

8-DAY ADVENTURE

POON HILL TREK

Nepal

With over 12 years of experience helping our adventurers to reach the high passes and peaks of the Himalayas, you are in safe hands with our experienced Nepali team. The welfare of our local staff is a priority for us which is why we work closely with our guides and crew to ensure they are well equipped to give you the trip of a lifetime. As with all our adventures, when you trek in the Himalayas with us, your trip is fully carbon offset as standard.

Poon Hill is the perfect choice if you are a novice trekker or if you are really short on time but still want to get a real taste of the Himalaya. After a 30 minute flight from Kathmandu to the lakeside city of Pokhara, you drive for an hour to the trailhead at Naypul. A steep ascent takes you to the village of Ghorepani, ready to make your ascent of Poon Hill, possibly the best viewpoint in Nepal with amazing views of Dhaulagiri, Machhapuchhre, Nilgiri, and the Annapurna range.

You return to Pokhara by a circular route, avoiding the need to backtrack and giving you more stunning views of the Annapurna massif. As this is a private trek, additional days relaxing on the shores of Lake Pokhara can be arranged before you fly back to Kathmandu

TRIP HIGHLIGHTS

- Climb Poon Hill for stunning views of the Annapurna Range
- Stay in comfortable lodge accommodation
- Relax in the lakeside town of Pokhara
- Trip fully carbon offset as standard


KANDOO
ADVENTURES
Annapurna
8091m
Annapurna South
7219m
Macchapucchre
6993m
Poon Hill
Tadapani
Landruk
Tikhedhunga
Dhampus
Nayapul
Phedi
Pokhara
Trek
Transfer
Flight

ITINERARY

DAY 1

ARRIVE IN KATHMANDU

All trekkers need to organise their own flights to Kathmandu International Airport (KTM). From Kathmandu Airport we will arrange a private transfer to your hotel. That night you will meet your local Kandoo representative and have a full pre-trek briefing

Accommodation: **Hotel**

DAY 2

FLY TO POKHARA – DRIVE TO NAYAPUL – TREK TO TIKHEDHUNGA

We will take a morning flight to Pokhara, with magnificent views of Dhaulagiri, Manaslu, Machhapuchhre, the five peaks of Annapurna and many others. We will then drive for one hour to Nayapul where we start our trek. We follow the south bank of the river, passing through sub-tropical valley forests and crossing the Modi Khola on a high suspension bridge. We continue to ascend on this trail until we reach the village of Tikhedhunga where we will spend the night.

Hiking time: **3 - 4 hours**
Ascent: **461 m**
Descent: **221 m**
Max. altitude: **1540 m**
Accommodation: **Teahouse**
Meals included: **Breakfast**

DAY 3

TREK TO GHOREPANI

We leave the small village of Thikedhungga, crossing the small suspension bridge across the deep gorge to start your steep ascent up to Ulleri. Fortunately there are steps all the way which makes this tough climb slightly easier. After Ulleri, the trail continues winding its way through the rhododendron forests, passing beautiful waterfalls and we climb up, and down a little, enjoying the views of Machhapuchhre (Fish Tail) peeking out high above the lush green hillsides. Eventually we reach the village of Ghorepani and are rewarded with breath-taking views of Dhaulagiri and the Annapurna range.

Hiking time: **6 - 7 hours**
Ascent: **1240 m**
Max. altitude: **2780 m**
Accommodation: **Teahouse**

DAY 4

ASCEND POON HILL – TREK TO TADAPANI

We will set off in the dark this morning to ascend Poon Hill, renowned as one of the best view points in Nepal. The trail climbing to Poon Hill's viewpoint is steep, but it is well rewarded with spectacular views of Machhapuchhre, Dhaulagiri, Nilgiri, and the Annapurnas as the sun rises. We then begin our descent down to Tadapani through rhododendron forests with beautiful views of the high mountains and lush green valleys.

