Discovery World Trekking



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Poon Hill Trek - 4 Days

4 days. Grade: Easy.

5.0 2295+ reviews on TripAdvisor

US$ 470
per person, for 2 to 6 people

Made on 26 November 2026

https://dev.discoveryworldtrekking.com/trips/poon-hill-trek







This all-weather four-day-long getaway to the lower Annapurna region takes you to Poon Hill viewpoint, the ultimate spot that provides a stunning panoramic view of the Annapurna range, Dhaulagiri, Nilgiri, Tukuche, Varaha Shikhar, and Lamjung Himal. You will also be visiting Ghorepani and Ghandruk villages. This trip is a perfect short trek, fit for people of all ages and families in particular.

TRIP FACTS

Destination	Nepal
Grade	Easy
Accomodation	Hotel in Pokhara and Hotel/Lodge/ Tea House during the trek
Best season	Feb, Mar, Apri, May, June, Sep, Oct, Nov & Dec.
Activity	Annapurna Treks
Max. altitude	3,210m at Poon Hill
Activity per day	Approx. 4-6 hrs walking

PRICE

US$ 470

per person, for 2 to 6 people

The full price is US$ 690. You save US$ 220 per person.

Group-size discounts

People	Price per person
2 to 6	US$ 470
7 to 14	US$ 420

Group discounts are exclusive to your group size only. We do not merge groups.

Meals included	Breakfast in Pokhara Hotel and all Meals (Breakfast, Lunch, Dinner) during the trek
Start / end point	Pokhara/ Pokhara

Highlights of Poon Hill Trek

- Beautiful panoramic view of the Annapurna range, Dhaulagiri, Nilgiri, Tukuche, Varaha Shikhar, and Lamjung Himal from Poonhill view tower
- Reach Ghorepani Poonhill (3,210m)
- Pretty villages and farmland at Ghandruk
- Ghorepani, an ethnic Gurung village
- Short and suited for any aged group
- No fear of altitude sickness
- Views of Annapurna, Dhaulagiri Nilgiri, Hiunchuli and Machhapuchhre
- Comfortable accommodation

Poon Hill trek Overview

The Poon Hill Trek is a perfect introductory Himalayan adventure, offering a blend of spectacular mountain views and rich cultural experiences—all in a short duration ideal for families, older trekkers, or those with limited time. With a famous sunrise panorama overlooking the entire Annapurna range, this trek provides unforgettable views of more than 20 major peaks, including Dhaulagiri and Annapurna, from the celebrated Poon Hill viewpoint at 3,210 meters.

Set in the lower Annapurna foothills, the trek moves through lush, terraced fields, vibrant rhododendron forests, and charming traditional villages that reflect the heritage of the Gurung and Magar communities. You will enjoy stunning mountain scenery, dense rhododendron forests full of wildlife, and deep sub-tropical valleys. The trail progresses at the foothills of Annapurna, providing fantastic views of the fluted peak of Machapuchare (Fish Tail Peak) in the background.

The well-developed trail infrastructure makes it accessible for first-time trekkers, while its efficiency ensures you experience both the natural and cultural highlights without a lengthy time commitment. The route provides a unique perspective where the urban landscape of nearby settlements meets the mountain wilderness in one picturesque frame.

Your journey begins with a drive from Kathmandu to Pokhara, and onward to the trailhead at Nayapul/Birethanti. On Day 1, you'll trek from Nayapul through Tikhedhunga and up to Ulleri; the following day, the ascent continues to the large Gurung village of Ghorepani. On Day 3, an early morning hike rewards you with the classic sunrise view at Poon Hill before progressing to Ghandruk, where you can enjoy local culture and hospitality.

On the final day, after experiencing traditional Nepali life and the natural beauty of the Annapurna region, including local cuisine, traditional architecture, and cultural museums, you will complete this perfect short Himalayan adventure with a drive back to Pokhara. The Poon Hill Trek offers an efficient, unforgettable experience that combines maximum mountain views with minimal time investment, making it a must-do for anyone eager to explore Nepal's stunning highlands.

Day to Day Itinerary

Day 1 Drive From Pokhara to Nayapul / Birethanti (1039m). Drive Time. Approx. 2 hrs. Trek to Tikhedunga and then to Ulleri (1,540 m). Trek time: Approx. 3-4 hrs.

