



COMMUNITY ACTION TREKS

Poon Hill Scenic Trek

Trek to one of the most scenic viewpoints in Nepal

NEPAL





GRADE
GENTLE

MAX ALTITUDE
3193m

TREKKING DAYS
7

TRIP LENGTH
14 DAYS

MIN PEOPLE
4

Poon Hill Scenic Trek

The ridges north of Pokhara are renowned for their stunning views of the Annapurna's'. One of the most famous viewpoints is Poon Hill, where trekkers gather at sunrise to gaze at a sensational panorama of towering peaks, from Dhaulagiri to Annapurna and Machhapuchhare.

On this well-paced trek, which follows established trade routes, you'll walk by centuries-old stepped terraces of rice paddies, surrounding the tidy villages of the Gurung people. Dipping into deep, shady valleys, you'll descend through moss-clad rhododendron and oak forests to the tumultuous rivers that drain off the central Himalaya to the north. In all, this low-altitude trek offers a wonderful introduction to a part of Nepal that has charmed and enticed back many of its visitors to discover more. With just a week of trekking, there is still plenty of time to enjoy the city of Kathmandu and its valley, and the lake-side town of Pokhara.

To enjoy the trek fully you need to be fit and walk regularly. Previous trekking experience is obviously an asset but is not essential. Time is spent at high altitude which may affect your performance, though rest days are built into the trek to help you acclimatise. If you have any doubts as to your suitability for the trek, please telephone us for advice.



TREKKING WINDOW
MAR - MAY & OCT - DEC

PRICE

£1210 per person* (land only price - see last page)
*prices are subject to change



Poon Hill Scenic Trek

Itinerary

LODGE TREK

walking times are approximate

Day 1

Arrive Kathmandu

Namaste! And welcome to Kathmandu, the colourful capital of Nepal where ornately carved balconies mingle with beautiful shrines and temples. Your adventure begins with a welcome meeting on arrival at the exit gate of Kathmandu airport. Our staff will welcome you with CAT's palm plate and take you to your hotel. For the rest of the day, you can relax at the hotel or take a short evening walk around the local markets on your own.

Day 2

Free day in Kathmandu.

Explore the fascinating city of Kathmandu with its temples and markets or take an optional excursion (can be booked locally through our Nepal office) into the Kathmandu Valley.

Day 3

Fly from Kathmandu to Pokhara.

We take a spectacular flight to Pokhara and on arrival book into our hotel where you will have time to relax and prepare for your trek or explore the delights of Pokhara.

Day 4

Drive Pokhara to Birethanti, trek to Ulleri 2070m (4-5 hours walking).

A short drive to the start of the trek at Birethanti. Here we meet the trek team and porters and set off up the Bhurungdi Khola valley, where the trail gently climbs to Hille. Beyond Hille the trail steepens until reaching Ulleri where we are rewarded with views of Annapurna South & Hiunchuli.

Day 5

Day 5 Ulleri to Ghorepani 2750m (3-4 hours walking).

The trail climbs less steeply today and passes through pastures and cultivated fields before reaching rhododendron forests and Ghorepani.





Day 6

Ghorepani to Tarapani 2590m via Poon Hill 3193m (3.5-4.5 hours walking).

We rise early for our trek to Poon Hill. This is one of the most famous places to watch the sun rise across the magnificent Himalayan panorama from Dhaulagiri, across the Annapurna range to Manaslu. About 50 peaks will line up for your camera. After returning to Ghorepani for breakfast, we set off on the short climb to Deorali. After this the path undulates to our lodge at Tadopani.

Day 7

Tadopani to Chomrong 2170m (3-4 hours walking).

The main trail to Chomrong leaves Ghandruk on the northern side of the village. The trail ascends on the west bank of the Modi Khola River, the stunning Machhapuchhre towers above and it is obvious why it got the name Fishtail Peak.

Day 8

Chomrong to Ghandruk 1940m (3-4 hours walking).

From Chomrong the easy trail descends and heads south until we reach the Gurung village of Ghandruk. The village is beautifully set against the peaks of Annapurna South and Hiunchuli.

