



# Poon Hill Trek



Last updated:  
**2020-09-01**  
A newer version  
might be  
available. Click or  
scan the code to  
get it!

📍 Nepal - Poon Hill

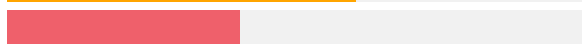
Poon Hill Trek is a wonderful opportunity to witness the beauty of the Annapurna region with a shorter trek.

The trip starts from north of the city of Pokhara and winds through the Poon Hill area and passes through the mid hill region of the Himalayas. You will explore Annapurna's most visited trail, encounter different varied cultural regions in front of Himalayas – dramatic views of the snow capped Annapurna Himalayan panorama inclusive!

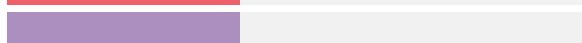
Culture



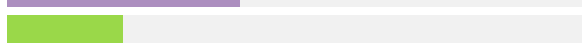
Learning



Leisure



Community Engagement



Physical Demand



## Program Description

Poon Hill Trek is a wonderful opportunity to witness the beauty of the Annapurna region with a shorter trek. The trip starts just north of the city of Pokhara and winds through the Poon Hill area and then passes the many cultural and beautiful landscape of mid hill region. Along the Ghorepani Trek you will be visiting of the best panoramic spot on planet "Poon Hill" from where you will get chance amazing views of whole Annapurna and Dhaulagiri massifs. Together Ghorepani Trek leads you to explore typical culture of Annapurna region and their local lifestyle. The entire trails of Ghorepani Trek also leads you to see many natural wild flowers especially rhododendrons which blooms in spring. Overall this trek makes you to experience many things about Nepal and the route is suitable for every level of hikers-family, retired groups and all non-technical hiking groups which is one of the lower elevation treks that we offer rising to only 3200m Poon Hill atop.

### Trip Highlights:

Explore Annapurna's most visited trail, encounter different varied cultural regions in front of Himalayas – dramatic views of the snowcapped Annapurna Himalayan panorama, Western Himalayan range's giant Dhaulagiri- Poon Hill 3210m view point visit- best photographic spot, beautiful eco hamlet lodges foods and typical hill terraced cultural lifestyle and more.... Ideal for every age group ... family holiday destination.

## Trekking Essential Information

### Accommodation during trekking

In trekking region, we offer you accommodation in tea house (mountain lodge). A Tea House is a combination of guest house, restaurant, and social hang out. The rooms are separate with twin beds and very little additional furniture. Blankets are generally provided. Most bathrooms are shared and toilets can be either squat type of the western version. Most of the Tea Houses have running water facility. Many of them provide hot water for shower.

### Meals during trekking

You will usually have breakfast and dinner in the lodge; lunch will be eaten at one of the trail side restaurants. Every Tea House serves the traditional Nepali meal of Dal Bhat (rice and lentils), as well as a variety of different food items, such as rice, vegetables, noodles, potatoes and soup. Some restaurants have western food such as pizza, pasta and French fries. Soft drinks, snacks and beer are available in most of the Tea Houses and trail side restaurants.

## Safe Drinking Water in Trekking

We provide chlorine liquid and water purification pills during the trek. You need to use 3 drops in a liter and wait 20 minutes to consume it. If you want to buy bottled mineral water, you are more than welcome which is available at the tea house.

## Trekking coordinator

We offer you an experienced trekking coordinator. He is in charge of your overall trekking. This is the person you should go to with all your problems, concerns and questions. He is well trained in all aspects of trekking, high altitude medicine, first aid and emergency procedure. He is selected in terms of his professionalism. Remember that trekking coordinators are local citizens and their English may be basic and limited to trek related topics.

## Walking in a day

During trekking you do walking 7-8 hours a day with lunch breaks along the trail. The maximum altitude is 3200 mts which is poon hill viewpoint.

## Program Duration & Availability

<b>Min duration (weeks):</b>	1
<b>Max duration (weeks):</b>	1

## Aims & Objectives

The aim of this program is to bring you closer to the authentic Nepal and the majestic Himalayas and truly immerse you in the Nepali culture, customs and lifestyle.

