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# Annapurna Base Camp Trek With Poon Hill

URL: <https://himalayatrip.com/annapurna-base-camp-trek-with-poon-hill/>

## Destination

Nepal

## Activity

Trekking

## Duration

9

## Per Person From

USD 575

## Accommodation

custom-content

## Region

Annapurna Region Treks

## Max. Altitude

4,130m, Annapurna Base Camp

2

## Best Season

Mar, Apr, May, Sept, Oct, Nov

## Transportation

Taxi or Jeep or Bus

## 8 Nights at Lodge or Tea House

**8 Breakfast, 9 Lunch 8 Dinner**

**Moderate**

## Highlights of Annapurna Base Camp Trek With Poon Hill

- Combine two iconic treks of the Annapurna region, the Ghorepani Poon Hill and the Annapurna Base Camp.
- Trek on the classic and scenic trails within Nepal's largest conservation area, the Annapurna Conservation Area.
- Traverse from the lush forests of rhododendrons to alpine meadows, and experience the diverse landscapes.
- Explore traditional Gurung and Magar villages with hillside terrace farms.
- Hike to the famous Poon Hill Viewpoint (3,210 m) and observe one of the most beautiful sunrises over the Annapurna and Dhaulagiri ranges.
- Ascend to Annapurna Base Camp (4,130 m) surrounded by snow-capped mountains via Machhapuchhre Base Camp (3,700 m).
- See the stunning views of tall peaks like Annapurna I (8,091 m), Annapurna South (7,219 m),

Machhapuchhre (6,993 m), Dhaulagiri (8,167 m), Hiunchuli (6,441 m), and many more.

- Soak in the natural hot springs of Jhinu for relaxation.
- Experience warm hospitality and cultural immersion in Ghorepani, Sinuwa, Deurali, Ghandruk, and more.

## Overview of Annapurna Base Camp Trek With Poon Hill

The **Annapurna Base Camp Trek with Poon Hill** is one of the most rewarding adventures to immerse yourself in the beauty and culture of the [Annapurna region](#). Also known as the **Annapurna Sanctuary Trek**, it is a short and moderate trek. It makes the trip suitable for trekkers of all levels, including beginners with limited time. Moreover, the trek merges two popular treks, i.e., **Annapurna Base Camp (ABC)** and **Ghorepani Poon Hill**, into one.

You will start the journey with a one-and-a-half-hour drive from **Pokhara to Nayapul**. From the trailhead, you will begin your trekking journey through the diverse terrain. *You will go through dense rhododendron forests, deep valleys, alpine meadows, traditional villages, and terrace fields.* The ever-changing landscapes offer spectacular views. Additionally, from the very start of the trek, you can enjoy the gorgeous views of the Annapurna ranges.

*One of the major highlights of the ABC with Poon Hill Trek is the sunrise from the **Poon Hill Viewpoint (3,210 m)**.* It is a famous vantage point that is an hour's hike from the beautiful Magar village, **Ghorepani**. You can enjoy an enchanting sunrise and the golden panorama of the snow-capped mountain vistas. Then, you will traverse the scenic route and ascend to **Annapurna Base Camp (4,130 m)** via **Machhapuchhre Base Camp (3,700 m)**.

The base camp is located within the Annapurna Sanctuary. From here, you can see wide views of the surrounding Himalayan mountains. It is the peak point of the trek that offers a deep sense of accomplishment as well as spiritual fulfillment. *During the trek, you can enjoy the views of Dhaulagiri (8,167m), Annapurna I (8,091 m), Shikhar/Fang (7,647 m), Annapurna South (7,219 m), Annapurna II (7,937 m), Annapurna IV (7,525 m), Dhampus Peak (6,012 m), Tukucho Peak (6,920 m), Nilgiri South (6,889 m), Machhapuchhre/ Fishtail (6,997 m), Gandharva Chuli (6,248 m), and Hunchuli (6,441 m).*

In addition to the thrilling adventure, the trek also offers an equally enriching cultural experience. *While on the journey, you pass by beautiful Gurung and Magar villages like Ulleri, Ghorepani, Deurali, Bamboo, Jhinu Danda, etc.* You will make stopovers at cozy teahouses run by the locals in these villages. Therefore, you will have the opportunity to experience the rich culture and traditions. You will also experience the warm hospitality of Nepal. On the return leg, you'll discover different scenery and attractions like the **Jhinu hot springs** and **Ghandruk**.

The **9 Days Annapurna Base Camp Trek with Poon Hill** adventure is an extraordinary experience from start to finish. Make the journey more unforgettable and fulfilling with Himalaya Trip!

# Major Attractions of the ABC Trek with Poon Hill

The ABC Trek via Poon Hill has many attractions that highlight the natural beauty of the Annapurna region. Firstly, the majestic mountains stand prominently in the northern landscape. Surrounding them are lush forests teeming with herbal plants and a vibrant array of flora, including Rhododendron, Birch, Fir, Bamboo, and Juniper. Additionally, the rivers, originating from the glacial moraine of the Annapurna massifs, meander through narrow passages between towering hills. Here are some key highlights not to be missed during your trek to ABC:

## Relax and Unwind at the Natural Hot Spring in Jhinu:

Along the route to Annapurna Base Camp lies a natural hot spring nestled in the quaint hamlet of Jhinu, marking the final stop of your trek. Situated approximately 14 km from Nayapul, this village sits beside the Modi River, sourced from the Annapurna mountains. A small pond near the village entrance emanates natural hot water, believed to possess healing properties. It offers tired trekkers a soothing relief after days of strenuous hiking.

