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Tour Operator : Madam Tours

Address : Madam Tours, Bhagwanbahal, Thamel.

Tel : +977- 9841547560/9813887848

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### ***Poon Hill Trek***

***A 13day, 12 night re-connection to nature with hikes both on and off the beaten track.***

#### ***Includes, Excludes & Highlights of the tour:***

##### **Includes:**

- Airport transfers
- All Domestic Transportation (Land and Air)
- All accommodations (Double deluxe room & Tea house during trekking)
- Guide's & Driver's and all staff's insurance and wages
- The hike will be accompanied by an experienced local guide
- Entrance fees to all sightseeing
- Meals and Refreshments as mentioned in Itinerary, Breakfast (B), Lunch (L) Dinner (D)
- All permits for the trekking

##### **Excludes:**

- International Airfare, Visa fee to Nepal
- Any other cost other than the one mentioned above
- Meals that are not listed above
- Gratuities
- Your personal costs
- Any other personal expenses that may occur
- Personal insurance, health insurance, flight cancellation and etc..

##### ***-Highlights-***

- Sunrise view over endless mountains
- Jungle and village walking
- Explore the flora and fauna Annapurna region
- Poon Hill
- Hiking through the Rhododendron and Magnolia forests
- Experience the art and architecture of ancient cities of Nepal
- Unesco Heritage sight seeing
- Gurung museum
- Yoga, massage and meditation on request



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## Outline Itinerary

- Day 01: Arrive Kathmandu, Pick up from the Airport, Hotel overnight
- Day 02: Drive from Kathmandu to Pokhara (B & L included)
- Day 03: Drive from Pokhara to Nayapul & trek to Tikhedhunga ( B, L & D)
- Day 04: Trek from Tikhedhunga to Ghorepani (B,L & D )
- Day 05: Hike up to Poon Hill for a sunrise and then to Tadapani (B, L & D)
- Day 06: Trek from Tadapani to Ghandruk (B, L & D )
- Day 07: Trek from Ghandruk to Landruk (B, L & D )
- Day 08: Trek from Landruk to Pothana (B, L & D )
- Day 09: Trek from Pothana to Phedi and to Pokhara (B, L & D )
- Day 10: Pokhara Sightseeing (B & L)
- Day 11: Drive or Flight to Kathmandu (B & L)
- Day 12: Kathmandu Sightseeing, Shopping & dinner with madam tours (B & D)
- Day 13: Departure

## Quotation:

Number of Pax	Hotel's Standard (4-5 Stared or same standard)
Min 1	USD 1499 P /P
2-4 pax	USD 1299 P /P
5-8	USD 1199 P /P
8+	Contact us for a group discounts.



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Hotels are 4-5 star or a similar standard.

HOTEL OPTION	CATEGORY ROOM
<a href="#">Park Village resort, Kathmandu</a>	Deluxe / Twin share or Single
<a href="#">Hyatt Regency Taragaon</a>	Deluxe / Twin share or Single
<a href="#">Temples Tree Resort, Pokhara</a>	Deluxe / Twin share or Single
<a href="#">Glacier Hotel &amp; Spa, Pokhara</a>	Deluxe / Twin share or Single
<a href="#">Tea houses or Guest Houses on the trek</a>	Basic rooms

***Hotels are subject to change according to the season and booking time, In case of unavailability, we promise you that we will find similar standard hotels.***

Facilities that may be available at the lodges and hotels during your trekking include:

- Comfortable beds with blankets and pillows
- Shared or attached bathrooms with hot water
- A restaurant serving Nepalese and international cuisine
- WiFi
- Electricity (may be limited or intermittent)
- Trekking gear rental services
- Common areas for relaxation and socializing
- Views of the surrounding mountains and landscapes

**Tea Houses:** Tea Houses are basic lodges that offer simple accommodation and meals. They usually have shared bathrooms and sometimes hot water may not be available. These lodges are run by local people and are a great way to experience the local culture.

**Guest Houses:** Guest Houses are slightly more comfortable than Tea Houses and offer private rooms with attached bathrooms. They may also have hot showers and a restaurant that serves Nepalese and international cuisine.



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## Detailed Itinerary.

