

# Complete Himalayan Adventure: Annapurna & Everest Foothills Trek, Nepal

Prepared by TourGrids

Destination  
**Nepal**

Duration  
**8 Nights 9 Days**

Starting from  
**Rs. 1,10,000 / person**

## ITINERARY ROUTE

↗ Kathmandu · 2N

↗ Pokhara · 3N

↗ Annapurna Foothills · 2N

↗ Everest Foothills · 1N

<https://tourgrids.com/packages/nepal/nepal-8-nights-9-days-package-1040>

## Overview

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Discover this immersive 9-day, 8-night Nepal tour package that blends the best of the Annapurna region with a quick taste of the Everest foothills – perfect for travelers seeking an active yet time-efficient Nepal Adventure tour package. This itinerary features scenic mountain flights, short classic treks (including the iconic Poon Hill sunrise), cultural sightseeing in Kathmandu, lakeside leisure in Pokhara, and a thrilling Lukla scenic visit into the Everest foothills.

### Highlights:

- Poon Hill sunrise (Annapurna view)
- Scenic mountain flight to/from Lukla (Everest foothills)
- Cultural highlights: Kathmandu Durbar Square, Pashupatinath, Boudhanath, Swayambhunath
- Lakeside relaxation and adventure in Pokhara (Sarangkot sunrise, paragliding option)
- Short, authentic village treks: Ulleri, Ghorepani, Ghandruk
- Comfortable lodge stays & experienced local guides

This itinerary is designed as an accessible Nepal Adventure package for hikers and nature lovers with moderate fitness. Flights to Lukla are weather-dependent – flexibility is required.

Keywords: Nepal tour package, Nepal Adventure tour package, Nepal Adventure package, 8 and 9 Nepal Adventure tour package

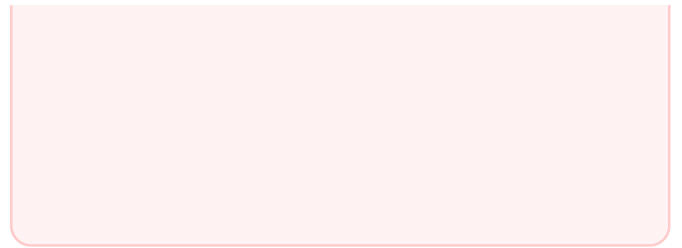
### ✓ What's Included

- ✓ Airport pick-up and drop-off in Kathmandu
- ✓ Domestic flights: Kathmandu–Pokhara (if chosen), Kathmandu–Lukla–Kathmandu (subject to weather)
- ✓ Ground transport in comfortable private vehicle as per itinerary
- ✓ Experienced English-speaking trekking guide and local porters as required
- ✓ 8 nights twin-share accommodation: city hotels in Kathmandu/Pokhara and mountain lodges during trek
- ✓ All meals during trekking days (breakfast/lunch/dinner) and breakfast in city hotels
- ✓ Entrance fees for listed monuments and Poon Hill viewpoint

### ✗ Not Included

- ✗ International airfare to/from Nepal
- ✗ Nepal entry visa fees and travel insurance (mandatory travel/medical/evacuation insurance recommended)
- ✗ Personal trekking gear (sleeping bags, trekking poles) unless requested
- ✗ Meals not specified in inclusions and personal expenses (drinks, laundry, tips)
- ✗ Airport departure tax and excess baggage fees on domestic flights
- ✗ Any costs due to flight delays/cancellations caused by weather (client to cover extra accommodation/flight rebooking if necessary)
- ✗ Tip: Bring cash (Nepalese Rupees) for village purchases and tips; ATMs are limited in mountain villages.

- ✓ Emergency evacuation planning and ground assistance
- ✓ Provided equipment: basic first-aid kit and porter support (porter charges limited as per policy).



## Day-by-Day Itinerary

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Day

1

### **Arrival & Welcome in Kathmandu**

Arrive at Tribhuvan International Airport (Kathmandu). Meet your representative and transfer to your hotel in Thamel. Brief orientation followed by a leisurely evening exploring Thamel's shops and cafes.

Overnight in Kathmandu. Rest early to recover from your flight.

Day

2

### **Kathmandu Cultural Tour**

Full day sightseeing of Kathmandu Valley: visit Pashupatinath Temple, the Tibetan Buddhist Boudhanath Stupa, and the hilltop Swayambhunath (Monkey Temple). Afternoon visit to Kathmandu Durbar Square (subject to access) and local markets.

Important: Carry your passport for temple entry where required.