Day 9

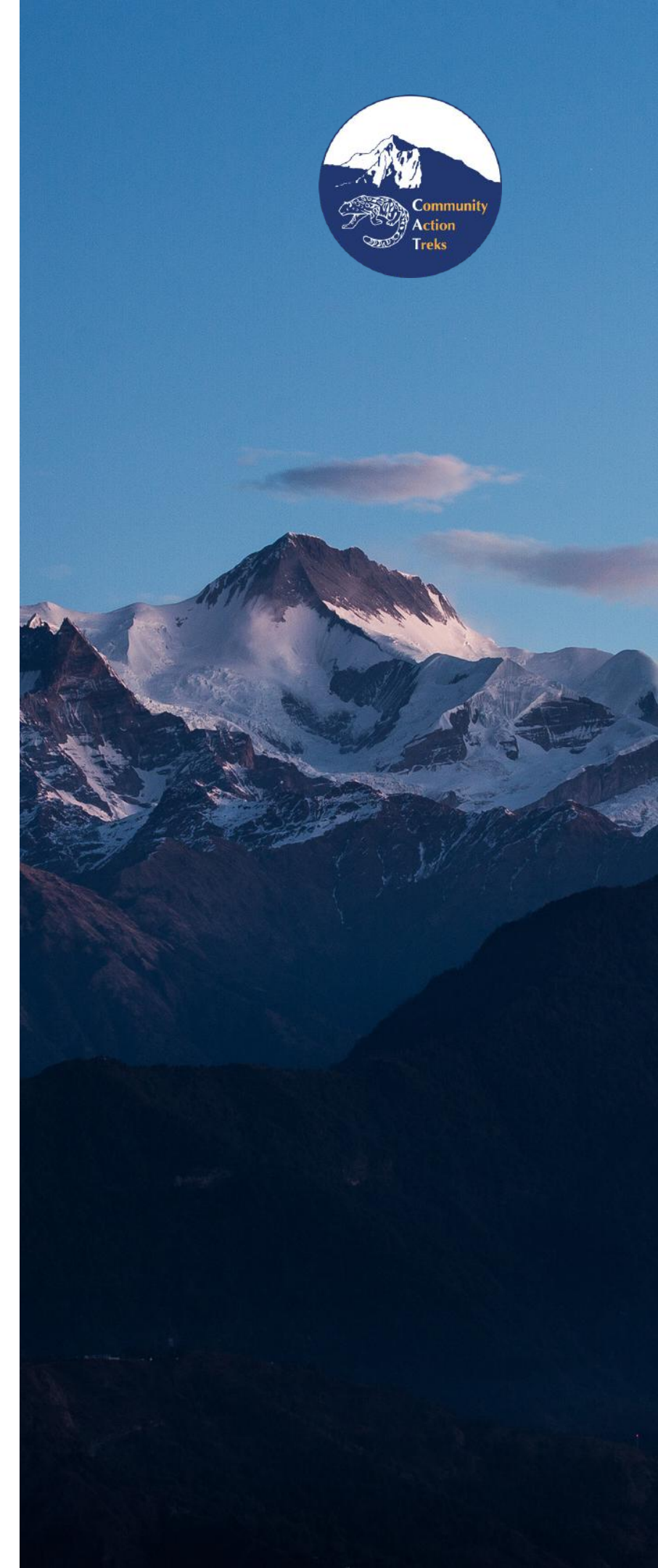
Ghandruk to Tolka 1700m (5-6 hours walking).

From Ghandruk we head down to the river, which we cross before heading up through the Gurung village of Landruk to Tolka. At Tolka you can still enjoy views of the Annapurnas.

Day 10

Tolka to Phedi 1130m (4 hours walking), Drive to Pokhara.

Our final day starts on a fairly level path then climbs steeply to a pass. There is then a gradual descent to Damphus and Phedi where we will reach the road head. After the arrival of our kit, we depart by coach to Pokhara and check in to our comfortable hotel and enjoy the luxury of a hot shower!





Day 11

Free day in Pokhara.

Today is a day to enjoy our achievements, and to relax in the delightful town of Pokhara. Take a boat out onto the lake to see the views of Machhapuchhare (Fish Tail Mountain) towering above Pokhara reflected in the lake, relax in one of the many restful lakeside bars or shop for souvenirs in Lakeside's relaxed main street.

Day 12

Pokhara to Kathmandu.

Say farewell to the Annapurna's during the 25 minute return flight to Kathmandu, where we return to the group hotel. The rest of the day is free for packing, last minute shopping or relaxing in the hotel.

Day 13

Depart Nepal.

Transfer to Kathmandu airport.



The price includes on lodge basis:

- Transfers between Kathmandu airport and hotel accommodation
- Journeys (by air and road) between Kathmandu and Pokhara, including departure taxes for internal flights, where applicable.
- Accommodation for 3 nights in Kathmandu and 3 nights in Pokhara in rooms on sharing basis (single supplement extra) with shower and WC and inclusive of breakfast, as per itinerary
- Three meals a day (open Lodge menus) and accommodation (sharing basis) during the trek.
- Participation in the trek as per itinerary inclusive of full board
- Services of local porters (15 kg load per participant), Sirdar (head guide) and assistant guide (depending on group size)
- All Nepalese staff insurance as per Government regulations
- All trekking permits.

Not included:

- International flights
- Nepalese visa - (please refer to our document "Preparing for your trek: Nepal" for latest prices).
- Meals other than breakfast in Kathmandu.
- Travel insurance.
- Tips.
- Items of a personal nature such as drinks, laundry, telephone calls and souvenirs (allow approximately £250 spending money).

Land only prices

The cost of international flights, particularly those to Nepal, are less predictable than they used to be. Airlines now request full payment upfront. As a result, we will quote you a land-only cost.

Options

Extra nights are available in Kathmandu in our group hotel, and in Pokhara in our choice of accommodation. Extension packages can also be organised in Nepal, Tibet or Bhutan.

Please refer to our Himalayan extensions guide for more details. Extensions should be arranged prior to booking international flights.

Contact us

for more information about any of our treks, please contact us and speak to our professional travel guides using the information below:

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Important Note

Whilst we expect that the trek will run as per the itinerary, participants should accept that there is a possibility of changes being necessary subject to local conditions.