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Mardi Himal with Poon Hill Trek

URL: https://www.nepalriverrunner.com/river/mardi-himal-with-poon-hill-trek/

Starting Point
Kathmandu

Duration
12

Difficulty
Moderate

Group Size
1-10+

Ending Point
Kathmandu

Why You'll Love Mardi Himal with Poon Hill Trek

- You can experience a breathtaking sunrise view from Poon Hill (3,210 m), an iconic point.
- Walk through dense rhododendron and oak forests and experience the beauty of rhododendron blossoms in the spring season.
- You'll walk through the cultural villages of the Gurung and Magar, experiencing their warm hospitality.
- Experience the peaceful nature with changing landscapes from hills to forests to high alpine areas.
- Accompanied by Annapurna I, Annapurna II, Annapurna III, Annapurna IV, Dhaulagiri I, Mardi Himal, Machhapuchhre, and Hiunchuli throughout the trek.
- You'll stay in local tea houses and experience the authenticity of the Himalayas.
- You'll have the opportunity to see yaks and mountain wildlife in the higher sections.
- Experience both popular and less-traveled paths on the trek.
- Explore the "Tourism Capital of Nepal", Pokhara, from witnessing the sunrise of Sarangkot to iconic Davi's Fall, Gupteshwor Cave, and the International Mountain Museum.
- Your journey will be a rewarding experience without extreme risk.

Overview of Mardi Himal with Poon Hill Trek

The **Mardi Himal with Poon Hill Trek** combine two iconic destinations in the Annapurna region of Nepal. The trek combines two scenic routes, among which Mardi Himal is peaceful, featuring quiet sections, and Poon Hill, renowned for its astonishing sunrise view. It's a beautiful journey and perfect for those wanting to see mountain peaks without spending too many days trekking. Similarly, the Poon Hill and Mardi Himal trek is a great mixture of adventure, peace, culture, and nature.

The journey to Poon Hill with the Mardi Himal Trek is divided into two phases: the first takes you to **Ghorepani Poon Hill**, and the second takes you to Mardi Himal Base Camp. Starting from the lower villages, the route to Poon Hill passes through dense forests, terraced fields, and cultural villages of the

Gurung and Magar communities. After Poon Hill, the pathway connects to the Mardi Himal route, which climbs higher into alpine terrain and provides a close-up view of Machhapuchhre.

One of the primary highlights of the trek, besides the majestic mountain and nature, is the journey that takes you through cultural villages like Ghandruk, Deurali, Ghorepani, Badal Danda, Ulleri, and Siding. Each of the villages offers warm hospitality to the Gurung and Magar people, whose culture has great significance in the route's popularity. Similarly, the chance to experience local traditions and stay in a friendly teahouse makes this trek a truly touching destination. Additionally, being accompanied by the stunning Mountains, including Mt.Machhapuchhre, Annapurna South, and Dhaulagiri, is what you'll remember for a lifetime.

Can Beginners Do This Trek?

Yes, Beginners can do the combined trek of Mardi Himal with Poon Hill. Both treks are considered relatively easy to moderate in difficulty, making them ideal for trekkers with little to no trekking experience. The trek is non-technical but does require stamina, mental determination, and basic trekking preparation. *Both Poon Hill and Mardi Himal have good pathways with plenty of teahouses, making them suitable for first-time trekkers.* Similarly, the itinerary is flexible, allowing trekkers to adjust their pace and add rest days as needed.

However, as a beginner, be aware of the risks associated with altitude sickness. You'll be trekking above 3,500 m, which causes mild altitude sickness. Staying hydrated, maintaining a slow pace, and listening to your body are ways to minimize the risk. Similarly, the stair climb to Ulleri, the ridge walk to Mardi, and the long descent to Landruk add to the physical challenge of the trek. Yet, we suggest that beginners train beforehand, pack lightly, go during the right season, and trek slowly to complete the trek successfully.

