



Detailed Itinerary of Poonhill Trekking Tour

Day 1

Welcome on Arrival

- Altitude – 1380 meters
- Time – 30 minutes hotel transfer time
- Activity – Relax at hotel

After Arrival welcome at Kathmandu and transfer to Hotel by our representative.

Day 2

Guided Sightseeing in Kathmandu and preparation for Ghorepani Poon hill trekking.

- Altitude – 1380 meters
- Special – Kathmandu City Tour
- Time – Full day
- Activity – Sightseeing UNESCO world heritage sites

Guided tour will include major 4 UNESCO world heritage sites. You have your flexibility on questions and exploration as far and wide.

Day 3

Drive from Kathmandu to pokhara

- Altitude – 1400 meters
- Special – Scenery of mountains and greenery
- Time – 8 hours
- Activity – Travelling in bus

Drive duration is of 8 hours by tourist bus. You will leave Kathmandu at 7am in the morning and the 8 hours bus journey will pass by greenery, mountain scenery and villages on the route.

Bus will stop 2 times on the way for breakfast & lunch. By 3PM, you will reach to Pokhara, Lake City in Nepal.

Day 4

Drive to Nayapul; Trek to Hile(1440m); 4 hours approx., Poon Hill Trekking Begins here.

- Altitude – 1400 meters
- Special – View of mountains, phewa lake, river and greenery
- Time – 4 hours
- Activity – Trekking along lush green river side



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We leave for Nayapul passing Sarangkot; Sarangkot is this place from where the paraglide take off flight. Poon hill trekking begins, and also you will get amazing views of Mt Annapurna South, Mt Hiunchuli, Mt Fishtail and also the Phewa Lake and the Pokhara city.

Nayapul is our starting point. Trekking by lush green river side along Burungdi River for 4 hrs we will get to Hile at 1440m.

Day 5

Trek from Hile to Ghorepani village (2880m); 7 hours trekking approx.

- Altitude – 2880 meters
- Special – landscapes, local villages and mountains
- Time – 7 hours
- Activity – Trekking through rhododendron forest

Poonhill trekking trail initially descends down to the river & cross a suspension bridge. Then the trail ascends for 550m. It is all uphill steps, which is famous as 4500 big steps up to Ulleri village. This village is the biggest Magar settlement around Annapurna base camp region. View of Mt Annapurna south and Mt Hiuchuli towards north from Banthanti is beautiful in contrast with green hills. After 2 hrs trek to the North we will get to Nangethanti which in Nepali language means “naked rest place”. This place is like a jungle paradise.

We will trek through oak and rhododendron woodland. After lunch at middle of jungle its 2 hours easy climb to get to Ghorepani village. The walk is through rhododendron forest.

Once you get to upper Ghorepani village you will get the amazing view of the valley with White Mountains. Believe it or not everyone gets shocked with the beauty of this landscape and the wider range of the mountains.

Day 6

Trek to Poonhill (3210m) for sunrise view & trek down to Ulleri & drive to Pokhara; 5 hours approx.. Today the Poon hill trek ends.

- Altitude – 3210 meters
- Special – View of sunrise along with the mountains
- Time – 5 hours
- Activity – Trekking and travelling in jeep

As briefed by your guide in the previous evening get ready early in the stated time. Get ready with head lamp, warm clothes, at least 1 liter of water, little bit of snacks and sunglasses. If you are trekking to poonhill in December thick gloves and dawn jacket are mandatory. Poonhill gets windy sometimes.

After you head towards the top of the hill go slow, keep a good pace, do not rush; keep in mind that 1 meter high is dangerous for altitude. Trekking from 2880m Ghorepani to



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3210 Poonhill is steep uphill so take it easy for 1.5 hours to get to the top.

After sunrise we will trek back to tea house for breakfast. Then take the same trail down to Ulleri village. From Ulleri we will hire a jeep to get us to the hotel at Pokhara, lakeside. Overnight at LakeSide Pokhara, a famous city in Nepal

Day 7

Take bus from pokhara to Kathmandu

- Altitude – 1380 meters
- Special – Scenic view from bus
- Time – 8 hours
- Activity – Travelling in bus

We will be taking the same route in similar kind of bus as of day 01. You will reach Kathmandu at 3PM.

Day 8

Transfer to international airport for final Departure

After beautiful tour & trekking to Poon Hill now is the time for farewell. With all the wonderful memories we farewell you and hope to see you soon again in your next trip to Nepal. We are happy to be a part of your Nepal travel. We will drop you off at the airport and wish you safe travels.



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