Day 2 Trek from Ulleri to Ghorepani (2,860m). Trek time: Approx. 3-4 hrs.

Day 3 Early morning hike to Poon Hill viewpoint (3,210m), then trek to Ghandrunk (1,950m). Trek time: Approx. 5-6 hrs.

Day 4 Trek from Ghandruk to Kimche - Syauli Bazaar (1,220m). Trek time: Approx. 2 hrs. Drive to Nayapul Pokhara (820m). Drive time: Approx. 2 hrs.

Poon Hill Trek Itinerary

DAY 1

Drive From Pokhara (822m / 2,696ft) to Nayapul / Birethanti (1039m / 3,250ft) trek to Tikhedunga and then to Ulleri (1,540 m/5,050 ft)

Trek Distance 7km / 4.34miles Highest Altitude (1,540m / 5,050ft) Trek Duration 3-4 hrs
Drive duration (43km / 26miles) -2hrs

We start our journey at Pokhara with a short drive through beautiful landscapes to Nayapul/Birethanti. We walk from Birethanti Village (1,015m), then follow the trail through the north bank of the Bhurung Khola, steadily up the side of the valley to Hille (1,495m), and after a short climb, you will reach Tikhedhunga (1,570m). You will then walk along a steep series of stone steps and reach Ulleri (2,070m), a large Magar village.

Overnight stay at Hotel Purnima (room with attached bathroom)
Included standard meals (Breakfast + Lunch + Dinner)

DAY 2

Trek from Ulleri (1,540m / 5,050ft) to Ghorepani (2,860m / 9,385ft)

Trek Distance 11km / 6miles Highest Altitude 2,860m / 9,385ft Trek Duration 3-4 hrs

After a nourishing breakfast, the trek begins from Ulleri, heading for Ghorepani Poon Hill. From the trail, you can get astonishing views of the snow peaks, including **the Annapurnas, Machhapuchhare, and Hiunchuli.** The path silently ascends through the rhododendron forest to reach Nanghethani (2460m). After an hour of walking, you will arrive at the destination of the day, Ghorepani, a spectacular settlement located on a ridgeline. The hillside below the Ghorepani is full of forests with eight different rhododendron species, Nepal's national flower.

Overnight stay at Hotel Snow Land (room with attached bathroom)
Included standard meals (Breakfast + Lunch + Dinner)

DAY 3

Early morning hike to Poon Hill viewpoint (3,210m / 10,525ft), then trek to Ghandruk (1,950m / 6,398ft)

Trek Distance 13km / 8miles Trek Duration 5-6 hrs

You will start the day early to reach **Poon Hill just in time to view the breathtaking sunrise over the Himalayas.** From Poon Hill, you can see a brilliant panorama of mountain ranges, Dhaulagiri I (8,167m), Tukuche (6,920m), Nilgiri (6,940m), Annapurna South, Annapurna I (8,091 m), Hiunchuli (6,441 m) and much more. After enjoying the views, you will return to the lodge for a hearty breakfast.

After breakfast, it is time to follow a pleasant forest trail through rhododendron and oak groves to Deurali (2,960m) on a trail that connects the Ghorepani-Tatopani trial at Chitre. The trail descends through rhododendron forests to Banthanti (2,606m).

After crossing to the north side of the stream, the trail goes uphill and enters Bhurung Khola. From Bhurung Khola, the path ascends again through the steep forests for 20 minutes to finally reach Tadapani. Then you will hike some more through a forest path downhill to Ghandrunk, a Gurung village. At Ghandruk, you will be visiting **the local Gurung museum.**

Overnight stay at Breeze Guest House (room with attached bathroom)
Included standard meals (Breakfast + Lunch + Dinner)

DAY 4

Trek from Ghandruk (1,950m / 6,398ft) to Kimche - Syauli Bazaar (1,220m / 4,002ft). Drive to Nayapul (1,050m / 3,445ft) Pokhara (820m / 2,690ft)

Trek Distance 8km / 4.9miles Highest Altitude 1,950m / 6,398ft Trek Duration 2 hrs

Drive duration 2 hrs

It will be your final day in the trails. After leaving Ghandruk, you will hike through the picturesque rice fields and past small villages and reach Kimche-Syauli bazaar taking around two hours. You will then bid goodbye to the trail and take local transport to Pokhara. Your **trek ends at Pokhara.**

Overnight at Silver Oaks Inn (room with attached bathroom)
Included meals (Breakfast + Lunch)

What is included in this trek package?

