



Volunteering and Annapurna Poonhill Trek

URL: <https://naatatravels.com/trip/volunteering-annapurna-poonhill-trek/>

Duration 13 Days	Per Person Cost USD 1950	Difficulty Easy
Group Size 2-16	Maximum Elevation 3,210 meters	Accommodation 3-star hotel in Kathmandu and Pokhara and teahouses during the trek
arrival_on Kathmandu	Meals Breakfast lunch and dinner during the trek and breakfast only in Kathmandu and Pokhara	Departure Kathmandu

Poon Hill Voluntarism Highlights

A chance to dive into the lifestyle of the local people.

An opportunity to help those in need and perform a good deed.

A trek to enjoy the crack of the dawn hitting the mountains, one of the most popular short hiking destinations.

A chance to see the Himalayan range, such as Annapurna and Machhapuchhre. Annapurna, among many others, right before you.

Enjoy your evenings on the banks of the Phewa Lake.

Annapurna Poon Hill Trek Voluntarism Overview

Volunteering at Annapurna Poonhill Trek in Nepal will allow you to help people while exploring its beauty and culture. Volunteering and the Annapurna Sunrise Trek let you enjoy nature while doing good deeds. The friendly nature of the Nepalese people makes it easy to bond with them. This is a great way to understand their culture and lifestyle while enjoying nature.

Volunteering tourism does not require prerequisite skills; it is a learning-by-doing process. Taking part in it, you can indulge in different activities. Volunteering in Nepal combines travel with doing good. After the **2015 earthquake**, many volunteers came to help rebuild the country. This trekking tour lets you witness the beautiful snow-capped mountain views, do something good, and be remembered forever.

With several options available, you can teach in schools or help in orphanages, healthcare centers, or elderly care. Furthermore, you can help with farming and other agricultural activities. Helping rebuild homes destroyed by the earthquake is another option. Volunteers with construction knowledge are valuable, but even helping with manual labor is enough.

Trip Itinerary

Day : Arrival in Kathmandu

Upon your arrival at Tribhuvan International Airport in Kathmandu Valley, a representative from Naata Trek and Tours will greet you at the airport, holding a placard with your name. We will transfer you to your hotel, where you can rest or explore the nearby areas. For dinner, we provide you with traditional Nepali foods. Savour Nepalese dishes and prepare yourself for your trip to the Annapurna region.

Accommodation

3-star hotel

Meals:

Dinner

Altitude:

1400

Day : Volunteering activities

On our second day, we will drive to the outskirts of Kathmandu on the second day of the trip. In these four days, we will live in home stays in the homes of the local people. During the day, we will engage in volunteering activities such as reconstruction, teaching, and helping out in orphanages or health centers. You can do any of those activities according to your interests and skills. These four days can be enough to form a special bond with the locals, even to make goodbye hard.

Accommodation

Homestay

Meals:

Breakfast, lunch and dinner

Altitude:

1400

Day : Volunteering activities

On Day 3, we will keep working on our volunteering projects. We will focus on community service tasks. Our day will include helping with classroom instruction, community health outreach, and infrastructure projects. We will connect with local community members, listen to their stories, and work together on projects that help everyone.

Accommodation

Homestay

Meals:

Breakfast, lunch and dinner

Altitude:

1400 meters

Day : Volunteering activities

Today, we will further our involvement in various community activities. Community strengthening is at the heart of our efforts. We will roll our sleeves to help rebuild neighborhood facilities and organize workshops that inspire positive change. The more we engage with locals, the more tangible our progress becomes. We will witness the improvements firsthand and know our work is paying off.

Accommodation

Homestay

Meals:

Breakfast, lunch and dinner

Altitude:

1400

Day : Volunteering activities

On Day 5, we will wrap up our community service with final projects and activities. We're in the process of crossing the final t's, catching up with community members one last time, and giving thought to the good times and tough times alike. This final gathering is an opportunity to appreciate our teammates who have worked hard and made a positive impact.

