

Poon Hill Trek



Trek Information

Duration	9 days
Difficulty	Medium
Region	Annapurna Trekking Region
Highest Altitude	3208.0 m
Group Size	1-20+
Season	Spring and Autumn
Individual Cost	\$0.00

Description

About the Destination

Detailed description for **Annapurna Sanctuary**.

Trip Overview

Poon Hill Trek is a short trek that lies inside the Annapurna Region. It is a popular trekking trail for its scenic journey and beautiful trails. Poon Hill offers breathtaking Himalayan Views, rich cultural immersion, natural beauty, and an experience of local lifestyle. Being

inside the Annapurna region, which is itself popular for spectacular beauty, the Poon Hill Trek immerses the features of Annapurna within. It makes it an incredible journey in the Himalayas.

The trek of 9 days for the Poon Hill Trek starts from Kathmandu, which follows the road trip to Pokhara and later into the diverse trekking trail that attracts every trekker and travel enthusiast. This trek blends shorter treks with nature and the authentic taste of the traditional lifestyle in remote areas.

The majestic views of the mountain range are also a highlight of this trek. The panoramic scenery includes the peaks such as Annapurna South, Machhapuchhre, and Dhaulagiri. Along with it, the scenic trail along the stunning views makes the journey peaceful and relaxing.

The trek also covers sensational places inside the trail like Ghorepani, Tadhapani, Ulleri, and the most beautiful village of Ghandruk. Along with it, the trail covers the lush greenery, rhododendron forests, terraced farms, and settlements of different ethnic groups. Most of them belong to Gurung with preserved culture.

So, in this itinerary, you will get a well-designed trekking journey. This itinerary of the Poon Hill trek for 10 days is properly curated from our past experiences in the field and different trails across the Himalaya. You will get a comfortable journey to enjoy and create memories for a lifetime.

Trip Highlights

- Scenic drive from Kathmandu to Pokhara and up to the gateway of the trekking trail
- Panoramic views from different spots, which include the peaks like Annapurna and Dhaulagiri
- Cultural exploration in different traditional and beautiful villages like Ghandruk
- Stunning sunrise view from Poon Hill
- Trek through rhododendron forests and sub-alpine hills
- Taste of local cuisines and dishes

Detailed Itinerary

Arrival in Kathmandu

Your itinerary for the Poon Hill Trek of 9 Days starts with your arrival in Kathmandu at TIA (Tribhuvan International Airport). There, you will get one of our representatives waiting for you at the arrival section. After some greetings and introductions, you will get a ride to your hotel. You just need to follow the instructions of our representative. Once you reach your hotel room and check in, you can have your refreshment time. You can also visit to nearby attractions or can explore the streets, exploring some foods and cuisines across multiple restaurants and cafes. You will get your overnight stay in a hotel in Kathmandu.

Drive from Kathmandu to Pokhara

On this day, you will get a transfer from Kathmandu to the lake city of Pokhara. You will get your morning breakfast and will get a drive. The drive will offer you a scenic drive through mid-hill terrains. The drive is also a typical road trip experience in Nepal. You will get to see the scenic landscapes with traditional villages, farming terraces, and a very vibrant riverside drive through the Trishuli River. Multiple stops during your trip in roadside restaurants is one of the most unique experiences to have. Upon your arrival in Pokhara, you will witness a very beautiful lakeside city with scenic landscapes. Pokhara is a beautiful city by the side of Phewa Lake with panoramic views of snow-capped mountain peaks. The Macchapuchre is one of them. During the evening, you can have a vibrant walk on the lakeside and also enjoy some cuisines, enjoying the calm view of the lake. You will get your overnight stay in a hotel in Pokhara.

