

Annapurna Base Camp Trek with Poon Hill

URL: <https://himalayan360.com/trip/annapurna-base-camp-trek-with-poon-hill/>

Destination

Nepal Treks & Tours

Activity

Adventure Treks In Nepal

Start / End Point

Kathmandu / Kathmandu

Trip Type

Trekking in The Himalaya

Route

KTM-PKR-Poonhill-ABC-KTM

Duration

11

Destination

Annapurna Region

Language

Annapurna Region

Per Person From

USD 717

Region

Annapurna Region

Max. Altitude

4,130m/13,549ft

Group Size

2 - 18

Best Season

Mar, Apr, May, Sept, Oct & Nov

Activities

5-6 hours

Trek Distance

93.1km/58mile

Transportation

Bus, jeep

Accommodation

Tea house

Meals

B.L.D Breakfast

Lunch

Dinner

Difficulty

Medium You need to have good physical condition and be in top form. You'll also require the right clothes for weather conditions and food items such as snacks or lunch breaks from your hiking adventure; water is essential too! This type of activity takes time, so ensure you're physically able to get enough rest before starting any trips.

Highlights of Poon Hill and Annapurna Base Camp

- Watch a spectacular sunrise over the Himalayas from Poon Hill, with panoramic views stretching across dozens of snow-covered peaks.
- Walk through beautiful forests filled with rhododendron, pine, and magnolia trees, especially magical during the spring bloom.
- Experience dramatic changes in scenery, from warm lowlands and green hills to icy alpine landscapes and glacier zones.
- Enjoy close-up views of towering Himalayan giants like Dhaulagiri, Manaslu, and the majestic Annapurna range.
- Explore charming hillside villages inhabited by the Gurung and Magar communities, known for their warm hospitality and unique culture.
- Spot wildlife like Himalayan tahr, snow leopard, musk deer, Impeyan Pheasant, red panda, and many more while passing through the Annapurna Sanctuary Area.
- The chance to visit ancient monasteries in places like Ghorepani and Chomrong.

Trek Itinerary of Annapurna Base Camp Trek with Ghorepani Poon Hill

Day 01: Drive from Kathmandu to Pokhara (822m/ 2,696ft)

We will start our adventure early in the morning. We will drive from Kathmandu to Pokhara. The drive takes place on the Prithvi Highway and offers a glimpse into beautiful countryside, passing small villages and scenic landscapes. We will make a few stops for refreshments along the way. As we approach Pokhara, we will be treated to breathtaking views of the majestic Himalayas. Upon arrival, we will check into a 3-star hotel, relax, and enjoy the peaceful surroundings of Pokhara, with views of the lake and hills.

Highest Altitude:

1,400m/4,593ft | kathmandu

Accommodations:

3 Star Hotel

Day 02: Drive From Pokhara to Nayapul. Trek to Hile (1,430m/4,692ft)

We will leave Pokhara early in the morning and drive to Nayapul, a journey that will take about 1.5 hours. Once we arrive in Nayapul, we will begin our trek towards Hile. The trek is moderately easy, passing through the village of Birethanti and then following the trail along the river. As we ascend gently, we will pass small villages, rice terraces, and lush forests.

The final section of the trek to Hile is a bit steeper but not too difficult. Along the way, we will enjoy views of the surrounding hills and valleys. We will reach Hile in the afternoon and stay in a tea house for the night.

Distance:

4.15 hours

Ascent:

520m/1,706ft

Descend:

140m/460ft

Meals:

Breakfast, Lunch and Dinner

Trek Distance:

8.2 km/5 miles

Highest Altitude:

1,430m/4,692ft | Hile

Accommodations:

Tea House or Lodge

Day 03: Trek to Ghorepani

On the 3rd day of the Annapurna Poon Hill trekking, after breakfast, we'll start our hike by climbing a long set of stone steps that lead to Ulleri. Ulleri is a large Magar village with scenic views of the surrounding hills. It's a bit tiring, but we can go at our own pace and enjoy the surroundings. After Ulleri, the trail becomes easier and takes us through a peaceful forest filled with rhododendron and pine trees. If we're trekking in spring, the flowers are in full bloom and look very colorful.

The views of the Annapurna and Dhaulagiri ranges will start to appear as we get closer to Ghorepani. By afternoon, we'll reach Ghorepani. This is where we'll spend the night and get ready for the early morning hike to Poon Hill the next day.