Accommodation

Homestay

Meals:

Breakfast, lunch and dinner

Altitude:

1400

Day : Volunteering Activities

We will continue volunteering on the sixth day, contributing to the local community in various meaningful ways. At an altitude of 1400 meters, we will enjoy our meals and stay in homestays, experiencing our hosts' daily life and culture. Breakfast, lunch, and dinner will be provided.

Accommodation

Homestay

Meals:

Breakfast, lunch and dinner

Altitude:

1400

Day 200 kms: Drive to Pokhara

We will embark on a scenic drive to Pokhara, which will take approximately 8 hours and cover 200 kilometers. Along the way, we will be accompanied by beautiful rivers, enhancing the scenic beauty of our trip. Pokhara, often called the city of lakes, is a popular tourist destination and a gateway to many treks. Upon arrival, we will check into a 3-star hotel and spend the evening enjoying the views of the lake and perhaps indulging in a couple of drinks.

Accommodation

3-star hotel

Meals:

Breakfast and lunch

Altitude:

800

Day : Drive to Nayapul and Trek to Ulleri

We will start our day with a short drive to Nayapul, where our trek begins. Walking along the banks of the Modi River, we will reach the bustling village of Birenthanti, known for its numerous tea houses and shops. The trail will then gradually climb alongside the Bhirungdi River. After a few hours of trekking, we will arrive at Ulleri, a large Magar village.

Time:

3-4 hours

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

2,050

Day : Trek to Ghorepani

After breakfast, we will ascend through beautiful rhododendron forests toward the village of Banthanti. We will then pass through another small town, Nangethanti. The trail will become steeper as we climb for about an hour before reaching Ghorepani, a charming town known for its name, which means “water for a horse” in Nepali. Ghorepani will offer us a unique cultural experience and stunning natural beauty.

Time:

4-5 hours

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

2,874

Day : Hike to Poon Hill and Trek to Ghandruk via Tadapani

We will start our day before dawn to hike up to Poon Hill, situated at 3,210 meters, to catch the early rays of the sun hitting the Himalayas. From the hill station, we will enjoy panoramic views of Mt. Machhapuchre, Mt. Dhaulagiri, Mt. Annapurna, and Hiunchuli, among many others. After watching the

sunrise, we will return to Ghorepani for breakfast.

Our trek will continue along ridges through pine and rhododendron forests until we reach Deurali. From Deurali, the trail will descend to Tadapani and then to the beautiful town of Ghandruk. Ghandruk, a charming Gurung settlement, is known for its stone houses and stunning views of the Himalayas. It was once a significant center for recruiting Gurkha soldiers.

Time:

7 hours

Accommodation

Teahouse

Meals:

Breakfast, lunch and dinner

Altitude:

3,210

Day 2 hours: Trek to Nayapul and Drive to Pokhara

On the last day of our trek, we will retrace our steps back to Nayapul, the starting point of our journey. Once we reach Nayapul, we will drive back to Pokhara, where we will spend the evening strolling around the beautiful Phewa Lake. The lake city of Pokhara is an excellent place to end our adventure, allowing us to relax and reflect on the beautiful memories we've made.

Time:

3-4 hours

Accommodation

3-Star hotel

Meals:

Breakfast and lunch

Altitude:

1,070

Day 200 kms: Drive back to Kathmandu

We will enjoy a hearty breakfast before starting our drive back to Kathmandu. The journey will take us through scenic landscapes, offering a final glimpse of Nepal's natural beauty. Once in Kathmandu, we can spend the evening exploring Thamel and shopping for souvenirs to take back home. In the evening, Naata Trek and Tours will host a cultural dinner program, giving us one last opportunity to immerse ourselves in Nepalese culture.

Accommodation

3-star hotel

Meals:

Breakfast, lunch and dinner

Altitude:

1400

Day : Airport Departure

We will bid farewell to Nepal today, marking the end of our memorable journey. A representative from Naata Trek and Tours will escort us to the airport for our departure. We will leave with unforgettable memories and a deep appreciation for the beauty and culture of Nepal.

