

## 4 Days Poonhill Trek From Kathmandu or Pokhara



### Introduction

**Poonhill trek** is a short and relatively easy trek into the **Annapurna region**. This trek is suitable for those who do not have much time to spend and old people with a burning desire to observe the beauty of snow-capped mountains. Nepal Hidden Treks and Expedition organize this trek in 4 days from Kathmandu or Pokhara.

**Poonhill trek** starts from **Nayapul** after one and half hour drive from Pokhara. This trek passes beautiful villages of Ulleri, **Ghorepani** and **Ghandruk**. You will enjoy trek in the spectacular mountain scenery through delightful villages inhabited by **Gurungs** and **Magars**. Around every corner is an exciting glance of the high mountains, whole horizons of which will be open to you as you reach the high points of your trek. The view point on **Poonhill** (3210m.) offers the best view of mountains and sunrise. Dense **rhododendron** forests full of birds and imaging valleys make your trip more enjoyable. Mt. Dhaulagiri ranges and Mt. Annapurna (I) as well as others higher mountains including Annapurna south, Annapurna II,III,IV, Gangapurna, Lamjung Himal, Barasikhar, Nilgiri, Tukucho Peak, Hiunchuli, and Manaslu ranges will view from this trek. As the sun touches the snow-capped summits, the Himalayan giants, Dhaulagiri (8,167m) and Annapurna (8,091m) along with a maze of other peaks, slowly begin to appear, like magic, before our eyes. Anyone who loves nature and beautiful landscape will never forget this astounding experience. The trek can be lengthened and shortened according to the time you have.

## Poon Hill Trek Highlights

- Best Sunrise and Himalayas View , Poonhill
- One of the Biggest Ghandruk Gurung village and Ulleri Magar Village
- View of Dhaulagiri (8167M,) Manaslu (8163m,) and Annapurna I (8091m) and others Himalayas.
- Small villages Birethati ,Hile, Tikhedhunga, Ghorepani, Tadapani
- Waterfall, Rice Terrace
- Easy and Short trek in Annapurna region

**Trek Starting Point:** Kathmandu or Pokhara **Option I:** If you start Poonhill trek from Pokhara, you will drive from your Hotel in Pokhara to Nayapul and start the trek. **Option II:** If you start Poonhill trek from Kathmandu, you will take an early (first) flight from Kathmandu to Pokhara and drive to Nayapul then start the trek in same day. **Duration of Trek:** 3 Days or 4 Days or 5 days **Option I:** If you desire to do this trek in 3 days trek in Poonhill, your trek start from Nayapul, trek to Ulleri, Ghorepani Poonhill and then same way back to Hile. From Hile , drive to back to Pokhara. **Option II:** Poonhill trek in 4 days , you start trek from Nayapul, trek to Ulleri, Ghorepani, Poonhill and then another route to Nayapul via Tadapani and Ghandruk village. **Option III:** Poonhill trek in 5 days , you start trek from Nayapul, trek to Ulleri, Ghorepani, Poonhill ,Ghandruk , Tolka and then Dhampus village.

### Trip Facts

Trip Duration	4 Days
Trip Grade:	Easy
Best Season	March to May & September to November
Per Day Hiking:	4-8 Hours
Elevation	Minimum 900m - Maximum 3210m
Accommodation	Hotel, Lodge (Tea House)
Transportation	Flight/Tourist Bus/Car/Van

### Cost Includes

#### What are Included?

1. Annapurna Conservation area project (ACAP) Permit and TIMS (Trekking Information Management System) card.
2. Pokhara - Nayapul and Kimche - Pokhara by public bus or private Car/ Jeep/Van.
3. All the meals (Breakfast, Lunch, Dinner) with Lodge accommodation during the trek.
4. One English speaking trekking guide.
5. Guide: foods, accommodation, insurance, salary, transportation and equipment etc.
6. Seasonal fresh fruit such as Pomegranate, Banana, Apple etc.
7. First Aids Kit.
8. Duffel Bag if require.
9. Nepal Hidden Treks and Expedition T-short.
10. 13% Government VAT and official expense.

## What are Excluded?

- International airfare and visa fees ((15 Days US\$25 and 30 Days US\$40).
- Hotels and meals in Kathmandu and Pokhara (We arrange Hotel if you ask) .
- Kathmandu-Pokhara- Kathmandu by flight/ Tourist bus/ Private Car ( We arrange if you ask )
- Your Trekking gears.
- All the drinks like Coke, Fanta, mineral water, juice, beer etc.
- Tips for Guide and Porters.

