

## GHOREPANI POON HILL TREK - 9 DAYS

**A short and easy trek past traditional villages to the Himalayan viewpoint of Poon Hill...**



Trip Level: Easy | Group Size: Min. 1-14 people | Min. Age: 6 | Altitude : 3210 m

Arrival on: Kathmandu, Nepal | Departure from: Kathmandu, Nepal

### OVERVIEW

**Trek to the foothills of the Annapurna mountains within a short time. The route is easy, ideal for novice trekkers and families travelling with kids. Hike past terraced paddy fields and rhododendron forests. Walk alongside mule trains and horses. Stay overnight at traditional teahouses run by local families. Experience a magical sunrise and Himalayan panorama from Poon Hill, the most popular viewpoint in the Annapurna Region. Enjoy a relaxing soak at a natural hotspring...**

**Poon Hill Trek** offers you some of the best views of the Himalayan range. Within a short span of over a week,

you get to walk under the foothills of the sacred Annapurnas. Enjoy close up views of the snow-capped peaks. The highlight of this **Poon Hill Trek** is the splendid Himalayan panorama from Poon Hill and [Australian Camp](#). Walk along a trail dotted with traditional Gurung and Magar villages; home to brave [Gurkha soldiers](#). Experience their unique culture and enjoy their warm hospitality. With Machhapuchhre (Fishtail Peak) guarding the trail, make your way across forests of pine and rhododendron. A spring trek will have you walking along paths splashed with red and pink rhododendron blooms.

## A TYPICAL NEPALESE COUNTRYSIDE AND JAW DROPPING VIEWS OF THE MOUNTAINS

A short drive from Pokhara brings you to a world of mountains and terraced farmlands. Stone staircases lead you past villages with charming traditional mud and stone cottages. On the fifth day, you ascend Poon Hill from **Ghorepani**. Enjoy a 360-degree view of the Annapurna Massif. Walk along ancient mountain trails. In addition, a visit to Australian Camp will let you savour more of the inspiring Himalayan views. Finally, end your **Ghorepani Trek** with a relaxing soak at the Jhinu hot spring.

## A SHORT AND EASY HIMALAYAN TREK

The itinerary is ideal for those seeking a Himalayan adventure within a short time frame. You get to reach close to the Himalayan mountains without exerting yourself too much. This is also a perfect introductory trek for beginners who have never trekked in the Himalayas before. You just need to be physically fit and have an open mind to enjoy this adventure. Our experienced guide knows the trail intimately. He will be there to guide you and make your Annapurna adventure a safe and memorable one.

## GEARING UP FOR MORE CHALLENGING TRAILS?

If you have already done this trek and are looking for some other challenging options, then we recommend the moderately difficult [EBC Trek](#) and the [Annapurna Circuit Trek](#). More demanding than the **Ghorepani Poonhill Trek**, these treks take you close to some of the world's highest peaks at 5000 metres and above .

Note:

## HIGHLIGHTS

- Majestic views of **Annapurna Massif** from Poon Hill & Australian Camp
- Visit Gurung and Magar traditional villages
- Experience unique **Himalayan culture** and hospitality
- Tread on centuries-old mountain trails
- Walk through one of the biggest rhododendron forests
- Enjoy a relaxing soak at Jhinu hot spring

## IS THIS TRIP SUITABLE FOR YOU?

- This is an easy trek which takes you close to the Himalayan mountains within a short timeframe. Ideal for

beginners and families traveling with kids (6 years and above. If the kids feel tired en route, the porters can carry them.).

- You need to be reasonably fit. If you hike regularly or can climb stairs without any difficulty you can easily do this trek.
- There is no risk of altitude sickness as the trail does not go beyond 3000 metres. The highest point you will reach is the viewpoint of Poon Hill (3210m) where you will be spending only an hour or two.
- The first day's trek is the toughest as you have to ascend a lot of stone staircases. If you have problems with your knee or ankles you should opt for an easier trip.
- You will have your meals and stay overnight at local teahouses or mountain lodges. These establishments have basic facilities and appear rustic compared to city hotels.

## MEALS

## BEST TIMES

Spring (March to May) and Autumn (late September to November) are the ideal seasons for **Poon Hill trekking**. It is neither too hot or nor too cold during these times. While an Autumn trek promises clear skies and stunning mountain vistas, a Spring trek will involve a walk through forests splashed with colorful rhododendron blooms. Above 4000 meters, you can expect nighttime temperatures to drop as low as -10 degrees.

## ACCOMMODATIONS

**Accommodation for 5 nights in the mountain is included in this package.** While trekking you will be staying at comfortable teahouses run by locals. Annapurna Region has well-developed facilities for trekkers. There are teahouses offer rooms with en suite bathrooms and variety of meals. You may have to pay extra for wi-fi and hot showers. On the trail you will be accommodated at these mountain lodges- *Hotel Nice View at Ulleri, Hotel Sunny at Ghorepani, Hotel Grand View in Tadapani, Hotel Namaste in Jhinu Danda and the best available lodge at Australian Camp.*

**Your stay at Kathmandu and Pokhara is not included in this package.** There are a number of hotels in both Kathmandu and Pokhara offering a wide selection of accommodation options, from luxurious five star establishments to budget hotels. If you are searching for a 3-star category hotel then we highly recommend Oasis Kathmandu Hotel in Kathmandu and Pokhara Batika in Pokhara. Both are centrally located and lies close to the major sightseeing places. If you want us to book rooms for you, please send us a request.

