



# Poon Hill Trek - 4 Days



## Trip Facts

Destination	Nepal
Duration	4 Days
Group Size	2 - 12
Trip Code	0005
Grade	Easy
Activity	Annapurna Treks
Region	Annapurna Region
Max. Altitude	3,210m at Poon Hill
Nature of Trek	Lodge to Lodge Trekking
Activity per Day	Approx. 4-6 hrs walking
Accommodation	Hotel in Pokhara and Hotel/Lodge/ Tea House during the trek
Start / End Point	Pokhara/ Pokhara
Meals Included	Breakfast in Pokhara Hotel and all Meals (Breakfast, Lunch, Dinner) during the trek
Best Season	Feb, Mar, Apr, May, June, Sep, Oct, Nov & Dec.
Transportation	Kathmandu- Pokhara-Kathmandu by Tourist Bus, Pokhara - Birethanti, syauli bazaar - Pok

## A Leading Himalayan Trekking & Adventure Specialists

TRULY YOUR TRUSTED NEPAL'S TRIP OPERATOR.

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,...

We recommend all our valuable clients who have booked the Poon Hill trek with us to arrive in Kathmandu by 3 pm, at least one day earlier than the trek departure day, to participate in the trek briefing. During the trip briefing, we will provide you









with vital information about the trek and also go through your luggage to ensure that you have all the things needed for this trek.

## About the Trip

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, Tukucho, 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.

- ✔ Best Price Guarantee
- ✔ Hassle-Free Booking
- ✔ No Booking or Credit Card Fees
- ✔ Team of highly experienced Experts
- ✔ Your Happiness Guaranteed

### Highlights

-  Beautiful panoramic view of the Annapurna range, Dhaulagiri, Nilgiri, Tukucho, 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

### What is Included?

- ✔ Both-way transportation between Kathmandu and Pokhara on a tourist bus
- ✔ Private transport from Pokhara bus station to your hotel in Lakeside, Pokhara.
- ✔ One night accommodation at Silver Oaks Inn in Pokhara with a breakfast
- ✔ Both-way private transportation service from Pokhara to Birethanti (trek start) and Syauli Bazaar (trek end) to Pokhara
- ✔ Accommodation: Three nights room with attached bathroom Ulleri, Ghorepani, and Ghandruk during the trek (Generally Twin Sharing Room)- 3 nights
- ✔ All standard meals (4 Lunches, 3 Dinners, and 4 Breakfasts) during the trek.
- ✔ Government licensed English speaking Discovery World Trekking experienced and qualified trek leader and 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
- ✔ Annapurna Conservation Area Permit (ACAP) fee
- ✔ Trekkers Information Management System (TIMS) card fee
- ✔ All government, local taxes, and official expenses
- ✔ Seasonal fresh fruits every day
- ✔ Souvenir - a company's T-shirt & cap
- ✔ Discovery World Trekking trek achievement certificate after trek completion
- ✔ Farewell dinner in Kathmandu at the end of the trek

## What is Excluded?

- ⊖ International flight costs
- ⊖ Excess luggage charges (Limit is 9 kg per person)
- ⊖ Nepal Entry Visa Fees. The current rate is USD50 for a 30-day stay.
- ⊖ Accommodation, all meals at Kathmandu
- ⊖ Lunch and dinner in Pokhara
- ⊖ Extra night accommodation, meals in Kathmandu/Pokhara due to early arrival, late departure, or early return from the trek.
- ⊖ 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.
- ⊖ Travel insurance.
- ⊖ Tips for guides and porters
- ⊖ 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

## Overview

Poon Hill Trek is a **short 4-day-long trek** in the foothills of the Annapurna encompassing the beautiful traditional villages of Ghandruk and Ghorepani. Gurungs and Magars inhabit the Ghandruk village, while Ghorepani is comparatively multiethnic, including Magars and Poons.

As you trek, you will get a chance to enjoy the **stunning mountain scenery** and trek through dense rhododendron forests full of wildlife and deep sub-tropical valleys. The trail progresses at the foothills of **Annapurnas**, providing fantastic views of the fluted peak of **Machapuchare (Fish Tail Peak)** in the background.

