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Poon Hill Trek – 4 Days Trip

URL: https://himalaya-discovery.com/trip/poon-hill-trek-4-days/

Destination
Nepal

Activity
Trekking in Nepal

Start / End Point
Nayapul/Nayapul

Duration
4

Per Person From
USD 385

Accommodation
Lodge
Nepal lodges, also known as teahouses, are basic yet cozy accommodations found along trekking routes.

Region
Annapurna

Max. Altitude
3,210m

Nature Of Trek
Guest House to Guest House trekking

Best Season
All Year Round

Activity Per Day
4 to 5 hours

Group Size
2 – 14

Transportation
Tourist Bus and Private Jeep

BLD
Breakfast, Lunch, Dinner

Easy

Highlights of Poon Hill Trek

- The perfect first 4 days Himalayan trek through classic high mountain scenery
- Highly experienced Sherpa leaders
- All meals, sleeping bag, hot showers, extra snacks included on the trek
- The natural beauty of the ancient rhododendron forests
- Jhinu-danda relax at the natural hot spring

Poon Hill Trek Overview

Poon Hill trek is one of the easiest and best short treks of 4 days in the Annapurna region. We start

in Pokhara travelling through beautiful rhododendron and oak forests and green hills and then pass through Poon Hill, which offers panoramic views, a wonderful place to see the sunrise and sunset.

The 4 day Poonhill trek discovers the foothills of central Himalaya passing through different villages, providing spectacular views of Annapurna and Dhaulagiri massifs.

An unusual wide range of climatic zones in this area provides an opportunity to see different flora and fauna. This place is rich in hidden treasures of Nepalese culture and tradition.

The diverse lifestyles of people residing in this region are dominated by Magars and Gurungs, famous for Gurkha soldiers who served in British and Indian armies.

The trail winds through patchwork valleys, dense mossy forests and past icy waterfalls where you can stop to cool your face. A fascinating glimpse of the high mountains around every corner will be revealed to you as you reach the highest point of your trek.

Poon Hill trek 4 days is a short trek for people who are having limited time in Nepal. It is an ideal choice as it is nearest to Pokhara and not far from Kathmandu as well. Poon Hill is about 272 km from Kathmandu.

The trip covers 136 km which is a circuit hiking route that begins at Nayapul and ends at the same place. The Poon Hill trek takes 3 to 4 days and passes through villages such as Tikhedunga, Ulleri, Ghorepani and Ghandruk.

The Poon Hill Trek 4 Days trail between Tikhedunga and Ulleri has a difficult stair climb. Otherwise, the Poon Hill Trek 4 Days trail passes through rhododendron and oak forests until Ghorepani.

Poon Hill Trekking 4 Days Route and Itinerary

Poon Hill Trekking route and Itinerary is one of the easiest and best short treks in the Annapurna region. We start in Pokhara travelling through beautiful rhododendron and oak forests and green hills and then pass through Poon Hill, which offers panoramic views, a wonderful place to see the sunrise and sunset.

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Poon Hill Trek Difficulty

Poon Hill hike is a short trek for people who are having limited time in Nepal. It is an ideal choice as it is nearest to Pokhara and not far from Kathmandu as well. Poon Hill is about 272 km from Kathmandu.

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The trail between Tikhedunga and Ulleri has a difficult stair climb. Otherwise, the trail passes through rhododendron and oak forests until Ghorepani.

Tell us about your trip to Nepal and what you expect from it. We will answer your questions in 24 hours and help you design a trip with a comfortable itinerary to best meet your needs.