Distance:

7 hours

Ascent:

1,420m/4,658ft

Descend:

40m/131ft

Highest Altitude:

2,860m/9,383ft | Ghorepani

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

10.7 km/7 miles

Day 04: Early morning hike to Poon Hill, then trek to Tadapani

Today, we will wake up early. We will hike up to Poon Hill to witness the magnificent sunrise over the Annapurna and Dhaulagiri ranges. The hike to Poon Hill is short but steep, and the reward will be worth it as the early morning light bathes the mountains in golden hues. After soaking in the views, we will head back to Ghorepani for breakfast.

After that, we will trek to Tadapani, passing through rhododendron forests and a few small settlements along the way. This day marks the trek from Poon Hill to Annapurna Base Camp. The trek to Tadapani will be slightly difficult due to the descent, but the beautiful mountain views and serene surroundings will make it enjoyable. We will rest in Tadapani and enjoy a delicious meal at a tea house.

Distance:

5 hours

Ascent:

700m/2,297ft

Descend:

910m/2,985ft

Highest Altitude:

3,210m / 10,525ft | Poon Hill

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

11.7km/7 miles

Day 05: Trek to Sinuwa (2,360m/7,742ft)

After breakfast, we will start our trek, heading towards Sinuwa from Tadapani. The day will be moderately challenging, with a combination of ascents and descents. We will pass through the small village of Chhomrong, where we will have the opportunity to glimpse the local culture and daily life.

The trail will then take us through dense forests, offering occasional views of Annapurna range. As we approach Sinuwa, the climb will be steady but not too difficult. Once we reach Sinuwa, we will check into a tea house and enjoy a warm meal, preparing for the higher altitudes ahead.

Distance:

7 hours

Ascent:

790m/2,592ft

Descend:

1180m/3,871ft

Highest Altitude:

2,360m/7,742ft | Sinuwa

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

12.8 km/8 miles

Day 06: Trek from Sinuwa to Deurali (3,200m/ 10,499ft)

After spending a peaceful night in Sinuwa, our trek continues through a thick forest. The trail goes up and down through bamboo groves until we reach a small place called Bamboo. From Bamboo, the path becomes easier as we walk through the woods to reach Dovan, a small stop along the Modi River with a few lodges. From here, the trail starts to climb again through the forest.

We'll pass the Himalaya Hotel and a large overhanging rock cave called Hinko, located right below the peaks of Annapurna South and Huin Chuli. After a short descent toward the river and one more uphill stretch, we'll arrive at Deurali for the night. At this point, the tall trees start to fade, and you'll notice the landscape slowly changing to more open alpine terrain.

Distance:

7 hours

Ascent:

1070m/3,510ft

Descend:

230m/755ft

Highest Altitude:

3,200m/ 10,499ft | Deurali

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

12 km / 7.4miles

Day 07: Trek from Deurali to Annapurna Base Camp via Machhapuchchhre Base Camp (3700m/12,139ft)

On the seventh day of Annapurna Base Camp Poon Hill trek, we will begin our final stretch toward Annapurna Base Camp, the highest spot of the adventure. We will start the trek early and pass through MBC (Machhapuchchhre Base Camp) at 3,700 meters. This section of the trek will be physically demanding, but the views will keep us motivated. The trail will take us through alpine meadows, high-altitude terrain, and scenic valleys.

As we approach Annapurna Base Camp, the views of the towering Annapurna South, Machhapuchhre, and the surrounding peaks will be awe-inspiring. Once we reach Annapurna Base Camp at 4,130 meters, we will be surrounded by incredible mountain vistas. After spending time at the base camp, we will return to our tea house for a celebratory meal and rest.

Distance:

5 hours

Ascent:

930m/3,051ft

Highest Altitude:

4,130m/13,550ft | ABC

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

7.5 km /4.6 miles

Day 08: Trek from Annapurna Base Camp to Bamboo (2,310m/7,579ft)

Today's trek takes us downhill for about seven hours. Along the way, there are a few short uphill sections, but most of the walk is a steady descent. The day will be challenging due to the long descent, but the views of the Annapurna range and surrounding mountains will make the journey worthwhile.

