

## Poon Hill Trek

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

<b>Destination</b> Nepal	<b>Activity</b> Trekking in Nepal	<b>Start / End Point</b> Nayapul/Nayapul
<b>Duration</b> 11	<b>Region</b> Annapurna	<b>Max. Altitude</b> 3,210m
<b>Best Season</b> All Year Round	<b>Activity Per Day</b> 4 to 5 hours	<b>Group Size</b> 2 - 14

**Easy**

## Highlights of Poon Hill Trek

- The perfect first 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](#) 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 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 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.

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

### Do you have any question about trip to Nepal?

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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.

# Itinerary

## Day 01: Arrive in Kathmandu

Upon your arrival in the Kathmandu airport after completing your custom formalities Visa, etc. pick up your luggage and look for our airport representative from Himalaya Discovery, who will display your name on the board at the arrival gate. You will be greeted by our representative and transferred to your hotel by private tourist vehicle.

### Highest Altitude:

1400m

## Day 02: Free in Kathmandu for sightseeing and pre trip briefing and gear check.

Today is free for sightseeing in Kathmandu. You may wish to visit Durbar Square in the heart of the old city where the old Royal Palace, with its intricate woodcarving is located. The whole area is a maze of temples and images. Leading away from the square in all directions are narrow alleys, full of the most amazing variety of shops and stalls.

Some of these landmarks are considered World Heritage Sites including the historic Bhaktapur Durbar Square, the famous 'Monkey Temple' Swayambhunath and Buddhists shrine Buddhanath which is one of the largest Stupas in the world.

There will also be a full trip briefing today with gear check. In case you need to hire or buy equipment locally there will be time to do this today.

## Day 03: Drive to Pokhara by tourist bus.

Pokhara is a beautiful valley town, with panoramic views of Annurpurna, Machapuchare, and Dhaulagiri in the west, Lamjung Himal and Manaslu in the east. The town of Pokhara is considerably less hectic than Kathmandu and is the starting point of your trek.

Discover beautiful Phewa Lake, known for its tranquility and perfect picture postcards, or visit Devi Falls, a minor waterfall named after a tourist that fell inside. Overnight at hotel in Pokhara.

### Trek Duration

6 hours

### Highest Altitude:

900m

## Day 04: Drive to Nayapul and trek to Tikhedhunga.

We begin our trek at Nayapul after driving by private vehicle from Pokhara. After 15 minutes short walk along the bank of the Modi Khola, we reach Birethanti (1015meters), a large village that has many shops

and teahouses.

From there, the trail continues through the village. The trail follows the north bank of the Bhurungdi Khola. From there, the trail climbs steadily up the side of the valley to Hille at 1495 meters and after the short climb, we reach Tikhedhunga at 1570 meters.

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 guesthouse.

**Trek Duration**                      **Highest Altitude:**

1.5 hrs drive /3.30 hrs trek        1575m

### **Day 05: Trek to Ghorepani.**

Leaving Tikhedunga, we begin our journey with a steep climb to Ulleri. Ulleri is a large Magar village at 2070 meters. The trail then continues to ascend more gently, through fine forests of oak and rhododendrons towards Banthanti at 2250 meters. Then we trek towards Nangethanti at 2460 meters. After an hour of walking this brings you to Ghorepani at 2840 meters. Overnight at guesthouse.

**Trek Duration**                      **Highest Altitude:**

5 hrs                                        2850m

### **Day 06: Hike up to Poon Hill and trek to Tadapani.**

Today, very early in the morning, we start an hour hiking to Poon Hill at elevation of 3210 meters, a brilliant spectacle; this vantage point provides an unobstructed view of sunrise over the high Himalayas.

There we spend about 1 hour, we then return to Ghorepani we take a hot breakfast at the hotel then we trek to Tadapani (2620 meters). Along the trail towards Tadapani, we make climb along ridges and through pine and rhododendron forests to Deurali (2960 meters).

After that we descend to the Banthanti, we then turn off to Tadapani. Overnight at guesthouse.

**Trek Duration**                      **Highest Altitude:**

5 hrs                                        3210m

### **Day 07: Trek to Hot spring, Jhinu danda.**

After having breakfast we are going downhill to the hot spring "Jhinu danda" to relax in this pool of natural hot spring.

On the way we will encounter local people, walking through tiny villages, small rivers, rice and potato fields and landslide before reaching the hot spring. Overnight at guesthouse.

**Trek Duration**

4.30 hrs

**Highest Altitude:**

1750m

**Day 08: Trek to Nayapul and drive back to Pokhara.**

Today we are going to end our trek at Nayapul before a short drive back to Pokhara. Mostly downhill to Sauli bazaar and pretty flat to Nayapul, you can see farming terraces and local lifestyle.

We arrive in Nayapul where our private vehicle will drive us back to Pokhara. Overnight at hotel in Pokhara.

**Highest Altitude:**

1010m

**Day 09: Drive back to Kathmandu.**

We depart at approximately 7.30 am for Kathmandu by tourist bus. We arrive back in Kathmandu at around 2 to 3 pm.

In the evening we will have a farewell dinner in a traditional Nepalese restaurant with cultural performances.

**Highest Altitude:**

1400m

**Day 10: Free day / Fly to home.**

Today is rest and relax throughout the day. If you get interested to take some gifts from Nepal for friends and relatives, visit to some nearby shops or go out in Thamel for typical Nepalese goods.

In the evening, we will have a farewell dinner in a traditional Nepalese restaurant with cultural performances.

**Day 11: Fly to home.**

The trip ends, we will drop you to the airport for your flight departure from Nepal with good memories.

## 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.
- The required number of staff and porters to carry your luggage during the trek, (1 porter for 2 trekkers).
- 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 staff.
- Any others expenses which are not mentioned on the 'Price Includes' section.

## Trip Information

### 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.

## **Address**

Bijeshwori Swayambhu  
Kathmandu, Nepal