

**Duration:** 8 Days

**Grade:** Easy

**Max Altitude:** 3210

**Group Size:** 2 - 15

**Trip Code:** ACP-112

FROM

**USD \$730**

PER PERSON

## Trip Highlights

- Embark on the popular Poon Hill Trek, perfect for beginners and short on time adventurers.
- Witness world-famous sunrise views over Annapurna I, Dhaulagiri, Machhapuchhre (Fishtail), and Hiunchuli.
- Explore traditional Gurung and Magar villages like Ghandruk and Ghorepani, rich in culture and hospitality.
- Walk through enchanting rhododendron forests, terraced fields, and alpine landscapes.
- Trek to Poon Hill (3,210m), one of the most celebrated viewpoints in Nepal.
- Experience moderate trekking suitable for families, beginners, and seasoned travelers.
- Enjoy comfortable teahouse stays and warm Nepali meals along the route.

## Overview

The Poon Hill Trek is a short yet rewarding journey in the Annapurna region, making it one of the most popular treks in Nepal. Spanning 4-6 days, it is ideal for travelers with limited time but a deep desire to witness the grandeur of the Himalayas.

This trek begins from Pokhara and takes you through charming Gurung and Magar villages, lush rhododendron forests, and terraced farmland. The highlight is the sunrise hike to Poon Hill (3,210m), where the golden morning light illuminates the towering peaks of Dhaulagiri, Annapurna, and Machhapuchhre.

Cultural immersion, natural beauty, and easy accessibility make the Poon Hill Trek suitable for families, beginner trekkers, and those looking for a short yet unforgettable Himalayan adventure.

## Day-by-Day Itinerary

### Day 1 Arrival in Kathmandu (1,400m)

Upon arrival at Tribhuvan International Airport, you'll be greeted by a representative and transferred to your hotel in Kathmandu. After settling in, meet your trekking guide for a comprehensive briefing covering the trek route, safety measures, and equipment essentials. The evening is perfect for a traditional Nepali welcome dinner, where you can savor authentic flavors and enjoy cultural performances. Overnight stay at a hotel in Kathmandu ensures you are rested for the journey ahead.

### Day 2 Drive from Kathmandu to Pokhara (820m) - 6 to 7 hrs

Start the day with a scenic drive along the Trishuli River, passing lush countryside, terraced farms, and charming villages. This picturesque journey leads to Pokhara, known for its serene lakes and mountain views. In the evening, explore the lively Lakeside area, enjoy local cafes, shops, and riverside promenades, or simply relax beside Phewa Lake. An overnight stay at a hotel in Pokhara allows you to rest and soak in the tranquil surroundings before trekking.

### Day 3 Drive to Ulleri (2,020m) - Trek to Ghorepani (2,860m) - 3 to 4 hrs

After a short drive to Ulleri, begin trekking through lush rhododendron and oak forests that frame the Annapurna foothills. The trail gradually ascends to Ghorepani, a scenic mountain village offering breathtaking views of the surrounding peaks. Along the way, enjoy the peaceful forest, chirping birds, and local culture. Ghorepani is an ideal spot to relax, explore the village, and prepare for the next day's early morning hike. Overnight stay in Ghorepani.

### Day 4 Hike to Poon Hill (3,210m) - Trek to Tadapani (2,630m) - 6 hrs

Wake up early to trek to Poon Hill and witness a spectacular sunrise over the Annapurna and Dhaulagiri ranges. The panoramic view of snow-capped peaks is unforgettable. After returning to Ghorepani for breakfast, continue trekking through dense rhododendron and oak forests, descending to the serene village of Tadapani. The trail is scenic, peaceful, and surrounded by natural beauty. Overnight stay in Tadapani offers a cozy setting amid the Himalayan foothills.

