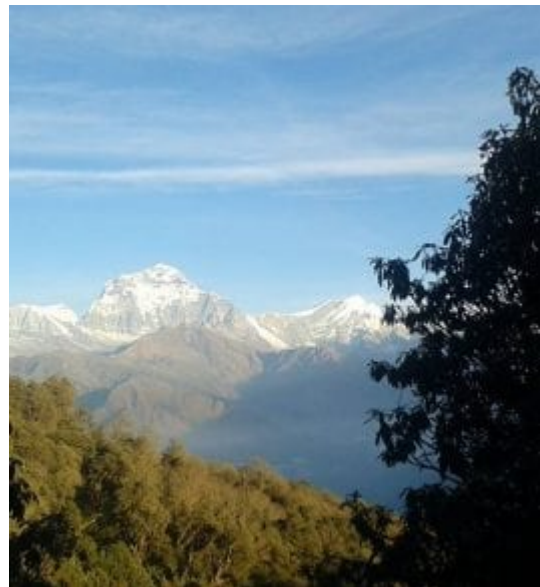




# Poon Hill Trek in Nepal

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## Project overview



### What's included:

- 24/7 support in case of emergencies

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- Accommodation
- Airport Pick up
- English speaking coordinator
- Meals

## What's not included:

- Airport drop off
- Flights
- Travel insurance
- Vaccination
- Visa

## Project itinerary

On your Poon Hill trek, you have an amazing adventure ahead of you. Here is your schedule for the week!

### Sunday

Today you will travel from Kathmandu to Pokhara by bus and spend the night at a local guesthouse. You will have plenty of time to settle in and be refreshed ahead of your trek on Monday.

### Monday

Today is a trek to Tikhedhunga, starting in Pokhara where you will have spent the night. There will be a 2-hour drive to the small village of Nayapul – and that's where the adventure begins! As you follow the trail to Tikhedhunga you'll be surrounded by incredible sights and sounds of nature. Thereafter, on reaching the village, you can kick back and relax at an overnight lodge.

### Tuesday

Waking you up with some early morning exercise, you'll be climbing the many steps which lead to the Ulleri Village. Remember to take in the wonderful sights unfolding around you as you climb from the valleys. Also, be ready with your camera as you travel through the beautiful Rhododendron forest – it's a sight to see! After conquering the challenging ascent, your journey continues on to the large town of Ghorepani where you can recharge your batteries! We have no doubt that you'll sleep



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well tonight!

## Wednesday

Today's the day! After an early morning rise, you'll walk for an hour up to Poon Hill, where you'll watch the world awaken under a glorious sunrise against the backdrop of the magnificent mountains! Returning to Ghorepani, you'll enjoy breakfast before trekking to Tadapani where you will once again rest at an overnight lodge.

## Thursday

Today, we are heading back towards your start point! The journey finds you leaving Tadapani to trek to Pothana, through a deep mossy forest of Ghandruk. Finally, ending your day with an overnight stay at this most well-known settlement of the Gurung tribe, you can enjoy a well-deserved relaxing evening, sharing the day's events with your friends.

## Friday

Making your way back towards Pokhara on the last stretch of the trek, today is slightly easier as you head downhill. Firstly, you will pass the village of Dhampus, regarded as one of Nepal's paradises, before your journey takes you on to Phedi village. This is where your trek ends, and you will sadly say goodbye, and take a one-hour drive back to Pokhara.

## Saturday

Friday evening will likely have a late night! However, you will be packed and ready to go back to Kathmandu in the morning, giving you time on the journey to relive the magical memories you have made during your trek.

**Please note:** This schedule can be changed depending on weather conditions and unforeseen circumstances.



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### APPLICATION FORM

		Booking ref:	
Fullname			
Nationality		Passport number	
Age	Male   Female	Date of birth	
e-mail address		Phone number	
Flight Details		Home address	
Contact person at home (In case of an emergency)		Contact number (In case of an emergency)	

Do you have any health problems or allergies we should know about?


### To complete your placement we will require the following:

- Copy of your passport
- CV
- Full flight itinerary
- Proof of travel insurance
- Consent to travel for young people over 17 but under 18 years old (see attached consent form attached)