The trek reaches the climax as you enjoy the stunning **sunrise views over the massive Annapurna, Dhaulagiri Nilgiri, Hiunchuli, and Machhapuchhre (6,993m)** from the top of Poon Hill (3,210m/10,531ft), located just above the Ghorepani village. This trek allows you to immerse yourself in natural beauty amidst the fascinating culture.

This journey begins with a drive from **Pokhara to Berithanti**, from where we start trekking on the trails reaching **Tikhedhunga**, and then to **Ulleri**, where you will spend the night. On the second day, you will hike from Ulleri to **Ghorepani**, enjoying the views of Annapurnas, Machhapuchhare, and Hiunchuli from the path. The path will also pass through forests full of different varieties of rhododendrons. You will spend the night at Ghorepani.

On the third day, you will trek from Ghorepani to **Poon Hill** to view the sunrise over the snowcapped Himalayas. From Poon Hill, you will get fantastic sights of glaciers and mountain ranges from **Hiunchuli, past Annapurna South to Annapurna I (8,097m/26,566ft) Gangapurna, Khangsar Kang, Annapurna III, and Machhapuchhare**. Then you will return to Ghorepani and then head to Ghandruk. Ghandruk is one of the largest Gurung villages, and while at Ghandruk, you will visit Gurung Culture Museum.

After spending a night at Ghandruk, the next day, you will trek from Ghandruk to **Syauli Bazaar**. From Syauli Bazaar, we will drive you back to Pokhara.

This trek can serve as an introductory short trek into the Annapurna region. It is a very family-friendly trek perfect for those who want a quick escape from their daily routine. You can use this trek to prepare for longer hikes. We also have other Annapurna region packages for those who feel that their trek experience was short.

This Poon Hill trek package includes a six to seven hours bus ride from Kathmandu to Pokhara, approximately 200 kilometers. **However, if you want, you can take a 20-minute flight from Kathmandu to Pokhara at an additional cost.** Similarly, you can fly back to Kathmandu from Pokhara at your own expense.

## Day to Day 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)**

#### Itinerary Facts

<b>Driving hours</b>	(43km / 26miles) -2hrs
<b>Highest Altitude</b>	(1,540m / 5,050ft)
<b>Trek Distance</b>	7km / 4.34miles
<b>Trek Duration</b>	3-4 hrs

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)**

#### Itinerary Facts

<b>Trek Distance</b>	11km / 6miles
<b>Highest Altitude</b>	2,860m / 9,385ft
<b>Trek Duration</b>	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 Ghandrunk (1,950m / 6,398ft)**

#### Itinerary Facts

<b>Trek Distance</b>	13km / 8miles
<b>Highest Altitude</b>	3,210m / 10,525ft
<b>Trek Duration</b>	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), Tukucho (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 trail 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 Ghandruk, 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)**

##### Itinerary Facts

**Trek Distance** 8km / 4.9miles

**Highest Altitude** 1,950m / 6,398ft

**Trek Duration** 2 hrs

**Driving hours** 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)

 Route Map



## Trips Notes

### Poon Hill Trek start

You will arrive at Kathmandu before 3 pm, at least one day before the trek departure day. We will conduct a trip briefing on this day. During the briefing, we will provide vital information about the trek. We will also check your luggage to ensure you have not missed packing essential things. On the trek departure date, **we will drive you to Pokhara on a tourist bus**. The tourist bus departs at around 7 am every day from Kathmandu. Pokhara is the gateway for the Poon Hill trek.

This package includes both-way Kathmandu to Pokhara transport. You can take a 20-minute flight to Pokhara from Kathmandu and vice-versa at your own expense. We can also arrange private transportation for additional costs.

### Free airport pickup

Discovery World Trekking provides **free airport-to-hotel on-arrival and hotel-to-airport departure transfers for all clients** who have booked treks with us. When you arrive at Tribhuvan International Airport (TIA), you will find our representative holding a pamphlet with your name and our company logo on it. After greeting you, they will present you with a garland as a welcome gesture and then take you to your hotel. We provide this service because we do not want you to feel alone in a new country or face navigation problems. However, to take advantage of this service, you must share your flight details after booking the trek.

