

Annapurna Foot Hill Trek - 6 Days

URL: <https://nepalalternativetreks.com/trip/annapurna-foot-hill-trek/>

Annapurna Foot Hill Trek Quick Information

Weather

-5°C to 20°C

Duration

6 Days

Difficulty

Easy

Accommodation

Lodge

Meals Included

Breakfast, Lunch, Dinner

Transportation

Car/Jeep

Daily Activity

05 -06 hours walk

Religion

Buddhist

Ethnic People

Gurung, Magar

Region of Nepal

Annapurna Region, Kaski

Max Altitude

3210m./10593ft.

Per Person Cost

USD 460

Best Season

Sept, Oct, Nov, March, April & May

Geographic Terrain

Hills, Mountain, Village, Rivers, Terrace, Forest

Group Discounts Available

No. of Persons	Price per Person
Group Of 1 - 4	USD \$460.00
Group Of 5 - 8	USD \$440.00
Group Of 9 - 12	USD \$420.00
Group Of 13 - 18	USD \$400.00

Note: Our fixed group departure dates, services and price is guaranteed even if the group numbers are 1 person to maximum 18 persons. We will provide a guide cum porter if there is only 1 person to operate the trek and one more assistant guide if group size is above 10 persons. And of course, guide cum porter will carry 10 kg luggage.

Annapurna Foot Hill Trekking Overview

The Annapurna Foot Hill Trek is a short hike in Nepal's north-central Annapurna mountain range. This walk is in the Nepalese foothills of the Annapurna region, which is gentler but no less energizing. Nothing is missed, and the views are simply breathtaking. This is an excellent trek for those who don't want to walk for more than a week, have limited time, and also want to avoid the main high-altitude areas of the Annapurna range because the highest point of this trek only reaches 3210m (at Poon Hill) and has some of the best mountain views (especially between Tadapani and Ghorepani).

The greatest trek for non-athletic hikers in their 60s and 70s and those who enjoy leisurely walking vacations is the Annapurna Foothills Trek. Relaxing practically every day with easy access through the beautiful villages, terraced farmlands, lush green and rhododendron forests, and breathtaking Mountain Views.

The breathtaking sunrise over Mount Dhaulagiri, Annapurna, Nilgiri, and other snow-capped summits may be seen during an early morning journey to Poon Hill. You can only exclaim "wow" when the sun first hits the Himalayan giants in the morning. The Annapurna Foothills Tour route passes through Dhampus, Pothana, Deurali, Landruk, a well-known Gurung settlement, Ghandruk, and Ghorepani before descending through Ulleri, Tikhedhunga, and finally Nayapul to mark the conclusion of the journey.

Highlights of Annapurna Foot Hill Trekking

- Learn about the unique Tibetan culture and tradition
- Get breathtaking views of different mountains including Mount Dhaulagiri, Annapurna, and Nilgiri.
- Enjoy lush green and rhododendron forests, and breathtaking Mountain Views.
- Get upto the height of 3210m (at Poon Hill)
- Enjoy some of the local delicious foods of the region

Weather

Best Time for Annapurna Foot Hill Trekking

The Annapurna Foot Hill Trek is a fantastic adventure in Nepal, offering incredible views of the Himalayan mountains. Choosing the right time to go on this trek is essential to enjoy the beauty and stay safe.

Spring (March-May)

Spring is one of the best times to trek in the Annapurna Foothills. The weather is pleasant, with clear days and moderate temperatures. The trails are filled with colorful rhododendron flowers, making the landscape even more beautiful. You can enjoy warm days and cool nights, perfect for trekking without being cold or hot.

Autumn (September-November)

Autumn is another ideal time to trek in the Annapurna region. After the rainy season, the skies clear up, and the air feels fresh and cool. The views of the mountains are stunning, and the weather is stable, making it a popular time for trekkers. The temperatures are comfortable, and you can experience lively festivals like Dashain and Tihar in the local villages.