### Day 01: Arrive Kathmandu, Pick up from the Airport, Hotel overnight

Arrival Kathmandu. After refreshments at the hotel, you will have a short briefing about your upcoming tour with one of our experienced staff members.



### Day 2: Drive from Kathmandu to Pokhara (820m)

The drive from Kathmandu to Pokhara takes about 6 hours. You can either take a private car or a tourist bus for the journey. The road is mostly smooth, but there can be some bumps and twists along the way.

Upon arrival in Pokhara, you can check into your hotel and spend the rest of the day exploring the city. Pokhara is a beautiful city located on the shores of Phewa Lake, and there are many things to see and do here. Some of the popular attractions in Pokhara include the International Mountain Museum, the Peace Pagoda, the Barahi Temple, and the Mahendra Cave.





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### **Day 3: Drive from Pokhara to Nayapul (1070m) and start the trek to Tikhedhunga (1577m)**

- Distance: Approximately 40 kilometers from Pokhara to Nayapul and approximately 5 kilometers from Nayapul to Tikhedhunga
- Drive time: Approximately 1.5 hours from Pokhara to Nayapul and approximately 1 hour from Nayapul to Tikhedhunga
- Altitude: 1070 meters (Nayapul) to 1577 meters (Tikhedhunga)
- Accommodation: There are several teahouses and lodges in Tikhedhunga where you can spend the night. The lodges offer basic accommodation and meals, and the rates are generally reasonable.
- Along the way: The Poon Hill trek begins in Pokhara, a city located in central Nepal. From Pokhara, you will drive to Nayapul, a small town located on the banks of the Modi Khola river. From Nayapul, you will continue your journey to Tikhedhunga, a small village located in the Annapurna region.





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#### **Day 4: Trek from Tikhedhunga to Ghorepani (2850m)**

- Distance: Approximately 15 kilometers
- Hiking time: Approximately 6-7 hours
- Altitude: 1577 meters (Tikhedhunga) to 2850 meters (Ghorepani)
- Accommodation: There are several teahouses and lodges in Ghorepani where you can spend the night. The lodges offer basic accommodation and meals, and the rates are generally reasonable.
- Along the way: From Tikhedhunga, you will begin your ascent to Ghorepani, a small village located in the Annapurna region. The village is located at an altitude of 2850 meters, and it offers stunning views of the surrounding mountains. The trek from Tikhedhunga to Ghorepani is relatively strenuous, as you will gain more than 1000 meters in elevation. However, the trail is well-marked and the views along the way are stunning.





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### **Day 5: Hike up to Poon Hill (3210m) for sunrise and then trek to Tadapani (2630m)**

- Distance: Approximately 10 kilometers
- Hiking time: Approximately 6-7 hours
- Altitude: 2850 meters (Ghorepani) to 3210 meters (Poon Hill) and then to 2595 meters (Tadapani)
- Accommodation: There are several teahouses and lodges in Tadapani where you can spend the night. The lodges offer basic accommodation and meals, and the rates are generally reasonable.
- Along the way: From Ghorepani, you will make a short hike to Poon Hill, a popular viewpoint located in the Annapurna region. From Poon Hill, you will enjoy stunning views of the surrounding mountains, including Annapurna South, Annapurna I, and Dhaulagiri. After taking in the views from Poon Hill, you will continue your descent to Tadapani, a small village located in the Annapurna region.





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## Day 6: Trek from Tadapani to Ghandruk (1940m)

- Distance: Approximately 10 kilometers
- Hiking time: Approximately 4-5 hours
- Altitude: 2595 meters (Tadapani) to 1940 meters (Ghandruk)
- Accommodation: There are several teahouses and lodges in Ghandruk where you can spend the night. The lodges offer basic accommodation and meals, and the rates are generally reasonable.
- Along the way: From Tadapani, you will begin your descent through the Annapurna region, passing through small villages and forests along the way. The trail offers beautiful views of the surrounding mountains, including Annapurna South and Hiunchuli. You will eventually reach Ghandruk, a small village located at an altitude of 1940 meters. Ghandruk is a popular stop for trekkers in the Annapurna region, and it is known for its beautiful views and traditional Gurung culture.