We will pass through small settlements along the way, such as Machhapuchhre Base Camp and the Himalayas. We'll slowly leave the cold, high-altitude landscape and return to lush forests and greenery as we head back to Bamboo a small village. Once we arrive at Bamboo, we will rest in a cozy tea house and enjoy a warm meal.

Distance:

7 hours

Ascent:

30m/98ft

Descend:

1850m/6,070ft

Highest Altitude:

4,130m/13,550ft | ABC

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

14 km / 8.6 miles

Day 09: Trek from Bamboo to Jhinu Danda and nearby natural hot springs

After breakfast, we will start trekking from Bamboo. The day will begin with a steady climb up to Jhinu Danda, passing through terraced fields and lush forests. As we ascend, the trail will become steeper, but we will be rewarded with fantastic views of the mountains.

Jhinu Danda is known for its natural hot springs, and after reaching the village, we will relax and unwind in the warm waters, easing the aches of the trek. We will stay in a tea house in Jhinu Danda, and after a fulfilling day, we will enjoy a delicious dinner.

Distance:

7 hours

Ascent:

510m/1,673ft

Descend:

1040m/3,412ft

Highest Altitude:

2,310m/7,579ft | Bamboo

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

9.7 km/6 miles

Day 10: Trek from Jhinu Danda to Siwai and drive to Pokhara (820m/2,690ft)

This is the final trek of our trek in the Annapurna region. On this day, we will start our trek from Jhinu Danda at around 8:00 a.m., heading towards Siwai. The trek will be relatively easy, with some ascents and descents along the way. We will pass through small villages, cross bridges, and walk through the lush forest.

Upon reaching Siwai, we will hop on a vehicle to drive back to Pokhara, which will take about 3 hours. Upon arrival, we will check into a 3-star hotel and relax after our trek. After a refreshing rest, we can explore the city or enjoy the peaceful lakeside ambiance.

Distance:

3 hours

Ascent:

35m/115ft

Descend:

285m/935ft

Highest Altitude:

1,780m/6,393ft | Jhinu Danda

Meals:

Breakfast, Lunch

Accommodations:

3 Star Hotel

Trek Distance:

6.5 km/4 miles

Day 11: From Pokhara, drive back to Kathmandu (1,400m/4,593ft)

Today we will leave beautiful Pokhara after breakfast. The drive back to Kathmandu will take about 7 hours, passing through scenic landscapes, terraced fields, and small towns. The route is relatively comfortable, with a few stops along the way for refreshments. Upon arrival in Kathmandu, we will check into a 3-star hotel and take time to rest after the long drive. The evening will be free for relaxation or any last-minute exploration before your departure.

Highest Altitude:

1,400m/4,593ft | Kathmandu

Meals:

Breakfast, and Dinner

Accommodations:

3 Star Hotel in Thamel

Trip Includes/Excludes

Included in the package

- Kathmandu -Pokhara, Pokhara- Kathmandu by tourist bus
- Pokhara to Nayapul Private Vehicle
- Siwai to Pokhara by sharing a local jeep
- 2 Night in Pokhara 3 Star hotel (sharing basis)
- 1 Night Kathmandu 3 start hotel (sharing basis)
- 8 night in mountain tea house lodge (sharing basis)
- **Food:** 11 Breakfast, 9 Lunch, 9 Dinner
- One guide During the trek

- ACAP permit fees.
- TIMS card fees
- Gov. and local tax and agency service charges
- Free luggage storage services in Kathmandu
- Appreciation Certificate after the successful trek
- Free consulting services before & after trek book
- Farewell dinner at the end of the trek
- Trek leader for more than 12 trekker groups
- Staff insurance, salary, equipment, food & clothing
- **MEDICAL KIT:** Comprehensive Medical kit

Excluded from the package

- Airport transfer
- International flight
- Domestic flight (KTM-Pokhara-KTM)
- Extra night in kathmandu
- Extra night in Pokhara
- Extra night during Trekking
- Soft and hard drinks during the trip
- Porter to carry bags (2:1 Porter)
- Travel insurance that covers emergency high-altitude rescue and evacuation (compulsory)
- Personal clothing and gear and Personal expenses: shopping, snacks, boiled water, drinks, hot shower, alcohol, Wi-Fi, calls, battery charging, extra porters, etc.
- Tips for staff (it is expected)
- All other costs and expenses not listed in “including”
- **Additional cost:** Additional costs incurred due to causes beyond our control, for example weather conditions, landslides, itinerary modifications, illness, government policies change, strikes, etc.