## Exploring the Annapurna Conservation Area Project (ACAP):

Implemented by the Nepalese government, ACAP is a vital conservation initiative that protects the biodiversity of the Annapurna region across the Kaski, Manang, Mustang, Myagdi, and Parbat districts. Established in 1986, ACAP safeguards the area's dense forests, Mustang's flatlands, the rugged terrain of Manang, towering mountains, meandering rivers, diverse fauna, and unique local cultures. A permit from ACAP is required for the trek to Annapurna Base Camp, typically costing USD 30 for foreigners and USD 10 for SAARC nationals.

## The Majestic Heart of the Himalayas, the Annapurna Massifs:

The Annapurna mountains, soaring up to 8,091 m, form a formidable range in western Nepal. The ABC trek takes you close to these towering peaks. So, you will get to witness mesmerizing views of the Himalayas. Annapurna I, Annapurna South, Hiunchuli, Machapuchare, Gangapurna, and Baraha Shikhar are some of the prominent peaks encountered along the journey. Their snow-clad vistas present a gorgeous spectacle throughout the trek.

## Gurung Villages of Ghandruk and Chhomrong:

En route to Annapurna Base Camp, you'll traverse Gurung-inhabited villages such as Ghandruk and Chhomrong. The Gurung community boasts a rich cultural heritage, deeply rooted in the Himalayan landscape. Moreover, their unique traditions have a deep connection to Tibetan Buddhism. During the ABC with Poon Hill Trek, you can gain a glimpse into the unique lifestyle of the Gurung people. Teahouses, mostly run by Gurung locals, give trekkers a close-up look at the local culture during their journey to ABC.

## The Iconic Sunrise Viewpoint of Poon Hill (3,210 m):

Witnessing the spectacular sunrise over the snow-capped Annapurna range from [Poon Hill](#) is an iconic highlight of the trek. The wide views of peaks like Annapurna I, Dhaulagiri, and Machhapuchhre (Fishtail) are truly amazing.

The Annapurna Base Camp trek with Poon Hill is a combination of these major attractions, along with the cultural experiences of passing through traditional villages and interacting with the friendly locals. It turns the journey into a memorable adventure.

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## Permits for ABC Trek with Poon Hill

To undertake the Annapurna Base Camp with Ghorepani Poon Hill Trek, trekkers must obtain the [Annapurna Conservation Area Permit \(ACAP\)](#). *The entire trail lies within the conservation area.* It is protected and regulated by the government due to its delicate ecosystem and diverse flora and fauna. Hence, it is mandatory to obtain the permit for the trek.

The ACAP permit costs **USD 30 (NPR 3,000) for international trekkers** and **USD 10 (NPR 1,000) for trekkers from SAARC countries**. It can be obtained from the **ACAP or Himalaya Trip** offices in Kathmandu or Pokhara, or registered trekking agencies. *The required documents include a copy of the passport and the trekking area.*

*It's important to note that the ACAP is a single-entry permit that is non-refundable and non-transferable.* Additionally, travel insurance is highly recommended for the trek, even though it is a relatively short and easy trek, to cover medical expenses, evacuation, accidents, and natural disasters.

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## Why Choose Annapurna Base Camp Trek With Poon Hill Over ABC Trek?

*The first reason to choose the ABC with Poon Hill over the standard ABC Trek is that it combines two iconic destinations into one.* You will trek to the base camp via Ghorepani Poon Hill. It adds 1 to 2 days to the itinerary, but allows trekkers to properly acclimate before pushing to higher altitudes. As a result, it makes the trek more beginner-friendly for first-time trekkers. You will follow the “**climb high, sleep low**” pattern before gradually ascending to the Annapurna Base Camp at an elevation of 4,130 m.

*Similarly, another benefit of taking the Annapurna Sanctuary Trek is that you will have the opportunity to explore a more diverse range of landscapes within the Annapurna region.* Hence, it is worth adding the extra day to your itinerary to witness the views. The route from Poon Hill takes you through terrace farms and subtropical valleys to rhododendron forests and alpine meadows. It provides you with a broader glimpse at the region's ecosystem than taking only the ABC Trek.

*The captivating sunrise view is also one of the reasons to choose this trek over a standard trek to Annapurna Base Camp.* You will also take a short hike to the popular vantage point of Poon Hill from Ghorepani. It offers an opportunity to enjoy a beautiful sunrise alongside a wide view of Mount Annapurna, Machhapuchhre, and Dhaulagiri. *The trekking trail also passes through more traditional villages that provide additional cultural experiences and interactions with the locals.*

In summary, the gentler acclimatization, iconic sunrise over the towering Himalayas, diverse scenery, and richer cultural immersion are the top reasons to choose the [Annapurna Base Camp Trek](#) over Poon

Hill.

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## Annapurna Base Camp Trek with Poon Hill Route

The usual starting point for the Annapurna Base Camp Trek with Poon Hill is Nayapul or Birethanti (ACAP Check Point), which can be reached by road from the beautiful lakeside town of Pokhara. During the dry season, the road is open beyond **Ulleri** to **Banthanti**, allowing for a drive to Banthanti. From there, you will start trekking on a well-marked trail that leads through enchanting villages and verdant rhododendron forests. The trekking trail passes through **Ghorepani**, **Tadapani**, **Sinuwa**, and **Deurali** before reaching **Machhapuchre Base Camp (MBC)** and ultimately **Annapurna Base Camp (ABC)**.