Winter (December-February)

Annapurna Foot Hill trekking in winter is possible, but it is also a challenge. Temperatures drop a lot, especially at higher altitudes, and the trails may be covered in snow. However, if you're well-prepared for the cold, you can enjoy quiet trails and beautiful snowy landscapes.

Monsoon (June-August)

The monsoon season brings heavy rains to the Annapurna region. In the monsoon season, you'll face many challenges as the trails become muddy and slippery, with a higher risk of landslides. Sponges are also more common during this time. While some might like the lush greenery and fewer crowds, most trekkers avoid this season because of the difficult conditions.

January

5°C to 14°C

February

6°C to 16°C

March

8°C to 18°C

April

10°C to 20°C

May

12°C to 22°C

June

15°C to 25°C

July

16°C to 25°C

August

16°C to 26°C

September

15°C to 23°C

October

12°C to 22°C

November

8°C to 18°C

December

6°C to 16°C

Difficulty

Annapurna Foot Hill Trekking Difficulty

Trekking in the Annapurna Foothills is exciting and challenging, offering fantastic views of the Himalayan mountains. The trek's difficulty varies based on the route and your physical fitness. Some parts have steep climbs and descents, while others are easier. Adjusting to the altitudes can also affect how challenging the trek feels, especially at higher points.

The 6 days Annapurna Foot Hill Trekking trail includes rugged paths, rocky areas, and sometimes narrow passages. The weather can change suddenly, so you must prepare for different terrains and challenges. Before starting the trek, you should be physically ready by exercising, such as hiking or walking. Acclimatizing to the altitude is also important to prevent altitude sickness. You should hire a guide or join a trekking group to make your trek safe and more enjoyable, as they know the area well and can handle

challenging parts of the trail.

6 Days Annapurna Foot Hill Trek Itinerary

Day 1: Drive to Fedi from Pokhara - Trek to Pothana

After an early breakfast, on the first day of your trip to the Annapurna Foothill Trek begin with a short drive to Fedi. Annapurna Foot Hill hike begins a steep hike to Dhampus for 1:30 hour . You will continue hiking for two hours through the verdant trees as you go to Pothana. Enjoy the serene surroundings and sunset in the heart of the forest. Stay the night in Pothana.

Destination:	Accommodation	Altitude:
30 minutes drive to Phedi - 10km walk to Pothana (Avg. 04 hrs.)	See you Lodge or Similar category	(1890m./6237ft.)

Meals

Lunch, Dinner

Day 2: Trek to Landrunk

On the second trek day, we leave early in the morning. Today, we trekked to Landrunk, a beautiful village in the Annapurna region of Nepal. This community's residents are pleasant and generous hosts, and the village is green. On the east side of the Modi Khola river valley, it is situated south of the Annapurna range. Overnight in a hotel.

Destination:	Accommodation	Altitude:
13km./05 hours walk	Himalaya Guest House or Similar category	(1565m./5133ft.)

Meals

Breakfast, Lunch, Dinner

Day 3: Trek To Ghandruk

After a far too brief stroll along the riverside route, the trail drops down the Modi Khola valley until a gradual 700-meter ascent brings you to Ghandruk. This delightful trek mostly contours along the edge of the Modi Khola valley near Landrunk. Even though you will most likely get to Ghandruk in time for lunch, it is highly recommended that you spend the afternoon wandering around the lovely village. Spend the night in Ghandruk.

Destination:	Accommodation	Altitude:
10km./04 hrs walk	Annapurna Guest House or similar category	(1940m, 6363ft.)

Meals

Breakfast, Lunch, Dinner

Day 4: Trek to Banthanti

You may reach Tadapani in time for lunch by mostly leisurely uphill hiking through lovely rhododendron trees. From there, you must descend steeply and ascend quickly to get to the Travelers Sanctuary resort (look out for Langur monkeys on the cliff above the lodge). You reach Banthanti after a pleasant flat route of 30 minutes. The three lodges there are run by charming Nepalese despite being rather rudimentary (especially compared to the faux-western hotels in Ghandruk and Ghorepani). Stay the night in Banthanti.