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## Day 7: Trek from Ghandruk to Landruk (1565m)

- Distance: Approximately 8 kilometers
- Hiking time: Approximately 3-4 hours
- Altitude: 1940 meters (Ghandruk) to 1565 meters (Landruk)
- Accommodation: There are several teahouses and lodges in Landruk where you can spend the night. The lodges offer basic accommodation and meals, and the rates are generally reasonable.
- Along the way: From Ghandruk, you will continue your descent through the Annapurna region, passing through small villages and forests along the way. The trail offers beautiful views of the surrounding mountains, including Annapurna South and Hiunchuli. You will eventually reach Landruk, a small village located at an altitude of 1565 meters. Landruk is a popular stop for trekkers in the Annapurna region, and it is known for its beautiful views and traditional Gurung culture.



### Day 8: Trek from Landruk to Pothana (1900m)

- Distance: Approximately 8 kilometers
- Hiking time: Approximately 3-4 hours
- Altitude: 1565 meters (Landruk) to 1900 meters (Pothana)
- Accommodation: There are several teahouses and lodges in Pothana where you can spend the night. The lodges offer basic accommodation and meals, and the rates are generally reasonable.
- Along the way: From Landruk, you will begin your ascent through the Annapurna region, passing through small villages and forests along the way. The trail offers beautiful views of the surrounding mountains, including Annapurna South and Hiunchuli. You will eventually reach Pothana, a small village located at an altitude of 1900 meters.



### Day 9: Trek from Pothana to Phedi (1130m) to Pokhara (840m)

- Distance: Approximately 10 kilometers hiking + 40 KM driving
- Hiking time: Approximately 4-5 hours + 2 hours drive
- Altitude: 1900 meters (Pothana) to 1130 meters (Phedi) to 850 meters (Pokhara)
- Along the way: From Pothana, you will continue your descent through the Annapurna region, passing through small villages and forests along the way. The trail offers beautiful views of the surrounding mountains, including Annapurna South and Hiunchuli. You will eventually reach Phedi, a small village located at an altitude of 1130 meters. After tea rest, the journey continues to Pokhara.





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## Day 10: Pokhara Sightseeing

The fishtail mountain and the tranquility of the lovely Phewa Lake are two natural features that Pokhara enjoys. The day will start after breakfast with a trip to Sarangkot, a breathtaking vantage point from where you can see Machhapuchhre, Dhaulagiri, and Annapurna. The four-wheel drive vehicle will proceed to the ancient market, Gupteshwor Cave, a revered cave that is home to a Shiva Temple, and Devi's Fall, a waterfall that forms an underground tunnel.



## Day 11: Drive or Flight to Kathmandu

Inform us if you prefer to take an early-morning flight to Kathmandu, which would allow you an additional day to explore the city. Alternatively, the road trip from Pokhara to Kathmandu is just as thrilling, granting you the opportunity to observe daily life along the highway. During the journey, we can pause for lunch in Gorkha, a historically significant destination in Nepal.





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## Day 12: Kathmandu Sightseeing & Shopping

You now have two choices:

1. One free day to independently explore the city (We will set pick up and drop time and the location)
2. A tour of Kathmandu's historic Darbar Square (the King's Palace), followed by some souvenir shopping with Madam Sarala, our resident shopping guru.

Additionally, we are able to schedule a Boudhanath nighttime visit session. On the last day, Madam tours will offer you a farewell dinner in a typical Nepali restaurant with cultural dance.

Please let us know which option you prefer.



## Day 13: Departure

It is extremely hard to say goodbye but life has to go on.. so we rather say: See you next time!! Namaste. Our Experienced driver will come and pick you at the hotel and drop you to the Departure gate of TIA.





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### **Booking conditions:**

If the booking has to be made for the holiday package the passenger/Visitor needs to partially deposit certain amount depending on the number of days ahead to departure.

1. In the booking time 20% of the total amount has to be paid.
2. Full payment has to be done after arrival and before tour begins.

Please refer to our website's [Terms and Conditions](#) page for further information.

We wish you pleasant holiday and we thank you for selecting Madan Tours.com. Please remember us for your future travel needs as well.

Kind Regards,  
Madam Tours & The team



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