Day

3

### **Fly to Pokhara — Lakeside Leisure**

Early morning scenic drive or short flight to Pokhara (flight recommended for time-saving and spectacular mountain views). Check in to lakeside hotel. Afternoon boat ride on Phewa Lake, visit Barahi Temple, and stroll along the lakeside. Optional short hike to Sarangkot for sunset views of the Annapurna range.

Tip: If weather is clear, opt for the mountain-facing rooms in Pokhara.

Day

4

### **Drive to Trailhead — Trek to Ulleri**

Drive to Nayapul (approx. 1.5–2 hrs) and begin your classic short Annapurna foothills trek. Trek through farmland and rhododendron forests to Ulleri (or similar hill village). Enjoy local village vistas and an authentic lodge stay.

Moderate walking (3–4 hours). Pack a small daypack and water.

Day

5

### **Trek to Ghorepani — Village Life & Mountain Views**

Trek from Ulleri to Ghorepani, passing through terraced fields and forests. Evening village walk to explore local Gurung culture and mountain panoramas. Prepare for an early start to Poon Hill.

Overnight at a mountain lodge; temperatures drop significantly after sunset.

Day

6

### **Poon Hill Sunrise — Return to Pokhara**

Early-morning hike to Poon Hill for the iconic sunrise over Machapuchare (Fishtail) and the Annapurna massif. After the viewpoint, trek down to Ghorepani, continue to Tadapani/Nayapul depending on the route and drive back to Pokhara. Evening at leisure by the lake.

Highlights: Poon Hill sunrise, panoramic Annapurna range.

Wear warm layers for pre-dawn temperatures; sunrise is cold even in warmer months.

Day

7

### **Leisure & Adventure in Pokhara**

Free day in Pokhara for optional activities: paragliding, boating, visit International Mountain Museum, or relax by Phewa Lake. Evening transfer preparations for return to Kathmandu and onward Everest foothills visit.

This day is flexible — great for rest or added adventure.

Day

8

### **Fly to Kathmandu — Lukla Scenic Flight & Short Everest Foothills Trek**

Early flight from Pokhara to Kathmandu (or drive if preferred). Connect to the Kathmandu-Lukla morning flight (weather permitting) — a spectacular mountain flight into the Everest foothills. From Lukla, enjoy a short guided hike to Phakding or a comfortable lodge area near Tengboche depending on flight timing. Soak in Everest views and Himalayan village life.

Note: Lukla flights are weather-dependent and may be rescheduled. This day includes two domestic flights; luggage limits apply.

Day

9

### **Return to Kathmandu — Departure**

Early morning trek back to Lukla (if not already there) and board the scenic flight to Kathmandu. Arrive in Kathmandu and transfer to your international flight or extend your stay. End of services.

If your international flight departs the next day, we can arrange an extra night in Kathmandu (optional).

## **🔍 Frequently Asked Questions**

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## ? What is the best time to visit Nepal?

Nepal's prime seasons are October–November (post-monsoon) and March–April (spring). October–November offers crystal-clear skies, superb mountain views, and major festivals like Dashain and Tihar, making it ideal for trekking and sightseeing. March–April brings blooming rhododendrons, pleasant weather, and fewer crowds. Winter (December–February) is cooler with snow at higher elevations, perfect for budget travelers seeking discounts. Monsoon season (June–September) brings lush landscapes but frequent rains, landslides, and leeches on trails. For snow experiences, visit December–February at hill stations like Kalinchowk or Upper Mustang. Spring and autumn are best for trekking, while winter offers clear mountain views with crisp air.

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## ? How can Indian citizens reach Nepal?

Indians can reach Nepal by air, road, or rail. By air, fly to Tribhuvan International Airport (Kathmandu), Gautam Buddha Airport (Bhairahawa), or Pokhara International Airport from Delhi, Mumbai, Kolkata, Varanasi, and Bengaluru. By road, major border crossings include Sunauli–Bhairahawa (for Lumbini/Pokhara), Raxaul–Birgunj (fastest to Kathmandu), Panitanki–Kakarbhitta (eastern Nepal), and Banbasa–Mahendranagar (far-west). Good highways connect borders to major cities. By rail, take Indian Railways to Jayanagar–Janakpur–Kurtha line or reach border towns like Gorakhpur, Raxaul, then cross by road. Road travel offers scenic views but expect monsoon delays due to landslides.

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## ? Do Indian citizens need a visa for Nepal?

No, Indian citizens do not need a visa to visit Nepal. However, you must carry valid identification – either an Indian passport or Voter ID with photograph. Aadhaar cards are generally not accepted for air travel, so check current requirements before departure. Children should carry valid photo ID as required by airlines and immigration authorities. This visa-free access makes Nepal one of the most convenient international destinations for Indians. You can stay for extended periods, but if planning to work or study, additional permits may be required. Always verify the latest entry requirements before travel, as policies can change.