Accommodation will be on twin-sharing basis. If traveling alone, you will have to share the room with someone of the same gender. If you require a single room, it will be available at an extra cost. Just click on the 'single supplement' tab while booking your trip. While single rooms are readily available in Kathmandu and at lower elevations on the trail; at higher reaches it is very difficult to get a single room.

## MEALS:

**No meals included in this package (except for farewell dinner).** There is an abundance of restaurants in Kathmandu and Pokhara serving international food. If you need information about the popular local eateries, do let us know. We will be more than happy to help you out.

On the trail you will be stopping for meals at local teahouses. Items on offer include dal-bhat (rice, lentils, curry), momo, Tibetan bread, chapattis, noodles, pizza, pancake etc.

## ITINERARY

### 1: ARRIVAL IN KATHMANDU (1,400M/4,593FT) AND TRIP PREPARATION

Endless rows of green hills and mountains greet you as your plane hovers above Kathmandu. After landing, our representative will meet you and drop you at your hotel. Take rest and get refreshed. Attend a pre-trek briefing later in the afternoon and meet your trek leader and team mates. Check your gear for the final time and ask questions if you have any. If you feel like it, stroll around the colourful lanes of Thamel, a tourist hotspot. Do schedule your arrival in the city early in the morning or during daytime. This will give you enough time to attend the pre-trek briefing and recover from jet lag. *Overnight in Kathmandu.*

Meal Included : | Dinner

### 2: DRIVE KATHMANDU TO POKHARA (800M/2,625FT)

Board a vehicle and head to Pokhara via the Tribhuvan Highway. As you leave behind Kathmandu valley the road dips down in a series of bends. The ride is filled with delightful scenes of undulating mountain ranges and hillside settlements. Watch people rafting in the fast-flowing Trishuli River. After passing the riverside settlement of Mugling you leave Tribhuvan Highway and cross the metal bridge spanning the Marshyangdi River. Drive along the pitched road of Prithvi Highway till you reach **Pokhara**, a charming lakeside city. Once you reach *Pokhara* check into your hotel. Rest or stroll around the lakeside area. Try to have an early night, as you have a long day ahead of you tomorrow. *Overnight in Pokhara.*

Meal Included : | Breakfast

### 3: DRIVE POKHARA TO HILE AND TREK TO ULLERI (1,970M/6,463 FT)

From Pokhara, board a vehicle and drive to Hile from where your trek begins. Walk past the lush forests of *Annapurna Conservation Area* and Gurung and Magar villages. From Tikhedhunga, a series of steps carved on the side of a large hill leads you to your destination for today, Ulleri - a Magar village. This is one of the toughest days of the trek. 'Bistarai, bistarai!' or slowly, slowly is how you tackle the stairs. Once you arrive in Ulleri head to a teahouse and give your limbs a much needed rest. *Overnight in Ulleri.*

Meal Included : | Breakfast | Lunch | Dinner

#### **4: TREK ULLERI TO GHOREPANI (2,874M/9,429 FT)**

From Ulleri continue walking on the stone steps all the way to **Ghorepani**. This portion of the trail is probably the most scenic during spring as the trail is filled with rhododendron blooms. Pause at intervals to stop for a breather and soak in the awe-inspiring views of Machapuchhre (Fishtail Peak) and Annapurna South. Get your permits checked at the entrance of Ghorepani. The literal translation of Ghorepani is 'horse water'. This village was so named as it was once the watering hole for horses and mule packs travelling along the old trade route. The village has a large Magar population and an assortment of lodges and teahouses. **Poon Hill** lies right above Ghorepani. If you are not too tired you can take a quick hike to Poon Hill to enjoy a sunset view. *Overnight in Ghorepani.*

Meal Included : | Breakfast | Lunch | Dinner

#### **5: TREK GHOREPANI TO TADAPANI (2,600M/8,530FT), VISIT POON HILL (3,210M/10529FT)**

Wake up before dawn and hike to **Poon Hill** to experience the spectacular **Poon Hill sunrise**. Once you reach the top you are surrounded on all sides by Himalayan mountains. Enjoy the 360-degree view and watch the spectacular display of light and colour as the first rays of the sun lights up the icy blue peaks. The snow-covered Annapurna Massif, Dhaulagiri, Gangapurna, Machhapuchhre and Hiunchuli turn from red, pink and orange to a huge chunk of golden yellow. Click as many pictures as you can. **Poon Hill's elevation** is 3210m, the highest point of your trek. Later head down to **Ghorepani** and descend to Tadapani via Banthanti village. En route hike past Deurali Danda, another lookout point offering inspiring views of the Annapurnas. Colourful prayer flags greet you as you arrive in Tadapani, a village lying at the foot of Machhapuchhre. Locals revere this mountain and climbing it is forbidden. Make way to a teahouse and take a much needed rest. *Overnight in Tadapani.*