Destination:

10km./04 hrs walk

Accommodation

Sun Rise hotel or similar
category

Altitude:

(2650m./8745ft.)

Meals

Breakfast, Lunch, Dinner

Day 5: Trek to Ghorepani

You reach Deorali (another one – the Nepali word for a pass or col) after a gentle climb uphill through more lovely woodland that may occasionally resemble a park and with the company of a stream. If you have the time and the weather is clear, you could hike to the observation tower atop the hill, but you may also continue for 30 minutes on the trail to Ghorepani to get to the ridge that offers breathtaking views of the Annapurnas and Dhaulagiri.

There are numerous opportunities to take pictures of rhododendrons and snow-covered mountains; take your time and enjoy the scenery. From there, the road to Ghorepani is inclined. Spend the night at Ghorepani.

Destination:

11km./04 hrs walking

Accommodation

Hotel Super View or Similar
category

Altitude:

(2850m, 9348ft.)

Meals

Breakfast, Lunch, Dinner

Day 6: Visit Poon Hill for Sun Rise - Hike to Banthanti - Drive to Pokhara

Visit Poon Hill (3210m, 10528ft) early in the morning if you want to see the sunrise if that's your thing. The view from the ridge above Deorali isn't any greater than yesterday's, but sharing the hill with a thousand other people is okay. Breakfast next time at Ghorepani (along with the more leisurely trekkers who chose not to have risen at 5 a.m.) From here, it is all downhill to Banthanti, where you can eat lunch, and from there, jump on jeep for road journey back to Pokhara, the trip ends.

Destination:

10km./04 hours walk

Altitude:

(850m./2805ft.)

Meals

Breakfast, Lunch

- 65km. drive to Pokhara (Avg.
3:30 hrs.)

What's Included

- Pick Up and Drop Off at Hotel in Pokhara before/after Trekking .
- All meals (Breakfast, Lunch, Dinner) during the trekking.
- Lodge accommodation (twin share basis) during the trekking.
- One experienced, well trained, fluent English speaking, friendly, specialized in Ghorepani trekking route and government authorized trekking guide
- 1 Porter per 2 Trekkers and keep luggage weight under 10kg per person.
- Guide and porters food, accommodation, salary, insurance and transportation .
- Overland transportation as per mentioned in the itinerary.
- ACAP(Annapurna conservation area project) and necessary permits .
- A Trekking map, duffle bag, Oxygen saturation check up everyday, water purification, company t-shirt, first aid medical and trekking completion certificate etc.
- Assistance for emergency rescue evacuation.
- Government tax and service charge.
- Public Liability Insurance.