Trip Includes

- Airport pickup and drop by a private tourist vehicle
- 3 star hotel accommodation in Kathmandu and Pokhara and teahouse accommodation during the trek
- Farewell dinner programme
- All ground transportation in a private tourist vehicle
- An experienced, english speaking, government liscenced trek leader and assistant leader (4 trekkers: 1 assistant guide)
- Porter service (2 trekkers: 1 porter)
- Staff costs including, salary, allowance, insurance, equipment, food and accommodation
- All necessary paperwork's and permits (TIMS, ACAP)
- Medical kit (carried by your trek leader)
- All government and local taxes

Trip Excludes

- Nepalese visa fee
- International airfare to and from Kathmandu
- Excess baggage charges
- Extra nights accommodation in Kathmandu and Pokhara in case of early arrival, late departure and early return from trek in case of change in itinerary.
- Travel and rescue insurance
- Personal expenses (laundry, phone calls, bar bills, battery recharge in mountains, extra porter, boiled water and hot shower in the mountains etc)
- All other not mentioned in the includes section

Additional Trip Information

Trek Details

Our 13-day program will allow you to experience local culture and enjoy a scenic trek. In this volunteer tour, we will spend four days doing community service and the rest trekking in the [Annapurna region](#). Like the Ghorepani Poon Hill trek, the Annapurna Sunrise Trek will also need a brief introduction.

This trail is known as one of Nepal's most beautiful scenic treks. Located northwest of Pokhara, this trek will be perfect for those with limited time who want to see the Annapurna mountains and other peaks in the Annapurna range up close. The trip will offer fantastic scenery and a chance to learn about the lifestyle of the Magar people and see rural Nepal.

Also known as the **Ghorepani Poon Hill trek**, Ghorepani will be a Magar village and the last stop of our trek. Poon Hill will be a nearby viewpoint where we will go to see the sunrise the next day. After having

the perfect 10-day trip and four days of volunteering, we will start to descend towards our next destination, Pokhara. We will take a short flight back to Kathmandu upon reaching there, waving the final goodbye to our trek.

Day to Day Itinerary

Our 13-day volunteering tour begins in Kathmandu. From the second day of your arrival, we will start four volunteer programs on the outskirts of Kathmandu. On the fifth day, we will drive to Pokhara. Pokhara is a lake city and a popular tourist spot. On clear days, you can see beautiful views of the Himalayas from the city. You can also visit the lakeside area, where many restaurants and pubs, and enjoy your evening there.

The next day, after breakfast, we will drive for 2 hours to Nayapul, where our trek starts. After arriving, we will hike to Ulleri, a Magar settlement. Ulleri is famous for its stone steps. You will walk up 3,000 stone steps, which is both challenging and rewarding. These stone staircases are a key feature of Ulleri. The next day, we will continue our trek to Ghorepani village, a Magar and Gurung settlement at 2,874 meters. The trail climbs through Rhododendron forests to Banthanti.

On the following day, we will wake up before dawn to see the first light on the Annapurna and Dhaulagiri ranges from Poon Hill. After enjoying the sunrise, we will return to Ghorepani for breakfast. We will then hike through rhododendron and pine forests to Deurali and continue to Tadapani. The trail will then descend to the Gurung settlement of Ghandruk (2,012 meters). From here, we will retrace our steps back to Pokhara for the night. You will have free time to enjoy the Phewa Lake area in the evening. Our trip will end with a drive back to Kathmandu. If you want a more detailed adventure, you can consider the Annapurna Sanctuary trek.

Annapurna Poon Hill Trek difficulty

The Annapurna Poon Hill Trek is considered **moderate** in difficulty. The trek involves several days of hiking through varying terrain, including steep stone steps and forest paths. The altitude is not excessively high, with the maximum point being Poon Hill at 3,210 meters, which reduces the risk of altitude sickness. However, trekkers should be prepared for uphill climbs and some long days on foot.

The trek suits those with a reasonable fitness level and previous hiking experience. While the path is well-trodden and supported by local teahouses, the challenge lies in the continuous ascents and descents, which can be demanding. Proper preparation, including physical conditioning and acclimatization, will help ensure a successful and enjoyable trek.