Ghorepani Poon Hill Trek Price and Benefits With Himalaya Discovery

We offer the Ghorepani Poon Hill Trek for only $ 385 per person, an outstanding value for a trek of this length in the Annapurna region. It is inclusive of a wide array of amenities that have been put together to add value and convenience to your Annapurna adventure. Benefits of the Poonhill Package Trekking with Himalaya Discovery are:

- You will benefit from airport transfers for both pick-up and drop-off at either end of your trek, eliminating the stress and difficulty of negotiating local transport.
- Throughout the trek, you are provided with three meals each day (breakfast, lunch and dinner) as well as three hot drinks: tea/coffee/hot chocolate.
- Accommodation throughout the trekking period is included within the cost of your package, providing you with piece-of-mind for where you will rest following a day on the trails.
- All necessary paperwork for the Annapurna National Park entry permit and TIMS card will be taken care of on your behalf by our team – all part of our service.
- As Kathmandu can be overwhelming upon arrival into Nepal after a long flight, our pricing also includes transport from Kathmandu via tourist bus.
- Finally, not only will there be an English-speaking guide during your trek, but we will provide one government-licensed Sherpa guide (trained in wilderness first aid & mountaineering) per group, along with one porter between every two trekkers so you don’t have to worry about carrying heavy packs yourself.

Itinerary

This specially crafted Poon Hill Trek itinerary has been designed by our expert guides, who have a true knowledge of the Annapurna region. We assure you that no matter if it’s your first time with us or you are a regular adventure lover, this itinerary will bring all kinds of comforts and adventures together in one plate for you.
We will take you to see some of the best sunrise viewpoints at Poon Hill and as well guide you through

the culturally rich village, which is inhabitant by the Gurung people, not to forget walking through the forest enriched with Rhododendrons.

Day 01: Drive to Nayapul (approx. 8 hrs.) and then trek to Hille / Ulleri (1460m) Or Fly to Pokhara then trek to Ulleri

Option 1: After having the complimentary breakfast at the hotel in Kathmandu, we will drive you to the domestic terminal of Kathmandu Airport for your flight to Pokhara.

Then we take a 1 hour and 15 minutes taxi drive to Nayapul and start trekking to Hille / Ulleri. It is an easy hike for the first day. You'll walk on an almost flat surface for 4/5 hours.

Option 2: We will drive from Kathmandu to directly Nayapul by Toyota hiace, we will follow the

Prithvi Highway, which connects Kathmandu and Pokhara. It passes almost parallel to the Trisuli River during the first half of the journey, and the mighty Himalaya come closer into view.

Once we arrived at Nayapul, The trek actually begins from Nayapul, following the Modi Khola River through really beautiful landscapes and traditional villages. The trail is pretty clear and consists of mild upslopes with a few stone steps. Stepping rice fields and the Annapurna range are visible. After walking for 3-4 hours, the trek reaches Hille, a small settlement at 1,430 meters.

The trail then winds its way further up with steep ascents through stone stairs numbering more than 3,200 steps to reach Ulleri at 2,070 meters. This is where today's trek would come to an end, often by late afternoon, with panoramic views of Annapurna South and Hiunchuli.

The trek route follows the north bank of the Bhurungdi Khola. From there, the trail climbs steadily up the side of the valley to Hille at 1460 meters and after the short climb, we reach at Hille. Overnight at a guesthouse. Today's walk offers a short and relatively easy day, which allows us to become used to the experience of trekking in Nepal. Overnight at a guesthouse.

Trek Distance:	Trek Duration	Highest Altitude:
Approx 7 – 10 km Trek and (240 km drive)	3 hours	2,055 m
Flight Hours:	**Meals:**	**Accomodations:**
25 Minutes (Optional flight to Pokhara)	Breakfast- Lunch- Dinner	Guesthouse

Day 02: Trek from Ulleri to Ghorepani

After breakfast at Ulleri, the trail goes uphill through beautiful rhododendrons and oak forests. The trail is well-maintained but continuously ascending. You might be lucky enough to see Wildlife, such as Langur monkeys, during the trek. After 2 hours of trekking, you will reach Banthanti, a Magar village with great views of Annapurna South and Hiunchuli. The dense forest continues till Nangethanti, where you cross several small streams along the way before reaching Ghorepani, which is approximately 1-hour from Nangethanti at an altitude of 2,850 meters. Ghorepani has the largest Pure Gurung (Local tribe)

Community in that region, where you stay overnight on this day's trek and after early morning climbing the next morning.