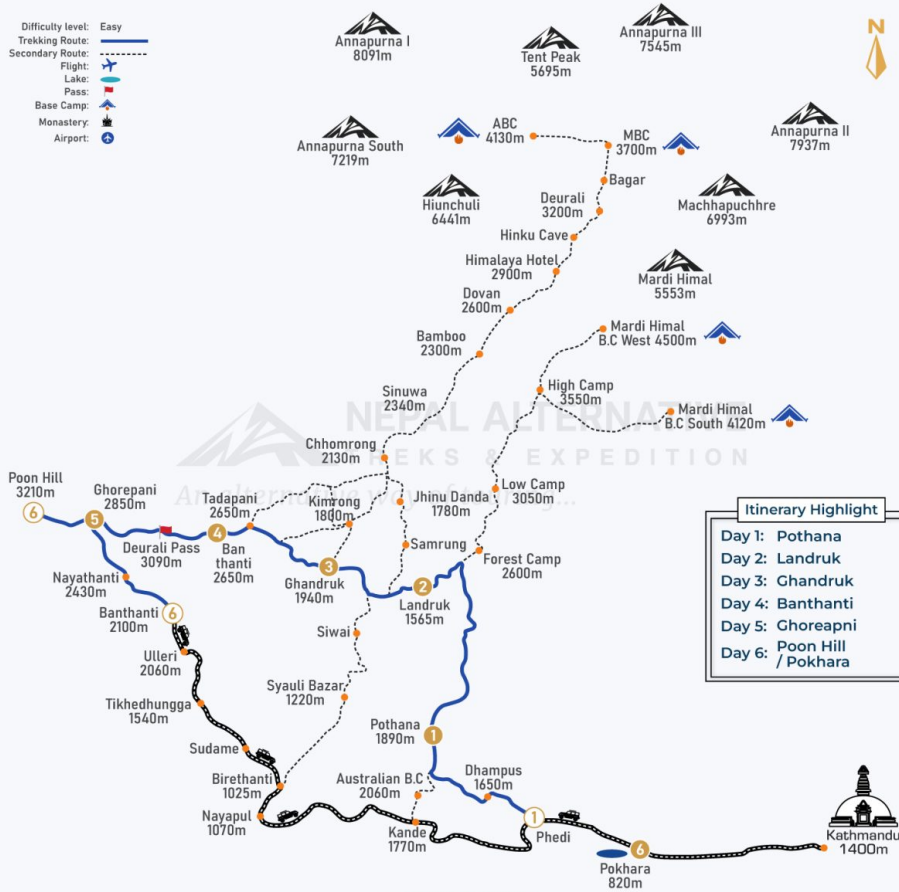
What's Not included

- Hotel accommodation and meals in Kathmandu and Pokhara .
- Hard and soft table drinks such as tea/coffee, coke, fanta, mineral water, alcoholic drinks, laundry, phone bill etc.
- Personal Travel insurance.
- International Flight Tickets.
- Nepal Tourist Visa Fee
- Tips for guide and porters.(Highly suggested).

Annapurna Foot Hill Trek Route Map

ANNAPURNA FOOT HILL TREK 6 DAYS

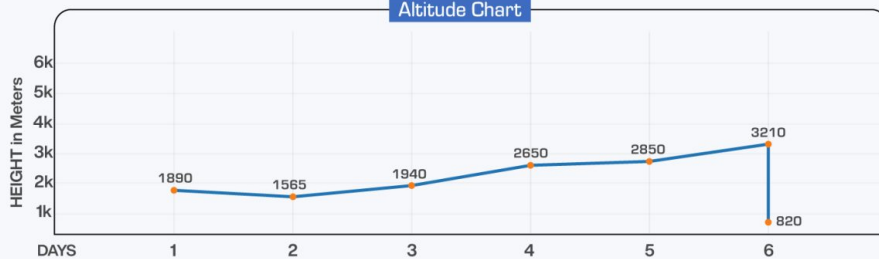
Difficulty level: Easy
Treking Route: —
Secondary Route: - - -
Flight: ✈️
Pass: 🏔️
Base Camp: 🏕️
Monastery: 🏛️
Airport: ✈️