The ABC Trek with Poon Hill takes you through the pristine **Annapurna Conservation Area**. *Much of the trail winds through dense jungle inhabited by diverse wildlife. So you may catch a glimpse of snow leopards, deer, and wild goats, as well as a variety of vegetation.* Along the way, you will come across many teahouses, which offer quiet resting places.

Walking through the wilderness of the Himalayas alongside the Modi Khola River after Chhomrong is an unforgettable experience. The trail passes through a narrow gorge surrounded by the towering Machhapuchhre/Fishtail and Hunchuli mountains.

One of the highlights of the trek is reaching **Annapurna Base Camp via Poon Hill**. From Poon Hill, you will be treated to gorgeous views of the diverse landscapes and the surrounding mountains. The view looks especially enchanting during sunrise and sunset.

After soaking in the unforgettable experiences, the trail leads back to **Chhomrong village** before descending to **Jhinu**. At Jhinu, you can dip and relax in natural hot springs. The Gurung community is the predominant ethnic group in this area. It adds to the cultural richness of the journey.

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## Accommodation and Meals during the ABC Trek with Poon Hill

Throughout the journey to ABC via Poon Hill, you will come across numerous small Gurung villages. Each village has teahouses or mountain lodges within its homes. These accommodations resemble homestays rather than traditional hotels. *Teahouses are readily available at every stop along your trekking route.* Typically constructed of wood, teahouses are a common sight in mountainous regions. They offer a range of room options. *You can find cozy quarters for two to larger group rooms accommodating up to five individuals.*

*Basic amenities include beds, mattresses, quilts, and pillows.* Rooms with attached bathrooms are available, Ulleri, Ghorepani and Jhinu and rest of places a room with 2-5 people sharing. Access to WiFi and hot showers may incur additional charges. *As you ascend beyond Chhomrong, power sockets become available only in dining areas. ABC has only solar panel for charging.* To combat the cold mountain nights, many tea houses provide log fire heating systems. While accommodation during the trek remains

largely consistent, variances in **the cost of the Annapurna Base Camp with Poon Hill trek** are primarily influenced by the hotels you select in Pokhara.

During your Annapurna Sanctuary trekking adventure, you will have the chance to savor different culinary delights. *Teahouses along the route offer a blend of Nepalese and Continental cuisines.* Thus, you will get to experience local flavors. One beloved option among Nepalese locals is **Dal Bhaat**, a hearty dish comprising rice, lentil soup, vegetable curry, and pickle. This staple Nepalese dish is popular for its nutritional value and satiating qualities. Typically served for both lunch and dinner, Dal Bhaat is a satisfying choice. *If you are craving something different, teahouses also serve up alternatives like pasta, noodles, pies, and other tasty treats.*

For breakfast, teahouses offer a variety of options. *Whether you fancy Gurung breads, soup, porridge, pancakes, or another breakfast delight, you will find plenty to satisfy your appetite.* If you have any dietary preferences or requirements, it's advisable to inform your guide in advance so that necessary arrangements can be made with the teahouse kitchens.

### **Hotel in Kathmandu and Pokhara**

The hotels and meals in Kathmandu and Pokhara are not included in the package. However, we can arrange it if you ask. You have the flexibility to choose a Hotel in Kathmandu and Pokhara. You can select from a Hostel to a 5 Star Hotel. Most of our clients stay at Kathmandu Guest House **in Kathmandu** and **Hotel Hidden Kingdom in Pokhara.**

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## **Weather Conditions and Best Time To Go for the ABC Trek With Poon Hill**

*The best time for the ABC Trek with Poon Hill, with favorable weather conditions, is **spring** and **autumn**.* Nepal experiences generally mild weather throughout the year, with four distinct seasons: spring, summer, autumn, and winter. **Spring spans from March to May**, while **Autumn covers September to November**. Winter follows immediately after Autumn. **Winter runs from December to February**, and **Summer lasts from June to August**.

*Of these seasons, Spring and Autumn are widely regarded as the best times for venturing on the Annapurna Base Camp trek via Poonhill.* The weather conditions during these periods are favorable, with moderate temperatures. *During spring, the entire rhododendron forest blooms in different shades of red, pink, and white.* Similarly, various other colorful wildflowers also adorn the lower trails of the ABC, with Poon Hill. *In the autumn, the forest region turns a vibrant yellow and orange.* Both seasons offer unique scenery along with favorable weather and comfortable trekking conditions.

In contrast, summer sees heavy rainfall due to the monsoon pattern, while winter brings snowfall to higher elevations. In the summer, heavy rain causes the trekking trail in the lower region to become muddy and slippery. There is also the risk of landslides and mudslides. Heavy snow is common in higher altitude areas. The snow covers the ABC and Poon Hill trekking trail. High mountain passes can also be blocked. *Despite this, it is still possible to undertake the ABC Trek during summer and winter.* However, it is advisable to seek professional guidance and stay updated on weather forecasts during these times.