## Short Itinerary

**Day 01:** Kathmandu or Pokhara - Nayapul- Ulleri (1960m, 6-7 hours) , overnight at Lodge.

**Day 02:** Ulleri-Ghorepani (2874m, 5-6 hours) , overnight at Lodge

**Day 03:** Ghorepani-Poonhill-Tadapani-Ghandruk (1939m, 7-8 hours), overnight at Lodge.

**Day 04:** Ghandruk-Kimche-Nayapur-Pokhara or Kathmandu (4-5 hours), overnight at your Hotel in Kathmandu or Pokhara.

## Itinerary Details

### 1. Kathmandu or Pokhara - Nayapul -Tikhedunga – Ulleri (village)

After Breakfast at your Hotel in Kathmandu or Pokhara, take a private car to Nayapul. If you start trek from Kathmandu, you will take an early flight from Kathmandu to Pokhara then drive to Nayapul. It is about 1:30 hours to get there. We start our trekking from Nayapul. During the hike we pass many local villages, teahouses, gentle green rolling hills, rivers and local people. After crossing the Tikhedunga Khola on the suspension bridge, the trail begins to climb up quite steeply on a stone staircase that is more than 3200 steps. After climbing the hill we can see Mt. Annapurna south (7219m.) and Hiunchuli (6441m.). Nayapul to Ulleri (1960m, 4-5 hours walking)and then overnight at Lodge

### 2. Ulleri– Nangethanti - Ghorepani Deurali

It is a very pleasant part of the trek. We walk in the jungle most of the day. If you come in the spring you will see a lot of Rhododendron flowers. You have the chance to see many wild birds and animals. You can see a great view of many snow capped mountains. Ulleri to Ghorepani(2874m, 5hour walking) and then overnight at Lodge.

### 3. Ghorepani - Poon Hill – Tadapani - Ghandruk

We get up early in the morning with warm clothes and climb up Poonhill(3210m.). it is not necessary to take much with us as we return later to collect our main rucksacks. It is about one hour walking to get to Poonhill (3210m). You will see the best sunrise and magnificent view of

the Himalayas like Annapurna South, Bahari shikhar, Hiunchuli, Nilgiri, Dhaulagiri ranges, Tukuhe peak, Annapurna I,II,III,IV, Lamjung Himal, Mt. Manaslu ranges, Machhapuchhre (Fishtail) and others mountains. After this unforgettable view, we come back to Ghorepani for breakfast. Trek to Ghandruk. The hike starts with quite a steep uphill section to Deurali pass. It is a similar elevation to Poonhill. We will see all the mountains from here as well. After that we hike down to Tadapani. We continue hike to Ghandruk through the Baisi Kharka (Buffalo pasture). Ghandruk is one of the biggest villages of Gurung people. There is the Gurung Culture Museum. We can go and see the way of life of the Gurung people. From this village we can still see views of snow peaks. Ghorepani to Ghandruk (1939m, 6-7 hours walking) and then overnight at Lodge.

**Option:** If you desire Poonhill trek for 3 days, you will walk down to Hile. From Hile, drive back to Pokhara or Kathmandu.

#### 4. Ghandruk - Nayapul - Pokhara or Kathmandu

If it is a clear morning we may see Annapurna South, Hiunchuli, Machhapuchhre (fishtail) and Annapurna III very close. We have our breakfast with views. This day, we walk to Kimche from Ghandruk. It takes slowly 2 hours trek. From Kimche, we 2 hours drive back to Pokhara. Overnight at your Hotel in Pokhara.

**Option:** If you want to end this trek in Kathmandu same day, you will drive from Kimche to Pokhara airport and fly back to Kathmandu on same day. And transfer to your Hotel in Kathmandu.

## FAQS

### 1. What kind of accommodation do we expect?

We provide one twin bed private common room for 2 people. You have to share Toilet and Bathroom.

### 2. Is internet or WIFI available on this trek ?

Yeah, Internet or WIFI is available on this trek. But you have to pay to use WIFI .

### 3. How hard is this trek?

The highest point of this trek is Poonhill (3210m). We give this trek grade 2. Grade 1 is easiest and grade 5 is hardest trek.

### 4. Is electricity available ?

Electricity is available in all the places. You can charge your Camera and Mobile Phone.

### 5. How do we Respect the local culture?

- Ask permission to photograph people.
- Do not remove or purchase antiques, it is illegal.

- Avoid wearing revealing clothes and avoid outward displays of physical affection.

#### **6. Shower**

Hot Shower is available on the trek. You can have Hot Shower everyday.

#### **7. Bank or ATM or Money Exchange**

There is no any Bank or ATM or money exchange during this trek. You have to take extra Nepali rupees from Kathmandu.

#### **8. Buy a Nepali Sim Card ?**

You can buy Nepal NCELL or NTC Sim Card on the arrival of Airport. You can use it all the way to Mount Everest Base Camp.

#### **9. Single Trekker**

We also organize single traveler for this trek. But you have to pay single supplement cost.