12 Days Mardi Himal with Poon Hill Trek Itinerary

Day 1: Kathmandu to Pokhara and Trek to Ulleri (1,960 m)

The journey to Mardi Himal and Poon Hill begins from Pokhara, as the city serves as the gateway for trekking in the Annapurna region. Thus, on the first day, you'll fly to Pokhara from Kathmandu. Depending on your flight time, our representative will pick you up from your hotel and drop you off at Kathmandu's domestic airport for your flight. It takes only **25 minutes to get to Pokhara from Kathmandu on the scenic flight.**

Upon arriving in Pokhara, you'll have your lunch. Afterward, you'll drive to Nayapul, which takes approximately one and a half hours from Pokhara, covering a distance of 40 km. As you arrive at Nayapul, take a rest and begin your trek towards Poon Hill. The pathway begins along the Madi Khola valley, and be sure to check your permit at Birethanti. Passing through Hile and Tikhedhunga, you'll get to Ulleri. Your day's overnight and dinner are at the eco-lodge of Ulleri.

Day 2: Ulleri to Ghorepani (2,860 m)

Good morning on the first day of the Himalayas. Have your morning meal at Ulleri and pack your backpack for your day's destination, Ghorepani. The day begins with a walk through the Magar village of Ulleri via a stone-paved section. Passing through a dense forest of bamboo and rhododendrons, you'll get to Banthanti, where you can stop for a while to take a rest.

Afterward, you'll continue your walk crossing Nangethanti. The final ascent to Ghorepani takes you through pine and rhododendron forests. It takes around **4-5 hours to get to Ghorepani from Ulleri.** Overnight and dinner at Ghorepani.

Day 3: Ghorepani to Poon Hill (3,200 m) to Tadapani (2,630 m)

Day three is one of the most remarkable days on your journey to Ghorepani Poon Hill Trek. You'll leave Ghorepani at pre-dawn, around **4:30 a.m.**, with a headlamp. The path is composed of stone steps, leading through a patch of rhododendron and pine forest. After a 45-minute to 1-hour trek from Ghorepani, you reach the vantage point of Poon Hill (3,200 m).

The **360-degree view** of the mountain ranges will surround you as you get to Poon Hill. On your east side, you'll get a view of Annapurna South, Hiunchuli, and Dhaulagiri I on the west side. Similarly, Bahari Shikhar, Nilgiri, Tukuche, Lamjung Himal, Manaslu, Machhapuchhre, and other peaks are eye-catching from the vantage point.

The most sought-after view from Poon Hill is witnessing the rising sun's rays scattering over the mountain peaks, making the entire location awe-inspiring. After appealing to your eyes with the jaw-dropping sight of sunrise and capturing enough incredible images, you'll begin to descend towards Ghorepani, which generally takes about an hour. At Ghorepani, you'll have lunch and then continue your walk towards the day's destination, Tadapani, which takes 3-4 hours. Your day is overnight and dinner is at the lodge of Tadapani.

Day 4: Tadapani to Jhinu Danda (1,780 m)

You've completed your Poon Hill trek, and now it's time for Mardi Himal journey. Day four begins with a hearty meal at Tadapani and starts a descent through dense rhododendron and oak forests. The walkway offers occasional glimpses of birds and the mountain.

Passing through Chuile, Kimrong Khola, Guurjung, and Chhomrong, you'll get to Jhinu Danda. It takes 5-6 hours of walking from Tadapani to Jhinu Danda. At the place, you can soak your sore legs and muscles in a natural hot spring that lies **20 minutes walk downhill from the Jhinu Danda village.**

Day 5: Jhinu Danda to Landruk (1,565 m)

After finishing your morning meal at Jhinu Danda, you'll start your day's walk. Landruk is your destination for the day, located 7 km from **Jhinu Danda.** The initial phase of the trek involves descending to the Modi Khola river. You'll hike through dense forests, terraced farms, and charming villages along the way.

The view of Annapurna South, Hiunchuli, and Machhapuchhre will accompany you all along. It takes 2-3 hours to get to Landruk from Jhinu Danda. The fifth day's overnight and dinner are at the Landruk.

Day 6: Landruk to Forest Camp / Rest Camp (2,550 m)

Day six is a journey from Landruk to the Forest Camp, also known as the rest camp. The hike begins after breakfast at Landruk with a steep trek through pine and juniper hamlets. After an hour of trek, you'll leave the human settlement and enter a dense rhododendron and oak forest.

