Sherpa Nomad Trek
Thamel Marg, Kathmandu, Nepal
Tel: +977-9851433082 | Email: info@sherpanomadtrek.com

Annapurna Panorama Trek - 5 Days

ANNAPURNA PANORAMA TREK: ESCAPE INTO NATURE

The **Annapurna Panorama Trek** is an easy, short, yet exhilarating and joyful journey into the heart of the Annapurna Conservation Area near Pokhara. If you are in Pokhara and seeking a short, relaxing, and flexible trekking route, this 5-day Annapurna Panorama Trek is the ideal option for you. This trek is also referred to as the Sunrise Trek, and indeed, each day you will experience breathtaking sunrise views over the majestic peaks that are truly remarkable.

Set off on the brief **Annapurna Panorama Trek**, renowned for its stunning landscapes in the lower Annapurna region. The trek begins at Nayapul, leading you through picturesque villages such as Birethanti, Hile, Tikedhunga, Ulleri, Banthanti, and Ghorepani. After witnessing the sunrise from Poon Hill, you will continue along the trail to Australian Camp, passing through Deurali, Banthanti, Tadapani, Ghandruk, Landruk, and Pothana. Following your time at Australian Camp, trek to Dhampus Phedi and then drive back to Pokhara, marking the conclusion of your journey. This trek is part of the lower Annapurna Circuit, which encompasses some of the most famous and scenic viewpoints of the majestic Annapurna and Dhaulagiri ranges. It offers a unique opportunity to experience breathtaking sunrises and sunsets over the mountains, lush green valleys, rhododendron and oak forests, terraced farmland, waterfalls, and the warm hospitality of the local people, along with their rich culture. The natural and cultural diversity, along with the harmony and tranquility of the area, create an unforgettable experience for anyone who undertakes this trek.

The 5-day **Annapurna Panorama trek** provides breathtaking views of the mountains and stunning landscapes. While it is a relatively easy and short trek, a reasonable level of fitness is still necessary, as participants will need to walk along an undulating trail for 6-7 hours each day. Compared to high pass treks, it poses less risk of Acute Mountain Sickness (AMS), yet physical endurance remains essential. This trek is ideal for individuals of all fitness levels, including families

with children, novices, and seasoned trekkers seeking a short adventure in Nepal, particularly near Pokhara. Travel with a local company and an ethnic guide to gain a deeper understanding of the region's natural beauty and cultural richness. Book the Annapurna Panorama Trek with *Sherpa Nomad Trek Pvt. Ltd*, a reputable local company recognized for its easy booking process, commitment to safety and security, reasonable pricing, high-quality service, maximum flexibility, knowledgeable local guides, and a supportive crew. We guarantee that booking with us will provide you with a rewarding journey that will create lasting memories.

ANNAPURNA PANORAMA TREK COST FOR 2026-2027

The Annapurna Panorama Trek is priced between USD 400 and 500 per person, depending on the size of the group, through Sherpa Nomad Trek Pvt. Ltd, a leading local company in Nepal. Our 5-day package is a luxury option that ensures top-notch service and logistics. This package includes all ground transportation, mountain accommodations, Wi-Fi, meals in the mountains, a local ethnic guide, a porter, permits, and services as outlined in the package. The cost of the Panorama Trek varies based on the level of service, duration, package, and additional facilities. Book the best and shortest Annapurna Panoramic Trek with Sherpa Nomad Trek Pvt. Ltd for exceptional service and value. We accept bookings for solo travelers, small groups, and large groups; however, please be aware that the costs for solo and small groups are higher than for larger groups. The pricing structure is as follows:

- You can join the Annapurna Panorama Trek for USD 500 as a solo traveler
- For groups of 2-6, the cost is USD 450 per person
- For groups of 7 to 10, the cost is USD 400 per person.

THE MAJOR HIGHLIGHTS OF ANNAPURNA PANORAMA TREK

- Pokhara, often referred to as the lake city, is recognized as the Tourist Capital, serving as the starting and ending point for your trek.

