

## Poon Hill – Family Trek

A classic Himalayan trek perfect for families, featuring sunrise views, Gurung villages, and terraced hills — gently paced for first-time trekkers.

**Total Duration:** 10 Days (5 Trekking Days)

**Max Elevation (Poon Hill):** 3,210m

**Max Sleeping Elevation:** 3,210m

**Difficulty:** Easy to Moderate

**Accommodation:** Hotel in cities | Teahouse Lodges during trek

**Best Season:** March–May / September–November

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### Day 1 – Arrival in Kathmandu (1,400m)

**Overview:** Airport pickup and hotel transfer to rest after travel.

**Elevation Change:** —

**Accommodation:** Hotel (Kathmandu)

**Activity Duration:** Transfer only

### Day 2 – Kathmandu Preparation Day (1,400m)

**Overview:** Trek briefing, gear check, and permit preparation.

**Elevation Change:** —

**Accommodation:** Hotel (Kathmandu)

**Activity Duration:** Light walking optional

### Day 3 – Drive to Pokhara (820m)

**Overview:** Scenic drive to Pokhara, gateway to the Annapurna region.

**Elevation Loss:** -580m

**Duration:** 6–7 hours

**Accommodation:** Hotel (Pokhara)

### Day 4 – Drive to Tikhedhunga / Ulleri & Trek to Banthanti (1,770m)

**Overview:** Short drive followed by gentle trek through forest and terraced hills.

**Elevation Gain:** +950m

**Walking Duration:** 3–4 hours

**Accommodation:** Teahouse (Banthanti)

### Day 5 – Banthanti to Ghorepani (2,860m)

**Overview:** Steady ascent through rhododendron forests to the famous mountain village.

**Elevation Gain:** +1,090m

**Walking Duration:** 4–5 hours

**Accommodation:** Teahouse (Ghorepani)

## **Day 6 – Sunrise at Poon Hill & Trek to Tadapani (2,630m)**

**Overview:** Early morning hike to Poon Hill for panoramic sunrise, then gentle trek to Tadapani.

**Elevation Gain:** +350m (sunrise hike) / Loss -230m to Tadapani

**Walking Duration:** 4–5 hours

**Accommodation:** Teahouse (Tadapani)

## **Day 7 – Tadapani to Ghandruk (1,940m)**

**Overview:** Descend to a traditional Gurung village and enjoy valley views.

**Elevation Loss:** -690m

**Walking Duration:** 4–5 hours

**Accommodation:** Teahouse (Ghandruk)

## **Day 8 – Ghandruk to Pokhara (820m)**

**Overview:** Trek descends through terraced fields to Nayapul, then drive back to Pokhara.

**Elevation Loss:** -1,120m

**Walking Duration:** 4–5 hours trek + 1 hour drive

**Accommodation:** Hotel (Pokhara)

**Evening:** Team celebration dinner

## **Day 9 – Pokhara to Kathmandu (1,400m)**

**Overview:** Return drive to the capital city.

**Elevation Gain:** +580m

**Duration:** 6–7 hour drive

**Accommodation:** Hotel (Kathmandu)

## **Day 10 – Departure or Free Day**

**Overview:** Airport transfer or optional sightseeing in Kathmandu.