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## ? What are the local transportation options within Nepal?

Nepal offers various transportation options. In cities, use metered taxis or ride-hailing apps like Pathao and Tootle (available in Kathmandu/Pokhara). City buses and minibuses are the cheapest option, with Sajha Yatayat operating key routes in Kathmandu Valley. For intercity travel, choose tourist buses or private cars for comfort to destinations like Pokhara, Chitwan, and Lumbini. Domestic flights save time to Pokhara, Bharatpur (Chitwan), Lukla, and other destinations. Motorbikes and bicycles are popular in Pokhara and Thamel for short distances. For mountain areas, jeeps and local buses connect remote regions, though roads can be challenging during monsoon season.

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## ❓ **Where should I stay in Nepal and what accommodation options are available?**

Kathmandu's Thamel district is perfect for budget travelers and trekkers, offering guesthouses, hostels, and mid-range hotels. Durbarmarg and Lazimpat provide upscale options. In Pokhara, stay in Lakeside for lake views, restaurants, and easy access to activities. Luxury options include Dwarika's Hotel and Hyatt Regency (Kathmandu), Temple Tree Resort and Fish Tail Lodge (Pokhara). For wildlife, choose jungle lodges in Chitwan like Meghauri Serai or Barahi Jungle Lodge. Hill stations like Nagarkot and Bandipur offer mountain view resorts. Budget travelers can find Zostel hostels, homestays, and guesthouses starting from \$5-15/night. Mid-range hotels cost \$25-60, while luxury resorts range \$100-300+ per night.

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## ❓ **What are the must-visit attractions in Nepal?**

Nepal's top attractions include Kathmandu Valley's UNESCO sites: Pashupatinath Temple, Boudhanath Stupa, Swayambhunath (Monkey Temple), and the Durbar Squares of Kathmandu, Patan, and Bhaktapur. Pokhara offers Phewa Lake, World Peace Pagoda, and Sarangkot for sunrise views. Chitwan National Park provides jungle safaris for rhinos and tigers. Lumbini, Buddha's birthplace, features sacred gardens and international monasteries. For trekking, visit Everest region (fly to Lukla) or Annapurna region for Poon Hill and Annapurna Base Camp treks. Nagarkot and Dhulikhel offer Himalayan sunrise views near Kathmandu. Adventure seekers should try Everest mountain flights, paragliding in Pokhara, and white-water rafting on various rivers.

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## ❓ **What local food and cuisine should I try in Nepal?**

Nepal's staple dish is Dal Bhat - lentils, rice, vegetable curries, and pickles, offering unlimited refills. Try momos (dumplings) with spicy chutney, available in vegetarian, chicken, or buffalo varieties. Thukpa and thenthuk are hearty Tibetan-style noodle soups. Sample Newari cuisine including bara (lentil pancakes), choila (spiced meat), chatamari (Nepali pizza), and yomari (sweet dumplings). Other specialties include sel roti (festival rice doughnut), gundruk (fermented greens curry), aloo tama (bamboo shoot curry), and sekuwa (grilled meat). Drink masala chai, tongba (warm millet brew), or local raksi spirit. Popular restaurants include Bhojan Griha and Thamel House (Kathmandu), and Moondance and Rosemary Kitchen (Pokhara).

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## ★ **Traveller Reviews**

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**Chetan Khatri**

★★★★☆ 4/5

### Well-Scheduled Tours

The tours were well-scheduled without feeling rushed. It allowed for plenty of exploration and relaxation time.



**Priya Joshi**

★★★★★ 5/5

### A Spiritual Journey

The spiritual sites visited during the tour were enlightening and peaceful. I highly recommend this tour for anyone seeking spirituality.



**Anshul Sinha**

★★★★☆ 4/5

### Vast Array of Experiences

This tour packed a vast array of experiences into a short period! I was surprised at how much we accomplished!



**Garima Sharma**

★★★★★ 5/5

### Stunning Sunrise Views

Watching the sunrise over the Himalayas was a life-changing experience! Highly recommend it.



**Kiran Gupta**

★★★★★ 5/5

### Endless Adventure Opportunities

There's no shortage of adventures in Nepal! From trekking to paragliding, it's an adventure lover's dream.

## ⚡ Why Choose TourGrids?

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Because your dream vacation deserves the best! From expert advice to personalized trips, easy booking, and unbeatable deals — we make travel stress-free and fun!

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