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- The scenic drive from Pokhara to Nayapul offers stunning views of the Annapurna ranges, lakes, waterfalls, and lush green valleys.
- Trekking from Nayapul to Ulleri allows you to enjoy the picturesque terraced fields, charming villages, and cascading waterfalls.
- Cross the suspension bridge that spans the Modi Khola River for an exhilarating experience.
- Explore the rich flora and fauna that this region has to offer.
- Walk through the expansive rhododendron forest, especially vibrant in spring with its colorful blooms.
- Experience the glorious sunrise and sunset views from Poon Hill, where the first and last light illuminates the Soaring Peak.
- Stay in the villages of Gurung and Magar, where you can immerse yourself in local hospitality and traditions.
- The famous villages, such as Ghorepani, Tadapani, Ghandruk, and Landruk, are renowned for their cultural significance.
- Enjoy breathtaking mountain views of over 25 different peaks, including Annapurna and Dhaulagiri, all from proximity, with every step of the journey offering a perfect photography opportunity.
- Australian Camp offers the best views of the Annapurna, Lamjung Himal, Manaslu, Ganesh Himal, and Langtang ranges.

IMPORTANT NOTES

- The 5-day Annapurna Panorama Trek is one of the best-known short and easy treks in the Annapurna Region.
- The Annapurna Panorama Trek is also known as the Lower Annapurna Circuit Trek.

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- This scenic route offers panoramic views of the Annapurna massif from Ghorepani Poon Hill, Tadapani, Ghandruk, Landruk, and Australian Camp.
- It is ideal for beginners, families with children, and travelers seeking a short trek.
- The trek begins and ends in Pokhara, offering mountain views, cultural exploration, and dense rhododendron forests.
- The package includes a guide, meals, accommodation, permits, transportation, and a local guide.
- The trek is an excellent choice for photography and spectacular sunrise views.
- It is an easy yet thrilling trekking experience, one of the best routes in the Annapurna region
- The route is at a lower altitude, which means a lower risk of acute mountain sickness.
- Enjoy a memorable Himalayan adventure on this accessible and scenic trek.

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DETAILED ITINERARY

Day 1: Drive from Pokhara to Nayapul and Trek to Ulleri (2000m): 5-6 hours

Today marks the commencement of the Annapurna Panorama Trek, which begins in Pokhara after breakfast around 8:00 AM. Following a meeting with your guide, you will board a jeep that is ready at your hotel. Departing from Pokhara, you will journey through villages, rice terraces, and the countryside, enjoying mountain views until you reach Nayapul and Birethanti, a trip that takes approximately 1 hour and 20 minutes. At the Annapurna Conservation Area checkpoint, your permits will be checked before you begin the trek to Ulleri via Ramghai, Suden, Hile, and Tikhekhunga. Along the way, you will experience the lush green valley alongside the Modi Khola and visit local villages. A lunch break will be taken at Tikhekhunga, after which the most challenging part of the day awaits as you prepare to climb. You will cross two suspension bridges and begin your ascent to Ulleri village, which is known for its Magar community. This ascent involves climbing 320mm stone steps, taking approximately 1 hour and 30 minutes. Upon reaching Ulleri, you will spend the night there, which is an ideal location to enjoy nature, mountain vistas, and a peaceful evening.

Day 2: Trek from Ulleri to Ghorepani (2868m): 5 hours

Today marks the second day of the Annapurna Panorama trek, which involves a 5-hour journey through villages, jungles, breathtaking mountain views, and forests of rhododendron and oak. Begin your day by waking up to the stunning mountain scenery and enjoying breakfast. After breakfast, embark on a 45-minute trek to Banthanti, followed by a 2-hour walk through the jungle until you reach Nange Thanti, where you can experience the beauty of a waterfall and its calming sounds. Take a lunch break at Nange Thanti, and afterward, prepare for a 2-hour hike to Ghorepani, where you will spend the night in a charming village that offers rich cultural experiences and magnificent

views of the Annapurna and Dhaulagiri ranges. Enjoy your evening in this picturesque location.