Here are the temperatures in different seasons at different altitudes along the Annapurna Base Camp and Poon Hill route:

Elevation	Spring	Summer	Autumn	Winter
Pokhara (830 m)	15°C to 25°C	20°C to 28°C	18°C to 26°C	10°C to 20°C
Birethanti (1,100 m)	12°C to 20°C	17°C to 24°C	15°C to 22°C	8°C to 18°C
Ghorepani (2,870 m)	5°C to 15°C	10°C to 18°C	5°C to 15°C	-2 to 10°C
Poon Hill (3,210 m)	0°C to 10°C	5°C to 12°C	0°C to 10°C	-5°C to 5°C
Chhomrong (2,170 m)	5°C to 15°C	10°C to 20°C	5°C to 15°C	-2°C to 10°C
Deurali (3,200 m)	0°C to 10°C	5°C to 12°C	0°C to 10°C	-5°C to 5°C
Machhapuchhre Base Camp (3,700 m)	-2°C to 8°C	2°C to 10°C	-2°C to 8°C	-10°C to 0°C
Annapurna Base Camp (4,130 m)	-5°C to 5°C	0°C to 8°C	-5°C to 5°C	-15°C to -5°C

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## Cost for Annapurna Base Camp Trek With Poon Hill

The standard cost of the Poon Hill ABC Trek package ranges from **USD 525 to 625 per person**. Typically, the package includes transportation, accommodations, meals, a permit, a guide, and a porter. The price can differ depending on trek duration, group size, trek season, and services. For example, the trek price can increase slightly during peak season. It is because the cost of transportation and accommodations rises due to high demand. Meanwhile, the package cost is lower in the off-season. There are also seasonal discounts around these times, as very few trekkers are on the trail.

Here is a complete breakdown of the cost for the trip:

Factors	Cost per person
Transportation	~USD 40
Accommodation	~USD 10 per day
Meals	~USD 20 per day
Trekking permit (ACAP)	USD 30
Guide	~USD 120
Porter	~USD 100
Logistics and support	~USD 75

**Himalaya Trip's 9 Days Annapurna Base Camp With Poon Hill Trek costs USD 625 per person.** It includes transportation from Pokhara to Nayapul by jeep, accommodations with meals during the trek (8 Breakfasts, 9 Lunches, and 8 Dinners), ACAP fees, a guide, and porters (one for every two trekkers). If you have any queries, you can reach us out directly!

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# ABC Trek with Poon Hill Duration

The time required to complete the Annapurna Base Camp trek via Poonhill varies from person to person. Typically, the average duration for this trek ranges around 9 to 12 days with a relaxed itinerary. Adequate rest is essential, especially for high-altitude trekking.

*A standard itinerary for the Himalaya trip covers the 9-day Annapurna Base Camp trek with Poonhill, involving daily walks of approximately 6-7 hours. This itinerary is designed to be leisurely, allowing for frequent stopovers along the way. The trek usually begins after breakfast, around 7:00 AM, with breaks for lunch and tea around noon. Usually, the trek duration in the morning is longer than in the afternoon.*

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## How to get from Kathmandu to Pokhara?

There are three options for traveling from the capital city of Kathmandu to Pokhara and vice versa.

**Tourist Bus:** The tourist bus departs daily at 7:00 AM from Sorhakhutte in Kathmandu and at 8:00 am from the Bus Station in Pokhara. The comfortable sofa bus costs **USD 12 per person**. It is 200 km or a 7 to 8-hour drive.

**Private Car / Jeep / Van:** If you prefer private transportation, we offer a variety of vehicles, including cars, jeeps, and vans, depending on your group size. You can start any time from Kathmandu or Pokhara. The **private car costs USD 110 for a one-way trip**. Similarly, the **private jeep costs USD 150**, and the **private van costs USD 200 for a one-way trip**.

**Flight:** If you don't want to drive 7-8 hours, you have a flight option, which is a 25-minute flight. The flight is available from 7:00 AM to 8:00 PM. If you take an early flight, you can start the trek the same day. The flight cost **USD 115 per person one way**.

**Note:** Transportation from Kathmandu to Pokhara and return is not included in our package. However, we can arrange them for you if you request it.

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## Why ABC Trek With Poon Hill Is Perfect for Beginners and Families?

*The moderate difficulty and gentle acclimatization make the Annapurna Base Camp and Poon Hill Trek perfect for beginners and families. Similarly, the trek combines accessibility with comfort and cultural richness. It is a short trek of 9 days. So, even families with limited vacation time can join the adventure. Trekkers can experience the diverse landscapes and enjoy incredible scenery without spending multiple weeks on the trip.*

*During the trek, you will first trek to Poon Hill (3,210 m) before ascending to Annapurna Base Camp (4,130 m). It allows your body to acclimatize naturally. Your body will get used to the thinner air before you reach the base camp. Additionally, the base camp itself is at an elevation that is high enough for spectacular views of the towering peaks but low enough to keep the risk of altitude sickness minimal.*

Compared to other classics like the [Everest Base Camp Trek](#), the **Annapurna Circuit Trek**, or the **Manaslu Circuit Trek**, the Annapurna Sanctuary is relatively less challenging. Therefore, *it is manageable for beginners and families with small children or senior trekkers. The ABC and Poon Hill trekking trails are well-marked and well-maintained.* There are also stone steps on the route that make the ascent safer. While the terrain is rugged, rough, and diverse, trekking with trekking poles makes it feasible. *You can hire porters to carry the heavy luggage, which makes the trip more comfortable.* It helps to relieve physical burden and avoid over-exertion. *Likewise, the trekking route is also lined with teahouses every few hours.* The facilities may be basic at higher altitudes, but they provide clean rooms and hot meals for trekkers. The charming Gurung and Magar villages not only offer rich cultural immersion but also provide an educational experience for children.