Group Discounts Available

No. of Persons	Price per Person
2 - 2	USD 892
3 - 3	USD 819
4 - 6	USD 783
7 - 12	USD 736
13 - 20	USD 717

Annapurna Base Camp Trek with Poon Hill Trek Common Questions

Is it safe to trek to Annapurna Base Camp with Poon Hill?

Yes, trekking to Annapurna Base Camp with Poon Hill is generally safe. However, you should be prepared for the altitude and physical demands. Following the guidelines and acclimatizing properly is important to avoid issues like altitude sickness. You can also hire a guide for enhanced safety.

Can I complete the Annapurna Base Camp Trek with Poon Hill if I have no previous trekking experience?

Yes, you can complete the Annapurna Base Camp Trek with Poon Hill without prior experience, but physical preparation is essential. The trek involves walking on steep and uneven terrain, so a moderate level of fitness is required.

How long does the Annapurna Base Camp Trek with Poon Hill take?

The Annapurna Base Camp Trek with Poon Hill typically takes about 10 to 12 days. This includes time for acclimatization and rest days. The trek duration can vary based on your pace and the number of stops you make. Booking with us, we can complete this adventure in 11 days.

Can you get altitude sickness at Poon Hill?

Altitude sickness is unlikely at Poon Hill since it is at a relatively low elevation (3,210 meters), but it is still important to take it slow. To protect yourself, make sure to stay hydrated and rest as needed. Also, understanding the symptoms and prevention is essential. We further recommend that you descend as soon as possible if the situation worsens.

How do I get from Kathmandu to Pokhara to start the trek?

You can travel from Kathmandu to Pokhara by either a tourist bus, a domestic flight, or a private vehicle. The bus ride takes around 6 to 7 hours, while a flight is quicker, taking about 25 to 30 minutes. You will need to plan your transportation in advance.

Can I trek Annapurna Base Camp with Poon Hill without a guide or porter?

No, since April 1, 2023, it is not allowed to trek to Annapurna Base Camp (ABC) without a licensed guide. The Nepal government has made it mandatory for all foreign trekkers to be accompanied by a licensed guide on treks that require a TIMS card, including the Annapurna trek. So, you must hire a guide to legally complete the Annapurna Base Camp with Poon Hill trek. However, you can trek without hiring a porter if you can carry your own backpack.

Will there be Wi-Fi and electricity along the Annapurna Base Camp Trek with Poon Hill?

Yes, most teahouses along the trek offer Wi-Fi and electricity, but the services might be slower and sometimes unreliable, especially in higher altitudes. You will likely need to pay extra for Wi-Fi usage, and charging your devices may also come with a small fee. Bringing a power bank is always a good idea.

Can I charge my devices during the Annapurna Base Camp Trek with Poon Hill?

Yes, charging your devices is possible at most teahouses, although it might come at an additional cost.

Some higher-altitude areas may have limited electricity, so charging could take longer. A power bank is essential as a backup for longer treks or if you are in an area with limited charging options.

Are there ATM facilities along the Annapurna Base Camp Trek with Poon Hill route?

No, there are no ATMs along the trek. You must withdraw cash in Kathmandu or Pokhara before starting your trek. Be sure to carry enough cash for the entire trip.

Can you see Annapurna from Poon Hill?

Yes, from Poon Hill, you will see the best panoramic views of the Annapurna mountain range, including Annapurna South, Annapurna I, Machapuchare (Fishtail), and other towering peaks. It is a popular spot, especially for sunrise. The view from Poon Hill is considered one of the highlights of the trek.