Meal Included : | Breakfast | Lunch | Dinner

#### **6: TREK TADAPANI TO JHINU DANDA (1,760M/5,774FT)**

Enjoy stunning views of **Annapurna South** before heading down to Jhinu Danda, a settlement popular for its hot springs. The trail goes through a thick forest filled with moss covered rhododendron trees. Walk past traditional farms and terraced fields before arriving at Jhinu Danda. Once you arrive at Jhinu Danda check into a teahouse and take the stone steps down to the hot spring. Spend a leisurely hour or two enjoying a soak at the naturally heated pool. The mineral rich water is sure to melt away all your aches and pains. *Overnight in Jhinu Danda.*

Meal Included : | Breakfast | Lunch | Dinner

#### **7: TREK JHINU DANDA TO AUSTRALIAN CAMP (2,050M/6,726FT)**

Follow an up and down trail past picturesque vistas of hills and terraced farms. Cross waterfalls and streams

with wooden bridges. Walk past villages with a mixed population of Gurungs, Magars, Brahmins and Chettris. From Pothana it's just a few hours' walk till you reach Australian Camp, a pretty ridge top settlement. The place lies surrounded by green meadows and the frozen walls of Machhapuchhre (Fishtail Peak) and **Annapurna Massif** appear quite close. Head to a teahouse where your guide has already booked a room for you. Enjoy more of the mesmerising Himalayan views from the teahouse's courtyard or window. Celebrate your last evening on the trail with your teammates and crew. *Overnight in Australian Camp.*

Meal Included : | Breakfast | Lunch | Dinner

## **8: TREK TO PHEDI - DRIVE TO POKHARA – FLY TO KATHMANDU**

Before leaving **Australian Camp**, catch the sunrise over the snow covered peaks. Take a gentle descent down to the Gurung village of Dhampus. From Dhampus it takes just a few hours to reach Phedi's bustling bazaar. Leave Phedi and drive to Pokhara. Reach the airport on time to catch your flight back to Kathmandu. On reaching Kathmandu check into your hotel and spend the day at leisure. Relax at your hotel or explore more of the city on your own. You can walk down the local bazaar of Ason or Thamel to shop for souvenirs. In the evening head to a traditional Nepali restaurant for a complimentary farewell dinner. *Overnight in Kathmandu.*

Meal Included : | Breakfast | Dinner

## **9: FINAL DEPARTURE**

Our representative will drop you at the airport three hours before your flight departs. If you want to explore more of Nepal or the neighbouring Himalayan countries- Bhutan, Tibet and India- do let us know. We have a range of specially designed itineraries for vacationers looking for a fun-filled vacation or adventurers willing to explore uncharted territories.

Meal Included : | Breakfast

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### **Note on itinerary**

## **WHAT'S INCLUDED**

### **PRICE INCLUDES**

- Airport pick up & drop off service for international and domestic flights
- All ground transportation by comfortable private vehicle as per the itinerary
- Luxurious accommodation at a 4 star hotel in Kathmandu and 5 star hotel in Pokhara
- Clean and comfortable tea-house accommodation during the trek
- Teahouse accommodation during the trek
- Three daily meals (breakfast, lunch and dinner) with tea/coffee during the trek
- Professional, English-speaking, government-licensed, trained in first-aid Trek Leader (Guide), Assistant Trekking Guide (5 trekkers: 1 assistant guide).
- Complimentary Welcome and Farewell dinner at a traditional Nepali restaurant.

- All Local and Government taxes, administrative charges
- First Aid kit and essential medicines (paracetamol, diamox etc.) carried by the Trek Leader.
- Third Rock Adventures' T-shirt, Duffel bag and trekking map.
- Sherpa porters to carry luggage (Porter service -2 Trekkers:1 Porter)
- Staff costs including their salary, insurance, equipment, food, transportation and accommodation.
- Transfer from <strong>Kathmandu to Pokhara</strong> by tourist bus
- Domestic flight (Pokhara-Kathmandu).
- Annapurna Conservation Area Project Entry Fee, TIMS and Trekking Permit.
- Complimentary Farewell dinner at a traditional Nepali restaurant.
- Third Rock Adventures' T-shirt and map

## PRICE EXCLUDES

- Travel and medical insurance.
- Personal expenses (laundry, drinks, beverages, snacks, phone calls, extra porters, battery recharge, bottle or boiled water, souvenirs, hot showers etc.)
- International flights
- Nepal Visa fee.
- Extra night accommodation in Kathmandu in case of early arrival or late departure.
- Personal trekking gear and equipment. Down jacket and sleeping bag(available on hire)
- Tips for guide, porter and driver (tipping is expected)
- Any unseen expenses due to circumstances beyond our control (natural calamities, strike etc.)
- Expenses not listed in the 'Price Includes' section
- Accommodation in Kathmandu & Pokhara.
- Excess baggage fee.