Trek Distance:	Trek Duration	Highest Altitude:
Approx. 12 km	5-6 hours	2874 m

Meals:	Accomodations:
Breakfast- Lunch- Dinner	Guesthouse

Day 03: Trek from Ghorepani to Poon Hill to Ghandruk

Wake up early with the purpose of hiking up for about the time-duration of 45 minutes that takes you to reach an elevation of around 3,210 meters, i.e. Poon Hill. Right from a view-point one can watch sunrise outlook over some of the highest peaks, i.e. Dhaulagiri (8,167m), Nilgiri (6,940m.), Annapurna South (7,831m.), Machapuchare (6,988m) and many other smaller peaks.

After the view, walk back to Ghorepani for breakfast and start the morning walk on pleasant trails towards the famous Ghandrunk village, passing through rhododendron & Oaks forests with gradual ups and downs most of the way. Walk head uphill steeply for a few hours and into the rhododendron forest zone, pass via the Tadapani. After your long walks of 6-7 hours today trek finally enters an area dominated by hill tribes at the Ghandruk overnight stop.

Trek Distance:	Trek Duration	Highest Altitude:
Approx. 15 km	6-7 hours	3210 m

Meals:	Accomodations:
Breakfast- Lunch- Dinner	Guesthouse

Day 04: Trek from Ghandruk to Nayapul and drive back to Pokhara / Kathmandu

On the final day, we descend from Ghandruk via stone paved steps. As we come outside of Ghandruk, we pass through typical houses and panoramic views of terrace fields. The trail descends around four hours till Nayapul where we have our lunch as well.

After reaching Nayapul, we will find a vehicle waiting there for a catch-up so that we can drive back to Pokhara. Those who wish to return to Kathmandu the same day need a drive or flight arrangement from Pokhara.

Trek Distance:	Trek Duration	Highest Altitude:
Approx. 8 – 10 km	3-4 hours	2,012 m

Meals:	Accomodations:
Breakfast- Lunch- Dinner	Guesthouse

Price Includes

- Airport transfers pick-up and drop-off.
- Three meals a day (breakfast, lunch and dinner) during the trek.
- Hot drinks (tea, coffee, hot milk, hot chocolate) three cup a day.
- All accommodation during the trek.
- All necessary paperwork for the Annapurna National park entry permit.
- Trekking information management system (TIMS card) permit.
- Transportation from and to Kathmandu by tourist bus.
- English speaking, trained government license holder Sherpa Guide.
- Accommodation / salary / food / drinks / insurance / equipment / medicine and transport for all staff.
- Himalaya Discovery duffel bag.
- Hiking pole for the trek, if needed.
- All government taxes.
- Farewell dinner at typical Nepali restaurant after the trip completion in Kathmandu.

Price Excludes

- International airfares and Nepal visa.
- Any personal medical or evacuation expenses incur.
- International Travel insurance which included rescue.
- Tips for guide/porters (tipping is expected).
- Any others expenses which are not mentioned on the ‘Price Includes’ section.

Group Discounts Available

No. of Persons	Price per Person
1 – 1	USD 385

Add-Ons for Your Himalayan Adventure

Enhance your Nepal experience with extra activities added either before or after your Mini Annapurna Trek, so as to explore further the beautiful landscapes and unique cultures, along with the adrenaline-rush experiences that Nepal offers. Here are our top recommendations:

- Trishuli River Rafting
- Heli Sightseeing
- Kathmandu Food Tour
- Paragliding in Nepal (Pokhara)

- Ultra-Light Flight
- Kathmandu Day Tour
- Bardia Jungle Safari
- Chitwan Jungle Safari
- Bungee Jumping

Scenic Flights from Kathmandu to Pokhara and Back

Start your Poon Hill Trek in the best possible way by taking a scenic flight from Kathmandu to Pokhara. Lasting approximately 25 minutes, this incredible journey over the top of the world via the Himalayas is an adventure in itself. Flights leave several times each day, so there is lots of flexibility depending on your schedule. Coming in at around $125 per person, it is a luxury option, but it will certainly save you time and give you more moments on the trail. You can also opt for this on your return from Kathmandu as well perfect if you plan on jumping straight onto a plane when you get back from your trek and avoid the long drive.