*The gradual altitude gain, well-designated trails, and family-friendly stops make the Poon Hill ABC Trek beginner-friendly as well as family-friendly.* Likewise, the accessibility, rich scenery, and relaxing natural hot springs at the end of the trek add to the advantage. It is a scenic and achievable adventure with a complete Himalayan trekking experience for all.

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## **Annapurna Base Camp Trek with Poon Hill Difficulty**

The 9 Days Annapurna Base Camp Trek with Poon Hill is **moderate-grade in difficulty**. It requires good health and fitness, but no prior trekking experience is necessary. *During the trek, you will cover a distance of 110 to 130 km round-trip.* Each day, you must trek for an average of 6 to 7 hours. Some days, you may also trek for 7 to 8 hours, depending on the destination. Trekking for long hours on rough and rugged terrain is easier said than done. *You must ascend and descend on steep trails, narrow ridges, and more than 3,000 stone staircases.* It requires reasonable stamina, strength, and endurance.

In addition to the long trek and rugged terrain, the high altitude also adds to the ABC Trek with Poon Hill challenges. *The maximum elevation is 4,130 m, which is relatively lower than other high-altitude treks.* However, it remains challenging, and there is a risk of **Acute Mountain Sickness (AMS)**. It becomes especially demanding as you start trekking above 3,000 m. The decreasing oxygen level and thinning air make it harder to breathe. Even a simple task, such as walking, can become strenuous at high-altitude areas. So, you need to maintain a steady pace and take gradual acclimatization.

Another factor that makes the Annapurna Sanctuary Trek a moderately difficult trip is the unpredictable weather conditions. *You will go from the low altitude of 830 m at Pokhara to 4,130 m at Annapurna Base Camp.* The weather and temperature change significantly despite the season. It is colder at higher altitudes than in lower areas. The temperature can take a drop, especially at night. Therefore, it is essential to select a season with favorable weather conditions for the optimal and safest trekking experience.

The ABC with Poon Hill trekking trails are among the most accessible treks in the region. The trails are well-marked and there are no technical sections. Despite the remote location, you can find comparatively well-facilitated accommodations along the route. *With proper preparation and safety precautions, you can overcome the challenges of the trip.* Strong mental determination is also equally important to make the trek comfortable and rewarding.

You can check: [Annapurna Base Camp Trek Difficulty](#)

## ABC Trek with Poon Hill Short Itinerary

**Day 01** Pokhara - Nayapul drive (1 and a half hours), trek to Ulleri (1,960 m / 6,430 ft, 11 km or 5-6 hours walk).

**Day 02** Ulleri - Ghorepani (2,870 m / 9,416 ft, 8 km or 5-6 hours walk).

**Day 03** Ghorepani - Poon Hill - Tadapani (2630 m / 8629 ft, 11 km or 7 hours walk).

**Day 04** Tadapani - Lower Sinuwa (2,340 m / 7,677 ft, 11 km or 7 hours walk).

**Day 05** Lower Sinuwa - Deurali (3,200 m / 10,499 ft, 12 km or 7-8 hours walk).

**Day 06** Deurali- MBC - ABC (4,130 m / 13,550 ft, 6.8 km or 5-6 hours walk).

**Day 07** ABC - Bamboo (2,340 m / 7,677 ft, 14 km or 7 hours walk)

**Day 08** Bamboo - Jhinu Hot spring (1,690 m / 5,545 ft, 9.2 km or 5-6 hours walk).

**Day 09** Jhinu Hot Spring -trek to Ghandruk, 6 km walk after lunch, 64 km drive back to Pokhara.

## Annapurna Base Camp Trek with Poon Hill Itinerary

### Day 01: Pokhara - Nayapul - Birethanti - Tikhedhunga - Ulleri

After enjoying breakfast at your hotel in Pokhara, our vehicle will be ready to pick you up. The journey from Pokhara to Nayapul follows the Baglung-Pokhara highway, covering a distance of approximately 40 km. The scenic drive typically takes around 1.5 hours to complete. Upon reaching Nayapul, you will begin your trekking adventure. The initial trail from Nayapul is relatively gentle for the first two hours. It offers a smooth start to our journey. Nayapul is situated alongside the Modi River, which originates from the Annapurna massif.

As you slowly climb, you pass through the beautiful countryside of the Annapurna region. Along the way, you will pass by terraced farms, charming rural villages, dense forests, and babbling streams. The ABC with Poon Hill trekking route takes you through villages such as Birethanti, Sudame, Hile, and Tikhedhunga. Upon reaching Tikhedhunga, you will cross a suspension bridge. This marks the beginning of the steeper section of the trek. The path then leads you to tackle the renowned 3,200 stone steps of Ulleri. After approximately two hours of ascent, you will arrive at Ulleri, where you will spend the night at **Super View Point Guest House a private room** or similar .

#### Activity:

11 km or 5-6 hours walk

#### Highest Altitude:

1,960 m / 6,430 ft, Ulleri

#### Meals:

L, D

#### Accomodations:

Super View Point Guest House or similar

## Day 02: Ulleri - Banthati - Nangethanti - Ghorepani

Your first mesmerizing view of the Annapurna massif awaits you upon reaching Ulleri village. Here, you will be treated to stunning vistas of towering mountains, including Mount Annapurna South (7,219 m) and Hiunchuli (6,441 m). As you progress, the trail gradually ascends deeper into the enchanting landscape of the Annapurna Conservation Area Project. Today's segment of the journey is full of rich biodiversity. You can see diverse flora and fauna throughout the path. Similarly, the Annapurna Base Camp and Poon Hill trail winds through dense jungles of Rhododendron, Juniper, Birch, and Fir trees. It offers plenty of opportunities for exploration and discovery.