Day 3: Trek from Ghorepani to Ghandruk (2000m) via Poon Hill (3210m): 7 hours

Start your day with an unforgettable early-morning hike to Poon Hill (3,210m), renowned as one of the most breathtaking viewpoints in Nepal's Annapurna region. This adventure begins from Ghorepani village an hour before sunrise. After a steep uphill trek of approximately 45 minutes to an hour from Ghorepani, you will be rewarded with a stunning sunrise that bathes the snow-capped peaks of Annapurna, Dhaulagiri, Machhapuchhre, and Nilgiri in golden light. Take the opportunity to capture remarkable Himalayan vistas before heading back down to Ghorepani for a well-earned breakfast. Proceed with your trek from Ghorepani to Ghandruk via Tadapani, navigating beautiful forest paths through lush rhododendron forests, quaint villages, and serene mountain landscapes. The trail gradually ascends towards Tadapani, providing spectacular views of the Annapurna range along the journey. After soaking in the natural beauty of Tadapani, make your way down to Ghandruk, a charming Gurung village celebrated for its traditional stone architecture, vibrant culture, and stunning mountain views.

Day 4: Trek from Ghandruk to Australian Camp (1980m): 7 hours

Rise early in the morning to experience a breathtaking Himalayan sunrise over the Annapurna and Machhapuchhre ranges. Relish the stunning mountain vistas as the initial rays of sunlight bathe the snow-capped peaks. After absorbing this remarkable sight, head back for breakfast before embarking on your trek to Landruk. Navigate through picturesque forest paths and traditional mountain villages towards the Modi Khola River. Cross the river via a suspension bridge and start the gradual climb to Landruk Village, a delightful Gurung community that offers splendid mountain views and a glimpse into authentic Himalayan culture. Proceed through charming villages and terraced farmlands towards Tolka before heading to Australian Camp. This day stands out as one of

the most fulfilling in the Annapurna trekking journey, featuring breathtaking mountain views, traditional settlements, lush landscapes, suspension bridges, and unforgettable Himalayan scenery. Upon reaching Australian Camp, take in the magnificent panoramic views of the Annapurna range.

Day 5: Trek from Australian Camp to Phedi and Drive to Pokhara (823m): 5 hours

Savor your last morning in the Annapurna, Manaslu, and Ganesh Himal region with a delightful breakfast amidst stunning Himalayan views. Following breakfast, embark on a picturesque downhill trek from Australian Camp to Dhampus Phedi, which lasts about 3 hours. Traverse beautiful stone-paved paths through traditional Gurung villages, terraced fields, lush forests, and scenic vistas. Along the journey, take in your final breathtaking sights of the Annapurna mountain range, including the renowned Machhapuchhre (Fishtail) peak. Upon arriving at Dhampus Phedi, meet your vehicle for a comfortable drive to Pokhara, a charming lakeside city located at the foot of the Annapurna Himalayas. Once you arrive, transfer to your hotel and unwind after your remarkable trekking journey. The Annapurna Panorama Trek wraps up with cherished memories of Himalayan sunrises, awe-inspiring mountain views, quaint villages, and varied landscapes, making it an exceptionally fulfilling trekking experience in Nepal.

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PRICE INCLUDES

- Pokhara to Naya Pul by Car/ Jeep/ Minibus as per the Group size
- All the logistical arrangements
- 4 nights Mountain Accommodation in a private Room at the best lodge as per availability.
- Mountain Meals (Breakfast, Lunch, & Dinner)
- A professional English-speaking local guide
- 2 Guests: 1 Porter to carry your heavy backpack.
- Fresh Organic fruit, nuts, and energy bars every day on the Trekking
- Wifi, Hot shower and charging facility
- 3 Cups of Tea or Coffee every day during the trekking.
- Requires Permits (TIMS, & ACAP Fees)
- Gov Tax and Official Fees.
- Drive back to Pokhara by Car, Jeep, or Minibus as per the Group size
- Trekking Gears like sleeping bag, Map and Duffel Bag
- Farewell Dinner in Kathmandu or Pokhara

PRICE EXCLUDES

- Nepal Visa Fees (15 Days -30$ P/P, 30 Days -50$ P/P)
- Travel Insurance
- Drinks like (Drinking Water, Soft and Hard Drinks, and extra Tea or Coffee)
- Hotel in Kathmandu