ABC Ghorepani Poon Hill Trek Distance, Duration, and Elevation

Day	Itinerary	Distance	Duration	Elevation (m/ft)
Day 1	Drive Kathmandu to Pokhara	220 km / 137 miles	8 hours	1,400m / 4,593ft
Day 2	Drive Pokhara to Nayapul; Trek to Hile	8.2 km / 5 miles	4.15 hours	1,430m / 4,692ft
Day 3	Trek to Ghorepani	10.7 km / 7 miles	7 hours	2,860m / 9,383ft
Day 4	Hike to Poon Hill; Trek to Tadapani	11.7 km / 7 miles	5 hours	3,210m / 10,525ft
Day 5	Trek to Sinuwa	12.8 km / 8 miles	6 hours	2,360m / 7,742ft
Day 6	Trek to Deurali	12 km / 7.4 miles	7 hours	3,200m / 10,499ft
Day 7	Trek to Annapurna Base Camp	7.5 km / 4.6 miles	5 hours	4,130m / 13,550ft
Day 8	Trek to Bamboo	14 km / 8.6 miles	7 hours	2,310m / 7,579ft
Day 9	Trek to Jhinu Danda and Hot Springs	9.7 km / 6 miles	7 hours	1,780m / 6,393ft
Day 10	Trek to Siwai; Drive to Pokhara	6.5 km / 4 miles	3 hours trek + 3 hours drive	1,530m / 5,019ft
Day 11	Drive back to Kathmandu	220 km / 137 miles	7 hours	1,400m / 4,593ft

Why Choose Annapurna Base Camp Trek With Poonhill in Nepal?

One of the top reasons to choose Base Camp Annapurna with Poonhill trek is the incredible mountain scenery you'll enjoy every step of the way.

Breathtaking Mountain Views

On your trek to Annapurna Base Camp with Poon Hill, you will be treated to incredible views of some of the highest mountains in the world. From Poon Hill, you will see Annapurna (8,091m/26,545ft), Dhaulagiri (8,167m/26,795ft), and Manaslu (8,163m/26,781ft), three giants of the Himalayas. Furthermore, the surrounding peaks, including Machhapuchhre (6,993m/22,943ft), Mardi Himal, and Hiunchuli (6,441m/21,132ft), offer stunning backdrops throughout your journey. These majestic mountains create a magnificent panorama, making the trek one of the best for mountain lovers.

Sunrise and Sunset From Poonhill

At Poon Hill (3,210m/10,525ft), you will get some of the best sunrise and sunset views in the Annapurna region. The sunrise, which usually happens around 6 a.m., will show the first light hitting the peaks of Annapurna, Dhaulagiri, and Machhapuchhre, turning them golden. In the evening, the sunset, around 6 p.m., will make the mountains glow with warm, orange, and red colors.

To reach Poon Hill, you will need to hike for about an hour from Ghorepani, which is a bit challenging with some uphill sections, but the incredible views will make it worth the effort. The sunrise and sunset here are highlights of the trek because of the stunning panoramic views and peaceful atmosphere.

Traditional Gurung Villages & Culture

During your trek, you will pass through traditional Gurung and Magar settlements on the route. Ghorepani is home to the Poon Magar people, and the houses here are painted blue. The locals follow a Tibetan-inspired Buddhist culture, and you will see many monasteries and Buddhist shrines along the way. In places like Chhomrong, you will find Buddhist monks living peacefully in these sacred spots.

As you walk through villages like Tadapani and Kimrong Valley, you will learn about their traditions, try local food like dal bhat (lentils and rice), and experience the kindness of the people. This part of your trek will give you a deeper understanding of the culture of the Annapurna region.

Iconic Annapurna Base Camp Trek

The Annapurna Base Camp (4,130m or 13,550ft) is the highlight of this trek. Getting there takes some effort, with a long uphill walk through thick forests and steep paths. But when you arrive, you'll be surrounded by stunning views of snowy peaks all around you, including Annapurna I, Machhapuchhre (Fishtail), and Hiunchuli.

The last part of the trek is a bit tough, but reaching the base camp brings a great feeling of achievement. At the base camp, you'll find simple tea houses where you can rest and enjoy the incredible mountain views. It's a calm, peaceful spot to relax and soak in the natural beauty.

When to visit Annapurna Base Camp Trek Via Poon Hill?

The best time to trek to Annapurna Base Camp and Poon Hill is during the spring (March to May) and autumn (September to November). These seasons offer you clear skies, beautiful views, and comfortable weather. Winter and summer are less ideal due to extreme cold and heavy rainfall. Here is the breakdown of each season.

Spring (March to May)

This is a fantastic time for the trek as the weather is mild, and the rhododendron forests around Ghorepani are in full bloom. You will see the vibrant colors of the flowers in spring, making the surroundings even more beautiful. The views of the mountains are still clear, and the temperatures are comfortable for trekking. This season offers a perfect mix of good weather, stunning views, and natural beauty. However, it can get a little crowded, especially around Poon Hill, as this is a popular time for trekkers.