### Accommodation Details During Ghorepani Ghandruk trekking

4 Days Poon Hill Ghandruk Circuit trek includes **three nights of lodge-to-lodge stays in trek regions** at the best available lodges. We provide three nights of twin-sharing rooms with attached bathrooms at Ulleri, Ghorepani, and Ghandruk.

You will spend **one night at Silver Oaks Inn in Pokhara**. Your accommodation comes with an attached bathroom, TV, 24 hours hot water, power, and laundry facility.

We will provide a single private room with an attached bathroom in the available lodges for solo trekkers.

You will require at least two nights of hotel stays in Kathmandu - one each before and the other after the trek. However, this is not included in the package. Kathmandu has a wide range of hotels for all budgets and tastes. We prefer your choice.

Hot showers and Wi-Fi will be available at an extra cost at the lodges in trek regions.

### Meals during the Poon Hill Ghorepani Trek

Poon Hill trekking is a moderate trek near the world's highest peaks. You will burn lots of calories on the trails, so your body will need enough nutrient-rich food. We will provide plenty of hygienic, nutritious, and tasty food during the trek. However, as you elevate, you will get slightly fewer choices.

This trek package includes - **4 breakfasts, 4 lunches, and 3 dinners** during the trek.

Some of the popular menu items are -

**Breakfast** - Hashed Brown Eggs, Varieties of eggs (Omelets), Pancakes, Muesli Breads, Oatmeal, Corn Flakes, French Toast with Jam, Butter, Cheese, and Honey Tibetan Bread or Chapati, Local Tsampa Porridge, Fruits and Vegetables, Hot Drinks - varieties of Tea, Coffee, Hot Chocolates, etc.

**Lunch** - Dhal, Bhat & Tarkari, Tenduk, Spaghetti Noodles, Thukpa, Pasta, Vegetable Curry, Tibetan Bread, Various Soup Items, Sherpa Stew Steaks, Sandwiches, Momo (Dumplings), Macaroni Dishes, Potatoes, Salad, Pizza (Tomato, Mushroom, Mixed) Snacks (Papad, Prawn), Dessert Items (Rice Pudding, Apple pie), etc

**Dinner** - Dal (lentils), Bhat (Rice) & Tarkari (Curry), Tibetan Bread, Vegetable Curry, Potato Items, Vegetables, Salads, Pizza (Tomato, Mushroom, Mixed), Various Soup Items, Sherpa Stew, Steaks, Sandwiches, Momo (dumplings), Macaroni Dishes, Tenduk, Spaghetti Noodles, Thukpa, Pasta, Snacks, Papad, Prawn, Korean Ramen, Dessert Items (Rice Pudding/Apple Pie), Steaks, etc.

We hand-select the best lodges that provide fresh, hygienic, tasty, and nutritious food. The menu choices include traditional local, Asian, and western cuisine. However, as you ascend menu list gets shorter, and food gets more expensive.

We highly recommend liquids like green tea, hot lemon, ginger tea, lemon tea, and garlic soup (must) at high altitudes. Though plenty of non-veg items will be available during the trek, we do not recommend them. Instead, we advise you to include vegetable items in your diet.

Similarly, we encourage you to avoid dairy items, alcoholic drinks, caffeinated items, and hot chocolates. Experts suggest avoiding these items during such high-elevation treks.

Note: This package does not include dinner at Pokhara Hotel.

All personal Bills (alcoholic, hot (tea, coffee), and cold drinks) in tea houses/ lodges/ cafes, except standard meals (breakfast, lunch, and dinner with seasonal fruits) are excluded from the package.

### Best Time for Poon Hill Ghandruk trek

The Poon Hill Ghandruk trek is an **all-weather trek**, but the experience will slightly differ according to the season. The trek trails are busy throughout the year but busier in some seasons.