As you enter the forest, expect to see moss-covered trees, wildflowers, and a variety of birds. A **5-6 hour trek** from Landruk takes you to Forest Camp, your day's overnight and dinner point.

Day 7: Rest Camp to Badal Danda (3,250 m)

Taking you closer to your destination, day seven takes you to Badal Danda. After breakfast at Forest Camp, you'll make your way toward the day's destination. The trek begins with a steep uphill climb through dense forests with narrow sections. However, the view of Mount Machhapuchhre will accompany you.

The route passes through Middle and Low Camp. It takes **5-6 hours** to reach Badal Danda from the Rest/Forest Camp. Your lunch will be at Middle Camp, and dinner and overnight stay will be at the tea house of Badal Danda.

Day 8: Badal Dada to High Camp (3,600 m)

Day eight is the last day of trekking before getting to the final destination. The day begins after breakfast with a gentle climb along the grassy ridgeline. Now, you are in an open alpine zone with no forests. If you start your journey early, you can catch a glimpse of Mount Machhapuchhre, Annapurna South, and Hiunchuli.

The route to High Camp is mostly gradual, with a few steep sections along the way. As you get closer to High Camp, Mount Machhapuchre and the Annapurna Massif will welcome you. It takes 3-4 hours to ascend to High Camp from Badal Danda. Your night stay and dinner are at the tea house of High Camp.

Day 9: High Camp to Viewpoint (4,042 m) to Low Camp (2,970 m)

It's the day you've been waiting for. You'll begin your day early in the morning before the sun rises. You'll leave High Camp at around 4:30 a.m. and start your walk steadily with the help of a headlamp. The route follows a narrow ridgeline, but it becomes rocky and uneven, so walking carefully is suggested. After approximately 3-4 hours of trekking from High Camp, you'll reach the Mardi Himal Viewpoint (4,042 m). Reaching Mardi Viewpoint instills a sense of accomplishment and worth for every challenge that comes your way.

The viewpoint of Mardi Himal provides a 360-degree view of Mardi Himal (5,587 m), Machhapuchhre (6,993 m), Annapurna South (7,219 m), and Hiunchuli (6,441 m). Witnessing the rays of sunrise over

those peaks is truly an amazing experience that you'll cherish for a lifetime. If you are physically fit, you can continue your hike to **Mardi Himal Base Camp (4,500 m)**, but this is optional. After soaking in nature's majesty, you'll descend back to Low Camp for an overnight stay.

Day 10: Low Camp to Siding (1,750 m) & Drive to Pokhara (822 m)

Day ten marks the conclusion of the Mardi Himal Trek itinerary and the final day of trekking in the Annapurna region of Nepal. After breakfast at Low Camp, you'll make your way towards Sidhing. It is a decent walk through a forest path, with some newly opened tea houses along the way.

A 3-4 hour trek from Low Camp takes you to Siding, from where you'll take a ride back to Pokhara. It is another 3 hours or more drive from Siddhing to Pokhara. Your overnight and dinner for the day are at the hotel in Pokhara.

Day 11: Pokhara Sightseeing & Sarangkot Sunrise

Today is your day to explore the "Tourism hub of Nepal", Pokhara. You'll drive to Sarangkot (1,600 m) early in the morning to witness the sunrise. The viewpoint offers a mesmerizing view of the sunrise over the Annapurna ranges. As you witness the view and enjoy the moment, you'll return to your hotel to have a morning meal.

Afterward, you'll continue your exploration of Pokhara city. On the day, you'll explore Davi's Fall, locally known as the Patale Chhango. From there, you'll go for a visit to Gupteshwor Cave, which lies on the other side of the Davi's Fall. Then, you'll explore the International Mountain Museum and conclude your day experiencing the nightlife of Pokhara. Your day is overnight, and dinner is at the hotel in Pokhara.

Day 12: Return to Kathmandu (1,400 m)

Day twelve is the final day of your Mardi Himal and Poon Hill trek. After breakfast at your hotel, you'll be driven to the Pokhara airport for a flight to Kathmandu. Within 25 minutes, you'll land at Kathmandu's domestic airport, from where our representative will pick you up and drop you off at your hotel. You can explore the city in your remaining time. Additionally, you can experience the nightlife of Thamel. Your overnight and dinner will be at the hotel in Kathmandu.