Hiking time: **7 - 8 hours**
Ascent: **420 m**
Descent: **570 m**
Max. altitude: **3200 m**
Accommodation: **Teahouse**

DAY 5

TREK TO LANDRUK

We will trek down further through the village of Ghandruk, which is famous for its high population of Ghurkhas who now own many of the lodges in this region. As we follow the trail down to Landruk we will be rewarded with views of the Annapurna range including Machhapuchchhre, Annapurna South and Gangapurna.

Hiking time: **5 - 6 hours**
Descent: **1065 m**
Max. altitude: **2630 m**
Accommodation: **Teahouse**

DAY 6

TREK TO DHAMPUS

Today we follow the contours of the valley until we reach the village of Dhampus at an altitude of 1750m. The village is very famous for its breath-taking panoramic views of Dhaulagiri, Annapurna, Fishtail, Hiuchuli and Lamjung Himal. An amazing place to spend your last night of the trek before waving goodbye to the Annapurna Conservation Area. To celebrate our final night, we have dinner altogether this evening as a full team, it is customary for guests to buy dinner for the porters and guides on this night as a thank you for the support they have given you throughout the trek. There will also be an opportunity for you to hand out your tips for the support team during this meal.

Hiking time: **5 - 6 hours**
Ascent: **185 m**
Max. altitude: **1750 m**
Accommodation: **Teahouse**

DAY 7

TREK TO PHEDI – DRIVE TO POKHARA – FLY TO KATHMANDU

Today we start our final trek with a final 500m of descent into Phedi, before driving back to Pokhara and our flight back to Kathmandu.

Hiking time: **3 - 4 hours**
Descent: **500 m**
Max. altitude: **1750 m**
Accommodation: **Hotel**

DAY 8

DEPARTURE

We will collect you from your hotel and transfer you to Kathmandu Airport for your departing flight

Meals included: **Breakfast**

PLEASE NOTE

It is in the nature of a trip of this kind that arrangements and participants have to be flexible. While we use all reasonable endeavours to ensure a trip runs according to your itinerary, the day-to-day agenda and ultimate goal of the trip are taken as aims and not as contractual obligations. It is a necessary condition of your joining any of our trips that you accept this flexibility. Occasionally, we may have to make changes and we reserve the right to do so at any time.

TRIP INFORMATION

DIFFICULTY

The Poon Hill trek is considered an **easy trek** that is **ideal for beginners** wishing to explore the Himalaya. The trek is one of the shortest offered in Nepal and only reaches an altitude of 3,210 meters. It's a great trek for families or for people who haven't got that much time. A very basic level of fitness is required.

FOOD & DRINK

You may have noticed that our prices for Nepal are generally much lower than other companies. This is because we have chosen not to include food and drinks in the teahouses within our trek cost. Our reasoning for doing this is as follows - as the quality of lodges has improved, so has the food. It used to be the case that the only meal available was Dahl Bhat - boiled rice with a very thin lentil dahl. This is what the porters will eat almost exclusively and you will often hear them joke "Dhal bhat - 24 hour power". It might be 24 hour power for a Nepali who has lived on it all his life but for anyone else it is pretty unappetising fair on a regular basis. Fortunately, all but the most remote lodges now offer an extensive menu of food including local delicacies such as Yak Steak with blue cheese sauce and more western alternatives such as calzone and chips as well as the standard Dhal Bhat.

We have found over the years that our guests require different intakes of food to suffice their energy needs and where some are content with Dhal Bhat everyday, others wish to sample the menu. We therefore decided that rather than restrict the options available to our guests with a set menu, we have handed over the choice to you; you can choose what you want to eat at the lodges, and settle your own bill in the morning. While you can eat heartily for very little money at any lodge, we do recommend that you budget £30-35 ($40-45) per day for meals and drinks. This will ensure that you not only have plenty of food, but that you enjoy your trek a lot more.

One word of advice, place your meal order as soon as you can upon arriving at the lodge as it is strictly 'first ordered, first served', and the best lodges are quite busy at meal times.

ACCOMMODATION

Your full day by day itinerary shows what is included in terms of hotel accommodation and meal basis. All of our pre- and post-trek nights are in comfortable 4* hotel accommodation based in the Thamel District of Kathmandu.