Passing through charming villages like Banthanti and Nagthanti, you will immerse yourself in the tranquility of the surroundings. Emerging from the lush jungles, you will encounter a gently sloping terrain just below the Poonhill viewpoint. Here lies Ghorepani, your overnight stop. It is a beautiful Magar village where small tea houses dot the landscape. They provide cozy accommodations for tired trekkers. Similarly, the village offers stunning views of Annapurna and Dhaulagiri at a distance. Overnight at **Hungry Eye Guest House a private room** or similar in Ghorepani.

### Activity:

8 km or 5-6 hours walk

### Highest Altitude:

2,870 m / 9,416 ft, Ghorepani

### Meals:

B, L, D

### Accommodations:

Hungry Eye Guest House or similar

## Day 03: Ghorepani - Poon Hill 3,210 m / 10,531 ft -Thapla Danda - Tadapani

Today marks the highlight of your journey as you ascend to the iconic vantage point of Poon Hill. Your day begins early. Your guide will awaken you from sleep, typically around 4 o'clock in the morning. Setting out from Ghorepani, you will start your hike towards Poon Hill. You will take the help of the illumination of your headlight in the predawn darkness. After approximately an hour of trekking, you will arrive at Poon Hill.

At the top of a flat area on the hill, Poon Hill offers wide views of the grand Mt. Dhaulagiri (8,167 m) and many other beautiful peaks. From this vantage point, you will be treated to enchanting vistas of Annapurna South, Barahi Shikhar, Hiunchuli, Nilgiri, the Dhaulagiri ranges, Tukucho peak, Annapurna I, II, III, IV, Lamjung Himal, the Mt. Manaslu ranges, Machhapuchhre (Fishtail), and many others. After enjoying the sunrise and golden mountain views, you will descend from Poonhill. Then you will have breakfast in Ghorepani before continuing your journey east.

You will begin with a gentle climb through dense forests of rhododendron, pine, and bamboo. It takes you to a scenic high point of Thapla Danda. From here, you will continue through the forest trail while enjoying occasional glimpses of Annapurna South and Machhapuchhre. There is a series of gentle ascents and descents until you reach Tadapani, overnight at **Super View Top Tadapani a private room**. The village sits on a forest ridge. The ABC with Poon Hill trekking trail descends through thick forest.

### Activity:

11 km or 7 hours walk

### Highest Altitude:

2630 m / 8628 ft, Tadapani

### Meals:

B, L, D

### Accommodations:

Super View Top Tadapani

## Day 04: Tadapani - Chuile - Gurjung - Chhomrong - Lower Sinuwa

You will enjoy a hearty breakfast at Chuile and then resume your Annapurna Base Camp with Poon Hill Trekking. For most of today's trek, you will have to descend through the rural landscape of the area. The trail passes through small villages with wooden houses and terrace farms. You can see Mount Machhapuchhre and Hiunchuli as you head towards Gurjung village. After an hour of trekking, you will reach the Kimrong River located at the farthest base of the hill. The trekking trail becomes more challenging from here onwards.

From the Kimrong River, it's an uphill ascent through a narrow foot trail leading towards Chomrong. You will mostly descend on the winding route along the Modi Khola Valley. There are occasional ascent sections. You will reach Chomrong after two hours of trekking. The trail enters the rhododendron and bamboo forest from here. You will trek along the ridges above the Modi Khola. It is a gradual ascent to Upper Sinuwa through a quiet forest trail. Along the way, you will come across streams. Likewise, you can see Annapurna South and Hiunchuli on your way to Lower Sinuwa for a night stopover at **Kalpana Guest House a private room** or similar.

### Activity:

11 km or 6-7 hours walk

### Highest Altitude:

2,340 m / 7,677 ft, Sinuwa

### Meals:

B, L, D

### Accommodations:

Kalpana Guest House or similar

## Day 05: Lower Sinuwa -Bamboo - Dovan - Himalaya - Deurali

Your Himalayan adventure truly begins as you begin from Sinuwa. Leaving Upper Sinuwa, you will ascend beyond the 3000-meter mark today. The trail leads you through the dense subtropical forests of the Annapurna Conservation Area Project (ACAP). Alongside the trail, the roaring Modi River carves its path through narrow gorges. It offers a dramatic backdrop to your journey.

Continuing your ascent, the ABC and Poon Hill trekking trail passes through Bamboo. You will pause for lunch before tackling a steep section of the trail that leads to Dovan. Beyond Dovan, you will traverse through a small settlement named Himalaya. From here, you can see the transition from dense forests to a new landscape. You will start trekking through alpine meadows. The magnificent Mount Fishtail also comes into view. It provides a stunning backdrop to your trek. After approximately two hours of strenuous ascent from the Himalaya, you will arrive at Deurali. The serene village is the designated overnight stop at **Dream Lodge** a room with 2-5 people sharing basis or similar.

### Activity:

12 km or 6-7 hours walk

### Highest Altitude:

3,200 m / 10,499 ft, Deurali

### Meals:

B, L, D

### Accommodations:

Dream Lodge or similar

## Day 06: Deurali - MBC - Annapurna Base Camp

You will continue your Annapurna Sanctuary trek after breakfast at Deurali. The initial part of the journey passes through a large landslide area, immediately after leaving Deurali. The trail through the landslide is scattered with rock boulders and uneven terrain. It requires careful navigation, as there is a risk of rockfalls. Upon completing the challenging section of the landslide, the landscape transitions to a semi-arid trail. From here, the gradual ascent to Machhapuchhre Base Camp (MBC) begins.