Pokhara to Nayapul and Trek to Ulleri

Today you will get your morning breakfast with scenic Pokhara. Thereafter, you will get your drive, which will take you to Nayapul. It is the starting point of your journey. The drive will offer you a scenic journey with breathtaking Himalayan views. The short trek of the day will give you a refreshing glimpse of the mountainous landscapes of Nepal. Upon your arrival in Nayapul, your trek will begin. You will enter the trail of Poon Hill. You will witness picturesque villages with terraced farmlands. The trail follows the trip along the Bhurungdi Khola. Later, it passes through the settlements of Tikhedhunga, which is also a popular stopover. To reach Ulleri, the stone step of around 3000 steps is a bit of a challenging part of the day. With scenic trails and some ascent, you will arrive at the Ulleri. It is a very scenic village inhabited by the Magar community. You will witness a charming village with terraced farms and traditional agriculture. After you check into your teahouse, you can explore the village further. And interact with locals to know more about their lifestyle. You will get your overnight stay in a teahouse in Ulleri.

Trek from Ulleri to Ghorepani

On the fourth day of your Poon Hill Trek, you will get your morning breakfast and continue your trek to Ghorepani from Ulleri. The trail descends gradually once you start to trek. It passes through dense rhododendron forests as well as through massive oak tree vegetation. You will experience the fresh air and breathtaking peaceful trail all along the journey. As you go higher, you will start to get a glimpse of snow-capped peaks. You will get an enjoyable and slow trek for the day. In around 4 to 5 hours of trek, you will arrive at Ghorepani. Ghorepani is a peaceful stop during this trek and also for different routes in the Annapurna Region. From there you will get to see the Annapurna peak and Dhaulagiri as well, following peaks, you can have the rest of your days or explore the peaceful evening. You will get your overnight stay in a teahouse in Ghorepani.

From Ghorepani to Tadhapani after a hike to Poon Hill

Today marks an incredible day for this trek. In the middle of your itinerary for the Poon Hill trek, you will get to enjoy a stunning sunrise from Poon Hill during the journey to Tadhapani. Early in the morning, you will start your hike to Poon Hill to catch the Sunrise. You will climb Poon Hill. It asks for a steep climb. While you arrive at the top, you will get a majestic scenery of mountain peaks and beautiful landscapes. At the top, you will get to enjoy a very stunning sunrise view rising from the top of the mountain range. After enjoying some time there, admiring the beauty and the peaceful environment, you will return to Ghorepani. And in Ghorepani, after having the morning breakfast, the trek will continue to Tadhapani. The trail offers both ascending and descending trails through ridgelines. The day will be moderately challenging as you will be completing a hike and a day trek. After you arrive in Tadhapani, you will be in a peaceful village surrounded by forest. You can have your rest for the day. You will get your overnight stay in a guesthouse in Tadhapani.

Trek from Tadhapani to Ghandruk

After morning breakfast, you will start a descending trail which will take you to Ghandruk. It is one of the most beautiful and admired cultural villages with a traditional lifestyle. It is the inhabitants of the Gurung community who have preserved their culture and traditions very well. The trail passes through sub-alpine forest. The dense forest later opens to the terraced farms with traditional framings. Upon your arrival in Ghandruk, you will witness a very warm village for Ghandruk. From there, a panoramic view of Annapurna South as well as Machhapuchhre can be seen. With such beauty, you will be in the finest traditional village of Nepal, which is preserved. You can also explore the village further and can engage with locals to know more about their culture and lifestyle. The Ghandruk is also known for its great hospitality. You will get your overnight stay in a teahouse in Ghandruk.

Drive from Ghandruk to Pokhara

On this day, after breakfast, you will head for the road access to drive. You will leave the beautiful village of Ghandruk. Once you reach the road access, you will get a drive that will take you back to Pokhara. You will pass through a very scenic road trip, enjoying the landscapes and multiple villages and small towns. While you arrive at Pokhara, you will get your hotel check-in. Thereafter, you will get some time remaining for the day. You can explore nearby attractions. During the evening, spending time at the lakeside can be peaceful for you to have a refreshing time after the journey. You can also enjoy a vibrant evening in several restaurants and cafes, enjoying the local cuisines along with the calm view of the lake. You will get your overnight stay in a hotel in Pokhara.