Transportation

- Private transportation to and from Kathmandu Airport and your hotel
- Both-way transportation between Kathmandu and Pokhara on a tourist bus
- Private transport from Pokhara bus station to your hotel in Lakeside, Pokhara.
- Both-way private transportation service from Pokhara to Birethanti (trek start) and Syauli Bazaar (trek end) to Pokhara

Accommodations

- One night accommodation at Silver Oaks Inn in Pokhara with a breakfast
- Three nights room with attached bathroom Ulleri, Ghorepani, and Ghandruk during the trek (Generally Twin Sharing Rom)

Food

- Standard full-board meals (4 Lunches, 3 Dinners, and 4 Breakfasts) with one main course per meal during the trek.
- Seasonal fresh fruits every day

Guide and Porter

- Government licensed English speaking Discovery World Trekking experienced and qualified trek leader.
- Porter to help trekkers luggage. One porter for every two trekkers. The luggage weight limit per trekker is 9 kg.
- Guides and porters' meals, insurance, salary, lodging, transportation, and other necessary equipment

Trek permits and expenses

- Annapurna Conservation Area Permit (ACAP) fee
- Trekkers Information Management System (TIMS) card fee
- All government, local taxes, and official expenses

Souvenir

- Souvenir - a company's T-shirt & cap

Farewell

- Discovery World Trekking trek achievement certificate after trek completion
- Farewell dinner in Kathmandu at the end of the trek

Benefits

- Sleeping bags and down jackets, duffle bag (one for every two trekkers) if you do not have your own
- Free excess luggage storage at the Discovery World Trekking store for the duration of the trek

What is excluded in this trek package?

International Flight

- International flight costs

Accommodations

- Accommodation at Kathmandu
- Extra night accommodation in Kathmandu/Pokhara due to early arrival, late departure, or early return from the trek.

Food

- All meals at Kathmandu
- Lunch and dinner in Pokhara
- Extra meals in Kathmandu/Pokhara due to early arrival, late departure, or early return from the trek.

Guide and Porter

- Tips for guides and porters

Visa

- Nepal Entry Visa Fees. The current rate is USD50 for a 30-day stay.

Travel Insurance

- Travel Insurance

Personal Expenses

- Personal expenses, such as shopping, snacks, bar bills, bottled or boiled water, hot (tea/coffee) and cold drinks, hot shower, Wi-Fi, laundry, telephone call, battery recharge fee, extra porters, etc.
- Personal clothing and gear.

Other Expenses

- Excess luggage charges (Limit is 9 kg per person)
- Additional costs due to circumstances (or delays) outside our control, like landscape, bad weather, need for itinerary modification for safety, illness, change of government policy, political instability, etc.
- All the costs and expenses not listed in "What is included in Poon Hill Tour Package?" will be counted as excludes

Planning Your Trek Schedule

Our trips have flexible departure dates. You can select a travel date that fits your schedule and easily confirm your booking through our website at any time.

Packing List

Depending on the season you wish to trek, you must adjust your clothing and types of equipment. However, these are the necessities list we created to keep your comfort and utility in mind. We recommend our clients bring over only the necessities. You can store your extra luggage at the Discovery World Trekking store for free while trekking.

Please note we provide one trekker for every two trekkers and our porter will not carry more than 18 kg luggage. Hence, we advise you to team up with a fellow trekker and pack your things together in a duffle bag with a capacity of over sixty lite

Head and Face

- Sun hat or cap (wide-brimmed)
- Ear-covering warm hat or knitted beanie
- Scarf, buff, or neck gaiter
- UV-protection sunglasses
- High SPF sunscreen and lip balm
- Lightweight headlamp with spare batteries

Upper Body

- Moisture-wicking short or long-sleeved t-shirts
- Thermal base layers (light for warm months/heavy for cold)
- Fleece and puffy/insulated jacket
- Down jacket for colder elevations
- Waterproof and windproof outer jacket
- Lightweight long-sleeve breathable trekking shirt
- Synthetic bra for women
- Waterproof nylon raincoat or poncho

Handwear

- Warm insulated gloves or mittens
- Lightweight liner gloves
- Waterproof outer gloves for snow or wet conditions