**Day 5** **Trek Tadapani to Ghandruk (1,940m) - Drive to Pokhara - 4 hrs**

Descend through oak and rhododendron forests toward Ghandruk, a traditional Gurung village rich in culture and heritage. Explore the village's museum and enjoy panoramic views of Machhapuchhre and Annapurna South. After immersing yourself in local life, drive back to Pokhara, taking in the scenic countryside and rivers. The evening is free to relax or explore Lakeside before an overnight stay at a hotel in Pokhara, preparing for leisure or optional adventures the next day.

**Day 6** **Pokhara Free Exploration Day**

Enjoy a full day to explore Pokhara at your own pace. Visit popular attractions like Davis Falls, the Peace Pagoda, or enjoy a peaceful boat ride on Phewa Lake. For thrill-seekers, paragliding provides an aerial view of the Annapurna range and Pokhara valley. Alternatively, indulge in a spa or wellness experience. This day allows you to recharge, appreciate Pokhara's natural beauty, and immerse yourself in local culture. An overnight stay at a hotel in Pokhara ensures comfort and relaxation.

**Day 7** **Fly to Kathmandu**

Return to Kathmandu either by a scenic drive or a short 25-minute flight, offering spectacular aerial views of the Himalayan foothills. Upon arrival, spend the day visiting local markets or relaxing at the hotel. In the evening, enjoy a farewell dinner with traditional Nepali cuisine, celebrating your trekking adventure. Overnight stay at a Kathmandu hotel ensures rest before your departure. This day offers reflection on the journey and an opportunity to savor the city's vibrant culture.

**Day 8** **Fly Back Home**

After breakfast, transfer to Tribhuvan International Airport for your departure flight. Relive the memories of the scenic landscapes, cultural encounters, and mountain vistas you experienced during the trek. Say goodbye to Nepal with a sense of accomplishment and unforgettable experiences. This concludes the itinerary, leaving you with lasting impressions of Nepal's hospitality, majestic Himalayas, and rich traditions.

