

Poon Hill Trek

Day 01: Arrive in Kathmandu and Check into a Hotel.

Upon your arrival, a representative from Upper-Himalayan Treks and Adventure will meet you at an agreed upon location. We will then travel to a hotel and check into our rooms. After we are situated we have free time to explore or prepare for the trek. We spend the night in Kathmandu.

Day 02: Travel to Pokhara (823 m / 2,700 ft): 6-7 hours

We may travel by plane, which takes approximately 30 min or by vehicle, which takes about 6 hours. If we go by vehicle we can see rivers, the landscape including the Himalayan Mountain Range, and the flora of Nepal. After checking into our hotels, we can have a night out on the town.

Day 03: Travel to Naya Pul and Trek to Tikhedhunga (2,050 m / 6,725 ft): 4 hrs trek

We begin our trek after a short drive to Naya Pul (New Bridge). The trail leads us through tropical forests, and along a cliff. We then cross Bhurungdi River on a bridge into Tikhedhunga. We spend the night in Tikhedhunga.

Day 04: Trek to Ghorepani (2,750 m / 9,020 ft): 5 hrs

The trail to Ghorepani (Horse Water) is partially carved into the mountain and partially natural. Ghorepani gets its name from merchants who used the area to rest and allow their horses to drink before continuing on their trade route. It is a fun village that caters to travelers. From the higher part of the village we have panoramic views of the surrounding mountains. We can see Annapurna South, and the Nilgiri massif. We spend the night in Ghorepani.

Day 05: Trek to Poon Hill and Tadapani (2,700 m / 8,860 ft): 07 hours

We are in for a treat today. The sunrises at Poon Hill are amazing! We wake up and trek to the best viewing platform at Poon Hill (3,210 m / 10,529 ft). We can see the sun come up over Annapurna massif, and Dhaulagiri Range, Mustang, Pokhara and many other areas. After the sunrise we can have caffeinated beverages then return back to Ghorepani for breakfast. After climbing over a nearby ridge we descend into a forest of beautiful rhododendron trees, and pass by beautiful waterfalls. We spend the night in Tadapani.

Day 06: Trek to Ghandruk (1,940 m / 6,360 ft): 04 hrs

The path to Ghandruk leads through an old growth rhododendron forest that is amazing to walk through during bloom (March - April). We can see cherry blossoms during the same time. As we come to Ghandruk Village we can see stone houses set in the foreground of the amazing Mt. Machapuchare, Annapurna South, and Hiunchuli mountains. We visit the Gurung Museum in Ghandruk then settle in to spend the night.

Day 07: Trek to Naya Pul and Travel to Pokhara: 4 hrs trek and 1 hour drive

The trek to Naya Pul is relatively short and downhill. We pass through Birethanti Village, and crossover terraced farms. We descend until we reach the Modi River Valley and Naya Pul. We travel by car to Pokhara to stay the night.

Pokhara has many facilities and caters to travelers. If you wish to spend more time in Pokhara let Upper-Himalayan Treks and Adventure know and we will be happy to make the arrangements for you.

Day 08: Travel to Kathmandu

For those of us departing to Kathmandu we can travel by plane or by car. The plane trip takes

approximately 30 minutes and offers great views of the trekking route we were just on. If we choose to travel by car we can see Nepal's geographical diversity as we pass through the country side. We spend the night in Kathmandu.

Day 09: Conclude Tour

If you would like to stay in Nepal further accommodations can be arranged for your enjoyment. If you are departing Nepal we will make the required arrangements for your departure.