Lower Body

- Quick-drying trekking pants and underwears
- Convertible or full-length trousers
- Quick Drying Underwear
- Thermal leggings or base layers
- Warm trekking trousers (insulated pants) for colder sections
- Lightweight cotton pants for evenings/ inside teahouses

Footwear

- Broken-in trekking boots with ankle support and good grip
- Warm wool or synthetic trekking socks
- Lightweight camp shoes or sandals for river crossings
- Gaiters for protection against mud, water, and debris
- Microspikes/crampons (seasonal) for better grip while crossing snowy and icy high passes

Backpack/Support/Sleeping Gear

- Duffle bag/Rucksack (50-60 liters, shared between two trekkers)
- Day backpack (20–30 liters) with rain cover
- Adjustable and lightweight trekking poles (preferably collapsible)
- Reusable water bottles or hydration bladder (minimum 2 liters)
- Water purification tablets, a filter, or a UV purifier
- Sleeping bag (rated -5°C to -10°C)
- Earplugs

Toiletries

- Toothbrush and toothpaste
- Medium-sized quick-dry towel
- Biodegradable soap or shampoo
- Toilet paper (in a Ziplock bag)
- Nail Clipper
- Body wipes/wet tissues
- Feminine hygiene products
- Hand sanitizer

Electronics and Documents

- Camera/Smartphone
- Power bank and charging cable
- Two-pin charging adapter
- Passport photocopies and passport-sized photos in waterproof bags

Medications

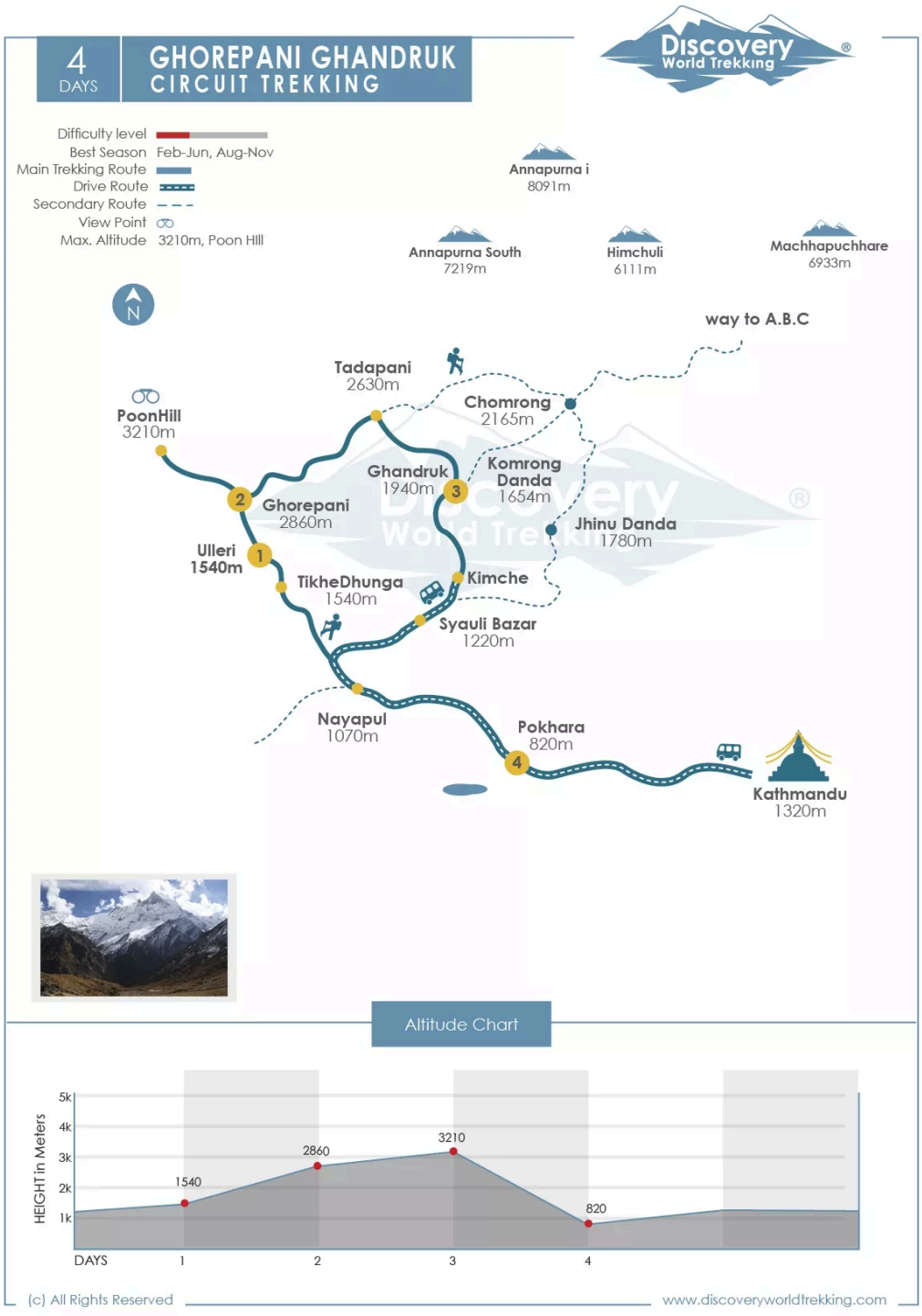
- Personal kits and medications (inhalers, allergy medicine, etc.) are highly recommended
- Blister care kit (Compeed/moleskin)
- Cough drops or throat lozenges (very useful in dry air)
- Basic first aid supplies (band-aids, antiseptic wipes, pain relievers, Diamox)