Best time for Poonhill Sunrise Volunteer Trek

The **best time** to undertake the Ghorepani Poonhill trek is Autumn and Spring. However, unlike other treks with high elevations, this trek can also be done in different seasons. Here is a brief info about the seasons

Autumn (September to November)

This is the best time for trekking in any of the Himalayan regions of Nepal. The temperature is perfect, with green vegetation all around as the monsoon will have just passed. The sky will be clear, and views of

the hills and mountains will be as vibrant as ever. Remember, as this is one of the best times to trek, you will come across many trekkers on your way. This is also the biggest festive season in Nepal, and you will get to see the festive environment from the get-go.

Monsoon (June to August)

Although there are better times to trek in any of the regions in Nepal, trekking in monsoon has its charm. There will be lush green vegetation and very few trekkers, making the trail all yours. There will be times when clouds cover the mountains, but that only makes it unique when the mountains open up. However, please remember that the trail will be slippery, with many leeches on the way. Also, there will be landslides, so it's only recommended to trek in the monsoon season if the weather is right.

Winter (December to February)

Winter is the dry time of the year, but it is also possible to do the Poonhill trek in winter. Daytime temperatures will be acceptable, but temperatures during nighttime and mornings can drop to freezing temperatures. Could you make sure to carry adequate clothing to beat the cold? There won't be a lot of snow as we won't be able to go to higher elevations. Some snow in the forests could make the trail a bit slippery. This time of year is also ideal for those looking for less busy trails.

Spring (March to May)

Spring is a very favorable time of the year to trek, and this season, too, attracts many trekkers. The weather is perfect, with a clear sky. The winter has brought snow to the mountains, making the views even more impressive. Also, the forests will be colorful, with the rhododendrons in full bloom.

Food and accommodation during the trek

Along the Annapurna Poon Hill Trek, you will find plenty of accommodation options, though they are bare. The clean lodges offer essential amenities, but you won't experience luxury. Rooms are shared, and so are the bathrooms. Dining areas typically feature a communal space around an indoor fire, creating a cozy atmosphere. Each night, you will stay in lodges that provide stunning views of the surrounding mountains.

The food along the trail is consistent and mainly includes Nepali and Tibetan dishes. *You can enjoy traditional meals like dal bhat (rice, lentils, and curry), momos (dumplings), and Tibetan bread with curry.* Western options include muesli, oatmeal, pancakes, porridge, noodles, toast, and omelets. Some lodges may even offer spring rolls and spaghetti, ensuring a range of choices to suit different tastes.

Permits Needed For Annapurna Poon Hill Trek

For the Annapurna Poon Hill Trek, *you will need two main permits: **TIMS Card and Annapurna Conservation Area Permit**.* Both licenses can be obtained before you start the trek, either in Kathmandu or Pokhara, and are usually handled by trekking agencies as part of their service.

TIMS Card (Trekking Information Management System)

This permit is required for all trekkers in the Annapurna region. It helps the authorities keep track of

trekkers for safety and management purposes. You can obtain the TIMS Card from the Nepal Tourism Board office or authorized trekking agencies in Kathmandu or Pokhara.

ACAP Permit (Annapurna Conservation Area Permit)

This permit is necessary for entry into the Annapurna Conservation Area, which encompasses the Poon Hill trek. It helps fund conservation efforts and manage tourism in the region. You can acquire the ACAP permit at the Nepal Tourism Board office or the ACAP office in Kathmandu or Pokhara.

Preparation For Poonhill Trek

Proper planning and preparation are essential for you to complete the trek successfully. Here is how you can prepare yourself:

- Engage in regular cardio exercises like walking, running, or hiking to build stamina. Practice hiking on varied terrain to get used to the types of paths you'll encounter.
- Pack lightweight, moisture-wicking clothing suitable for varying temperatures. Essentials include a good pair of trekking boots, a warm jacket, rain gear, and layers for changing weather.
- Before starting your trek, obtain the necessary permits. Carry photocopies of these permits, as well as your passport and any required medical certificates.
- Consult your doctor about necessary vaccinations and medications. It's a good idea to carry a basic first aid kit.
- Book your accommodation in advance, especially during peak trekking seasons.
- If possible, spend a few days at a higher altitude before starting the trek to acclimatize your body.
- This can help minimize the risk of altitude sickness.