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**Note :**

## ADDITIONAL INFORMATION

### Passport & Visa for Nepal

All foreigners except Indians need to have a visa to enter Nepal. Unlike other countries, Nepali consulates and embassies overseas issue visas without much fuss. Visas are also issued on the spot at Tribhuvan International Airport or at the border checkpoints. It can easily be obtained at the Nepal/China border as well. When you arrive at the airport you must fill in an application form and provide a passport photograph. A single entry visa is valid for 15, 30 or 90 days and it costs \$25,40 or 100 respectively. At the airport, you can pay this amount in any major currency but some land crossings insist on payment in USD. Children under 10 are required to have a visa but are not charged for the same. If you are planning to visit India, Tibet and Bhutan you could apply for a multiple entry visa. You can change your single entry visa to multiple entry visa at Kathmandu's Central Immigration Office. Keep in mind that your passport must be valid for at least 6 months when you submit your visa application. For further information, you can easily contact the Embassy of Nepal.

All foreign nationals entering Nepal are required to arrange a visa either on arrival or beforehand. A Nepalese

visa can be obtained either prior to your arrival at a Nepalese embassy abroad or on arrival in Kathmandu at the airport. Please note that nationals from Afghanistan, Iraq, Cameroon, Ghana, Somalia, Swaziland, Palestine, Zimbabwe, Nigeria, Ethiopia and Liberia cannot secure the Nepalese Visa upon Arrival. Nepalese visa can also be secured at entry points at Nepalese borders. A digital photo (size: 1.5" \* 1.5") will be required and the following fees either in USD dollars cash or the equivalent local currency:

Multiple Entry | 15 Days | US\$ 25 or equivalent Nepalese currency

Multiple Entry | 30 Days | US\$ 40 or equivalent Nepalese currency

Multiple Entry | 90 Days | US\$ 100 or equivalent Nepalese currency

For further information please visit: <http://online.nepalimmigration.gov.np/tourist-visa>

## **Lukla Weather Condition -Nepal [Everest]**

- Please note the flights to and from Lukla depend on weather conditions. Bad weather conditions may cause delay for a few hours or the flight may get cancelled by a couple days. This may happen at the start of the trip (while flying from Kathmandu to Lukla) or at the end of the trip (while returning to Kathmandu from Lukla). In such a scenario the extra cost incurred (accommodation, food, etc) will be borne by you. The company will be in no way held responsible for the extra expenses.
- We will try our best to get you on the next available flight. When planes are grounded due to bad weather, helicopter charter companies operate mountain flights to Lukla. At your request we can even arrange a helicopter flight (to or from Lukla) for you. Please remember this will incur an extra cost. A helicopter can carry four or five people on board.
- While trekking in the mountains we will try our best to stick to the original itinerary. But if bad weather persists or if something untoward happens (natural disasters like landslide, avalanche etc.) your trek leader has the right to modify the itinerary. This will be done keeping your safety in mind.
- In instances where bad weather persists for days on end and disrupts your travel schedule, you have the choice to cancel your trek to Everest and book another trek (leading to other trekking regions - Annapurna, Langtang etc.) or a cultural tour. We will help you choose the right itinerary for you; one that suits your budget and time frame. Please note there will be no refunds for the loss of time due to flight delay or cancellation. There will be no refunds either if you decline to book another trip in place of your [Everest trek](#).
- To avoid getting your trip disrupted we recommend you to keep aside a few extra days in your itinerary for emergencies.

## **Climate in Nepal**

Europe and Nepal share pretty much the same weather, completely opposite of the Australian seasons. January is the coldest month and July is the hottest. We can say that the climate of Nepal is moderate which means that winters are dry and summers are hot. The important thing to note is because of the huge range in altitude and landscape, climate in Nepal differs significantly. Monsoon lasts from around the end of June to the end of

August. About 80 percent of the rainfall occurs during this period throughout the country but the remainder of the year is dry. March to May is spring and September to November is autumn and they are also the most pleasant seasons. During winters (December, January and February) temperatures drop down with a high level of snowfall especially in the high mountain areas.

## **Banking and Forex in Nepal**

Payment in hotels, travel agencies and airlines can be made in foreign exchange. Credit card payments are accepted at most business establishments. There are plenty of cash machines or ATMs in cities and most will accept cards issued by any of the major international banking networks (Plus, Cirrus, etc). The maximum withdrawal amount is Rs 10,000 in majority of ATM's ( you can definitely make repeated withdrawals). Most credit cards such as Visa, MasterCard, JCB and American Express are readily accepted at most tourist class hotels, restaurants, airlines and major tourist merchants. There is however a transaction fee for processing the cards (please note that this charge is enforced by the banks and not the merchants so it's useless asking for a discount to remove this). The surcharge is usually around 4% or higher.

## **Custom Formalities-Nepal**

On arrival in Nepal, your baggage should be cleared by the customs at the entry point. You are allowed to bring a personal laptop, camera, movie or video camera, 15 film rolls etc. apart from your personal belongings. If you purchase an antique in Nepal and want to take it home with you, the item will have to be certified by the Department of Archeology. In Nepal, it is illegal to take outside the country objects that are 100 years and older.

## **Emergency Contact Information**

Please do not forget to provide your emergency contact information while filling out the form to book this trip. You can give the contact details of a family member or someone close to you.

## **Safety and Security - Nepal**

Nepal is one of the safest and hospitable countries in the world for travelers (for groups as well as solo travelers). Nepalese are very warm and friendly towards tourists and most of them go out of their way to help visitors visiting their country. Having said that, to be on the safe side one should always take care of one's belongings. Keep your cash, jewelry and expensive gadgets and accessories in a safe place. Try not to venture out alone during nighttime, especially at places where there are less people.