Optional Items

- Snacks and energy bars
- Notebook or pen for journaling your experience
- Book or e-book
- Binoculars
- Small multi-tool
- Pee-bottle/pee-funnel for women
- Comb

We can provide a used duffle bag (non-waterproof), down jacket, and sleeping bag if you don’t have your own

Ghorepani Ghandruk Circuit Trek Map



Trip Notes

Arrival, Welcome, and Trek Start

You need to arrive at least one day before the trek departure date to make final preparations. Upon arrival at Tribhuvan International Airport, our representative will receive you, welcome you with a marigold garland, and transfer you to your hotel in a private vehicle.

On the trek departure day, you will travel from Kathmandu to Pokhara via a tourist bus departing at 7 AM. Pokhara serves as the gateway to the Poon Hill trek. The package includes round-trip transportation between Kathmandu and Pokhara. Alternatively, you may opt for a 20-minute flight or private transportation at your expense.

Accommodations

During the four-day trek, you'll stay in twin-sharing rooms with attached bathrooms at the best available lodges in Ulleri, Ghorepani, and Ghandruk. In Pokhara, you will stay at Silver Oaks Inn, offering an attached bathroom, TV, hot water, and laundry facilities.

Lodges commonly offer electricity for charging devices, Wi-Fi for internet access, and hot showers, though you may need to pay extra. You'll need to arrange your own accommodation and meals in Kathmandu, as they are not included in the package.

Meals

The trek package includes four breakfasts, four lunches, and three dinners. The meals are nutritious, hygienic, and suited to the trekking environment. The menu items include a mix of local, Asian, and Western cuisine, though options become limited and more expensive at higher altitudes. Dinner in Pokhara is not included in the package.

We recommend consuming liquids like green tea, ginger tea, or garlic soup and prioritize vegetable-based meals at higher altitudes. Avoid dairy, alcohol, caffeine, and non-vegetarian foods, as these are not recommended during high-elevation treks.

Luggage

Each trekker is allowed up to 9 kg of luggage, carried by porters (one porter for every two trekkers). Ensure valuables and essentials like documents are in a small personal backpack. You can store your extra luggage securely at your hotel or our store for free. Since a porter will carry two trekkers' luggage, we advise you to find a fellow trekker and pack your things in a duffle bag of over sixty liters.

Facilities and Essentials

- **Water**

Avoid drinking untreated water from rivers or taps while trekking. We advise you to carry a reusable water bottle to minimize waste as you can easily purchase boiled water at lodges. You can buy bottled water from en-route shops but it is not ecofriendly.

- **Communication**

You can buy SIM cards in Kathmandu. Our guides maintain daily communication with our office to ensure safety and provide trek updates. Additionally, we remain on standby to handle any emergencies.

Travel Essentials

- **Visa**

All foreigners (except Indians) require a visa to enter Nepal. Most nationalities can obtain an on-arrival visa at Tribhuvan International Airport. A valid passport with six months' validity, a passport-sized photo, and a visa fee are required. The 30-day visa costs USD 50. Children under ten and nationals from SAARC countries are eligible for free visas. For the latest updates, visit https://www.immigration.gov.np/en.

