

Poonhill And Mulde Peak Sunrise Trekk

Discover the short venture trek to embrace exhilarating glimpses of the high mountains. Entire horizons will be revealed as you reach the Poonhill (3,210m) and Mulde Peak (3,637m). One of the most spectacular mountain experiences is to enjoy the dawn from top of the ridge. Witness radiance of sunrise that illuminate the silver mountains of the entire massif leave you mesmerize and appear like magical before our eyes.

- Visit Jagannath Mandir the oldest temple in Kathmandu
- Visit Kumari Bahal, place of living goddess
- Visit Kal Bhairav, approx. 10 m high stone statue
- Visit Shiva Parvati Temple and Hanuman Dhoka

Day - 1 Kathmandu

KATHMANDU ARRIVAL (1,302m/4,270ft)

Upon arrival at Tribhuvan International airport, our representative will be awaiting you to welcome you in Nepal. You will be then escorted and transfer to hotel. Further details and short preliminary briefing will be provided after transferring to the hotel.

Overnight: Kathmandu

Day - 2 Kathmandu

KATHMANDU SIGHTSEEING TOUR TO DURBAR SQUARE, SWAYAMBHUNATH, BOUDHANATH , PASHUPATINATH (B)

Kathmandu Durbar Square: We will start off visiting Kathmandu Durbar Square, also called Hanuman Dhoka Durbar, and used to be the residence of the Nepali royal family and administrators. This ancient sites situated in the traditional heart of Kathmandu that incorporates architecturally extraordinary complex of ancient palaces, temples, courtyards and shrines dating from the 15th to the 18th century. The most revered places of Kathmandu Durbar Square is the three-storied temple named Kumari Bahal. The structured like a typical Newari Vihara. In this house lives Kumari, a girl who is respected as the living goddess. During the festival of Indra Jatra, the Kumari is paraded around the square in a custom-built gilded chariot and worshipped by the people. The tallest temple of Kathmandu valley 'Taleju Bhawani' built in 1549 AD. This temple is deliberated to be the most outstanding work of art in the Durbar square and considered to be the royal goddess. Jagannath temple built in 16th century is well-known for erotic carvings, and the Hanuman Dhoka (the royal palace) is situated in Kathmandu Durbar Square. Kalbhairav is considered to be the destructor form of Lord Shiva. Built in the 17th century, this, 10 ft. high stone statue of terrifyingly portrayed Kal Bhairav is sited near Jagannath temple. Temple of Shiva Parvati, rectangular in shape enshrines Nava Durga, a group of goddesses on the ground floor. It has a wooden image of Shiva and Parvati at the window of the upper floor looking out at passerby in Durbar Square. Buddhist shrine of Boudhanath, one of the largest stupa in Nepal as well as the sacred Buddhist sites in Kathmandu. You will observe the monk chant in the prayer hall while people lighting butter lamps and reciting mantras. You can see the vibrant prayer flags tied to the stupa that conveys mantras and prayers into the universe while fluttering in the wind. Traditionally, prayer flags come in sets of five, one in each of five colors. The five colors signify the elements and the Five Pure Lights.

Pashupatinath: Further, we visit Pashupatinath temple, a Hindu shrine dedicated to Lord Shiva located On the bank of Bagmati River. You can see elaborately dressed holy men meditating outside the temple and pilgrims placing offerings at the shrines. You can also observe people performing the religious ritual and funeral pyres burn at open-air cremation. Overnight: Kathmandu

Swayambhunath: You are then taken to Swayambhunath (monkey temple) which is the magnificent ancient religious architecture and center faith of Hinduism and Buddhism. Its lofty white dome and dazzling golden spire are visible from far and wide. Upon arriving at the top, you can hear the Buddhist songs “Om Mani Padme Hum” resound everywhere. The candles and the aromatic fragrance of incense that burns constantly create a serene vibe, and we can turn the enormous prayer wheels which encircle the stupa. Boudhanath

Day - 3 Ulleri

KATHMANDU-POKHARA (895m/2,938ft) – NAYAPUL (1,074m/3,525ft) – ULLERI (1,309m/4,296ft); 6 HRS TREK (B, L, D)

You will be transferred to the airport and will take a flight to Pokhara. From Pokhara, we will drive to Nayapul from where our trek will start. We will meet our accompanying trekking crew there and after a short briefing about the trek, we will leave for Birethati (1,025m/3,362ft) down the hill from Nayapul. The initial point at Naya Pul takes you through cozy rural villages and relatively easy slight uphill terrain to Hille following the Bhurungdi Khola River and crossing a few suspension bridges. We pass more villages like Tikhedhunga and continue a path having 3,200 steep stone steps that will lead to get our first view of Annapurna south and finally reach Ulleri by evening.