## Schedule

### Sunday

- Bus from Kathmandu to Pokhara (200 km)
- Overnight at local guesthouse in Pokhara



## Monday

- Pokhara to Tikhedhunga (1,577m)
- Two-hour drive to Nayapul (1070m) and start trekking following Bhurung Khola
- Overnight stay at Tikhedhunga Lodge

## Tuesday

- Tikhedhunga to Ghorepani (2,855m)
- Ascend to Ulleri Village through a pleasant Rhododendron forest and arrive at the top of Ghorepani pass
- Overnight stay at a lodge

## Wednesday

- Ghorepani to Tadapani (2,680m)
- Early wake up and walk up to Poon Hill for one hour to observe the sun-rise and a magnificent mountain view
- Walk back to Ghorepani for breakfast and start trekking to Tadapani
- Overnight stay at O/n Lodge

## Thursday

- Tadapani (2,680m) to Pothana (1980m)
- After enjoying spectacular views from Tadapani, we will trek passing through the deep mossy forest toward Ghandruk village all the way to Pothana. It is one of the most renowned settlements of Gurung tribe of Nepal and cultural inhabitant of the Annapurna trail.
- Overnight stay at a lodge

## Friday

- Pothana to Pokhara (820m)
- About 3-4 hours easy way down via Dhampus village to Phedi
- Drive to Pokhara
- Overnight stay at a local guest house

On Saturday we drive back to Kathmandu.

**This schedule can be changed and/or amended depending on weather conditions, local conditions and unforeseen circumstances.**

## Starting Dates

### During 2019

This program starts every week.

### During 2020

This program starts every week.

## Participant Criteria & Requirements

<b>Minimum age:</b>	18
<b>Maximum age:</b>	-
<b>Minimum English level:</b>	Basic
<b>CRB required:</b>	On Signup
<b>Passport copy required:</b>	On Signup
<b>Resume copy required:</b>	No
<b>Required qualification:</b>	None

### Additional Requirements

Due to the length and active nature of this program, a decent level of fitness is required.

## Additional Equipment

We recommend following equipment and items to pack for your trekking trip.

### For Head

- Sun Hat / baseball cap
- Fleece/Wool hat (to cover ears) for winter
- Sunglasses & reading glasses
- Scarf to cover face (dust/wind)

## **For Lower Body**

- Under garments
- Hiking shorts - 1
- Lightweight walking pants - 1
- Light weight thermal leggings - winter
- Fleece or tracksuit pants

## **For Feet**

- Thin cotton inner socks
- Thick warm wool hiking socks
- Hiking boots
- Sandals
- Walking poles

## **For Upper Body**

- T-shirts
- Lightweight thermal tops - winter
- Fleece long shelve tops
- Down vest/jacket - winter
- Poncho rain cover

## **For Hands**

- Lightweight fleece gloves - winter
- Playing card
- Trail map & guide book

## **For Sleeping**

- Sleeping bag
- Sleeping bag liner
- Pillow slip/case

## **Medical Kit**

- See your Doctor for complete medical kit

## Accessories

- Headlamp & spare batteries
- Dry packs
- Open neck water bottles
- Watch with light & alarm
- Pack cover
- Day pack
- Money belt
- Toiletries & Personal Hygiene
- 1x quick dry towel & face cloth
- Shampoo & Conditioner
- Toothbrush & paste (biodegradable)
- Multipurpose wipes (face & body)
- Deodorant
- Face & Body moisturizer
- Nail clippers/file
- Small comb/brush
- Clothes washing soap (biodegradable)
- Toilet paper (you can buy more on trek)
- Anti-Bacterial wipes (4x packs)
- Hand sanitizer (small bottle)
- Sun block face/body high UV protection
- Lip block with UV protection
- Feminine hygiene products

## Extra Items

- Camera & extra batteries
- Binoculars
- Reading books
- Journal & pen
- Energy/protein bars
- Walkman & Steripen

**\*\*\*Make sure to pack no heavier than 15kg after fully packed.\*\*\***