What's Included

- All Conservation and National Park Entry Permits, including ACAP.
- Vehicle transport, pick-up, and drop-off from the domestic airport, as per your arrival date and time.
- 2 nights' accommodation in Kathmandu and Pokhara.
- Two-way Domestic flight from Kathmandu to Pokhara.
- Pokhara sightseeing in a private vehicle, depending on group size.
- Professional trekking guide and porter (1 porter per 2 guests)

- Accommodation in tea houses/lodges during the trek.
- 3 meals per day (breakfast, lunch, dinner) throughout the trek.
- A first aid kit is carried by our guide.
- All Government taxes
- WiFi, hot showers in available lodges

What’s Not Included

- Kathmandu sightseeing expenses (can be arranged)
- Travel & medical insurance
- Emergency evacuation costs
- Personal expenses (beverages, donations, tips)
- Additional costs due to bad weather/unforeseen delays

Why Combine Mardi Himal and Poon Hill in One Trek?

With each destination’s scenery, challenge, and reward, the combined Mardi Himal and Poon Hill trek offers a satisfying experience in one trek. There are countless reasons to combine the trek, but here are the major reasons:

Unique Experience in less time

If you choose to do separate Poon Hill and Mardi Himal treks, it will likely take more than two weeks. However, selecting this combined trek takes just 12 days, including the separate exploration of Pokhara City. Thus, the trip lets you see more of the Annapurna region in less time. From the lower area of Poon Hill to the high-altitude terrain of Mardi Himal, the trek offers a unique experience of the region’s most notable features, making it a popular choice among time-bound travelers.

Scenic Diversity

If you want to experience the scenic diversity of the Annapurna region within a moderate trip, then the Mardi Himal with Poon Hill is ideal for you. It takes you to the famous sunrise point, Poon Hill, and the iconic viewpoint of Mardi Himal. Similarly, you’ll trek through diverse rhododendron forests, terraced farmland, stone villages, and alpine ridgelines, providing an all-in-one experience of the region within one trip package.

Combination of Culture and Nature

If you enjoy the company of local people from the Himalayas and want to explore the beauty of nature within one package, this combined trek is for you. On the Poon Hill side of the trek, you’ll meet friendly locals in the villages of Ghorepani, Ulleri, and Tadapani, showcasing the Gurung and Magar cultures. On the Mardi Himal side, you’ll find a peaceful environment where you’ll rarely meet fellow trekkers but will always be surrounded by nature and enjoy the silence of the high mountains.

Accessibility

Both the Poon Hill and Mardi Himal treks are moderately challenging and require no previous trekking experience. Thus, it is accessible to beginners and those with a general level of fitness. Additionally, both lie close to the city of Pokhara, making it easy to reach the destinations and complete the treks.

Altitude Profile: What to Expect Each Day on Mardi Himal and Poon Hill Trek?

Day	Location	Altitude (meters)
1	Nayapul	1,070
	Ulleri	1,960
2	Ghorepani	2,860
3	Poon Hill	3,210
	Tadapani	2,630
4	Jhinu Danda	1,780
5	Landruk	1,565
6	Forest Camp	2,540
7	Badal Danda	3,210
8	High Camp	3,580
9	Mardi Viewpoint	4,200
	Siding	1,750
10	Pokhara	820

What Weather Conditions to Expect Each Season in Mardi Himal and Poon Hill?

The journey to Mardi Himal with Poon Hill passes a range of elevations, from **1,000 to 3,000 m** in Poon Hill to the high ridgelines at 3,500 to 4,200 m in the Mardi Himal. So, the weather of the region changes with the altitude. Here's how the weather conditions are and what trekkers can expect on each season in the combined trek:

Season	Weather Condition	Temperature in Lower Areas	Temperature in Higher Areas
Spring	Pleasant days with rhododendron blooms, clear skies, and clouds in late afternoon.	10°C to 20°C	-2°C to 10°C
Summer	Heavy rain, leech-filled pathways, muddy routes, and clouded views.	15°C to 25°C	5°C to 15°C

Autumn	Crystal clear skies, clear mountain views, comfortable weather, and a fresh environment.	10°C to 22°C	-5°C to 10°C
Winter	Clear mountain views, extreme cold in higher regions, snow-covered sections, and snowfall.	2°C to 10°C	-10°C to 5°C

How much does Mardi Himal with Poon Hill Trek cost?