Overnight: Ulleri

Day - 4 Ghorepani

ULLERI-GHOREPANI (2,750m/9,022ft) 5hrs TREK (B, L, D)

After breakfast, we continue our trek to our next destination Ghorepani. It is believed that the village was named Ghorepani as in the past it used to be rest place for merchants where they found water for their horses, from where the name became ‘Ghora’ horse and ‘pani’ water. This part of the trek is the challenging one; the trail is uneven as it leads hills to hill making the trekkers trek down hills and up hills too. We climb to the Ghorepani through stone stairs. As we take ascend you can see the beautiful scenery of Annapurna South. We walk through a forest filled with trees often in bloom and bamboo plants. You will be overwhelmed by uniqueness and tranquility of this spectacular region. Trekking higher passing through Banthanti and Nagathanti (2,520m/8267ft) we will reach Ghorepani approximately within a couple of hours. We will rest at Ghorepani and prepare ourselves for the next day’s Poonhill trek.

Overnight: Ghorepani

Day - 5 Dobato

GHOREPANI – POONHILL & TREK TO DOBATO (3,426m/11,240 ft.) - 6 TO 7 HOURS WALKING (B, L, D)

Rising early, a pre-dawn hike or after breakfast (45 min) has us on Poon Hill in time for sunrise over Dhaulagiri and the Annapurna Range. Once we reach at the elevation of 3210m and we will be greeted with clear panoramic views of several snow-capped mountains and peaks like Gangapurna Mountain, Annapurna South Mountain and Annapurna I mountain and the Hiunchuli Mountains with a magnificent sunrise. After we spend quality time here we return to our tea-house for breakfast. Then rejoin the trail that winds its way north along the ridgeline with magnificent views of the Annapurna's stretching out from east to west. Following a forested ridge for a while, with views to both sides. After lunch trail starts to ascend above the tree line and follows a ridge to Mulde hill and then descend to our lodge at Dobato. From the lodge, the view to the west is dominated by Mount Dhaulagiri at 8,167m is the seventh highest mountain in the world.

Overnight: Dobato

Day - 6 Ghandruk

DOBATO-GHANDRUK (1,970m/6,463 ft.) - 5 to 6 HOURS WALK (B, L, D)

We make pre-breakfast hike to Mulde viewpoint for 30 minutes. It's truly glorious and stands at 3637 m/11,932 ft. offers eyes level 360 degree magnificent panorama mountains views of Annapurna, ranges of Dhaulagiri, Lamjung, Fishtail, Gangapurna and diverse landscapes of surrounding valley. The rays of the rising sun when illuminated the majestic mountain makes you overwhelm. After breakfast we take to descend to a stream and climb again through forest to a ridge with a tea shop. Easy walking past unusually oval-shaped homes and you come to the flag-stone-lined streets of the Gurung settlement of the Ghandruk, the largest Gurung settlement in the area.

Overnight: Ghandruk

Day - 7 Pokhara

GHANDRUK-NAYAPUL-POKHARA, APPROX 4 HOURS TREK (B, L)

After breakfast, we join the trail that descends downhill all the way to Birethati and back to Nayapul from where our trek started. As a vehicle will be waiting for us, we will return to Pokhara.

Overnight: Pokhara

Day - 8 Kathmandu

POKHARA-KATHMANDU (B)

After breakfast, we take a flight back to Kathmandu. Upon arrival, our representative will transfer you to the hotel. You can spend the day rest or catch up on some last minute shopping or shop for some locally made handicrafts and souvenirs. Overnight: Kathmandu

Day - 9 Kathmandu

FLY BACK HOME (B)

It is time to fly back to home keeping all the terrifying experiences of Nepal in mind. The representative from Nepal Sanctuary Treks will transfer you to TIA airport where you should check-in 3 hours prior to your scheduled flight.

Inclusions

- 3 nights in your chosen accommodation
- Teahouse accommodation during trekking
- Meal as specified in itinerary
(B = Breakfast, BR = Brunch, L = Lunch, D = Dinner)
- Activities and excursions according to itinerary

FOR EXAMPLE:

- Visit Jagannath Mandir the oldest temple in Kathmandu
 - Visit Kumari Bahal, place of living goddess
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 - Visit Shiva Parvati Temple and Hanuman Dhoka
 - Visit Swayambhunath temple
 - Boudhanath, one of the largest stupa in Nepal
 - Visit Pashupatinath, the temple dedicated to Lord Shiva
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- Sightseeing tour in private coach
 - Private transfer to/from trek point
 - English speaking tour guide and trek guide, porter, assistant guide
 - Trek permit & Annapurna Conservation Fee
 - Staff insurance on trek
 - Duffel bag

Exclusions

- International flights
- Meals other than mentioned in itinerary
- Tours and Excursions other than mentioned in itinerary
- Personal equipment
- Excess bag beyond 15 kilos including day pack
- Early check-in and late check-out at hotels
- Personal travel insurance
- Personal expenses and tips for driver/guides
- Visa fees

Payment Details:

Group from 6 persons and
more starting from (p.P)

USD 1155

Private tour for 2 persons
starting from (p.P.) USD 1233

Booking Availabilities

Booking in between : **16th June 2019 & 1st March 2022**

★★★ Star Hotels

Single Supplement	: USD 192.00
Double Room Price(per person)for the 1st + 2nd person	: USD 1233.00
Double Room Price(per person)for the 3rd + 4th person	: USD 1192.00
Double Room Price(per person)for the 5th + 6th person	: USD 1155.00