For fantastic views, clear skies, and great trail conditions, you might trek during the spring (March, April, and May) or autumn (September, October, and November). Summer (May, June, and July) and winter (December, January, and February) provide a slightly different but unique experience. The monsoon season coincides with summer in Nepal, making the trails wet and slippery. However, the stunning waterfalls, raging rivers, and lush jungles look inviting.

During winter, the temperature dips, and high trek elevations get snowfall, but the skies are clear, and the snow peaks look incredible with fresh snow. The temperature also depends on elevation – the higher the altitude, the lower the temperature.

In brief, here is a snapshot of the climatic condition in the high altitudes during each season

#### Spring (March, April, May)

The weather is cool at this time. The sky is crystal clear, and you can enjoy the clearest views of the mountains.

**Spring season brings mountain lovers and travel enthusiasts to the Poon Hill trek in droves.** The climate is mild, the rainfall is low, and the trekking conditions are perfect. The mean daily temperature in Ghorepani Poon hill is between 5 to 15°. Lower trek regions are even warmer, making it pleasant to trek. Trekking activities begin after March. By April, the trek regions get adorned with red, pink, and white rhododendron blossoms, even at elevations over 3,000 meters. The temperature starts rising from mid-March up to mid-May.

#### Summer (June, July, August)

If you are coming for the Poon Hill trek between July to August, you are signing up for summer. Summer temperatures are high and provide pleasant trekking conditions compared to other months, but the **monsoon coincides with the summer** in Nepal, making trekking trails might be wet and slippery.

Monsoon generally begins at the end of June and continues till the second week of August. The temperature during the day usually ranges from 15 to 25°C, and nights are colder at 5 to 15°C. Mornings are clear, with clouds building up in the afternoon and disappearing at night. Though the rain may cause some problems, plants bloom during this season, the valleys look green, and views are very different compared to other seasons.

#### Autumn (September, October, November)

Autumn, like spring, is a **season that lures travelers around the world to Poon Hill, Ghorepani**. Moderate temperatures, mild wind, and low precipitation make autumn a wonderful trekking season.



The sun shines brightly, the skies are clear, the temperatures are optimum, and you get a superb view of the mountains. The spectacular and clear starry skies look very enticing. The monsoon will retreat by early September, and the temperatures are mild. During the day, temperatures can reach up to 20°C in high altitudes. The night temperatures hover around 5°C. The greens that grew during the monsoon fade to golden/amber, providing a spectacular contrast against the crystal blue skies.

The environment is clean, and the lowlands are lush. Grains ripen in the enclaves. The biggest Nepali festivals, like Dashain, Tihar, and Chhat fall during these seasons, adding a festive mood to the entire country. The humidity is low, and the days are warm.

### Winter (December, January, February)

Winter treks in the Annapurna region are also **mildly popular**. The high trek regions in the Poon Hill trek get cold during the winter, but this excites a different class of trekkers. The temperature at high trek elevations can get as low as 5 °C, tempting winter-loving trekkers to Poon Hill. The night temperatures can dip to -5 °C. The coldest time starts from late December and continues until early February.

After mid-February, the weather warms, and the daytime gets pleasantly warm. Despite the cold, the winter skies are usually clear, and mountain views are at their best. The trails are the least busy at this time. It may not be the best season for new trekkers or those with cold allergies, but experienced trekkers will have no problem.

The weather in the Himalayas is so unpredictable and the temperature may change quickly from day to night.

### Physical fitness

4 days Poon Hill Ghorepani Ghandruk circuit trekking is an **easy grade trek** in the Annapurna region. The hiking is generally 4 to 5 hrs a day, taking regular breaks to soak in the stunning mountain views. Trek routes involve fair ascents and descents, along with straightforward sections. Trekking at higher altitudes is more physically demanding than at lower altitudes. Trekkers who can hike 4 to 5 hours a day at a reasonable pace with a light day pack can complete this trek. Some days may require longer walking hours. An average person can certainly take part in this trek. In fact, this trek is **suitable for all age groups**.

However, people with pre-existing medical conditions such as heart, lung, and blood disease should inform us before booking the trek.