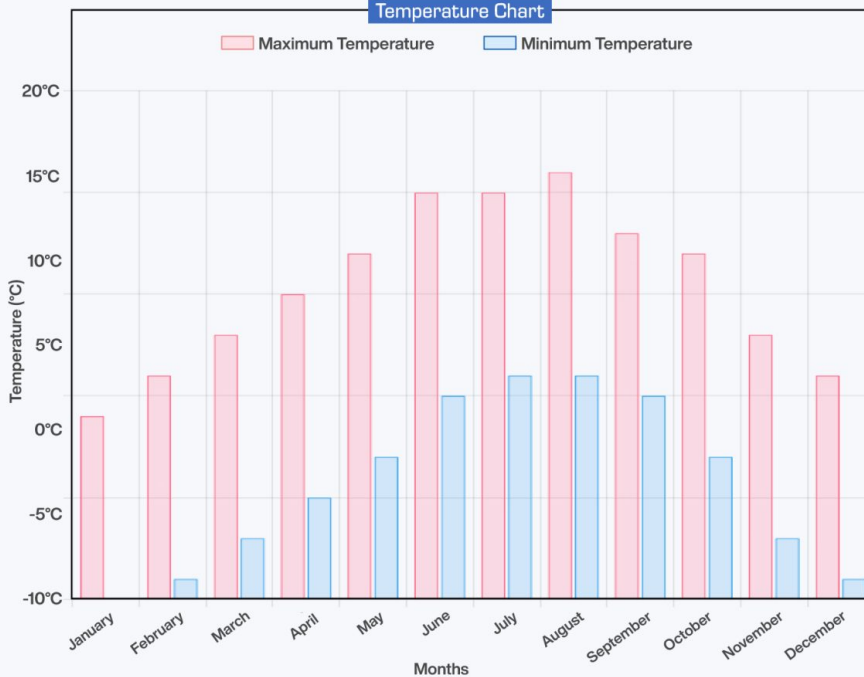
Itinerary Highlight

- Day 1: Pothana
- Day 2: Landruk
- Day 3: Chhandruk
- Day 4: Banthanti
- Day 5: Ghoreapani
- Day 6: Poon Hill / Pokhara

Altitude Chart



Temperature Chart



Traveler Reviews

Best experience ever on Annapurna Foothill Trek

Best experience ever

We did a private 10-day Annapurna Foot Hill Trek which was organised by Tej the owner and an old friend of my partner. It was the first time I had done a trek, my partner completed one about 23 years ago and it was truly amazing. As i have a health issue I could only go to a certain height, but this was not an issue for Tej as he customised the trek to suit. The views are awe inspiring and everyone we met along the way were super friendly. Our guide and porter were brilliant, and we were well looked after. If you are looking for a company that know what they are doing, are super accommodating and will customise a trek just for you, then look no further, you will not be disappointed. Thanks again Tej, you made out trek one that we will always remember. Look forward to doing another one in the near future.

Rating: 5/5

Marina Caputi

Perth, Australia

Additional Trip Information

Required Permits For Annapurna Foot Hill Trekking

When you decide to trek in the Annapurna Foothills, you must get essential permits before you go. You can get these permits from the Nepal Tourism Board or from authorized trekking agencies.

- **TIMS card (Trekking Information Management System Card):** Every trekkers in the Annapurna region needs this card. TIMS helps keep track of the trekkers and ensure everyone's safety.
- **Annapurna Conservation Area Permit (ACAP):** This permit is crucial. It lets you enter and trek through the Annapurna Conservation Area. ACAP also helps protect the natural environment and supports local communities.

Accommodation and Food During the Trek

You'll find different places to stay along the Annapurna Foot Hill trekking paths, such as teahouses and lodges. Teahouses are simple guesthouses with cozy rooms with basic beds and shared bathrooms. Lodges offer more, sometimes private rooms with bathrooms. These accommodations are often located in villages along the trail, so you can rest and prepare for the next day.

During the Annapurna Foot Hill trek, you'll find hearty and nutritious food to keep you going. Most teahouses and lodges have menus with many dishes, including Nepali food like dal bhat and international choices like pasta and pancakes. Meals are prepared fresh and provide a warm and comfortable break from trekking.

Frequently Asked Questions

Can a beginner climb Annapurna?

The Annapurna Circuit Hike is appropriate for novice hikers as well. In 1977 AD, the Annapurna Circuit Trek route became open to visitors from other countries. This track ascends to a height of 5,416 m from a starting point of fewer than 1000 meters.

How high are the Annapurna foothills?

The maximum height of the Annapurna Foothills is 4,200 meters, which is Mardi Himal Viewpoint. This trek is the best choice for first-time trekkers looking for a relaxing and scenic experience.

How long does it take to trek Annapurna?

Depending on the route you follow, it could take 12 to 22 days and cover 160 to 230 km. Long-distance trekking circuits the Annapurna Mountains on the Annapurna Circuit.

Which is harder EBC or Annapurna?

Compared to trekking to Everest Base Camp, the Annapurna journey is more simpler. The walk to Annapurna base camp is better kept, and there are more stairs on the trails. The Annapurna Base Camp path is less crowded.

How expensive is climbing Annapurna?