You will be staying at teahouses, situated in villages along the trail. The standard of accommodation still varies hugely but on the most popular routes there is generally plenty of clean, well kept accommodation. Rooms are normally twin shares and consist of two wooden bench beds per room with mattresses and sheets. Most will provide blankets but we would certainly recommend bringing your own good quality 4 season sleeping bag unless you are used to sleeping rough in freezing conditions. Whenever possible we will try to book en-suite rooms, but availability is very limited. Generally bathroom facilities will be shared and it will be a short walk to reach them so footwear to use at the teahouses is essential if you don't want to spend the entire trek in your boots. Showers are not always available and it tends to be just the communal areas that are heated.

Wifi is available in almost all villages and you will be able to access the luxury of hot showers at some teahouses. If you wish to use these sundry items then expect to add an additional $15 per day to your food budget. We do probably over-estimate the food cost, but ATMs are pretty much unheard of in the mountains and we would rather you have too much money with you than not enough.

Dining in the lodges will be in a large open room with tables round the outside and a fire in the centre. Our guides try to make sure we secure you a spot away from the door and nearer to the fire but can't always guarantee this.

The toilet situation is something a lot of our guests want to know about! In Nepal, the hotel we use has western flushing toilets. On the trek itself, the teahouses will have squat toilets or "posh squats". This will most likely be a tiled squat toilet with somewhere to wash your hands. We recommend bringing toilet roll with you as you won't find any in the toilets, however you will find it is available to buy at most teahouses.

TRANSPORT

We insist on using a high standard of vehicle and driver for all of our transfers. In Nepal it is not a legal requirement to have seatbelts fitted in the back of vehicles, and while we try to use vehicles that do have rear seatbelts fitted, this cannot always be guaranteed. If you are unhappy about any aspect of the vehicle or the standard of driving, please speak to the driver or our local office immediately.

LUGGAGE

The internal flights operate a strict maximum limit of 10kg for your main equipment bag and 5kg for your day sack. Your bag will be weighed before you leave the hotel to start the trek and if it is overweight you will have to leave items behind. Your baggage will also be weighed by the airport staff so it is important that you do not exceed these limits. You will be given 2 litres of water on arrival in Pokhara to fill your bottles for your first day’s trekking, so you do not need to carry water from Kathmandu.

Duffel bags

You will be provided with a large duffel bag at the pre-trek briefing that will be yours to use for the duration of your trek. Your equipment will then need to be transferred into this bag. If you are travelling with a duffel bag then it is up to you which bag you choose to use for the trek, if you are travelling with a suitcase then this will need to be left at the pre-trek hotel and collected upon your return as our porters need the bags they carry to be flexible.

The porters can carry up to 15kg in the main equipment bag, so there is scope for your bag to be slightly heavier while you are on the trek. You can move items from your daypack to your main bag when you reach Pokhara. All items must be packed in your main bag. They should not be attached to the outside, as we are not responsible if items fall off when the bags are being carried on the trek

HOW DO I GET THERE?

There are several ways to get to Nepal from Europe and the USA all of which involve an international flight to Tribhuvan International Airport which is the main airport in Kathmandu. There are a lot of flights that fly to Kathmandu through the Middle East. Qatar, Gulf and Air Emirates offer daily flights from Europe and the US to Kathmandu, with a stopover at their central hubs. You must be careful though, as some of these layovers are very long indeed. Check the schedules carefully, and consider using Qatar. They seem to have the shortest layovers (at Doha) by a substantial margin. The other alternative is to fly via Delhi, with BA, Air India or Jet and then catch a shorter flight up to Kathmandu. Again be careful of long layovers and be warned - some of the reviews for Air India are less than glowing!

If you are changing airlines or re-checking your luggage at an airport on route, please ensure you leave a minimum of 3 hours between flights. This will account for any delays on arrival, travel time across airports (this can take longer than you think) and time taken to re-check baggage.

