfast, Lunch, Dinner

Day 5

Hike to Poon Hill at dawn and trek to Hile

An early start at 4:30 am and a 45-minute climb by head torch up the steps to the viewing tower on Poon Hill, to see the first light on Dhaulagiri, Annapurna South, Nilgiri and the fishtail summit of Machhapuchhre. Return for breakfast, then a long descent along the same route to Hile. The descent is hard on the knees but easy on the lungs.

Altitude: 3,210 m at Poon Hill On foot: 13 km, 6–7 hrs Night: Teahouse, Hile Meals: Breakfast, Lunch, Dinner

Day 6

Trek to Birethanti, drive to Pokhara and fly to Kathmandu

Two easy hours beside the river to Birethanti and out through the checkpoint, where the jeep is waiting. Lunch in Pokhara, then the afternoon flight to Kathmandu. In the evening we have dinner together.

Altitude: 1,400 m On foot: 6 km, 2–3 hrs Night: Hotel, Kathmandu Meals: Breakfast, Lunch, Dinner

Day 7

Departure

We take you to the airport for your flight home. If you have a spare day, Kathmandu has plenty to see: the stupa at Boudhanath, the carved squares of Patan, and shops in Thamel that can post your purchases home for you.

Altitude: 1,400 m On foot: None, departure day Night: No overnight Meals: Breakfast

What's included

- Airport transfers & ground transport
- Licensed English-speaking guide
- Accommodation throughout the trip
- All permits & conservation area fees
- Meals as per the itinerary

Not included

- International flights
- Travel & rescue insurance
- Personal trekking gear
- Tips & personal expenses
- Nepal entry visa (on arrival)

Packing list

A short, low trek needs much less equipment than most packing lists suggest. The item people most often underestimate is a warm set of clothes for the viewpoint at dawn.

A short packing list

With four walking days, three nights in teahouses and nothing above 3,210 m, you need only a small bag. We provide the duffel bag and a sleeping bag, and a porter shared between two trekkers carries up to 20 kg for the pair. Many people on this trek carry everything themselves. Anything you do not need on the trek can be stored free of charge at our Kathmandu or Pokhara office.

On your head

- Sun hat with a brim, and a warm hat for the dawn climb
- Buff or neck gaiter
- Sunglasses, category 3
- Head torch and spare batteries, which are essential
- Sunscreen SPF 50 and lip balm with sun protection

On your body

- Two or three merino or synthetic base layers, no cotton
- One fleece or mid layer
- A light down or synthetic jacket, needed for about an hour on Poon Hill and rarely otherwise
- A waterproof jacket that packs small
- Two pairs of trekking trousers
- Underwear and socks for four days

Hands and feet

- Light gloves for the early start
- Boots with ankle support, already broken in. New boots cause blisters on stone steps
- Three or four pairs of walking socks
- Sandals or trainers for the evenings

In the daypack

- Two litres of water capacity, bottles or a bladder
- Purification tablets or a filter as a backup
- Snacks, because lunch is late on the Ulleri day
- A small first aid kit with blister plasters and paracetamol
- A power bank, though you can charge at every lodge on this route

Papers and money

- Passport valid for six months, plus a photocopy
- Two passport photographs for the permits
- Travel insurance certificate showing trekking cover to 4,000 m
- \$100 to \$150 in small notes. The last cash machine is in Pokhara

Specific to this trek

- Trekking poles, which on this route are more useful for descending than for climbing
- Warm layers packed at the top of your bag on the night at Ghorepani, so you can dress in the dark
- A swimming costume if you add a night in Pokhara at the end
- Leech socks if you are trekking close to the monsoon

Route map

Annapurna Panorama Trek

7 days | Highest point 3,210 m | Easy



Start: Fly to Pokhara End: Walk out, drive to Pokhara, fly to Kathmandu

Altitude by day



Optional extras

Jeep to Ulleri

\$45, saves half a day

A jeep takes you past the 3,000 steps and starts you above them. If the staircase concerns you, this option avoids it.

Paragliding over Pokhara

\$95, 1 morning

A 30-minute flight from Sarangkot, with views of the Annapurnas across the valley. It requires one extra night in Pokhara, and it is one of our most popular extras.

Two extra nights in Pokhara

\$110, +2 days

Two nights by the lake at the end of the trip, with a boat trip on Phewa Tal and no climbing. The trek is short, so most people have time for this.

Continue to Ghandruk and the full circuit

from \$300, +3 days

Continue east from Ghorepani over Deurali to Tadapani and down through the large Gurung village of Ghandruk instead of returning the same way. Please decide before you book rather than at Ghorepani, because the permits and lodges are arranged in advance.

Chitwan jungle safari

from \$390, +3 days

Travel to the lowlands to see rhinos and the tall elephant grass. It fits easily between Pokhara and Kathmandu on the way back.

Single room

\$70

A room to yourself for the three hotel nights. On the trail, lodges are twin-share only.

Luxury lodge upgrade in the Annapurna foothills

Price on request

Mountain Lodges of Nepal runs lodges in the Annapurna foothills at Dhampus, Landruk, Ghandruk, Majgaon, Tomijong and Birethanti. Where this route stops in one of those villages, we can book the lodge instead of the teahouse: a private room with its own bathroom, a garden and a full dinner.

Higher on the route there are only teahouses, so those nights stay the same. We confirm availability for your dates before you book.

Photos, videos and reviews of this trip: enepaltrekking.com/annapurna-panorama-trek