### Trekking group /single

We organize group as well as private treks. If you have a group, you are eligible for discounts based on your group size. The larger your group, the more discount, you will get. We **can handle all group sizes** and add an assistant guide for a group of 12 or more.

### A typical day during the trek

Every day will reward you with a unique trekking experience, enjoying the scenery, taking photos, and exploring the local villages. During the trek, our experienced, friendly, and qualified expert Sherpa will provide you with information about the places as you visit them. Our porters will carry your luggage. However, we also expect you to bring a regular backpack with your essential documents and expensive items.

Your day starts with an early morning hot cup of tea/coffee. After breakfast, you will begin that day's walk around 7 AM to 8 AM, depending on the trek length to cover and the nature of the walk. After trekking for three to four hours, we will serve you lunch around midday, often on the route to the next destination. You will have an hour of rest after lunch.

The afternoon walk is generally shorter, lasting for about two to three hours. Once you reach the overnight lodge/tea house, you can snack on the extra dietary food. Then, you are free to explore nearby places.

We serve dinner around 6 to 7 PM. After dinner, your trek lead/guide will brief you about the next day's plan. Then, before going to bed, you can indulge in friendly conversations, play board games like chess, monopoly, or cards, or read books. Most of our guests also engage in learning light, fun Nepali words before going to bed.

### Communication on trek

On the Poon Hill Ghandruk circuit trek, **you can use internet service at the lodges** you will be staying at by paying a small fee. You can contact your family and friends via these lodges. If you want, you can also buy local SIM from Kathmandu. We'll communicate with all our trek teams through the trek leader at least once a day to ensure the trek is progressing as planned and everyone is comfortable.

You can pay to use Wi-Fi at the lodges you will be staying in the trek regions.

### Battery recharge, water on trekking

You **can use electricity to recharge your electronics at the lodges you will be staying**. However, you may have to pay for this service. You can buy packed mineral water from local lodges and en-route shops. However, we advise you to carry a water bottle. You can buy boiled water from lodges/tea houses and put it in your water bottle. We suggest you use a water purification pill before drinking water. If you do not have water purification pills, we can provide them.

You shouldn't drink water from the rivers, taps, or wells in trek regions, as the water in trek regions may not be drinkable.

### Extra personal expenses on trekking

This Poon Hill trek package includes most expenses during the trek but does not cover all costs. You have to pay for meals and accommodations in Kathmandu and meals in Pokhara. Kathmandu has a wide range of hotels to suit all tastes and budgets. So, you will **have to bring personal spending money** to cover visa application fees, travel insurance policy purchases, beverages, snacks for the trek, hot (tea/coffee) and cold drinks, tips for the trekking crew members, souvenirs, etc. We recommend you bring cash (major currencies), which you can exchange for Nepali Rupees.

### Travel insurance for the Poon Hill trek

Poon Hill Ghorepani trek trip grade is **ranked easy with almost no risk of potential high altitude sickness**. However, this mountain journey is not for usual visits. So, **you might consider purchasing travel insurance** for safety. In emergencies, we will use your insurance for a quick, effective rescue.

### Visa

All foreigners, except Indians, need a valid visa to enter Nepal. However, nationals from most countries are eligible for an on-arrival visa. You can get an on-arrival visa at Tribhuvan International Airport or the immigration checkpoint at Nepal-India and Nepal-Tibet border.

For visa application, you will need a passport with at least six months of validity, a passport-size photo, and visa application fees. The current cost is USD 50 for a 30-day stay. You can pay visa fees in cash.

Children under ten can get free visas. Similarly, SAARC (Bangladesh, Bhutan, Pakistan, Maldives, and Sri Lanka) nationals are eligible for free visas. However, citizens from certain countries (Nigeria, Ghana, Zimbabwe, Swaziland, Cameroon, Somalia, Liberia, Ethiopia, Iraq, Palestine, and Afghanistan) may not receive an on-arrival visa. If you are a citizen of these countries, you must contact the local Nepalese Embassy.