It takes approximately three hours from Deurali. Upon arrival at MBC, you pause for lunch. The spot rewards you with your first glimpse of the majestic Mt. Annapurna I (8091m). Continuing forward, the trail becomes more manageable. You will trek on easy-going flat terrain. After an additional two hours of hiking, you will reach Annapurna Base Camp, where you will settle in at the teahouse. From here, you can enjoy wide views of the Annapurna massifs, including Hiunchuli, Annapurna South, Annapurna I, Gangapurna, and Machhapuchhre, all seen from the Annapurna Glacier. You will stay overnight at **Annapurna Sanctuary Lodge** a room with 2-5 people sharing basis or similar in ABC.

### Activity:

6.8 km or 5-6 hours walks

### Highest Altitude:

4,310 m / 14,137 ft, ABC

### Meals:

B, L, D

### Accommodations:

Annapurna Sanctuary Lodge or similar

## Day 07: ABC - MBC - Deurali - Himalaya - Dovan - Bamboo

Today, you will wake up early to see the beautiful sunrise from Annapurna Base Camp. After enjoying the gorgeous view, you will visit the Annapurna glacier to witness the mountains glistening in the morning sunlight. Take a moment to capture the beauty through photographs. Then, you will return to the teahouse for breakfast. After breakfast, you will begin your return journey, retracing the familiar steps along the trail.

You will trek past the MBC and begin descending downhill on rocky and alpine terrain. Along the way, you will pass by valleys, small streams, and alpine meadows. After trekking for a while, the trail begins to descend along the Modi Khola Valley and enters dense forest. You will pass by the quiet settlement of Deurali and follow the river valley. There are some gentle ups and downs. Similarly, there are a few suspension bridges, which you will cross to reach Himalaya. For the final stretch, you will descend through dense bamboo forests and terraced slopes. Tonight you will rest at Bamboo village, enjoying the serene atmosphere, overnight at **Green View Lodge** a room with 2-5 people sharing basis or similar.

### Activity:

14 km or 6-7 hours walk

### Highest Altitude:

2,340 m / 7,677 ft, Bamboo

### Meals:

B, L, D

### Accommodations:

Green View Lodge or similar

## **Day 08: Bamboo - Sinuwa - Chhomrong - Jhinu**

You will retrace your steps along the familiar trail you took during your ascent. Along the way, you will pass through dense forests and villages until you reach Chhomrong in time for lunch. From here, you will continue your descent.

The trail begins to descend steeply through dense subtropical forests. There are also stone staircases and narrow paths that lead you down to the Modi Khola Valley. You will follow a rural foot trail towards Jhinu. You will also cross suspension bridges over streams while enjoying the mountain views. After approximately one hour of walking downhill, you arrive at Jhinu. The village is famous for its natural hot spring. Here, you can unwind and relax in the soothing waters as you spend the night at **Tibet Guest House** a private room with attached bathroom or similar in Jhinu.

### **Activity:**

9.2 km or 5-6 hours walk

### **Highest Altitude:**

1,690 m / 5,545 ft, Jhinu

### **Meals:**

B, L, D

### **Accommodations:**

Tibet Guest House or similar

## **Day 9: Jhinu Hot spring -trek to Ghandruk drive back to Pokhara**

After a hearty breakfast at Jhinu, the final stretch of your ABC with Poonhill trek begins. You will head northbound towards Ghandruk village. The village is the largest Gurung settlement in the Annapurna region. The trail heading from Jhinu to Ghandruk passes through a rural landscape. You will pass by small villages, terraced farms, water streams, and a lot more. You will experience a typical lowland rural lifestyle during this traverse.

After 3 to 4 hours of uphill trek, you will reach Ghandruk village. It sits in serene beauty overlooking the amazing Annapurna massif. The beautiful Gurung village is iconic with its traditional architecture and vibe. After lunch at Ghandruk, your vehicle will pick you up and drive towards Pokhara. You will drive on a scenic road, passing by terraced villages, mountain landscapes, and rivers. Upon reaching Pokhara, your wonderful adventure comes to an end. You can spend your time leisurely and explore around the city as you please.

### **Activity:**

6 km or 3-4 hours walk, 64 km or 2 and half 830 m / 2,723 ft, Pokhara  
hours drive

### **Highest Altitude:**

### **Accommodations:**

own Hotel

### **Meals:**

B, L, D

## Whats Included?

- Pokhara - Birethanti and Ghandruk -Pokhara by Jeep.
- All the Meals (8 Breakfasts, 9 Lunches, and 8 Dinners) and accommodation during the trek.
- Trekking permit.
- One experienced and qualified English-speaking guide and 2 trekkers: 1 porter.
- Guide and porters: food, lodge, transportation, salary, insurance, equipment, etc.
- First Aid Kit.
- Duffel Bag if you need.
- Fingertip Pulse Oximeter (we use every day to check your oxygen level and pulse in your body to avoid high-risk situations).
- Himalaya Trip T-shirt.
- Local fresh fruit like Pomegranates and apples, etc.
- 13% Government VAT and official charge.