- **Travel Insurance**

Though this trek is categorized as easy, we recommend you purchase travel insurance. We will use your insurance details for any necessary rescue operations in emergencies.

- **Currency Exchange**

The local currency in Nepal is the Nepalese Rupee (NPR). (1 USD = ~133 NPR). You can exchange major currencies at banks or authorized money exchange centers in Kathmandu or Thamel. ATMs are widely available in Kathmandu**,** but you might have to pay a service charge. Bring clean and untorn bills, as older notes may not be accepted.

- **Extra Expenses**

Major costs during the trek are covered but not all. You will need money for meals and accommodations in Kathmandu, snacks, beverages, extra meal courses, Wi-Fi charges at lodges, dinner in Pokhara, visa fees, souvenirs, etc. We estimate you will need around USD 15 per trek day.

Trek Season and Weather

The Poon Hill Ghandruk trek is suitable year-round, but each month in the Annapurna offers a unique weather. While spring (March-May) and autumn (September-November) are most popular for their pleasant weather and clear views, summer and winter have a distinct appeal.

- **Spring (March-May)**: Expect cool temperatures, blooming rhododendrons, and clear mountain views. Daytime temperatures range from 5-15 at higher elevations, with warmer conditions at lower altitudes.
- **Summer (June-August)**: A mix of warm temperatures (15-25) and monsoon rains, lead to lush greenery, vibrant valleys, and occasional trail challenges due to wet conditions.

- **Autumn (September-November)**: This season offers moderate temperatures, crisp skies, and golden landscapes. Daytime highs can reach 20, while nights cool to around 5.
- **Winter (December-February)**: Clear skies and serene trails characterize winter treks. Daytime temperatures at high altitudes hover around 5, with nights dipping as low as -5. Snowfall enhances the beauty but requires extra preparation.

For more detailed information about the weather conditional, check our comprehensive guide for annapurna region.

Typical Day

A typical trekking day begins early, with a cup of tea or coffee. After freshening up, you will have breakfast around 7:00 AM. You will hit around 8:00 AM, enjoying the serene landscapes, pausing for photographs, and taking short breaks to stay energized.

Lunch will be around midday. After refueling, the journey resumes around 1:30 PM, with the pace adjusted to accommodate the trail's terrain and the group's comfort. Upon reaching the day's destination in the late afternoon, you can unwind and explore the local area.

In the evening, at around 7: 00 pm, you will have a delicious dinner. Then, your guide will brief you about the following day's trek. After this briefing, you will have ample time to socialize, reflect, or rest, ensuring everyone is rejuvenated for the adventures ahead.

Trip Conclusion

- **Farewell Dinner**

This special evening will celebrate your achievements with traditional cuisine. Later, we will provide you with a trek achievement certificate.

- **Departure**

On your departure date, we will pick you up from your hotel and take you to Tribhuvan International Airport on a private vehicle, provided you tell us your hotel name, room number, and departure time.

Trek Bookings

- **Private Treks**

We only organize private treks and do not add anyone to your group. We can handle all group sizes and the bigger your group, the more discount you will get. Moreover, for a group of 12 or more, we also add an assistant guide.

- **Safe Trek Bookings**

Discovery World Trekking, a government-authorized trekking operator in Nepal, is a member of both the Trekking Agency Association of Nepal (TAAN) and the Nepal Mountaineering Association (NMA). We require a 10% advance payment to confirm your trek booking, which you can pay via bank transfer, Wise, Western Union, Credit Card, or directly on our website.

After booking, you must submit essential documents—passport copy, photos, travel insurance, and flight details—within a week. The remaining balance can be paid upon arrival in Nepal through cash, bank transfer, Wise, Western Union, or credit card. We will also email you the payment details.

- **Last-Minute Bookings**

For spontaneous travelers, we offer last-minute booking options. Ensure your documents and travel insurance are ready, then contact us directly to confirm availability and finalize arrangements.

For last-minute treks, we require full payment at least 24 hours before your departure date. While we strive to operate on schedule, delays may occur due to weather, landslides, or limited accommodations. For assistance, call Paul at 977-9840055491 or email info@discoveryworldtrekking.com.

- **Flexible Schedule**

Though our treks have specific departure dates, we can change them if they do not suit you. Please let us know as soon as possible if the departure dates are inconvenient.