Frequently Asked Questions

What is the Annapurna Poon Hill Trek?

The Annapurna Poon Hill Trek is a popular trekking route in Nepal. It offers stunning panoramic views of the Himalayan mountains. You can hike to Poon Hill for the breathtaking sunrise views over the Annapurna and Dhaulagiri ranges.

How long is the Annapurna Poon Hill Trek?

The Annapurna Poon Hill Trek typically takes between 4 to 7 days to complete, depending on your pace and itinerary. This duration includes daily hiking and time for acclimatization and rest. The trek can be adjusted to fit different schedules, making it a flexible option for trekkers.

What health precautions should I take for Annapurna Poon Hill Trek?

You should consult your doctor about necessary vaccinations and any medications you need. Carry a basic first aid kit with remedies for common issues like altitude sickness, and ensure you have any personal medications.

What volunteering opportunities are available?

Volunteering opportunities on the Annapurna Poon Hill Trek may include teaching in local schools, assisting with community health projects, or participating in infrastructure development. Programs can vary based on the organization and the needs of the local communities.

How can I book volunteering and the Annapurna Poon Hill Trek?

You can book both volunteering and the trek through specialized tour operators that offer combined packages. Research and choose agencies that provide services for both trekking and volunteering and make arrangements in advance.

How can I stay connected while on the Annapurna Poon Hill Trek?

You can carry your mobile with you. The mobile coverage is available in most areas along the trek, though it may be limited to remote sections. Some lodges offer Wi-Fi for a fee, but connectivity can be sporadic.

Are there any cultural considerations for volunteering?

Yes, it's essential to respect local customs and traditions while volunteering. Learning basic Nepali phrases and understanding local etiquette can help build positive community relationships.

What is the elevation gain in Poonhill trek?

The highest elevation gain in Poonhill trek is 3,210 meters, which is Poonhill itself. This makes it one of the lowest altitude treks you can do in Nepal.

How high is Poon hill in Nepal?

Poonhill is located at 3,210 meters above sea level. It is not as high as compared to other trekking destinations in Nepal.

Why is Pokhara famous?

Pokhara is the second largest city of Nepal behind Kathmandu. Also called the city of lakes, the city. The city has a total of 9 lakes including the famous Phewa and Begnas lake. The Phewa lake is the most popular one and has a number of restaurants, pubs and hotels in its banks. The city is a famous tourist hub and great place for recreation. Pokhara also boasts for having 10 caves, of which 9 can be entered. In addition, the city also has a number of temples, including the well revered Bindabasini temple and Tal Barahi temple, which is located in a small island in Phewa lake.

Pokhara is also one of the few cities in the world where you can see unobstructed views of mountains upwards of 6,000 meters high from an elevation of 800 meters within a distance of 28 km. You can see views of mountains like (8,167 meters), Annapurna (8,091 meters) and Machhapuchhre (6,993 meters) among other ranges.

How to get to Poonhill from Kathmandu?

You will have to reach Pokhara first to get to Poonhill from Kathmandu. You can either take a 25 minute flight or go on a 8 hour long drive to reach Pokhara. You can start your trek from Nayapul, from where most of the trekkers start or drive further to Ulleri and start the trekking from there. It will take 5-6 days to get Poonhill from Kathmandu and back.

What is the difference between Annapurna and Poon hill?

Poon hill is a hill station that lies on the route to Annapurna Base Camp. Whereas in Annapurna base camp trek you trek all the way to the base camp of Annapurna (8,091 meters), but in Poonhill trek you just trek to the hill station of Poonhill at 3,210 meters. You can trek to Annapurna base camp via Ghorepani and poonhill or skip it altogether. There are couple of routes you can take to Annapurna base camp from Pokhara but all the routes connect to Chomrong.

Address

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