Pokhara to Kathmandu by Car

Today, you will be transferring back to Kathmandu. You will get your morning breakfast and will get your drive back to Kathmandu. You will again get a chance to enjoy the scenic drive. You will be passing through breathtaking road trip. It offers the landscapes of mid-hill along with the views of multiple villages, terraced farms, and a scenic Trishuli riverside road trip. Once you arrive at Kathmandu, and after you get your hotel check-in, you can have your refreshment time. Visiting nearby attractions is also a better way to enhance your journey. You can visit Ason or Basantapur for a vibrant evening. There you can also buy some souvenirs to take with you as a token. Or you can also have some nightlife experience in Thamel before your departure. You will get your overnight stay in a Hotel in Kathmandu.

Departure from Kathmandu

Today, you will get your morning breakfast. Thereafter, you will get a drive which will take you to the airport. This will be the last day of your itinerary for the Poon Hill trek for 9 days. Once you arrive at the airport, you will be welcomed by our team. You will be concluding

your trek from there. You will get your departure on a scheduled flight.

What's Included

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What's Not Included

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Equipment & Packing List

Best Time For Poon Hill Trek

The best time for the Poon Hill Trek can be picked during the spring and autumn seasons. These seasons are best for trekking routes in Nepal. It is also considered best due to its features and factors like stable weather, clear visibility, mild temperature, and the beauty features brought by each of the seasons. These seasons are also chosen by most trekkers and travelers.

Spring

During this season, you will get the blossoming landscapes all around the region. Especially, Poon Hill is known for its flowering beauty, and during the spring it reaches its peak beauty. The weather will be stable. The visibility will also get clearer, and the atmosphere will be refreshed due to pre-monsoon rain. The scenic trail will make your journey a memorable moment. So, a refreshing journey on a scenic trail is what you get during the time of Spring.

Autumn

During the time of Autumn, you will get the best weather of the year. It will be at its finest. The visibility will be the clearest of the year. You will get colorful trails to walk due to the fall season of dry leaves. It makes the journey mesmerizing. With colorful trails and clear visibility, the trail gets picturesque. So, you will enjoy a mesmerizing journey with a picturesque trail during the time of Autumn.

Accommodation, Foods and Drinks

During the Poon Hill Trek, all accommodations with basic structure will be provided. All basic logistics will be covered during the journey. You will get your meal structure with breakfast, lunch, and dinner.

The food menu mostly consists of local dishes. It includes food items such as Dal Bhat Tarkari, momo, noodles, Thukpa, and other local dishes. You can enjoy them with locally produced ingredients and locally prepared.

You can also enjoy some of your western dishes such as pizza, pasta, fries, and other dishes as of availability in Kathmandu and in Pokhara. It can also be found in some of the restaurants in the trail, although it is uncertain about the availability.

For accommodation, you will get teahouses and guesthouses at different stops during your journey. It will provide you with a comfortable and clean room with basic services. It is also an ultimate and admired experience of a teahouse to have in its authentic locations.

In this itinerary of 9 days, all the basic logistics will be covered. But any cost or expenses which are not the part of this package will be excluded. It includes services such as bars, beverages, ice-creams, sweets, or any other services that are not part of this package. You can look for the cost section for a better understanding of what is included and what is excluded in this package.

Preparation and Fitness

The Poon Hill Trek is a proper trekking journey inside the Annapurna region. It covers a full 9-day journey in different forms and in various locations. It also includes some remote places inside the region. So, proper preparation is necessary and important for you to make your journey smoother.

Prepare with the essentials and other items that you think you need during your journey. Start with the clothing. Carry enough clothes that can properly cover your itinerary days.

Mostly include the clothing that can cover your full body and can keep you warmer during nighttime.

