Muldai Poon Hill and Mohare Trek

DURATION: 7 DAYS

Trip Facts

Group Size 1-8 Persons

Trip Grade Basic

Accommodation Hotels-Tea House-Lodge

Max Height 3650 Metres

Start From Kathmandu

End At Kathmandu

Transportation Car-Flight-Bus-Jeep

Duration 7 Days

Meals included Breakfast-Lunch -Dinner Days

Best season:
September -Nov-March-May

Trip Overview

Muldai Poon Hill and Mohare Trek is a lesser-known trekking route in Nepal's Annapurna region, featuring three viewpoints offering stunning panoramic views of the Annapurna and Dhaulagiri mountain ranges. The trek starts from Nayapul or Hile and leads to the famous **Poon Hill viewpoint**, which offers breathtaking sunrise views over snow-capped peaks. The Muldai Viewpoint offers a serene and less crowded spot for sunrise and sunset views. Mohare Danda, part of the "Community Lodge Trek" initiative, offers magnificent views of the Annapurna and Dhaulagiri ranges. The trek also offers a unique cultural experience with the Gurung and Magar communities' culture and lifestyle. The trek typically takes 7 to 10 days to complete, depending on the itinerary and pace. The best seasons for the Muldai, Poon Hill, and Mohare Trek are spring (March to May) and autumn (September to November), when the weather is pleasant and the skies are clear. It is a moderate trek suitable for trekkers with a reasonable level of fitness.

The Poon Hill Trek is a popular Nepali moderate trek that offers stunning mountain views, beautiful villages, and dense forests. Starting from Nayapul, **it takes 5–11 days**. Muldai viewpoint offers stunning views of the Annapurna range, while the Mohare Danda trek offers stunning views of the Dhaulagiri and Annapurna ranges. The best time to go is during the spring months of March and April and the fall months of October and November, with dry and warm weather, clear skies, and breathtaking mountain views. During the trek, trekkers can also experience the unique culture and hospitality of the local Gurung and Magar communities. The trail passes through traditional villages like Ghandruk and Ghorepani, allowing visitors to immerse themselves in the rich cultural heritage of the region.

MOUNT
ADVENTURE HOLIDAYS

Trip Itinerary

Day 1 Kathmandu to Pokhara (822 m)

7 Hrs | Breakfast | Hotel | Bus / Jeep / Flight | 822 m

After breakfast, we drive to Pokhara on a tourist bus. Pokhara is about 200 km from Kathmandu, it takes Approx. 6-7 hours of driving to reach there.

Day 2 Pokhara to Ghandruk (2012 m)

7 Hrs | Breakfast, Lunch & Dinner | Guest House | Jeep / Bus & hike | 2012 m

We start early in the morning from our hotel. We will drive to the beautiful village of Ghandruk. We will stop for lunch with beautiful Gurung village and a panoramic view of the Annapurna Range. After lunch, we walk through the Ghandruk village and overnight stay at Bhaisikharka.

Day 3 Ghandruk to Mulde (3637 m)

6-7 Hrs | Breakfast, Lunch & Dinner | Guest House | Walking | 3637 m

After breakfast, we walk through the magnificent rhododendron forest with a beautiful Himalayan range and we stop for lunch at Tadapani. After lunch, we ascend a beautiful forest with different wild animals, birds, and the Himalayan ranges and we reach Dobato where we will stay overnight.

Day 4 Mulde to Ghorepani (2874 m) - Poon Hill (3210 m)

6 Hrs | Breakfast, Lunch & Dinner | Guest House | Walking | 3210 m

Early in the morning, we explore Mulde's viewpoint (3637 m). Mulde Viewpoint is one of the most popular travel destinations during the trek. Travelers can see Annapurna massif, Manaslu, Dhaulagiri and Mt. Fishtail from the viewpoint. This place is very famous for sunrise & sunset viewing. During this trip, travelers can visit major three peaks Mulde, Poonhill & Mohare.
We return back to Dobato and have our breakfast then we will go to Ghorepani. We walk through the beautiful forest, hills and we encounter some wild animals and the beautiful Himalayan range during the day.

Day 5 Ghorepani to Mohare Danda (3300 m)

7 Hrs | Breakfast, Lunch & Dinner | Guest House / Community Lodge | Walking | 3300 m

We wake up early in the morning 3 to 4 am for sunrise and we walk 45 minutes and reach the top of Poonhill. Poonhil is one of the most magnificent viewpoints during the trek. We can see the Annapurna mountain range, the Ganesh Himalayan range, the Dhaulagiri Himalayan range, Mt. Fishtail, and Mt. Manaslu from the top of Poonhill.
After we viewpoint, we go back to our hotel, we have breakfast then we start our walk through the thick rhododendron forest, Magar village with the Himalayas range. We reach Mohare Danda. We can see gorgeous views of the Himalayas and also the Fewa Lake of Pokhara City from our hotel. This is the only place where you can see both Pokhara City and the Himalayan Range from the hotel.

Day 6 Mohare Danda to Ulleri (2020 m) to Pokhara

7 Hrs | Breakfast, Lunch & Dinner | Hotel | Walking & Jeep | 2020 m

We enjoy the beautiful views with tea and breakfast from our hotel. After breakfast, we descend through the beautiful rhododendron orchids, wild animals, and the Himalayan range. And we do lunch at Ulleri and drive back to Pokhara by jeep.

Day 7 Pokhara to Kathmandu (1400 m)

7 Hrs | Breakfast | Hotel | Bus / Flight | 1400 m

Today after having breakfast we will drive our flight (optional) from Pokhara to Kathmandu. After arriving in Kathmandu we will drop you in your hotel.

Cost Includes

- Airport pickups and drops in a private vehicle
- All transportation: Kathmandu - Pokhara - Kathmandu, Pokhara – Ulleri, and Ghandruk - Pokhara
- 2 nights' hotel accommodation in Pokhara with breakfast.
- Guesthouse/tea house /lodge accommodation with breakfast during the trek.
- All necessary
- trekking permits: Annapurna Conservation Area and Trekkers' Information Management System (TIMS) fee.
- An experienced, English-speaking, and government-licensed trek leader
- Staff costs include salary, insurance, equipment, food, and accommodation.
- Down jacket and sleeping bag (to be returned after trip completion)
- All government and local taxes.
- First aid medical kit.
- Trekking Map
- Fresh fruit

Cost Excludes

- Nepalese visa fee.
- Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porters, bottle or boiled water, Beverage bills, shower, etc.)
- Travel and rescue insurance.
- Tips for guide(s), porter(s) and driver
- Excess baggage charges (if you have more than 10 kg of luggage, a cargo charge is around $1.5 per kg)
- OPTIONAL ADDONS (Available during check-out)
- Porter
- 1 hour Mountain flight

Trip Map