Personal Porter Services for Your Trek

Take the strain out of your trek with the services of personal porters. For $20 per trekking day, a porter will transport a maximum of 25 kg (shared between two clients). This leaves you to enjoy the trail and is one less thing you have to think about during your adventure. Porters help ensure your trek is worry-free and allow you to soak in all that the Himalaya has to offer. An experience not easily forgotten.

Sleeping Bag Rental

For your trek, we have 4-season sleeping bags, perfect for the cold Himalayan nights, available to rent for just USD 30. These are high-quality sleeping bags that will keep you warm in extreme conditions.

Important: Kindly note that in case of loss or damage of the sleeping bag, you will be required to pay back the full cost of the item i.e. USD 165.

Useful Information Fore Trekkers on Poon Hill Trek

We've gathered all the important information you need to know about the Poon Hill Trek 4 Days. This summary will give you a quick idea of what to expect. We have detailed information below that covers everything from how hard the trek is, to accommodation and what gear you'll need. In addition we will provide our best safety tips; it has everything you need to help plan and get ready for your trip. Make sure to read the full detailed information to get for complete guide on what exactly lies ahead.

Notes

The above information is a guide and standard template of what we provide. This itinerary can be customized according to the duration of your holiday. We have many options for shorter visits based on your interests and budget.

On an adventure trip of this type, weather, political strikes, transport or a multitude of other factors beyond our control can result in a change of itinerary. It is however very unlikely that the itinerary would be substantially altered; if alterations are necessary the leader will decide what is the best alternative,

taking into consideration the best interests of the whole group. Where a change does occur, we do everything we can to minimize its effect, but we cannot be responsible for the results of changes or delays.

Trek Leader and Crew

Here at Himalaya Discovery, we firmly believe that the way to get the most out of your staff is to treat them well; a happy staff is a hard-working staff. And this belief manifests itself in every way we deal with our staff.

We employ only local leaders and staff to help sustain the local communities we work with. We provide training for all our staff and all our trek leaders are trained in the following as a minimum;

- Intensive Wilderness First Aid
- Trekking Guide Training
- Eco Trekking Workshop & Adventure Meet
- English Language
- Conservation & Biodiversity
- Rock & Ice Climbing & Mountaineering (for expedition leaders)

So, we can guarantee you your trip will be led by the best, most professional and experienced guides there are. All of our guides good English-speakers, All our guides are carefully selected for their experience, leadership skills and personal ability. We have learnt that effective leadership is a vital for a trip to be safe, enjoyable and successful.

In fact, not only are all our guides experienced working in these regions, but most of them actually grew up in these mountainous regions of Nepal. Its home for them, it's in their blood. They're not only 'familiar' with local communities and culture; they're a part of them and they practice it. They truly love their home and relish getting the opportunity to show travellers.

Short Poon Hill Trek – 4 Days Best Time

Poon Hill Trek 4 Days is mostly done in two main seasons – spring (March to May) and autumn (September to November). During this time, the weather is great, the sky remains clear & the temperature too is moderate enough, making it suitable for trekkers. If you are doing it during spring, the trail will be adorned with rhododendrons in full bloom, adding colours to this hilly terrain. On the other hand, if you plan on enjoying a crisp environment with clear views of mountains you can pick autumn. Despite being possible throughout winter (December to February) and summer (June to August), these months of winter do get pretty cold, accompanied by snowfall at times while Garnering slippery tracks due to rain & high risk of landslides during monsoon season.

Is this Trek Fit for Me?