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- Kathmandu- Pokhara by Tourist Bus: 10$ P/P
- Kathmandu - Pokhara by Plane: 120$ P/P
- Kathmandu - Pokhara by Private Car: 120$ for 1-3 Pax
- Hotel in Pokhara
- Trekking Gears
- Pokhara to Chitwan by tourist bus: 10$ per person
- Chitwan safari Tour: 2 nights/3 days at USD170 per person
- Tips for the Diver, Guide, and Porter
- Chitwan to Kathmandu by Tourist Bus: 10$ P/P
- Paragliding in Pokhara: 80$ P/P
- Trishuli River Rafting: 60$ per person

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EQUIPMENT & GEAR

Backpack

- 30–40 L daypack and Rain cover
- Dry bags or zip-lock bags for electronics and clothes

Clothing

- 2–3 moisture-wicking T-shirts
- 1–2 long-sleeve hiking shirts
- 2 pairs of trekking pants
- Thermal top and bottom (for cold mornings/nights)
- Fleece jacket & Lightweight down jacket
- Waterproof and windproof jacket
- Waterproof pants (especially during the monsoon)
- 2–3 pairs of quick-dry underwear
- 2–3 pairs of trekking socks
- Warm sleeping socks

Footwear

- Broken-in waterproof trekking boots
- Lightweight sandals or camp shoes
- Optional gaiters (rainy or snowy season)

Head & Hands

- Sun hat or cap, & Warm beanie

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- Buff or neck gaiter & Lightweight gloves

Sun Protection

- UV-protection sunglasses
- Sunscreen (SPF 30+)
- Lip balm with SPF

Sleeping

- Sleeping bag (0°C to -5°C is sufficient for most seasons; many teahouses provide blankets)
- Sleeping bag liner (optional)

Water & Food

- Reusable water bottles (1.5–2 L total)/ Tharmas
- Water purification tablets or a filter
- Energy bars, nuts, or trail snacks

First Aid & Toiletries

- Personal medications, Blister treatment (e.g., Compeed or moleskin)
- Pain reliever, Bandages, and antiseptic wipes
- Toothbrush and toothpaste, Hand sanitizer
- Wet wipes, Quick-dry towel & toilet paper

Electronics

- Headlamp with spare batteries
- Power bank (10,000–20,000 mAh)
- Phone charger & Camera (optional)

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Trekking Accessories

- Trekking poles (highly recommended for the long stair sections)
- Pocket knife (optional)
- Notebook or guidebook (optional)

ADDITIONAL INFORMATION

TREK BOOKING PROCESS AND POLICY

How to Book the Annapurna Panorama Trek?

The Annapurna Panorama Trek is widely recognized as one of the finest short treks in the Annapurna region, making it an excellent choice for families with children, beginner trekkers, and experienced adventurers alike. To book the Annapurna Panorama Trek with Sherpa Nomad Trek Pvt. Ltd., a leading local operator, you can take advantage of our streamlined and user-friendly booking process. Begin your reservation by completing our availability form or submitting an inquiry through email or our website. To finalize your trek booking, we require a 10% non-refundable deposit, a scanned copy of your passport, and your flight information to arrange convenient airport pickup and drop-off services. Should you have any questions, please contact us at any time. We are pleased to customize your trek according to your preferred budget, duration, and travel dates.

What is the process for paying my trip advance?

To submit your advance payment, we can furnish our banking details for a direct bank transfer. Alternatively, you may transfer funds through Western Union or Wise, depending on your preference. The remaining 90% of the total trip cost must be settled in Kathmandu before your departure. For this final payment, you have the option to pay by cash or card. If you choose to pay by card, a 4% bank processing fee will be added to the total amount, which you will be responsible

for paying. Please let us know which payment method you prefer so we can provide you with the necessary information.

What is the bank account number?

Sherpa Nomad Trek Pvt. Ltd. operates as a sister entity to Himalayan Trekking Path Pvt. Ltd., and both organizations currently utilize the same banking account. Sherpa Nomad Trek Pvt. Ltd. provides clients with a range of comfortable travel packages. The following banking information is available for deposit payments.