Travelling Responsibly

Here at Kandoo, we like to support our guests to make their travel more sustainable. As of 2025, we are offsetting the carbon on all of our trips from arrival in destination to dropping you back off at the airport. As we don't include flight travel in our trips these aren't included in our offsetting calculations, so we are providing you with the calculator below for you to do this yourselves.

eC02 Flights Calculator

PRE-TREK BRIEFING

Your pre-trek briefing will be at 4pm the evening before the trek begins, at your hotel. The briefing is an opportunity for your guide to check you are fully prepared and also an opportunity for you to ask any final questions. We will carry out your baseline health check which will be used to spot any early signs of altitude sickness after you start trekking.

BUDGET & CHANGE

The **Nepali Rupee** is a closed currency so you will not be able to buy this before you arrive. If travelling from the UK or the US, it is advisable to travel with your home currency and exchange this in Kathmandu. It is very important that bills be new (less than 10 years old), crisp and untorn. We recommend changing currency in Kathmandu rather than at the airport as you will get a much better exchange rate. There are exchange kiosks less than a 5 minute walk from the hotel and your guide will be happy to assist you in finding these should you need them to. Alternatively all the hotels in Kathmandu will change small amounts of money for you.

We recommend that you take local currency on the actual trek with you, as the teahouses prefer local currency. You will also get a more favourable exchange rate in Kathmandu than in the mountains. If you are relying on a credit or debit card for emergency funds, make sure you tell your card issuer that you will be using it abroad, or you may find that it won't work when you really need it.

In Kathmandu a meal for two at a mid range restaurant will cost ~$20. A taxi will generally start on a base rate of $0.45 and then charge $0.4 for every km. Or you can ride the bus which will be around $0.15 for a 5km journey. Souvenirs in Kathmandu are generally on the cheaper side too.
Whilst on the trek, we recommend that you budget £30 - £35 ($40 to $45) per day for meals and drinks.
You may also want to be prepared to pay for the cost of a helicopter which can fly in bad weather (around US$300-500 per person), in the case of your flight to or from Pokhara being postponed due to bad weather conditions.

Our recommended guidance for spending budget in Nepal would be between $500-800 (depending on the length of the trip and your meal preferences) on top of your tips, to give you ample money for souvenirs and treats.

TIPS

We realise that tipping may not be a common practice in all countries but for Nepal it is a **standard practice** that all operators support. The decision on how much to tip should be determined by how well the team served you while you were on the trek. Tips are always discretionary and if you are not happy with the service you have received you do not have to pay tips. Tips can be made in US dollars or Nepali Rupees. It is very important that US bills be new (less than 10 years old), crisp and untorn.

We are members of the Trekking Agencies Association of Nepal and the Nepal Mountaineering Association, and follow their guidelines when recommending tip levels for guides and porters. We would suggest you budget $150 per trekker for your tip contribution on this route. The group tip can be given to your porters and guides during your celebratory meal in Dhampus on the final night of your trek. You will then say goodbye to your porters the following morning.

FORMALITIES & HEALTH

PASSPORT

Please double check that your passport is valid for 6 months beyond the date of arrival in Nepal. We recommend that you take a photocopy of your passport and keep it separate from the original, and this will be useful if the original is lost while you are travelling. You must carry your passport on the trek with you, as it is required for internal flights.

VISA

Most visitors to Nepal (including nationals from the UK, Europe, USA and Australia) require a tourist visa to enter Nepal. To secure a visa you will need to present proof that you have a return ticket, and proof that you have sufficient money to support yourself during your stay in Nepal. Visa can be obtained online at: https://uk.nepalembassy.gov.np/visa/. Visas are valid for 6 months from the date of issue, so do not send off your application too early.
The other option is to queue and pay for a visa on arrival at Kathmandu Tribhubhan International Airport. This will need to be paid for in cash. We highly recommend securing a visa before departure as this will ensure you have no problems passing immigration, as well as speed up the process of clearing immigration. You will need at least one blank visa page in your passport. Certain nationalities not mentioned above must apply for a visa in advance, so check with your local Nepalese Embassy or online at: https://www.immigration.gov.np/page/visa-on-arrival. If you are flying into Kathmandu, your entry point will be Tribhuvan International Airport.