- **Trip Extension**

After you complete the trek, should you want to take part in other activities, we can arrange Chitwan Jungle Safari, a sightseeing tour in and around Kathmandu Valley, or even another trek.

DWT Family

Our experienced, government-licensed guides and Sherpas will accompany you throughout your trek, ensuring a safe and memorable journey. Our guides are trained in wilderness first aid and ecological conservation, they bring years of trekking expertise and deep knowledge of the high Himalayas.

We provide fair compensation and cover their insurance, food, and lodging during the trek, prioritizing their well-being. A well-cared-for team ensures an exceptional trekking experience for you.

Ecotourism Practices

Sustainability lies at the heart of trekking operations. We aim to leave only the footprints behind in the trek region. Hence, we partner with the Kathmandu Environmental Education Project (KEEP) to ensure our treks are environmentally friendly.

Tipping Culture

Tipping is a customary way to express gratitude to the guides, porters, and staff who work tirelessly to make the trek successful. We advise you to tip as a group at the end of the trek. The tip amount should be based on the quality of service received, trek length, and cost.

FAQs For Poon Hill Trek

GENERAL INFORMATION

Where is Poon Hill located?

Poon Hill is located in the Annapurna region of Nepal, specifically above the Ghorepani village, at an altitude of 3,210 meters (10,531 feet). It offers breathtaking panoramic views of the Annapurna and Dhaulagiri mountain ranges.

How long does the Poon Hill Trek take?

The Poon Hill Trek typically takes 4 days to complete, making it a short and accessible trek in the Annapurna region.

What are the main highlights of the Poon Hill Trek?

The main highlights of the Poon Hill Trek include: Stunning sunrise views from Poon Hill over the Annapurna, Dhaulagiri, Nilgiri, and Machapuchare mountain ranges, trekking through picturesque traditional villages like Ghandruk and Ghorepani, the beautiful rhododendron forests and sub-tropical valleys teeming with wildlife, visit to the Gurung Culture Museum in Ghandruk.

Is the Poon Hill Trek suitable for all levels of trekkers?

Yes, the Poon Hill Trek is suitable for trekkers of all levels, including beginners. Its relatively short duration, gradual ascent, and well-maintained paths make it an ideal trek for families and those new to trekking.

What makes Poon Hill a popular trekking destination in Nepal?

Poon Hill is a popular trekking destination due to its accessibility, stunning mountain views, and cultural richness. It offers trekkers a chance to experience the beauty of the Himalayas without the intensity of longer treks. The trek also passes through vibrant villages, offering a unique blend of natural beauty and Sherpa culture.

Do you offer the Poon Hill Trek as a private trek?

Yes, we offer the Poon Hill Trek as a private trek.

PREPARATION & FITNESS

How fit do I need to be for the Poon Hill Trek?

The Poon Hill Trek requires a moderate level of fitness. While it is not highly strenuous, trekkers should be comfortable walking 4–6 hours daily over varied terrain, including uphill and downhill trails.

Can beginners do the Poon Hill Trek?

Yes, the Poon Hill Trek is beginner-friendly. Its short duration and relatively manageable altitude make it an ideal choice for first-time trekkers.

What type of physical preparation is recommended for this trek?

Trekkers should engage in regular cardio exercises such as walking, running, cycling, or swimming to build endurance. Strength training for legs and core muscles and practicing uphill hiking with a light backpack will also help prepare for the trek.

PERMITS

What permits are required for the Poon Hill Trek?

The Poon Hill Trek requires two permits:

1. **Annapurna Conservation Area Permit (ACAP)**
2. **Trekkers' Information Management System (TIMS) Card**

Are the necessary permits included in the trekking package?

Yes, the permits are included in the trekking package.

Where can I obtain the permits for the Poon Hill Trek?

You can obtain permits in Kathmandu or Pokhara through the Nepal Tourism Board offices. However, if you trek with us, we will acquire those permits for you.

INSURANCE & VISA

Is travel insurance necessary for the Poon Hill Trek?

Yes, travel insurance is recommended for the Poon Hill Trek to ensure coverage in case of emergencies, such as illness, injury, or evacuation.

What should my insurance cover for this trek?

Insurance should cover mostly health care costs.

Do I need a visa for trekking in Nepal, and how can I get one?