## What's Included

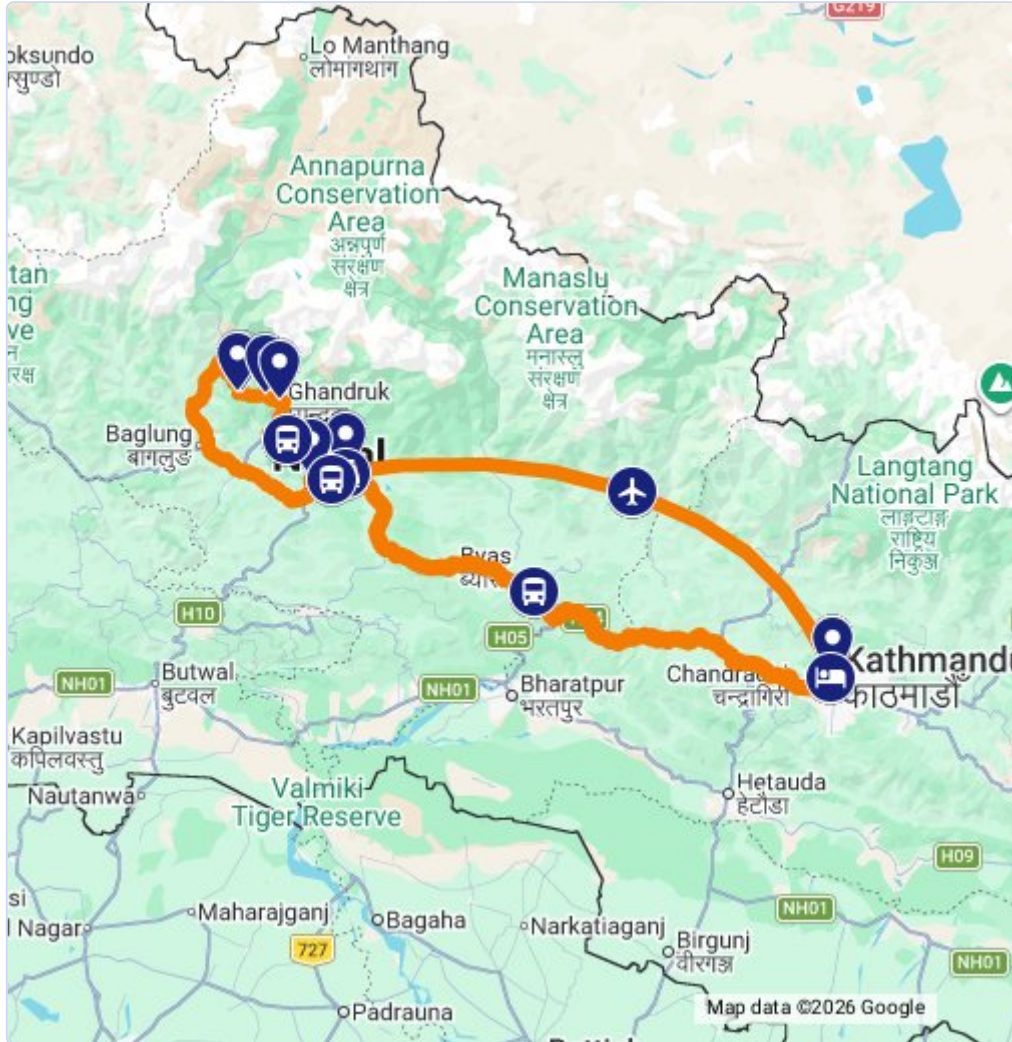
### Cost Includes

- Airport transfers in Kathmandu and Pokhara
- 2 nights' hotel stay in Kathmandu & 2 nights' hotel stay in Pokhara (twin-sharing)
- Teahouse accommodation during trek
- All meals (breakfast, lunch, dinner) during trekking
- Licensed English-speaking guide
- Porter service (1 porter per 2 trekkers)
- Annapurna Conservation Area Permit (ACAP) & TIMS card
- Trekking map and trek completion certificate
- First aid kit and emergency support
- All government taxes and service charges

### Cost Excludes

- International flights to/from Nepal
- Nepal visa fees and personal travel insurance
- Extra meals in Kathmandu & Pokhara (except breakfast)
- Snacks, drinks, hot showers, Wi-Fi, and personal expenses
- Tips for guides, porters, and drivers
- Optional activities (paragliding, boating, etc.)
- Costs due to weather delays or itinerary changes

## Route Map



## Trip Notes

Best Seasons:

- Spring (March-May): Clear skies, rhododendron blooms, mild weather.
- Autumn (Sept-Nov): Best mountain views, festive atmosphere, stable climate.
- Avoid Monsoon (Jun-Aug) due to rain and Winter (Dec-Feb) due to cold and snow.

Accommodation & Food:

- Comfortable teahouses with twin-sharing rooms.
- Meals include dal bhat, noodles, soups, momos, pancakes, and hot drinks.
- Higher altitude villages may offer simpler menus.

#### Transportation:

- Drive/fly Kathmandu-Pokhara.
- Drive from Pokhara to Nayapul for trek start.

#### Preparation Tips:

- Light fitness training before trek.
- Layered clothing for changing conditions.
- Carry rain gear, sunscreen, and reusable water bottle.

#### Packing List:

- Light thermal wear, fleece, down jacket, waterproof gear.
- Trekking boots, socks, gloves, hats, scarf/buff.
- Sleeping bag, trekking poles, backpack.
- Headlamp, power bank, water purification tablets.
- Passport, permits, travel insurance.

## Book the Poon Hill Trek with Mercy Holidays!

The Poon Hill Trek is the perfect short trek in Nepal, offering iconic sunrise views, cultural richness, and Himalayan beauty. Suitable for beginners and families, this trek provides an unforgettable adventure in a limited time.

Mercy Holidays ensures safe, well-organized, and personalized trekking services, guided by experts with years of experience. Visit our office in Maharajgunj, Kathmandu, or connect with us online to begin your Himalayan journey today!