Nepal government can change visa rules without notice, so for the latest information, visit - <https://www.immigration.gov.np/>.

### Money exchange in Nepal

Nepali Rupees (NPR/Rs) is the local currency.

**(1 USD = ~ Rs.130 NPR).**

You can exchange most (major) currencies through local banks and legitimate money exchanges in Kathmandu and all over Thamel. Most hotels do exchange small amounts.

Legitimate money exchanges display their rates publicly. If you have Indian Rupees, bear in mind that only Indian Rupee notes of 100 and 2,000 are legal in Nepal.

Despite having the security advantage of a traveler's cheque, **we recommend cash exchange** to avoid lengthy bank processes and high commission rates. You also have the option to withdraw cash (in Rupees only) from one of the many ATMs in Kathmandu and Thamel itself. Several of these ATMs are open around the clock. However, the maximum withdrawal amount is 35,000 Rupees for a 500 Rupees processing fee using a foreign card.

If you use banks and financial institutions for money exchanges, they will charge a service fee of about four percent or more, depending upon the bank.

Most established banks in Asia will not accept old, torn, or faded foreign currency. Please ensure that you have

new, clean notes.

## The luggage weight limit for Poon Hill Trek

The luggage **weight limit per trekker is 9 kg**. We assign one porter for every two trekkers, and our porters will not carry more than 18 kg combined weight. We never overload our porters. However, we also expect you to bring a small backpack for your valuables and essential documents. You can leave your excess luggage at your hotel or the Discovery World Trekking store for free.

We will recheck your luggage during the briefing before starting the journey.




## Poon Hill trek safety

Discovery World Trekking guarantees client safety, security, and satisfaction. We take your safety seriously. Our team will carry all the necessary gear, equipment, and first aid kits for safety. Our guides are extensive first aid trained and have years of experience handling all situations during the trek. Since this trek is not very intensive or extreme, we have not faced any trek-related problems. For safety, you will trek in a group.




## Equipment Checklist

Depending on the season you wish to trek, you must adjust your clothing and types of equipment. However, these are the necessities list we prepared 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.



### Head

-  Sun hat or scarf
-  Winter hat, insulating hat, or a wide-brimmed hat
-  Headlight with extra batteries











### Face

-  Sunscreen
-  Sunglasses with UV protection
-  Face/body wipes

### Hands

-  Lightweight gloves
-  Heavyweight winter gloves

### Body

-  Hiking shirts
-  Long-sleeved shirt made of synthetic fiber
-  Hooded rain jacket
-  Fleece jacket
-  Lightweight cotton pants
-  T-Shirt (bring lightweight wool)
-  Polypropylene underwear
-  Down jacket (available for rent in Kathmandu)
-  Sweater
-  Waterproof jacket and pants

## Footwear

- ☞ Hiking Boots that you have worn
- ☞ Thick wool socks (Take an extra pair of thick light socks)

## Essential gear

- ☞ Backpack or daypack (Size depends on whether you take porter or not)
- ☞ Thermal bottle
- ☞ Water purification
- ☞ Trekking pole
- ☞ Sleeping bag (-15 degree bag is best in high altitude trekking)
- ☞ Toiletries (toilet paper, toothpaste, toothbrush)

## Toiletries

- ☞ Medium-size drying towel
- ☞ Toothbrush
- ☞ Toothpaste
- ☞ Deodorant/ floss
- ☞ Bio-degradable bar soap
- ☞ Nail clippers
- ☞ Small mirror

## Personal accessories

- ☞ Money
- ☞ Watch
- ☞ Cell phone
- ☞ Camera

## Extra items

- ☞ First aid kit
- ☞ Extra passport photos and photocopies of passport
- ☞ Notebook and pen
- ☞ Binoculars



## Discovery World Trekking

### Paul Gurung (CEO/Founder)

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**Location:** Saat Ghumti Chowk, On the way to Kaldhara Marg, Near to the International Guest House, Kaldhara, Thamel, Kathmandu, Nepal. [Opening hours – 8 Am to 7 Pm]

### 24 Hrs. Emergency Call

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