Yes, a visa is required to trek in Nepal. You can obtain it upon arrival at Tribhuvan International Airport in Kathmandu or Nepalese embassies and consulates abroad. To get an on-arrival visa, you will need a passport with at least six months of validity, a passport-size photo, and a visa fee. The visa fee depends on your intended length. The current cost is USD 50 for a 30-day stay.

GUIDES & PORTERS

Is it necessary to have a guide for the Poon Hill Trek?

As per Nepal government rules, it is mandatory to have a guide for the Poon Hill Trek.

What roles do guides and porters play during the trek?

Guides assist with navigation, communication, and itinerary management, while porters carry heavy luggage, allowing trekkers to focus on the journey.

Can I do the Poon Hill Trek independently without a guide?

No, it is not possible to trek independently. You must have a government-licensed guide.

ACCOMMODATION

What type of accommodation is available on the Poon Hill Trek?

Accommodation is typically in teahouses, offering basic rooms with shared facilities.

Are teahouses equipped with modern facilities like electricity and hot showers?

Yes, teahouses provide electricity and hot showers, but these may come at an additional cost.

Will I have access to Wi-Fi or charging points during the trek?

Most teahouses offer Wi-Fi and charging facilities for an extra fee, though connectivity may be unreliable.

FOOD & DRINKS

What kind of meals are provided during the Poon Hill Trek?

Meals include traditional Nepali dishes like dal bhat tarkari, as well as options such as pasta, soups, burgers, sandwiches, and pancakes.

Are there vegetarian or vegan food options available?

Yes, vegetarian and vegan options are widely available. You just need to inform your preferences.

Is safe drinking water available along the trek, or should I bring purification tablets?

Safe bottled drinking water is available for purchase, but bringing purification tablets or a water filter is a cost-effective and eco-friendly alternative. Please do not drink directly from local taps, wells, and rivers.

WEATHER

What is the best time of year to do the Poon Hill Trek?

The best times are during the spring (March to May) and autumn (September to November) for clear skies and moderate weather. However, you can trek throughout the year.

How does the weather affect the trekking experience on the Poon Hill Trek?

Good weather enhances the experience with clear mountain views and favorable temperatures, while adverse weather can lead to poor visibility and slippery trails.

Is it safe to trek to Poon Hill during the monsoon season?

Trekking during the monsoon (June to August) is possible but it will be a bit uncomfortable due to heavy rain, and muddy trails. The

HEALTH & SAFETY

What health risks should I be aware of during the Poon Hill Trek?

Common risks include dehydration, blisters, and gastrointestinal issues from unfamiliar food or water.

Is altitude sickness a concern on the Poon Hill Trek?

Altitude sickness is rare on this trek due to its relatively low elevation. However, staying hydrated and acclimatizing properly is still important.

What safety measures are in place in case of an emergency during the trek?

Our guides are trained in first aid and experienced in handling emergencies.

PACKING & GEAR

What essential items should I pack for the Poon Hill Trek?

You need to pay for essentials like sturdy trekking boots, warm clothing, a rain jacket, a water bottle, a first aid kit, and sunscreen. Please see our equipment section.

Is a sleeping bag necessary for the trek?

A sleeping bag is optional as teahouses provide blankets, but carrying one ensures additional warmth.

Are trekking poles or other gear recommended for this trek?

Trekking poles are recommended for balance and reducing strain on knees during ascents and descents.

BOOKING & PAYMENTS

How far in advance should I book the Poon Hill Trek?

It is advisable to book at least a few weeks in advance, especially during peak trekking seasons.

What is the payment process for booking this trek?

We require 10% of the trek package, as an advance, to confirm the booking. You can pay this amount using a credit card, bank transfer, Wise, or Western Union. The rest of the money is due when you arrive in Kathmandu. In Kathmandu, you can also pay in cash.

Are there any cancellation or refund policies for the trek?

You can visit our terms and conditions page for cancellations or refund policies.

TRANSPORTATION

How do I get to the starting point of the Poon Hill Trek?

The trek begins with a drive from Pokhara to Nayapul.

Are domestic flights involved in reaching the starting point of the trek?

No flights are required to reach the starting point, though a flight from Kathmandu to Pokhara is an option to save travel time. You need to pay extra for flights.

What transportation options are available after completing the trek?

After completing the trek, a vehicle will transport you from Syauli Bazaar back to Pokhara.

Discovery World Trekking

Quick Questions? Email Us	info@discoveryworldtrekking.com
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