Prices range from 700 and 1000 dollars, or 600 and 900 euros to climb Annapurna. Due to its usual length and level of difficulty, the Annapurna Base Camp Trek is not the most expensive trip in Nepal.

Why is Annapurna difficult climb?

Annapurna is difficult for climbers to reach since it is always chilly and covered with snow, and it is also susceptible to high-velocity winds and snowfall at any time of year. This climatic environment causes many climbers to lose their lives occasionally.

What food should I bring for trekking?

Dry fruits, almonds, chocolates like Snickers, and energy bars are a few of these quick snacks. Also, if one is carrying a stove, be sure to take foods that are ready to cook, such as instant noodles, oats, and soup. Snacks are unquestionably regarded as the top hiking necessity.

How much does the Poon Hill trek cost?

The price range for the Poon Hill Trek is 350-500 USD. The cost of the trek varies depending on factors such as the number of days, the season, whether or not porters are used, and more. The cost can go down a little if you're traveling alone or without a guide, but your level of responsibility goes up.

Can you see Annapurna from Poon Hill?

Yes, you can see Annapurna from Poon Hill. From here, one can see numerous high peaks, including the Annapurna at 8,091m, Dhaulagiri at 8,127, Annapurna South at 7,219 Meters, Machapuchare at 6,993 Meters, Hinchuli, Annapurna III, Dhampus Peak, and Dhaulagiri II.

Can you see Mt Everest from Poon Hill?

Please be aware, though, that from the top, you will not be able to see Mount Everest. North of Poon Hill, at the Khopra Danda (ridge) Viewpoint, you may enjoy breathtaking views of the Annapurna, Nilgiri, and Dhampus Peaks, as well as lush green hills, terraced farms, charming traditional villages, and high mountain peaks.

Can you see Annapurna from Pokhara?

Each viewpoint, which is located in a distinct location, seems to tell a different story about Pokhara's incredible scenery. Most of them offer views of the Annapurna Range and the calm, relaxed city shrouded in mist is a visual delight.

How long does Annapurna Base Camp take?

The trekking route to Annapurna Base Camp is accessible from several trailheads and depending on your route the duration is between 6 and 12 days But it depends on the travel agency you choose.

Do you need oxygen to climb Annapurna?

Altitude sickness danger, severe weather, and a chilly climate are all associated with being at a high altitude. The Annapurna trek is challenging to demand due to the combination of all these variables. That is an accomplishment in and of itself to be able to perform this without oxygen. Mount Annapurna was scaled by a French expedition commanded by Louis Lachenal and Maurice Herzog.

Can I exchange money during the Annapurna Foot Hill Trekking?

In Nepal, Money exchange can be done even after you arrive from the airport. Similarly, after you arrive in Nepal there would be some places where you can exchange money. Even though some of the trekking routes there are some places that money exchanging services so, some of the banks provide money exchanging services such as Himalayan Bank, Everest Bank, Standard Chartered Bank Nepal, Nepal SBI Bank, and numerous others. The majority of banks are open from Sunday through Thursday from 10:00 AM to 5:00 PM, 10:00 AM to 2:00 PM on Fridays, and closed on Saturdays.

Cancellation Policy

We understand that plans can change willy-nilly. However it is our responsibility to ensure fairness and transparency among our customers regarding our cancellation policy. So we kindly request all travelers to carefully review the cancellation and refund policy before confirming their trip.

After your trip starts, we cannot provide a refund for any voluntary withdrawal, cancellation, or early

departure by the traveler. This means ***the full amount paid to us will not be refunded after the trip has begun.*** Likewise, if during the trip, any services such as accommodation, sightseeing, meals, transportation, etc. included in the itinerary/trip are not used by the customer, no refunds or reuse will be provided to whatever portion remains unused on the trip.

Also, please note that ***last-minute cancellations are non-refundable.*** You have to understand that many trip arrangements such as accommodation, transportation, permits, guides, and operational logistics are confirmed and pre-booked. Thus, cancellations made at the last minute create non-recoverable costs for the company and so do for our clients. In addition, cancellations made shortly before the departure date or after the trip has started will be considered as last-minute cancellations and will not be eligible for any refund.

