HIMAL TREK
NEPAL

Poon Hill Trek (Annapurna Panorama)

Trip Facts

Difficulty Medium	**Max Altitude** 3,350m/10,991ft	**Accommodation** Standard Hotels (Pokhara/Kathmandu) & Tea houses (Trek)	**Meals**
Activity Easy Trails for Beginner hikers	**Best Season** Autumn (Sept–Nov) & Spring (Mar–May)	**Start / End Point**	**Duration** 7-8 Days

Trip Overview

The **Annapurna Panorama Trek** (popularly known as the Poon Hill Trek) is one of Nepal's most accessible, vibrant, and rewarding short walking adventures. Nestled within the spectacular Annapurna Conservation Area, this beginner-friendly trail is easily reached by a scenic drive or short flight from Pokhara. It is the perfect 3-to-5-day journey for travelers who want to experience the grandeur of the Himalayas without the physical strain of high-altitude mountain passes.

The route loops gracefully through charming, low-altitude terraced farmlands and dense, fairy-tale forests of blooming rhododendrons that burst into vibrant pinks and reds during spring. Trekkers stay in comfortable, highly developed local teahouses while experiencing the warm hospitality of traditional Gurung and Magar villages like Ghandruk.

The ultimate crown jewel of this trek is an early morning hike to the famous Poon Hill Viewpoint (3,210m). From this ridge, you will witness a world-class golden sunrise illuminating the towering massifs of Annapurna South, Machhapuchhre (Fishtail), and Dhaulagiri (8,167m)—one of the highest peaks on Earth. Covering a gentle round-trip distance of roughly 40 to 50 km, it provides majestic Himalayan panoramas, low risk of altitude sickness, and unforgettable cultural memories over a compact time frame.

Trip Itinerary

Day 1 - Arrival in Kathmandu & Later Trek Briefing

Difficulty	**Max altitude** 1,400m/4,593ft	**Accommodation** hotel	**Meals**

Day 2 - Journey from Kathmandu to Scenic Pokhara by bus or by flight

Difficulty	Max altitude 822m/2,697ft	Accommodation hotel	Meals

Day 3 - Drive to Ulleri & Trek to Ghorepani

Difficulty 3 hours driving | 3–4 hours trekking	Max altitude 2,840m/9,318ft	Accommodation	Meals

Day 4 - Poon Hill Sunrise & The Mossy Forest Trek to Dobato

Difficulty 10 kilometers (6.2 miles), 5–6 hours trekking total	Max altitude 3,350m/10,991ft	Accommodation lodge	Meals breakfast

Day 5 - The Mulde Peak Sunrise Spectacle & Trek to Tadapani

Difficulty 5 hours trekking total, 9 kilometers (5.6 miles)	Max altitude 2,630m/8,629ft	Accommodation	Meals breakfast

Day 6 - Trek to Cultural Ghandruk Village & Private Drive to Pokhara

Difficulty 6.5 kilometers (4 miles) of walking	Max altitude 1,940m/6,365ft	Accommodation	Meals lunch

Day 7 - Travel Back from Pokhara to Kathmandu by bus/ flight

Difficulty 25-minute flight OR 6–7 hour highway drive	Max altitude 1,400m/4,593ft	Accommodation hotel	Meals

Day 8 - Final Departure from Nepal

Cost Includes & Excludes

Includes:

- 2 nights accommodations during Kathmandu stay in twin sharing basis.
- 2 nights accommodations during Pokhara stay in twin sharing basis.
- Internal ground transfer from/to Kathmandu & Pokhara by tourist bus.
- Required Permits & Fees: 1. Annapurna conservation Park Entry Permit. 2. TIMS (Trekkers' Information Management Systems) card if applicable.
- Accommodation Along the Trail: 1. Standard twin-sharing rooms in local tea houses or mountain lodges for 3 nights.
- Trekking Support Staff 1. Salary, insurance, food, accommodation, and equipment for a licensed English-speaking guide. 2. Salary, insurance, food, and accommodation for porters (typically 1 porter shared between 2 trekkers, carrying up to 20–25kg total).

- Meals on the Trek: 1. Full board meals: 3 meals a day (Breakfast, Lunch, Dinner) chosen from the tea house menu. 2. Post-dinner hot beverages (tea or coffee) or a cup of hot water.
- Safety Gear: 1. First-aid kit carried by the guide, including an oximeter to monitor oxygen levels daily.

Excludes:

- International Travel Costs: 1. International airfare to and from Kathmandu. 2. Nepal Tourist Visa fee (payable in cash USD upon arrival at Tribhuvan International Airport).
- Single supplementary fee
- Internal flight transfer. 1. Round-trip domestic flights between Kathmandu and Pokhara. 2. Airport transfers via private vehicle in Kathmandu and Pokhara.
- Travel and Emergency Insurance: i. Mandatory: Travel insurance that explicitly covers emergency helicopter evacuation up to 6,000 meters (most basic plans cap out at 3,000m).
- Meals before & after trek in Kathmandu & Pokhara and extra stay in Kathmandu/Pokhara hotels other than mentioned above: 1. Hotel up-gradation might cost extra depending on your request.
- 6. Trail Luxuries & Services (Tea house Add-on): 1. Hot Showers: Gas or solar-heated showers cost between $3 to $7 USD per shower (prices increase with altitude). 2. Device Charging: Power banks, phones, and camera battery charging cost $2 to $5 USD per full charge. 3. Wi-Fi / Connectivity: AirLED or Everest Link Wi-Fi prepaid cards cost roughly $5 to $10 USD for a set amount of data. 4. Drinking Water: Bottled water costs $1 to $4 USD per bottle (it is highly recommended to bring water purification tablets/filters instead).
- Personal Trekking Gear: 1. Down jackets, sleeping bags, hiking boots, trekking poles, and backpacks (though sleeping bags and jackets can be rented cheaply in Kathmandu for around $1 to $2 a day).
- Beverages & Snacks: 1. Alcoholic drinks (beer, spirits), specialty coffees, soft drinks, and bakery items at trail cafes.
- Tips & Gratitude: 1. Tipping guides and porters is custom and highly expected. The industry standard is roughly 10% to 15% of your total trek cost, pooled together by the group and handed out on the final evening.

FAQs

Best Time to Visit
October to November offers the clearest skies and best mountain views, while March to April brings beautiful blooming rhododendrons.

Trek Duration
Routes range from short 3-day hikes (like Poon Hill) to epic 12-to-22-day journeys (like the full Annapurna Circuit).

Required Permits
Trekkers need the ACAP Permit and a TIMS Card, both of which Himal Trek Nepal handles completely for our clients.

Solo Trekking Rules
Nepal restricts solo trekking in most mountain regions; our agency provides licensed, experienced guides to ensure full legal compliance and safety.