## **Electricity - Nepal**

In Nepal the standard voltage is 230V and the frequency is 50 HZ. While in cities most hotels have multi-adaptor style sockets but in the mountains the teahouses may have two pronged or three pronged outlets. It would be handy to bring along a worldwide adaptor with you to charge your devices. Some teahouses along the trail utilize solar polar.

## **Vaccinations - Nepal**

We advise you to visit a physician specializing in travel related illnesses six months before your trip's departure. Take the required boosters and vaccinations. Some of the vaccinations require six months for a complete course and it is advisable to take the full course before embarking on an adventure to a foreign country. You may not have to worry about tropical illnesses if you are trekking in the mountains.

## **Baggage - Nepal (Porter and Domestic Flight)**

On the trail while your heavy luggage is carried by a porter, you will be carrying a light daypack filled with your important belongings and accessories. Please note your baggage (carried by the porter) should not weigh more than 15 kg. One porter will carry the baggage of two clients.

The baggage allowance for domestic flights is 15 kg. You will have to pay for extra baggage if your total baggage weight exceeds 15kg.

## **Physical Condition & Experience**

Walking in higher altitudes is always more physically demanding than walking in the lower reaches. If you are in good health; have average physical fitness, positive attitude, self-confidence and strong determination, you can definitely complete the trek successfully. We would recommend exercising and jogging regularly for some weeks prior to the trip. This will help you enhance your strength and stability. Past [trekking and hiking](#) experience would be an asset but no technical skills are required for this trip. Participants who have pre-existing medical conditions such as heart, lung and blood diseases are required to consult their doctor before participating in this trip. We also advise you to inform **Third Rock Adventures** if you have any medical condition before booking the trek.

## **Altitude Sickness & Acclimatization**

At higher altitudes (2000 metres and above) the air gets thin and the oxygen level decreases. To let the body get used to thin air one should acclimatize properly before going higher. Going too high too fast will result in acute mountain sickness or AMS. The symptoms include difficulty in breathing, nausea, headache, dizziness, irregular heartbeat, vomiting etc. If left untreated it will affect the brain (known as HACE or High Altitude cerebral Oedema (swelling of the brain)) and the lungs (HAPE or High Altitude Pulmonary Oedema(fluid in the lungs) ) and will result in death within an hour or two.

All our itineraries allow sufficient time for acclimatization. One or two rest days have been assigned at lower elevations before you venture into the higher reaches (3500 to 4000 metres and above). This will give your body enough time to get used to rarefied air. Additionally our guides carry a first aid kit with medicines like diamox (a pill that prevents and reduces the symptoms of altitude sickness) and antibiotics. On the trail, keep yourself hydrated by drinking lots of fluids as dehydration doubles the risk of AMS. To be on the safe side we advise you to consult your physician before booking a trek.

## **Equipments & Packing List - Nepal Trekking**

The list give below is a guideline to help you pack for your adventure. We also want you to understand that the items listed below will vary according to season and the trek duration. The weight limit for your luggage is 33

pounds or 15 kg. Your luggage will be carried by your porter but you are required to carry a day-pack (with your valuables or anything important) on your own. We would also suggest you to pack only what is important.

### **Important documents and items**

- Valid passport, 2 extra passport size photos, airline tickets
- Separate photocopies of passport, visa form (easily obtained at Kathmandu airport), proof of insurance
- Dollars, pounds or Euros in cash for purchasing Nepalese visa at Kathmandu airport, for paying for restaurants and hotels, for gratuities, snacks, and to purchase your own drinks and gifts
- Credit cards, Bank/ATM/Cash machine cards for withdrawing funds from cash machines (bring a photocopy of your cards), traveler's checks, etc.

### **Head**

- Bandana or head scarf, very useful for dusty conditions
- Warm hat that covers your ears (wool or synthetic)
- Headlamp with extra batteries and bulbs
- Sunglasses with UV protection
- Prescription sunglasses (if required)

### **Upper Body**

- Polypropylene shirts (1 half sleeve and 2 long sleeves)
- Light and expedition weight thermal tops
- Fleece wind-stopper jacket or pullover
- Waterproof (preferably breathable fabric) shell jacket
- Down vest and/or jacket
- Gore-Tex jacket with hood, waterproof and breathable

### **Hands**

- 1 pair of lightweight poly-liner gloves or lightweight wool or fleece gloves.
- 1 pair of mittens, consists of 1 Gore-Tex over mitt matched with a very warm polar-fleece mitt liner (seasonal)

### **Lower Body**

- Non-cotton underwear briefs
- 1 pair of Hiking shorts and 1 pair of hiking trousers
- 1 pair of lightweight thermal bottoms (seasonal)
- 1 pair of fleece or woolen trousers/ waterproof shell pants, breathable fabric.