USD Account Details:

- Account Holder: Himalayan Trekking Path Pvt. Ltd.
- Bank Name: Himalayan Bank Limited
- Account Number: 12008522230018
- Swift Code: HIMANPKA
- Bank Address: Hiti, Durbar, Kathmandu
- Postal Code: 44600
- Company Address: Thamel Marg, Thamel, Kathmandu

Nepalese Rupee Account Details:

- Account Holder: Himalayan Trekking Path Pvt. Ltd.
- Bank Name: Nepal Investment Mega Bank Limited
- Account Number: 13201050033848
- Swift Code: NIBLNPKT
- Bank Address: Bhagawati Marg, Thamel, Kathmandu
- Postal Code: 44600
- Company Address: Thamel Marg, Thamel, Kathmandu

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Is there any problem with the bank transfer?

No, there should be no issue with transferring the funds using the details you already have on file. The receiving party remains unchanged, and you can continue using this account unless we provide you with updated information. We function as a single unit and maintain a shared account for fund transfers. When we part ways, we will supply you with new details. We want to assure you that you may safely proceed with sending the money through this legitimate platform.

Is it possible to obtain a receipt following payment completion?

Yes, upon successful fund transfer, kindly provide us with the voucher for official documentation and tax compliance purposes. Upon receipt of your voucher, we will promptly issue our company receipt. Upon your arrival in Kathmandu, you may present it to our office or keep it for your personal records. Sherpa Nomad Trek Pvt. Ltd. oversees this payment procedure following transaction completion.

Cancellation Policy for Ghorepani Poon Hill Trek:

- **Non-Refundable 10% Deposit:** Your initial 10% deposit cannot be refunded as it is allocated toward hotel reservations, guide and porter hiring, transportation arrangements, permits, and essential administrative preparations.
- **Cancellation Beyond 30 Days Prior to Departure**: Should you cancel more than 30 days in advance, a 30% cancellation fee of the total trip cost will apply.
- **Cancellation 20 Days Prior to Departure:** Cancellations made 20 days before your scheduled departure will incur a 40% charge of the total trip cost.
- **Cancellation 10 Days Prior to Departure:** If you cancel 10 days before departure, you will be liable for 60% of the total trip cost.
- **Cancellation Within One Day of Departure**: Cancellations made one day before the trek begins will result in a 100% charge of the total trip cost.

- **Early Departure from Trek**: Should you choose to exit the trek early or modify the original itinerary after commencement, no refund will be issued.
- **Adverse Weather or Medical Concerns:** In cases where weather conditions or health issues prevent trip completion, partial reimbursement may be available for unused meals and lodging only. Staff compensation, permits, transportation logistics, and other pre-committed expenses remain non-refundable.
- **Unforeseen Circumstances Preventing Participation**: If unexpected situations prevent your attendance, we may provide the opportunity to reschedule for an alternative date, subject to availability. Direct cash refunds are not offered.
- **Policy Rationale**: Trekking and adventure expeditions differ fundamentally from standard vacation packages and cannot accommodate last-minute cancellations. We coordinate extensively with accommodations, professional guides, porters, transport operators, governmental licensing, and partner organizations. We honor these obligations and require our clients to demonstrate the same commitment.
- **Our Dedication:** Developed through extensive industry expertise, this cancellation policy safeguards against speculative bookings, maintains our professional partnerships, and guarantees that all confirmed reservations represent genuine client commitments.

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FREQUENTLY ASKED QUESTIONS

1. What is Annapurna Panorama Trek?

The Annapurna Panorama Trek, renowned as the sunrise trek in the Annapurna region near Pokhara, stands as an exceptional destination for experiencing the rich Magar and Gurung cultures, cascading waterfalls, dense rhododendron forests, and breathtaking sunrises and sunsets over the Annapurna and Dhaulagiri mountain ranges. Trekkers can enjoy suspension bridges, immerse themselves in local traditions, appreciate the wonderful landscapes and tranquil surroundings, breathe in the cool, fresh Himalayan air, and explore charming local villages. Also recognized as the Lower Annapurna Circuit, this trek encompasses the celebrated Ghorepani Poon Hill, Tadapani, Ghandruk, Landruk, Pothana, Australian Camp, and Dhampus—representing the most scenic and serene areas of the lower Annapurna region. The entire trek can be completed within 4 to 5 days. Are you aware that the Annapurna Panorama Trek caters to both inexperienced and experienced trekkers? Indeed, it is ideal for beginners and trekkers with limited vacation time.

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