## Whats not Included?

- International airfare.
- Nepal's visa fees (15 Days US\$30 and 30 Days US\$50), you fill up a form [depart of immigration](#) before you leave and pay cash and get visa on your arrival in Kathmandu airport.
- Hotels and meals in Kathmandu (Kathmandu Guest House ) and Pokhara (Hotel Hidden Kingdom).
- Kathmandu-Pokhara- Kathmandu by tourist bus USD 12 / Private Car USD 110/ flight USD 115.
- All the drinks such as tea, coffee, Coke, beer, drinking water, WIFI, Hot Shower, etc.
- Your travel insurance should include emergency rescue.
- Your trekking gear.
- Tips for your guide, porters.

## Group Discounts Available

No. of Persons	Price per Person
2 - 4	USD 625
5 - 9	USD 575
10+	USD 525

**Acc here**

# **Annapurna Base Camp Trek With Poon Hill FAQs**

## **Do you need Diamox for Annapurna Base Camp?**

Diamox is a medicine for High Altitude Sickness. Normally, we do not need and use Diamox for Annapurna Base Camp 4130m. It is better to carry it with you just in case or emergency.

## **How many days from Pokhara to Annapurna Base Camp?**

If you do short Annapurna Base Camp Trek from Pokhara, it will be 7 Days. If you Annapurna Base Camp Trek with Poon Hill, it will be 9 Days trek from Pokhara.

## **How much does it cost to hike Annapurna Base Camp?**

The cost to hike Annapurna Base Camp is depending on which route, number of days, group size. Himalaya Trip offer 9 Days Annapurna Base Camp Trek with Poon Hill from USD 525 to 625 per person.

## **What age is appropriate for Annapurna Base Camp?**

There is no age restriction for Annapurna Base Camp Trek. Any age people can do this trek if your physical fit is fine. The appropriate age for Annapurna Base Camp is 18 - 60 age.

## **Is Annapurna Base Camp worth it?**

You will explore Annapurna Conservation area wildlife, flora and fauna, Dhaulagiri and Annapurna Himalayas view and explore Gurung and Magar people life style. It is definitely worth it and highly recommended .

## **How many km is Annapurna Base Camp trek?**

The Annapurna Base Camp Trek with Poon Hill is 89.6 km or 55.67 miles. Pokhara - Nayapul 42km drive and Ghandruk - Pokhara 64km drive.

## **Can you sleep at Annapurna Base Camp?**

Yeah, you will sleep at Annapurna Base Camp . The Lodges are built there.

## **How long does it take to hike to Annapurna Base Camp?**

The number of days to hike to Annapurna Base Camp is depending on which route you want take, Option I: 7 Days Annapurna Base Camp Trek if you drive from Pokhara to Syauli Bazar, trek to ABC and back to Jhinu and Samrung, drive back to Pokhara.

Option II: 9 Days Annapurna Base Camp Trek if you combine this trek with Poon Hill.

## **How safe is the Annapurna Base Camp Trek with Poon Hill?**

The Annapurna Base Camp Trek with Poon Hill is a safe and well-marked trail with accessible teahouses. It is one of the most well-established treks in Nepal. The highest point of the trek is 4,130 meters above sea level, which is lower than other classic trails. However, trekkers must take proper precautions and make adequate preparation for enhanced safety.

## **What makes the Poon Hill sunrise so special?**

The sunrise from Poon Hill is special because it offers golden views of the Annapurna and Dhaulagiri ranges as the first golden rays hit the snow-capped peaks. The mountains will glow as the sky turns

different shades of orange, gold, and pink. It is a magical moment that captures the pristine beauty of the Himalayas.

### **How crowded is the trail that combines ABC and Poon Hill?**

The ABC and Poon Hill are popular trails in Nepal, so they are crowded during the spring and autumn seasons. Especially the Ghorepani Poon Hill trail is busier as many take a short trek to the viewpoint for sunrise. The traffic relatively decreases as you move towards Annapurna Sanctuary. For a quiet trekking experience, winter and summer seasons are ideal.

### **Is there a risk of altitude sickness during the Annapurna Base Camp Trek with Poon Hill?**

There is a slight risk of altitude sickness during the Annapurna Base Camp Trek with Poon Hill. The oxygen in the atmosphere starts to decrease from 3,000 m, and during the trek, you will reach an altitude of 4,130 m. Therefore, trekkers must take proper precautions, such as taking a gradual ascent, staying hydrated, and avoiding rushing.

### **Does the ABC and Poon Hill Trekking trail fall in a restricted area?**

No, the ABC and Poon Hill trekking trail does not fall in a restricted area. Hence, there is no need to get a special permit for the trek. The entire trekking route falls within the Annapurna Conservation Area, Nepal's largest protected area. Thus, you must obtain an Annapurna Conservation Area Permit (ACAP) through a registered trek agency for the trip.

### **Can I enjoy hot showers during the trek?**

Yes, you can enjoy hot showers during the ABC with Poon Hill trekking, powered by solar or gas systems.. The accommodations along the trail offer hot showers for an additional charge of around USD 2 to 5. However, in higher altitude regions, the services can be limited. They may provide hot water in a bucket for showering.

### **Are there ATM facilities along the Annapurna Base Camp Trek with Poon Hill route?**

There are no reliable ATM facilities along the Annapurna Base Camp Trek with Poon Hill trekking route. You can find reliable ATMs in Pokhara, but once you start the trek, there are none. Thus, it is best to withdraw enough cash before you begin. There are also no card facilities, as most accommodations and shops only take cash.

## **Address**

Raniban,  
Kathmandu, Nepal