### **Feet**

- 2 pairs of thin, lightweight inner socks and 2 pairs of heavy poly or wool socks and cotton socks(optional)
- 1 pair of Hiking boots with spare laces (sturdy soles, water resistant, ankle support, "broken in")

- 1 pair of trainers or running shoes and/or sandals
- Gaiters (winter only), optional, “low” ankle high version

## **Sleeping**

- 1 sleeping bag (good to -10 degrees C or 14 degrees F)\*
- Fleece sleeping bag liner (optional)

## **Rucksack and Travel Bags**

- 1 medium rucksack (50-70 liters/3000-4500 cubic inches, can be used for an airplane carryon)
- 1 large duffel bag
- A small daypack/backpack for carrying your valuables, should have good shoulder padding
- Small padlocks for duffel-kit bags
- 2 large waterproof rucksack covers (optional)

## **Medical**

- Small, personal first-aid kit. (simple and light)
- Aspirin, first-aid tape, and plasters (Band-Aids)
- 1 skin-blister repair kit
- Anti-diarrhea pills
- Anti-headache pills
- Cough and/or cold medicine
- Anti-altitude sickness pills: Diamox or Acetylzolamide
- Stomach antibiotic: Ciprofloxacin, etc. Do not bring sleeping pills as they are a respiratory depressant.
- Water purification tablets or water filter
- 1 set of earplugs
- Extra pair of prescription glasses, contact lens supplies

## **Practical Items**

- 1 small roll of repair tape, 1 sewing-repair kit
- 1 cigarette lighter, 1 small box of matches
- 1 compass or GPS(optional)
- 1 alarm clock/watch
- 1 digital camera with extra cards and batteries
- large Ziplocs
- 2 water bottles (1 liter each)
- 1 small folding knife
- Binoculars (optional)
- 4 large, waterproof, disposable rubbish sacks

## **Toiletries**

- 1 medium-sized quick drying towel
- Toothbrush/paste (preferably biodegradable)

- Multi-purpose soap (preferably biodegradable)
- Deodorants
- Nail clippers
- Face and body moisturizer
- Female hygiene products
- Small mirror

### **Personal Hygiene**

- Wet wipes (baby wipes)
- Tissue /toilet roll
- Anti-bacterial hand wash

### **Extras/Luxuries**

- Reading book
- Trail map/guide book
- Journal and pen
- iPod
- Travel game i.e. chess, backgammon, scrabble, playing cards (to help you pass the time at teahouses and/or camps)
- 1 modest swim suit
- Binoculars (optional)
- Lightweight pillow case (in case your teahouses provide you with pillows) or use your own stuff as a pillow

### **Group Size**

If you join a fixed departure trip, you will be traveling with a group of people from different countries and backgrounds and of varying ages. It is a great way to meet new people and make friends. For all our fixed departure trips the minimum group size is 2 and the maximum is 16 people.

### **Guide, Trek Leader & Support Staff**

The trekking group is led by a [professional trek leader](#). He is a licensed trekking guide with years of experience guiding trekking groups in the mountains. He is a local and has in-depth knowledge of the region you will be trekking to. Assistant guides and Sherpa crew assist the trek leader.

### **Arrival & Departure (Kathmandu)**

We offer airport pick up and drop off services. On arrival at the Tribhuvan International Airport in Kathmandu, our representative will meet you and drive you to your hotel. On the last day of your trip you will be transferred to the international airport well in time (3 hours prior to your flight's scheduled departure) to catch your flight.

### **Travel Insurance for Nepal**

It is always a good idea to have a travel insurance policy while travelling to Nepal. Nepal is an adventure destination and most of the tourists who visit Nepal come to see the high Himalayan Peaks and experience different adventure sports. You will reach above 4000m in most of the treks in Nepal and it is best to have a policy that covers medical and emergency rescues. Helicopter rescues and emergency evacuation is common in Nepal so you have to choose insurance wisely. It's a wise decision to have insurance policy that pays directly to the hospital rather than you having to pay for it at the spot.

## FREQUENTLY ASKED QUESTIONS

- What are the documents needed to take this trip?

You need to have a passport with validity for up to 6 months and a Nepal Visa which can either be obtained through the Nepalese Embassy diplomatic mission in your country or upon your arrival at the entry point. No visa is needed for Indian nationals. You also need to carry hard cash (for visa fee on arrival) and passport photographs (digital or hard copy). For more 'Nepal Visa' details please read the 'Visa' section in our 'Additional Information' page

- What is the fitness level for Poon Hill trekking?

This is one of the easy treks in Annapurna region. Everyday day we walk for 4-5hours. Anyone with normal fitness level can join this trek. In fact, it is one of the best family adventure packages

- Do you provide Trekking gear and equipments for this trek?

No, but we can recommend some good stores where you can hire or buy new ones.

- Should we be concerned about AMS while trekking?

**Poon Hill trekking** is low altitude trekking. The maximum height you will get to is around 3210m. There is very little chance of getting AMS at that height

## TERMS & CONDITIONS AGREEMENT

Third Rock Adventures Private Limited

Please read the following Terms and Conditions that governs the relationship between you (client) and Third Rock Adventures Private Limited (hereinafter referred as the 'The Company') with the registration number **184629/074/075**. Please note that while booking a trip you are agreeing to the terms and conditions as well as the cancellation policy and certain limitations of liability set by the company. Both parties agree to these terms and conditions to resolve any legal or other disputes that may arise during the trip.