For most of our trips, you may be ok with a 15 day tourist visa which costs USD30 (around GBP25). However, if you are adding any extra days in Kathmandu you would then require a 30 day tourist visa which USD50 (around GBP40). Visas can be extended once you are in Nepal, but overstaying your visa is taken very seriously, and can result in your being detained or not allowed to leave without paying a fine. In Kathmandu airport they will assume you are paying in your home country currency so make sure you have the amount you need for your visa, or to extend your visa, in cash in your home currency. For smaller currencies, USD will be the best replacement.

VACCINATIONS

The standard vaccinations required are diphtheria, tetanus, typhoid and hepatitis A, but you should always consult your doctor or travel clinic for the most up to date advice.

INSURANCE

It is your responsibility to ensure that you are fully and adequately insured for the duration of your trip. Please ensure that all activities, excursions and destinations in your itinerary are included in your travel insurance policy, in addition to your regular cover for cancellation and medical expenses. For the Annapurna and Everest Regions, we recommend cover up to 6000m of altitude. If you are climbing Mera Peak or Island Peak you will need cover for trekking up to 7000m of altitude.

Please take a copy of your insurance policy to the pre-trek briefing, as the guide will need to collect your insurance details. We also ask that you keep a copy of your policy summary (containing policy number and the emergency contact number for your insurer) in your day sack at all times, so that we can access this information should we need to contact the insurer on your behalf.

HEALTH

Malaria

There is no risk of malaria in Kathmandu and or on the majority of Himalayan treks that we operate, due to the altitude. However, there is a risk of malaria in areas of Nepal below 1,500m, particularly in the Terai district, the lowland region of Nepal adjacent to the Indian border. This region includes Chitwan National Park, so if you are planning a safari extension to your trek, you need to plan anti-malarial medication for this part of your trip. In addition to taking medication, we would recommend you take every precaution to prevent mosquito bites by wearing long-sleeved trousers and shirts at dusk and dawn when the mosquitos are active, and by using a DEET based mosquito repellent.

Altitude Sickness

Altitude sickness, also called Acute Mountain Sickness (AMS), hypobaropathy and soroche, is an illness caused by exposure to low air pressure, especially low partial pressure of oxygen, which many trekkers experience at high altitudes. AMS is caused by exerting yourself at high altitudes, especially if you have not been properly acclimatised. It is most common at altitudes above 2400 metres. All our routes in Nepal have been designed to aid your acclimatisation wherever possible, but the following will also help your body adjust:

Slow and steady. You need to keep your respiration rate low enough to maintain a normal conversation. If you are panting or breathing hard, you must slow down. There is no pressure on you to keep up with other members of your group.

Drink much more water than you think you need. Proper hydration helps acclimatisation dramatically. You need to drink at least three litres each day.

Diamox

There has been a lot of research on Diamox that shows it has been reasonably well proven to be helpful in avoiding AMS by speeding up the acclimatisation process. In the UK it is a prescription drug which must be prescribed by a doctor, but some doctors are reluctant to prescribe it. The concern is that by taking Diamox, people believe that they are immune from AMS and can ignore the symptoms. In reality, although Diamox can help prevent the symptoms, should symptoms still develop it means that you are not acclimatising and you have to take notice. Diamox is taken before you start trekking to prevent altitude sickness, not once you are on the trek and symptoms have developed.

Dehydration

You can easily become dehydrated at high altitudes. The lower air pressure forces you to breathe more quickly and deeply, and you lose a lot of water through your lungs. You will also be exerting yourself, and sweating, and may even suffer from diarrhoea. As a result, you will have to drink much more water than you normally would so you should drink at least 3 litres of fluids every day while trekking. Even when you do not feel thirsty you have to drink this amount as a minimum, preferably more. Stay on the look-out for signs of dehydration in yourself and your fellow trekkers. The most common symptoms include thirst, dry lips, nose or mouth, headache and feeling fatigued or lethargic.

EQUIPMENT & CLOTHING

EQUIPMENT SUPPLIED BY KANDOO ADVENTURES

We recommend that wherever possible you use your own gear for your trek as this is the best way to ensure your comfort and enjoyment. We recognise though that the cost of some items is very high and this may not be possible.