The Mardi Himal and Poon Hill Trek generally ranges from **USD 1405 to USD 2,150.** The cost generally covers permit fees, domestic transportation, a guide, a porter, sightseeing in Pokhara, three meals a day, accommodation throughout the trekking duration, and all applicable government taxes. However, the cost varies depending on several factors, including the level of luxury preferred, the type of accommodation chosen in Kathmandu and Pokhara, the mode of transportation selected, the duration of the trek, and the customization of the trip.

Moreover, the group size is the foremost aspect that affects the overall cost of the trek, as the more people are in a group, the more you'll receive a group discount, thereby minimizing the overall cost.

Here is the pricing table based on group size:

Pax Size	Cost (USD)
1	2,150
2-5	1,650
6-9	1,475
10+	1,405

For groups of 2-5:

- When the third person is added, each person receives a 5% discount.
- When the fourth or fifth person is added, each person gets a 10% discount.

For groups of 10 or more:

- The price is fixed at **USD 1,405** per person.

How Difficult Is the Combined Mardi and Poon Hill Route?

The combined Mardi and Poon Hill is a moderate trek in Nepal's Himalayan region. The trek is neither too hard nor too easy, making it the ideal choice for travelers with a general fitness level and mental resilience. As the trek combines two sections, the difficulty also varies between them. The poon Hill section is easy ongoing, but one that builds your leg strength gets your body pumping and gives you a first taste of mountain and rugged terrain. Yet, the section to Poon Hill is generally easy, with some uphill sections. If you are used to walking or jogging regularly, you can easily complete the first section of Poon Hill.

On the other hand, Mardi Himal is quite more difficult than **Poon Hill**. Its steep and high elevation makes it difficult for beginners who aren't used to walking. Yet, proper preparation and training a month before the trek is beneficial. But overall, what makes the trek moderately challenging? It involves walking for **6-7 hours daily for 10-12 days,** climbing a lot of stairs, constant ups and downs, unpredictable weather, and ascending to higher elevations, with the risk of altitude sickness on the Mardi Himal side.

Indeed, you'll sweat and say, "Is this the top yet?" more times than you can count. But standing at the Poon Hill and Mardi Himal viewpoint while gazing at the breathtaking view of snow-capped peaks will make you forget every battle and challenge you faced on the trek route.

What to Know Before Trekking Mardi Himal with Poon Hill

Will I need separate permits for both sections of the trek?

No, you don't need separate permits for both sections of the trek. Both Mardi Himal and Poon Hill are located within the Annapurna region of the Annapurna Conservation Area, so obtaining a single permit will suffice for both sections. Moreover, the Annapurna Conservation Area Permit (ACAP) is necessary for the trek.

Is it worth waking up for both Poon Hill and Mardi Himal sunrise?

Indeed, it is worth waking up for both the Poon Hill and Mardi Himal sunrise. Trekkers should begin their hike around 4 a.m. on the day of getting to Poon Hill and Mardi Himal, as they should be on the viewpoint before sunrise. Both viewpoints offer a jaw-dropping sight of the rising sun's rays scattering over the Annapurna ranges.

How do trail conditions differ between Poon Hill and Mardi Himal?

The Poon Hill trek and the Mardi Himal trek have distinct trails condition. The Poon Hill has a well-maintained trails with stone steps in some areas. Whereas the Mardi Himal has steeper, narrower, and rocky sections, making it quite challenging.

How do the mountain views differ between the two treks?

The Ghorepani Poon Hill is known for the distant views of the Annapurna and Dhaulagiri ranges. On the other hand, the Mardi Himal Trek route provides closer, more intimate views of Machhapuchhre and Annapurna South. Thus, the two treks provide contrasting views.

What makes this combo trek different from the Annapurna Base Camp trek?

The combination trek of Poon Hill with Mardi Himal differs from the Annapurna Base Camp trek in terms of duration and crowd. The combo trek is shorter, quieter, and combines both forest and ridge trekking with challenges than ABC.

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