## **1. THE BOOKING CONTRACT:**

Once your booking has been confirmed, the tour operator or the travel agent issues a written confirmation after you have deposited the amount for your trip. Do go through the confirmation details thoroughly and report any incorrect or incomplete information to the company immediately. Please ensure that your names are stated exactly as in your passport.

If you book on behalf of other participants, then you are deemed to be the designated contact person for every participant included on that booking. This also means that you are responsible for making all payments due in connection with your tour booking. You will have to notify us if changes or cancellations are required and you will be solely responsible for keeping your group informed.

If you book on behalf of others, then you represent and warrant that you have obtained all required consents. It is your responsibility for verifying the information that you provide on behalf of other people is complete and accurate and the company will under no circumstances be liable for any errors or omissions in the information provided to complete a booking.

## **2. BOOKING A TRIP:**

- A 'trip' refers to any product itinerary or activities that you buy from us including Trekking, Tours, Expeditions and / or other adventure tour programs.
- The contract between the Company and the Client comes into existence only when the company sends a confirmation invoice or email to the customer.
- The company has the right to increase or decrease product (trip/tour) prices before booking are confirmed and the contract comes into force.
- The company will not be liable for any warranty, collateral agreement, prior agreement, and description of services or conditions other than expressed herein

## **3. BOOKING DEPOSIT, FINAL PAYMENT REQUIREMENT, AND LIFETIME DEPOSIT:**

While booking a trip the non-refundable deposit should be sent to the company. The same amount (non-refundable deposit) is levied for standard as well as customized trips.

### **Deposit Payment:**

To book a trip, a non-refundable deposit of 20% along with due airfares (if the client wants the company to arrange it) 30 days before the trip departure is required. If your booking is done 30 days or less prior to departure, then you must pay the full amount at the time of booking.

## **Final Payment:**

For standard as well as customized trips the non-refundable deposit should be made 30 days prior to your trip's departure. The balance (final payment) should be paid within 30 days of the departure date. In case a booking is made less than 30 days before the departure date, then full payment is required at the time of booking.

## **Lifetime Deposit**

When you are forced to cancel your booking due to unavoidable circumstances, you can rest easy. Your deposit will not go to waste. Your deposit can be retained, provided the reason for the cancellation can be taken as an emergency or an unavoidable circumstance (like illness etc). You should furnish plausible proof (documents like doctor's certificate etc.) for canceling the trip to retain your deposit. You can use the deposit later on to book the same trip or another trip of the same value at a later date.

Please note if the trip has been cancelled for non-payment or violation of these Terms & Conditions your deposit will not be counted as a Lifetime Deposit. Only one Lifetime Deposit is issued per cancelled booking per person. If the value of the Lifetime Deposit is greater than the value of the new trip (per person) then the company will not refund or credit the difference. You can also transfer or regift your Lifetime Deposit to a friend or family to book a trip with us by notifying us.

## **4. PAYMENT METHODS:**

The company receives a booking deposit through the online payment system. We accept all major credit and debit cards. Kindly follow the instructions provided on the booking form.

## **Prices:**

The prices quoted on [our website](#) are the current prices. The quoted price is for per person and is subject to minimum group size. If the minimum numbers are not met by the payment date, a small group surcharge will be levied to ensure the trip's operation. To check the price validity, inclusions and exclusions please do go through the trip notes. If the departures are past the validity date, there will be a likely increase on the trip cost due to a rise on operational costs. There may also be a reduction in trip prices in the instance of a drop in local service charges. Once the deposit amount is paid for your trip any subsequent discounts or price reductions that are advertised may not be applicable.

Third Rock Adventures reserves the right to amend tour prices at any time. Amendments may be done for many reasons including, but not limited to, increases in ground operator services, exchange rate fluctuations, increased fuel costs, airfares, airport charges, or the need to engage alternative air or ground operators. If there is an increase in the tour price, it must be paid prior to the departure date.

## **5. CANCELLATION BY THE CLIENT:**

Any cancellation by a client must be made in writing and acknowledged by the company. The date on which the request to cancel is received by the company or its agents will determine the cancellation charge applicable.

The cancellation charges are expressed hereafter as a percentage of the total tour price. Please note these charges are levied when you don't furnish plausible proof (documents like doctor's certificate etc.) for canceling the trip.

- Cancellation 30 days or more before departure: Loss of deposit.
- Cancellation 7-29 days before departure: 50% of the cost of services booked.
- If you neither show up on the starting day of the tour nor inform the company about your absence: 100% of the cost of services booked.

The client is strongly advised to take out cancellation insurance at the time of making the booking.

Please note that no refunds will be made if you voluntarily leave a trip for any reason after the trip has begun.

No refunds will be made for any accommodation, transport, sightseeing, meals or services not utilized.

## **CANCELLATION BY THE CLIENT DURING AN EMERGENCY**

When you cancel your booking at the last moment due to an emergency, there won't be any refund of your initial deposit. But if you inform us(via email) at least 7 days before the trip starts, stating the reason for the cancellation and furnishing valid documents as proof we will retain your deposit after deducting 20% from the initial deposit. You can use the remaining 80% to book a tour (added charges applicable for the chosen trip) for yourself, your family or friends.