Poon Hill Trek 4 Days is a moderate trek as you do not require professional hiking or mountaineering experience, nor do you need an exceptionally high level of fitness. You will be walking for 4-6 hours a day. However, most people can do it as the highest point on the trek is Poon Hill (3,210 meters). In terms of high altitude, many other treks in Nepal take you much higher than this. Your comfort and success can be increased drastically with some smart planning. You'll climb up and down many hills during the trek through stone steps, forest paths, etc., but no technical climbing skill is required, so being physically fit

always helps if you have a health condition which may affect you while in a remote area.

Accommodation Facts

The lodgings available on the Poon Hill Trek 4 Days route are teahouses and trekking lodges that provide basic amenities. Rooms are generally twin-share with comfortable beds, blankets, and pillows. Toilets, as well as washing and shower facilities, are shared. Single rooms may be available at lower altitudes, but it's not generally possible higher up. Teahouses have an adjoining 'dining room' where you can gather around the central stove with other trekkers for warmth while eating your meals. Although simple, the teahouses or lodges are quite cosy and regularly maintained by their owners. It is best to book ahead during peak trekking seasons to ensure accommodation.

Meals on Poon Hill Annapurna Trek

Meals will be provided at tea houses along the trails, which offer a wide variety of local and international cuisines. For breakfast, you can choose between toast, pancakes, porridge, eggs or Tibetan bread with tea/coffee. At Lunch and Dinner time, Dal Bhat – a lentil soup served with rice and seasonal vegetables is a favourite among trekkers, being both healthy and tasty. Other options include rice, lentils (dal bhat), noodles, soups, pasta, dumplings (momos), curry dishes etc.

Vegetarian meals are available everywhere, while meat will also be available in most places, though the availability of fresh meat cannot be assured due to lack of transportation. We suggest you drink at least 3-4 litres each day to avoid dehydration since altitude sickness is commonly associated with dehydration. Mineral water bottles are available throughout the whole trek, as well as boiling water and tap water, which you can treat yourself using iodine drops or tablets.

Transportation on Trek

Himalaya Discovery facilitates you with all the required transportation facilities from your arrival to departure. You will be traditionally received by our representative (with a garland of flowers) after you have landed at Tribhuvan International Airport, Kathmandu. Then you will be transferred to the hotel. We provide a tourist bus service for transportation to reach Pokhara and back from Pokhara. Private vehicle drive is included until Nayapul (trek starting point), where we offer transport facility to our official destination after the trek.

Low Altitude Effect on Annapurna Poonhill Trek

The elevation of the Poon Hill Trek is low compared to other treks in Nepal. The highest point in this trek is the Poon Hill at 3,210 meters. Since it does not go too high altitude, there is a very low chance of altitude sickness. Anyone, no matter what their age and fitness level, can easily do this trek. This trek also provides an opportunity for a cultural experience as the trail passes through many local villages, farmland and thick green forests. The low elevation makes it just perfect for people looking forward to exploring wonderful Himalayan beauty without having to face the difficulties which come along with

high-altitude treks.

Poon Hill Trek Permit Fees

To do the Poon Hill Trek, trekkers need to take two permits.

- Annapurna Conservation Area Permit (ACAP): Every trekker must have this permit before entering the Annapurna Conservation Area. The fee is NPR 3,000 per person for all other nationals and NPR 1,000 per person for SAARC nationals.
- Trekkers' Information Management System (TIMS) Card: This card is applicable to each foreign national trekker in Nepal. The fee is NPR 2,000 per card.

These permits can be obtained in Kathmandu or Pokhara. It is advised to travel with passport sized photographs and a copy of your passport when applying for the permits. The fees go towards the conservation and upkeep of the trekking areas.