Autumn (September to November)

Autumn is another ideal time to visit. The weather is clear, with blue skies and stunning views of the Annapurna range, including iconic peaks like Machhapuchhre and Annapurna I. The trails are not as crowded as in spring, but you will still meet fellow trekkers. The temperatures are cooler but not too cold, and the clear skies offer some of the best views of the mountains. This is the peak season for trekking in Nepal, so the accommodations are well-equipped and easy to find, but it can still get busy, especially at Annapurna Base Camp.

Winter (December to February)

This season is not recommended for Annapurna Base Camp due to the cold temperatures, especially at higher altitudes like ABC and Poon Hill. The trek is still possible, but you should expect heavy snowfall, freezing temperatures, and shorter days. The trails are quieter, which might appeal to some trekkers, but it is a more difficult and risky season due to snow and ice. Accommodations might be limited or not as well-maintained at higher altitudes, and it is best suited for experienced trekkers.

Summer (June to August)

Summer is the monsoon season, and this is generally the worst time to visit. The trails can be slippery and muddy. Rain is common, making trekking difficult and dangerous. There are fewer trekkers, but the weather conditions are not ideal. Landslides are a concern during the monsoon, and many accommodations are closed due to the low number of trekkers. If you plan to trek during summer, you need to be prepared for challenging conditions, and it is not the best season to enjoy the views.

The table below shows you the average daytime and nighttime temperature you will encounter based on each season:

Season	Daytime Temperature (°C/°F)	Nighttime Temperature (°C/°F)
Spring (March to May)	15°C to 20°C (59°F to 68°F)	5°C to 10°C (41°F to 50°F)
Autumn (September to November)	10°C to 18°C (50°F to 64°F)	0°C to 5°C (32°F to 41°F)

Season	Daytime Temperature (°C/°F)	Nighttime Temperature (°C/°F)
Winter (December to February)	5°C to 10°C (41°F to 50°F)	-5°C to -10°C (23°F to 14°F)
Summer (June to August)	20°C to 25°C (68°F to 77°F)	10°C to 15°C (50°F to 59°F)

Accommodations and Meals Available

Accommodations

When you book the Annapurna Base Camp Trek with Poon Hill through us, you will stay in comfortable places along the way. In Kathmandu, you will spend one night in a 3-star hotel, sharing a clean and cozy room with modern facilities. It is a perfect spot to rest before or after your trek. In Pokhara, you will stay for two nights in another 3-star hotel, offering peaceful surroundings and often beautiful views of the lake or hills.

During the trek, you will stay for eight nights in tea house lodges in the mountains. These lodges are simple but comfortable, with clean beds, warm blankets, and shared bathrooms. You will enjoy the friendly atmosphere in the common dining areas. Most tea houses offer basic Wi-Fi for a small fee, letting you stay connected if needed. They also have charging facilities for your devices, although charging may come with a small cost. Staying in these lodges will give you a chance to experience local culture and hospitality.

Meals

We provide three meals a day during your trek to ensure you stay energized and healthy. Breakfast is served at your accommodation or tea house and includes options like pancakes, eggs, porridge, and hot drinks to fuel your day. Lunch is enjoyed at tea houses or restaurants along the trail, offering hearty meals like noodles, fried rice, or dal bhat (a traditional Nepalese dish with rice, lentils, and vegetables).

Dinners are served at the tea house, where you rest for the night. Dinner is often a satisfying experience, with warm soups, curries, dumplings, or pasta on the menu. Special dietary preferences, such as vegetarian meals, can be accommodated upon request. Below is a table summarizing the meals provided during your trek:

Meal Type	Description
Breakfast	Pancakes, porridge, eggs, toast, and hot drinks like tea or coffee.
Lunch	Dal bhat, fried rice, noodles, pasta, or local vegetable dishes.
Dinner	Soups, momos, curries, pasta, freshly made bread, and hot beverages.

ABC Trek With Poonhill Difficulty

The Annapurna Base Camp Trek with Poon Hill is a moderately difficult trek that requires physical fitness

and mental preparation. The trek involves long days of hiking, often 5 to 7 hours daily, over steep ascents and descents. Altitude can be a challenge as you gradually climb to 4,130 meters at Annapurna Base Camp. While the trek combines the easier Poon Hill route with the more demanding Annapurna Base Camp trail, merging the two makes the journey more strenuous. You may face unpredictable weather, especially in higher regions.