Prepare with your equipment and gear that you are willing to use. Items such as trekking poles, trekking shoes, gloves, water bottles, first aid, and others are helpful. Pack as much as you need, and what you think you will need during your journey. But do not go with the essentials that you will not use often during your journey. It will just increase the weight of your backpack and can ruin your experience.

Importantly, keep the first aid kit. You will get to some of the remote Himalayan terrains. The trail also covers various cliffs, slopes, and remote paths between journeys. In such locations, unfortunate incidents can happen. And in such conditions, first aid can be helpful for you.

For fitness, you need to be in good shape or at least for a comfortable journey. You can also do some basic exercise for about 30 days. You can also include some basic exercises for breathing. It can give you some good results during your journey.

Permits and Regulations

The trail of the Poon Hill Trek is drawn inside the Annapurna Region and its terrains. It is a preserved area in the Himalayas. So, you need to have some permits issued by the government. You need to have,

Annapurna Conservation Area Entry Permits

TIMS(Trekkers Information and Management System)

Above are the permits you need to have during your journey. Without these permits, accessing the region is prohibited and is not allowed. All the permits should be filled with proper legal information of trekkers. Usually, these permits are managed by the trekking agencies.

Conclusion

The Poon Hill trek is an incredible and easier trek that introduces trekking in Nepal. With its rich culture, natural beauty, scenic trails, and accessible trekking trails, it offers an amazing journey inside the Himalayas. Starting from the city of Kathmandu and exploring the wide trails and routes of Poon Hill through different sensational places, it concludes as an incredible experience.

The highlighting features, such as sunrise from Poon Hill, as well as enjoying the peaceful and beautiful traditional village of Ghandruk, offer an excellent trek for trekkers. With moderate difficulty, properly marked trails as well as traditional teahouses make it even more favorable.

Overall, the Poon Hill trek is a fantastic trekking trail. Trekkers and travelers who seek to explore the Himalayas, along with experiencing the authentic nature, culture, and peace, find it to be an ideal and unforgettable journey.

Pricing

Group Size	Price per Person (USD)
Individual	\$0.0

Frequently Asked Questions

Q: What is the difficulty of this Trek?

A: The difficulty of the Poon Hill Trek is considered moderate to do and complete. It does not require technical climbs and does not consist of difficult terrains to do it. With gradual ascents, properly marked trails, and easier access, it makes it a moderately difficult trek. It is also recommended for beginners and an ideal choice for the trekkers who seek to do an easier but rewarding journey.

Q: What is the best time to do the Poon Hill trek?

A: The best time for the Poon Hill Trek is picked during the seasons of Spring and Autumn. During these times, you will get stable weather, clear visibility, and mild temperatures with beauty features of their own, making it an ideal time. It also depends on your preference and the features you want during your journey. You can do it during the monsoon for an experience and for a more or less crowded trail during winter.

Q: Is it suitable for beginners?

A: Yes, the Poon Hill Trek is suitable for beginners. With easier access and gradual ascents, as well as no technical climb, it is an ideal choice for beginners to go with. But it also depends upon your personal experience. If you are an experienced trekker and have done some trekking before on longer routes, it can be much easier. And for beginners, it can be a bit difficult to keep pace, but it's an adventure to do.

Q: What is the minimum and maximum walking distance per day in the Poon Hill trek?

A: During the journey of the Poon Hill trek, it requires about 4 hours of continuous walking at a minimum and 6 to 7 hours of maximum walking per day. It also depends on your ability and pace of walking. If you can do it at a faster pace than you can complete a day trek, quicker, and if you have a slow walk, then it can take a bit more time. But it's not any competition to do, you can have your own pace and enjoy the journey to the fullest.

Q: Is it suitable for children?

A: Yes, the Poon hill Trek is suitable with children. There is no difficult terrain to complete and no high altitude, which is riskier than usual. With easier trails and shorter walks per day, it can be accessible with children. It is also a great way to spend your time with your family in the Himalayas and show them the authentic side of the world.