## **6. CANCELLATION OF A TOUR BY THE COMPANY:**

- The company reserves the right to cancel any trip you booked unless guaranteed to run.
- Third Rock Adventures reserves the right to cancel any trip, including a guaranteed trip, prior to departure in the event of natural disasters, flight cancellation, strikes, industrial action, wars, riots, sickness, quarantine, government intervention, weather conditions, or other untoward occurrences beyond its control. In such a case, the company will refund the trip price only. If the company cancels a departure which is guaranteed to run, the trip price will be refunded, or you will be entitled to take an alternative trip of the same value.

The significant alterations do not include a change of airline carrier, flight timetables or itineraries, provided the departure and arrival dates remain unchanged. Change in cabin category or hotel accommodation provided is of the same category.

- The company is not responsible for any incidental expenses or consequential losses that the client may have incurred as a result of the booking such as visas, vaccinations, non-refundable flights or rail fares, non-refundable car parking or other fees, loss of earnings, or loss of enjoyment etc.

## **7. MEDICAL CONDITIONS AND SPECIAL REQUIREMENTS:**

In case of any medical condition, do inform the company at the time of the booking. A physically challenged condition or any other mental or physical debility which may hinder your ability to travel should be notified at the time of booking. Failure to notify the company may result in the client being refused to travel. It may also result in the loss of deposit amount or 100% of the trip cost.

There may be some trips that may be unsuitable for clients of a certain age, physical (mobility, pregnancy etc.) or mental conditions. It is the client's responsibility to check prior to booking. The company will not provide any special facilities unless it has agreed to do so in writing. The company will also do its best to meet the clients' special requests including dietary. Please note that such requests do not form part of the contract and therefore the company is not liable for not adhering to these requests.

The medical facilities vary from country to country and the company makes no representations and gives no warranties in relation to the standard of such treatments.

## **8. TRAVEL INSURANCE:**

All travelers must travel with adequate and valid travel insurance. Your travel insurance must cover accidents, injuries, illnesses, death and medical expenses (including any related to pre-existing medical conditions), emergency repatriation (including helicopter rescue and air ambulance where applicable) and personal liability. It will be helpful if your insurance covers trip cancellation, curtailment, and loss of luggage and personal effects. You must carry proof of insurance with you and produce it when requested by the company employees or suppliers. If you are unable to provide proof of insurance when requested, the company reserves the right to cancel or suspend your participation on a trip or in certain activities that comprise part of a trip, at any time, including after the commencement of your trip, with no right of refund.

## **9. FLIGHT DELAYS AND CHANGES IN THE ITINERARY:**

Please understand that mountain adventure is always unpredictable due to weather. Bad weather in the mountain regions can cause domestic flight delays. If the domestic flights get delayed or cancelled, the company will arrange accommodation (guest house) and food (lunch and breakfast) at the request of the client. However, the client is responsible to bear all additional expenses including food and accommodation costs. If you wish to make an alternative arrangement such as a Helicopter flight to avoid flight delays, all additional cost would be your responsibility.

Third Rock Adventures will not be held responsible if the client misses his/her international flight. However, we would try and assist to make alternative arrangements wherever possible. Please also note that during outdoor activities, we may have to make some changes in the itinerary owing to bad weather conditions or events outside our control.

## **10. TRIP AMENDMENT:**

If the booking amendment request is received by Third Rock Adventures 30 days or more prior to your original trip departure, the company will make the necessary amendment with a charge of US\$100 per person. In case you wish to make amendments within 30 days of the trip departure, the cost of an amendment may be higher depending upon the company's arrangements with other parties such as hotels, teahouses, ground operators or airlines.

## **11. VISA & PASSPORT:**

You must carry a valid passport and visa when traveling with Third Rock Adventures. Please ensure your passport is valid for 6 months beyond the duration of the trip. Nepal Visa is available on arrival in Nepal. For Tibet & Bhutan, the company can make the necessary arrangements upon request. For India, the client will have to acquire the Visa from their own home country.

It is your responsibility to ensure that you are in possession of the correct visas for the countries you are traveling to. Third Rock Adventures will not accept responsibility if you are refused entry to a country or places because you lack the correct visa documentation.

## **12. INJURIES AND EVACUATION:**

Third Rock Adventures will not be liable for any injury, health conditions, emotional or other conditions suffered by the client during the trip. Similarly, our package cost does not include any personal insurance. Hence, we advise the clients to take adequate travel insurance package, including medical emergencies and evacuation by Helicopter.

## **13. SERVICES MISSED OR UNUSED:**

There will be no discounts or refunds for missed or unused services. These include voluntary or involuntary termination/departure from the tour due to sickness, the death of a family member etc, late arrival on the tour, or premature departure either voluntarily or involuntarily.

## **14. UPDATING OF TERMS AND CONDITIONS:**

The company reserves the right to update and amend these terms and conditions at any time. It is the responsibility of the client to keep himself/herself updated with any changes. The current version of terms and

conditions will always be found on the website [www.thirdrockadventures.com](http://www.thirdrockadventures.com) and will be the terms referred to in any dispute.