Still, the company will use their discretion in setting the conditions for the refunds, therefore, few of the conditions mentioned are subject to change. The company holds every right to cancel the trips booked by the customers before it is guaranteed to run or an official agreement is signed. A trip is guaranteed to run once it has two fully paid travelers unless minimum numbers state otherwise.

Unfortunate circumstances such as unforeseen natural disaster, canceled flights, strike, industrial action, wars, riots, quarantine, government intervention, weather, the deteriorating health condition of a group member, etc. could lead to cancellation of trips. In such cases, the customer can either ask to get back the 90% of the total trip cost paid to the company (13% Government Tax will be deducted) or reuse the cost in an alternative trip with the same price, immediately, in the following season of the same year.

The company will require a written notice in case of any cancellation. Please ensure the date of the trip cancellation is the date on which the written cancellation is received by the company. If you cancel the trip anytime prior to the departure date of the actual trip, 90% of the total cost is reusable for a year or refund.

Trip Amendment

First and foremost, please note that all the amendment conditions are applied to the trips listed on this site only. Below are a few notes to take about the amendment fees in case of any changes during, while, or after the booking:

If the company receives a request on the booking amendments at least 60 days prior to the trip, a total of USD 50/person is charged to the customer. However, if the customer's request for a booking amendment in less than 60 days before the trip departure, then the charges will be as per the cancellation policy mentioned above. In case of any changes in the price of the trip during the procedure of booking and the amendments, the new cost will be applied to the trips. Please note that these changes might not be applied by the company, but can be levied upon the company by the third parties i.e. the hotels or the service providers working with the company.

Any changes, amendments, or additions in aggregation to the trips you have booked, for example, hotels, transfers, additional days, etc. will account for no additional fee.

Health Conditions

Nepal Alternative Treks places the highest priority on the safety and well-being of all travelers. We need to ensure the traveler's well-being and health condition at the time of booking. While travelers can

participate without medical documentation, those with chronic illnesses or long-term medical conditions must obtain a doctor's consent before joining the trip. This is to ensure their health is not badly affected during the adventure and that they can safely enjoy the journey.

The company will not be responsible for any type of mishaps and will not bear the medical and evacuation expenses on behalf of the participant. Therefore, we request our clients to consult their doctors for a thorough checkup and vaccination before booking a trip with us. In addition, clients with specific health needs or concerns should inform the Company in advance. This allows us to provide guidance and, if required, arrange additional services to make the trip safer and more comfortable. If needed, clients may also request additional services related to the length of the trip or stay in the country of travel.

Weather and other unfavorable conditions

Clients should be well aware of the unpredictability of the weather conditions in the mountainous regions. The unfortunate weather conditions, especially in the Everest, Jomsom, and Kanchenjunga regions, can sometimes lead to unfavorable circumstances that include delay or cancellation of flights. The Company will cover the expenses of accommodations and food in the departing location until the arrangement of flights is done. However, the Company holds every right to reroute the original trip or transports which will be in favor of the situation without any addition in the cost. Please note that the company will not be responsible for any missed international flights, losses caused by Altitude Sickness, or any other unpredictable circumstances, and the participants will have to pay all the charges incurred. Nonetheless, the Company will connect and assist you to make the necessary alternative arrangements, but, the additional charge will be covered by the customers themselves.

Regardless of stating every condition and information about the trips on the website and brochures of the Company, we will not be responsible for the unforeseeable situations that may arise before or during the trips. The Company will, however, try its level best to give prior notice about it and take alternate strategies to deal with it. These booking conditions may only be waived in special circumstances, and in writing, by a letter from the Chief of the Company. Note that all the legal agreements set up and signed between the client and the Company shall be subjected to and governed by the Nepalese law.

Note: All the Terms and Conditions mentioned are prepared as per the laws of the Government of Nepal and is governed by them. Therefore, only the head of the Company gets to intervene and holds the authority to make any amendments.

Address

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