



Children's Medical Aid Foundation
Bridging healthcare needs and services in Nepal.

Itinerary for Poon Hill Trek (Optional) **October 29-Nov. 2, 2011**

Trek to Poon Hill for spectacular Himalayan views. The highest point in the trek will be about 11,000 ft. on Poon Hill, but the highest sleeping elevation is only about 10,000 ft. at Ghorepani. The highlights are the panoramic views from Poon Hill, Gurung Hill and the beautiful villages of Ghandruk.

Please note: the itinerary may change due to changes in weather or other conditions beyond our control.

Day 1: Saturday, Oct. 29 - Pokhara - Birethati - Ghandruk

After breakfast, we'll drive from Pokhara to Birethati (28 miles) on the Pokhara – Baglung road. This one-hour drive first goes north of Pokhara Valley, then climbs the winding road to Naudada, a wonderful view point to see Mt. Annapurna and Mt. Fish Tail. From Naudada the road drops down to the Modikhola Gorge. Soon we stop at the small market of Birethati (Nayapul) to start our trek.

After about two hours of trekking along the Modi Khola River through paddy rice fields, we arrive at Shyauli Bazaar with a few tea houses where we may stop for lunch. From there the trek starts climbing to Kimche and continues further up to reach Ghandruk at 6,500 ft. Ghandruk is one of the most charming places in Nepal, offering magnificent views of Mt. Fish Tail and the Annapurna range. It is filled with the traditional culture and architecture of the Gurung ethnic group who are well known for their service in the British Gurkha Army in World War I. The village has the Gurung Buddhist Monastery, the visitors' center of the Annapurna Conservation Area Project and a small museum.

Driving time 1 hour, trekking time 5-6 hours, overnight in the lodge, sleeping elevation 6,500 ft.

Day 2: Sunday, Oct. 30 - Ghandruk - Tadapani - Banthati

From Ghandruk, the trek soon enters a large rhododendron forest where we can see different kinds of birds and possibly rhesus monkeys. Steady climbing through the forest brings us to a small group of lodges at Tadapani where we will stop for lunch. From Tadapani, the trail drops to a small stream and climbs back to a hillock before entering to Banthati Village nestled in the forest.

Trekking time 7 hours, overnight in the lodge, sleeping elevation 8,200 ft.

Day 3: Monday, Oct. 31 - Banthati - Gurung Hill - Ghorepani

From Banthati, our trek continues through a wilderness of mixed forest dominated by large rhododendron trees to Deurali. Near Deurali there is a view point called Gurung Hill from where we can observe stunning views of Mt. Annapurna South, Annapurna I, Fishtail and the Dhaulagiri range. Deurali is also our lunch stop before the short 1-1/2 hour trek to reach Ghorepani.

Trekking time 4 hours; overnight in the lodge, sleeping elevation at 9,184 ft. Breakfast, lunch, and dinner included.

Day 4: Tuesday, Nov. 1 - Ghorepani - Poon Hill - Ulleri

Ghorepani is a home village of the Magar people, an ethnic group of western Nepal. The village offers excellent views of both Annapurna and Dhaulagiri ranges, including the Kaligandaki Valley in the north towards upper Mustang and Tibet. Early in the morning we take a morning hike to Poon Hill at 10,000 ft. for sunrise views of Mt. Fishtail and the Himalayan range. Poon Hill is one of the most celebrated trekking view points in the entire Himalayas. After enjoying the view, we return to our lodge for breakfast. After breakfast, we start trekking down through the mixed forest to another big Magar Village, Ulleri.

Morning hike 1-1/2 hrs; additional trek 4 hours, trekking distance 5 miles; overnight in the lodge, sleeping elevation at 6,500 ft. Breakfast, lunch, and dinner included.

Day 5: Wednesday, Nov. 2 - Ulleri - Hiley - Birethati - Pokhara

From Ulleri the trail descends steeply down to Tikhe Dhunga and heads through the paddy fields of Hiley, finally arriving at Birethati, where we started our trek. After lunch there is only a short trek to meet our vehicle for the drive back to Pokhara. We arrive in Pokhara by late afternoon. In the evening, enjoy the lakeside and group dinner with staff.

Driving time 1 hour, trekking distance 5 miles, overnight in the hotel, sleeping elevation 3,000 ft.

Thursday, Nov. 3

Afternoon flight back to Kathmandu with transfer to hotel. Meet in bar for cocktails, dinner on your own.

Friday, Nov. 4: Kathmandu

Free day in Kathmandu with late evening flight home