In addition to that, the trek takes you through remote regions where facilities are basic and the trails can be rugged. Limited access to health services, the need for acclimatization, and carrying essential supplies make it more challenging. Wi-Fi and charging points are available in tea houses but may be unreliable or costly. The journey is physically demanding as you will encounter steep climbs and uneven terrain. Despite the challenges, the Annapurna Base Camp Trek Via Poonhill is worth exploring. You should prepare properly, and maintaining a steady pace will help you enjoy the trek safely.

How To Prepare for Annapurna Base Camp Trek Via Poonhill?

To prepare for the ABC trek via Poon Hill, you should build your fitness with regular walking or hiking. Be prepared for changing weather conditions and allow time to acclimate to the altitude. Also, ensure that you obtain all necessary permits before embarking on the trek.

Physical Fitness

You need to build strong physical fitness for this trek as it involves walking 5 to 7 hours daily on rugged and steep trails. That being said, you should start a fitness routine at least 2 to 3 months before the trek that includes cardio exercises like running or cycling, strength training, and leg workouts.

Additionally, go on a hike with a loaded backpack to simulate real trekking conditions and enhance your endurance. Incorporate flexibility exercises, as they help prevent muscle strain during the trek. When you do this regular training, it will keep your body fit and make the trek less exhausting and more enjoyable.

Acclimatization

The trek reaches an altitude of 4,130 meters, where the risk of altitude sickness increases significantly. Hence, you should spend 1 to 2 days at lower altitudes like Ghorepani or Chhomrong to help your body adjust before heading higher.

Further, walk slowly, stay hydrated, and avoid alcohol or heavy meals that can strain your system. You should also be aware of the early signs of altitude sickness. Altitude sickness symptoms include headaches, nausea, or dizziness. If you feel unwell, please inform your guide. Carry medications like Diamox, but rely more on acclimatization through gradual ascent and proper rest.

Mental Preparation

This trek can be challenging, with long walking days, basic facilities, and variable weather conditions. It's important to be mentally ready. Stay positive throughout the day and maintain a mindset that challenges are part of the adventure. Always remember that you will be blessed with stunning views, have the chance to meet local people, and explore remote parts of Nepal.

Training for the Trail

Practice walking on uneven surfaces and steep inclines to prepare for the terrain you will encounter on

the trek. If possible, go on shorter treks or hikes in hilly areas to build familiarity with trekking conditions. This also gives you a chance to break in your trekking boots and adjust to carrying a backpack. Include stair climbing in your routine, as many parts of the trail involve steep stone steps. Training specifically for these challenges will give you more confidence and stamina.

Permits and Insurance

Before starting your trek, we recommend you secure the necessary permits, such as the TIMS card and Annapurna Conservation Area Permit (ACAP), to comply with local regulations. Additionally, make sure you have travel insurance that covers high-altitude trekking, medical emergencies, and evacuation by helicopter if needed. Check the coverage details carefully, and carry a copy of your insurance policy and emergency contact information during the trek.

Packing Essentials

Clothing

- Thermal base layers (top and bottom)
- Insulated jacket (down or synthetic)
- Waterproof jacket and pants
- Trekking pants and shirts
- Warm hat, gloves, and scarf
- Comfortable trekking socks

Footwear

- Sturdy trekking boots (waterproof and broken-in)
- Lightweight sandals or flip-flops (for evenings)
- Gaiters (optional for snow or rain)

Gear and Accessories

- Trekking poles
- Backpack (30-40 liters for day use)
- Sleeping bag (rated for -10°C or lower)
- Headlamp with extra batteries
- Sunglasses with UV protection
- Water bottles or hydration system

Personal Items

- Toiletries (toothbrush, toothpaste, biodegradable soap)
- Quick-dry towel
- Sunscreen and lip balm (high SPF)
- Basic first-aid kit and personal medications
- Snacks and energy bars
- Trekking permits and identification

Electronics

- Power bank
- Camera or smartphone for photos
- Charging cables and adapters
- GPS device or map

Miscellaneous

- Lightweight, packable rain cover for backpack
- Cash {Nepali Ruppes}
- Notebook and pen
- Reusable bags for waste

Address

Address:

Galkopakha Marg - Kathmandu - Nepal