Packing List For Short Trip to Poon Hill

Packing smart is important for the Poon Hill short trek. Here's a checklist of what you should pack:

Clothing

- Lightweight trekking pants and quick-dry shirts.
- Warm Layers: fleece jacket, down coat, thermal innerwear.
- Waterproof and windproof Outerwear (jacket and pants).
- Comfortable trekking socks and gloves.
- Sturdy trekking boots with good grip. Lightweight sandals for evenings.

Essentials

- A backpack (30-40 litres) with a rain cover.
- Trekking poles
- Reusable water bottle
- Basic first aid kit and personal medicine.

Sun Protection

- sunglasses, sunscreen lotion, hat/cap.

Accessories

- Headlamp with extra batteries.
- Quick-dry towels and toiletries.
- Sleeping bag (rated for low temperatures).

Documents and Permits

- Passport, visa photocopies, and trekking permits (ACAP and TIMS).

To see a detailed packing list, you can visit our blog.

Travel Insurance

When you decide to plan Ghorepani Poon Hill Trek meanwhile, make sure you have full proof of travel insurance. Make sure it covers all the expenses added up during any medical emergencies and also the helicopter evacuation if needed. As sometimes cost of helicopter evacuations in the remote places of Nepal can be expensive, having an insurance policy will not only guarantee peace of mind but also financial security plus immediate relief operation for such extremes. Double check if your insurance company has this policy, that it covers all the expenses incurred in Trekking, including mishaps up to 6000 m above sea level and other adventure sports that you plan on doing during your visit.

Frequently Asked Questions (FAQs)

We know you may have heaps of queries before prepping for Poon Hill Trek and we are here to clear them off. We have complied with the most frequently asked / concerns our clients had, we hope they will be able to answer all your queries. They are all poonhill Trekking related questions and it's answers. If you still have something to ask ?? Please do mail us or call us anytime.

Ghorepani Poon Hill Trekking – 4 Days

What essential documents do I need to bring with me on the Ghorepani-Poon Hill Trek?

You should carry your passport, Nepal visa, Annapurna Conservation Area Permit (ACAP) and TIMS card. Keep their photocopies also along with yourself as back up if needed.

How fit do I have to be for the Gorepani-Poon Hill Trek?

You need to have a good fitness level to complete the trek. It requires 4-6 hours of walking every day. Start mild exercises or just walk regularly for a couple of weeks before you start the actual trek process.

How many guides and porters will be there in our group?

We take 1 guide per group, and porters join us on the sharing basis of 2 trekkers – 1 porter. If there are any special requirements or more number of people, we can customize.

How many litres of water do I need to carry each day on the Ghorepani-Poon Hill Trek?

You should carry 2-3 litres of water with you every day to keep yourself hydrated. You can also refill boiled or filtered water easily at every teahouse we halt for meals.

Would you recommend taking a Down Jacket?

Yes, we would recommend a down jacket, especially for the evenings and mornings, as the temperature really drops during the colder part of the trek.

Can I consume alcohol on the Ghorepani-Poon Hill Trekking Route?

Yes, you can have alcohol, as various liquors are available in the teahouses. However, we advise you not to drink alcohol while you are on a high-altitude trek, as it dehydrates your body and drinking at altitude affects you more than at a low altitude because of extremely low Oxygen levels.

What wildlife might I see on the trek?

You might encounter: .- Birds: Monal, Snow peaks partridges and many other birds -Mammals: Langur Monkey, Deer (in some parts of the year only).

Are there any ATMs on the Poon Hill Trek?

No, there are NO ATMs on this trail. So make sure you carry enough cash to pay for your meals, accommodation or any kind of personal expenses that you might have.

Can I charge my electronic devices during the trek?

Yes, in most of the teahouses, you can charge your devices but they might have a little charge for it. Also better to bring a power bank as well in case.

Are vegetarian meals available on the trek?

Yes, you can get vegetarian meals during the trek at tea houses. Dal Bhat (rice lentils and curry) is the most popular Vegetarian dish in Nepal. It’s healthy, tasty and keeps you full for long.

Address

Nagarjun 5, Swayambhu
Kathmandu, Nepal