

## Overview

### Trip Summary

The 3-day Poon Hill trek offers the best Annapurna trekking experience, including nature, villages, and mountain vistas, in a very short time at a low budget cost of USD 249 on a group-join basis. The main attractions of this 2-night, 3-day Poon Hill Trek are hiking to Poon Hill for stunning views of nearby mountains: Mount Dhaulagiri, Nilgiri, Tukche Peak, Dhampus Peak, Annapurna I, Annapurna South, Fishtail, Manaslu, and one of the largest rhododendron forests, thickly covered in moss. The rhododendron blooming season is in spring, around March to mid-May.

### When is the best time to do the 3-day Poon Hill Trek?

The best time to go for the Poon Hill Trek is September to November; this time is busiest with many tourists, and the second best time is Mar to May. This trek is also suitable in winter, which is December to February. In monsoon (July–August), the route is wet and has less visibility in terms of view. The trek to Poon Hill can be completed lightly equipped because the trails are well made and the lodges all offer clean sheets and blankets. So even a sleeping bag is not necessary.

Some warm clothes are necessary, such as a fleece jacket, since Ghorepani and Poon Hill can be chilly, and you may encounter some rain depending on the season and weather up in the mountains.

### Is this trek for me?

The Poon Hill trek is rated as moderately difficult, meaning that anyone with a moderate level of physical fitness may complete it. Depending on the route chosen, it combines moderate descents and ascents over a distance of roughly 30 to 40 miles (50 to 65 kilometers).

The hike typically lasts four to five days, with five to six hours of hiking each day. At Poon Hill, hikers will go to a maximum elevation of 10,500 feet (3,200 meters) from an approximate elevation of 8,000 feet (2,440 meters).

This trek is not suggested for the faint-hearted or those who love the luxurious life, as the journey can be challenging in some places, particularly during uphill climbs of stone stairs, and altitude gain is fast and can be challenging. Most people with appropriate preparation and moderate fitness with good stamina should be able to finish it without any major problems and enjoy the trek.

### Itinerary of 3-Day Poon Hill Trek

#### Day 01: Pokhara to Bhaisi Kharka

From Pokhara, we ride a car or Jeep according to group size to Kimche, our starting point for the trek. You can also take a vehicle to Nayapul and walk from there, which will add a

## 2 Nights 3 Days Poon Hill Trek from Pokhara

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few hours to your trek. We have the option to carry on driving from Nayapul. From Kimche, we hike for about 4 hours, reaching our first teahouse at Bhaisi Kharka. One hour into the trek, we take a short stop in Ghandruk for lunch. The first part of the hike is steep and jungle-like, with lush, green vegetation and tall trees. It feels like we are on a stairmaster for 4 hours. We recommend bringing some protein bars in your pack as a little hunger emergency kit. There is one room for all guests where we can warm up by the fireplace, eat our meals at picnic tables, and plan for the following day. The staple food in Nepal and the quintessential meal on the trail is Dal Bhat, which is white rice with curried potatoes & cauliflower, a lentil soup, and vegetable tarkari. It's very tasty and proved to be great fuel for powering up the trails, lending credence to the famous Nepali saying: Dal Bhat power, 24-hour.". Overnight in lodge at Bhaisi Kharka.

### Day 02: Trek to Ghorepani (2850 m)

The second day, our journey heads toward Deurali at Ghorepani. At this point, we are gaining altitude, and the views got much better. We trek from Tadapani to Ghorepani, which is at an elevation of 2,850 meters. The path is very well built and so expansive. It may make you wonder who made it and how long it took. It is such a saving grace for the various mountain villages to have an efficient way to interconnect. You may encounter many donkeys and their owners transporting wood, gas, or water. It is incredible to you how anything could have been built in such an unforgiving and difficult landscape. The realization that makes the most permanent impression on us is how different people around the world can live. You will experience a lifestyle that is different from yours. You arrive at the 2nd teahouse very close to the foot of Poon Hill in Ghorepani, which gives you easy access for the early morning hike the next morning.

### Day 03: Back to Pokhara

Before dawn we get out of our cozy sleeping bags piled high with blankets, dressed up and equipped with water bottles, walking poles, and cameras, and walk up about 45 minutes to the top of Poon Hill (3210 m) for a sunrise view. This is the view that the entire Ghorepani Poon Hill trek is based upon, and it's worth every step to get there. We hike back down and have breakfast at the lodge. After a hearty breakfast, we walk back to Pokhara, which means a day of steep steps down. We set off to Hile via the villages of Banthanti-Ulleri and Tikhedunga. There our Jeep will be waiting for us to head back to the civilization in Pokhara.

## Highlights

- Mesmerizing Mountain View of Annapurna range which you never might have seen.
- Best suitable for low-budget trekking junkies
- See world's three 8000m Peaks (Dhaulagiri, 8,167m, Manaslu, 8,163m, and Annapurna-I, 8,091m)
- Beautiful hamlets and lush green forest in Ghorepani Poon Hill Trek route.
- A charming waterfall, rivers, farmlands, and rhododendron forest
- Best suitable for short trekkers that provide an experience of a small trek but a big blast

## **Outline Itinerary**

### **Cost Includes**

- One registered and experienced local trekking guide.
- All meals: breakfast, lunch and dinner during the trek.
- Local jeep / bus transfer to Naya - Siwai and same to Pokhara after the trek.
- Neat and clean trekking lodge accommodation during the trek on twin / double sharing basis.
- Guide fee and all his / her expenses during the trek.
- All necessary Poon Hill Trekking Permits.
- Insurance and trekking gear for your guide.
- All government taxes, vat and office service charge.
- Emergency rescue arrangement co-ordination.

### **Cost Excludes**

- Accommodation and meals in Kathmandu and Pokhara.
- All surface transportation in Kathmandu and Pokhara.
- Guided sightseeing and monuments admission fees Kathmandu and Pokhara.
- Bar drinks, beverages such as coke, fanta, mineral water
- Personal insurance, laundry service and trekking gear.
- Porter, horse or pony ride if needed. (porter hire will cost USD 18 / day)
- Rescue operation charge in case of emergency.
- Gratitude and tips for your guide.