Duffel bags

You will be provided with a large duffel bag at the pre-trek briefing that will be yours to use for the duration of your trek. Your equipment will then need to be transferred into this bag. If you are travelling with a duffel bag then it is up to you which bag you choose to use for the trek, if you are travelling with a suitcase then this will need to be left at the pre-trek hotel and collected upon your return as our porters need the bags they carry to be flexible.

We do not have other gear available for rental but there are many places offering gear for rental in Kathmandu and we can recommend a number of places for you. The quality of rental gear is very variable and it is your responsibility to check carefully the condition of any item you rent. We accept no responsibility for the quality of equipment hired. An indication of the likely rental costs is below.

- Four Season Sleeping Bag - $2 per day
- Down Jacket - $2 per day
- Trekking Poles - $1 per day

Most of the rental shops close around 8pm, so if you are arriving on a late flight the day before the trek starts there will not be an opportunity for you to visit a rental store. If you are planning on renting equipment, you need to make sure you have allowed sufficient time at the beginning of your trip.

All rental equipment is included in your overall trekking bag weight, so make sure you have allowed for this when packing your bag at home. A sleeping bag will weigh around 2kg.

CLOTHING TO BRING

HEADGEAR

- Warm beanie style hat – knitted or fleece
- Buff - Essential to prevent the cold air reaching your lungs and causing "Khumbu cough"
- Sun hat – preferably wide-brimmed for protection
- Sunglasses – high UV protection
- Headlamp (plus extra batteries)

UPPER BODY

- Thermal or fleece base layer (x2)
- Long sleeve shirt/tshirt – light or medium weight, moisture wicking (x3)
- Short sleeved shirt/tshirt – lightweight, moisture wicking (x2)
- Fleece or soft shell jacket (x2)
- Insulated jacket – down or primaloft
- Lightweight water/windproof hard shell outer jacket
- Gloves – lightweight, fleece or quick drying fabric
- Gloves or mittens – heavyweight, insulated, preferably water resistant

LEGS

- Leggings – thermal or fleece base layer (x1)
- Trekking trousers – light or medium weight (x2) – convertible trousers work well
- Waterproof hard shell trousers – ski pants work fine (x1)
- Gaiters

FEET

- Trekking boots – mid weight with good ankle support
- Training shoe or similar – to wear around the teahouses
- Mid-weight trekking socks (x5 pairs)
- Breathable, high-wicking liner socks (x3 pairs)
- Thermal trekking socks for upper reaches of your trek (x1 pair)

EQUIPMENT TO BRING

GEAR

- Small Rucksack or Daypack (30-40 litres) to carry water and personal items
- Main equipment bag – max weight when full should be 15kg. This weight restriction includes your sleeping bag. Your duffle will be carried by a porter
- Sleeping bag (4 season or -10 Deg C) and compression sack
- Trekking poles
- Water bottle or hydration bag – must be able to carry 1.5-2L of water

OTHER ACCESSORIES

- Sunscreen - high SPF
- Lipbalm - high SPF - ESSENTIAL in Nepal!!
- Toiletries, including wet wipes and hand sanitiser – please carry all rubbish back off the trail
- Toilet paper - you won't find any in the toilets, but it is available to buy at most teahouses
- Camera and spare batteries
- Plug adapter, for charging devices in teahouses and hotels
- Personal medication and first aid kit
- Personal snacks and energy bars – dried fruit and nuts are also a good source of energy
- Isotonic drink powder / energy drink powder to mix in with your water. This improves flavour and helps replace electrolytes
- Microfibre towel for wiping hands and face each day
- Ear plugs, if you are a light sleeper
- Pee bottle, useful for late night toilet needs
- Dry bag (only required if your main duffle bag is not waterproof)

HOW TO BOOK THIS TRIP

1 CHOOSE YOUR DATE AND CHECK AVAILABILITY

A full list of available dates can be found on our website.

2 CONTACT US

Contact us by phone, email or through our website. We will answer any questions you may have and send you a personalized itinerary and quote.

3 COMPLETE BOOKING AND PAYMENT

When you are ready to book, we will send you a link to our online booking forms and participation agreements. We accept all major credit and debit cards and require a low 20% deposit to secure your place.