Ghorepani Poon Hill Trek – 7 Days

Know About The Trek

Table of Contents

- Know About The Trek
  - Ghorepani Poon Hill Trek Highlights

The Ghorepani Poon Hill Trek is one of Nepal's most popular mountain journeys. It lies in the world-famous Annapurna region. This moderate-grade package is ideal for beginners, families, and travelers with limited time. You can experience the Himalayas without spending weeks on the trail.

Your Ghorepani Poon Hill Trek begins with a direct transfer to Pokhara on arrival day. From there, the trail enters the heart of the Annapurna Conservation Area. You will walk past traditional villages home to Gurung and Magar communities. Along the way, discover rich culture, local stone architecture, and warm hospitality. The Ghorepani Poon Hill Trek route ascends through ancient rhododendron forests filled with rare birds. In spring, these trees bloom into a vibrant canopy of red and pink flowers.

The main highlight of the Ghorepani Poon Hill Trek is the sunrise hike to Poon Hill at 3,210 meters. At dawn, golden light hits massive snow-capped peaks. You will see Dhaulagiri, Annapurna I, Machhapuchhre, Hiunchuli, Nilgiri, and Gangapurna. You will also tackle the famous stone stairs of Ulleri village before returning to Pokhara and Kathmandu.

Looking for a longer journey? The Ghorepani Poon Hill Trek route easily connects to the Mardi Himal Trek or the Annapurna Circuit Trek. You can also add our full-day Kathmandu UNESCO World Heritage Tour before or after your trip. The best seasons for the Ghorepani Poon Hill Trek are spring (March to May) and autumn (September to November). These months offer clear skies and stable weather.

Ghorepani Poon Hill Trek Highlights

- Breathtaking Poon Hill Sunrise: Witness golden rays illuminate Dhaulagiri (8,167m) and

Annapurna I (8,091m).

- Cultural Village Experience: Explore stone-paved Gurung and Magar hamlets like Ghandruk and Ghorepani.
- Vibrant Rhododendron Forests: Walk through dense sub-tropical woods blooming with spring colors.
- The Famous Ulleri Steps: Conquer the thousands of stone staircases connecting local mountain valleys.
- Low-Risk & Beginner-Friendly: Peak elevation reaches just 3,210 meters, minimizing altitude sickness risks.
- Direct Fast-Track Travel: Head straight to Pokhara on arrival day and return directly to Kathmandu.

Itinerary

Day 1: Arrival in Kathmandu & Direct Transfer to Pokhara

Your Himalayan journey begins as you land at Tribhuvan International Airport in Kathmandu. After clearing customs and collecting your luggage, our representative greets you outside the terminal to assist with your immediate transfer to Pokhara. Depending on your arrival time and preference, you will either board a quick 25-minute domestic flight offering aerial views of the snow-capped Himalayan range or embark on a scenic 6 to 8-hour private overland drive along the Prithvi Highway, tracing the Trishuli and Marsyangdi river valleys. Upon reaching the lakeside city of Pokhara in the late afternoon or evening, you will check into your hotel. You can spend the rest of your evening unwinding with a peaceful stroll along the vibrant shores of Phewa Lake in the Lakeside district.

- Elevation: 1,400m / 4,593ft (Kathmandu) 820m / 2,690ft (Pokhara)
- Location: Kathmandu to Pokhara
- Accommodation: Hotel in Pokhara
- Meals: Welcome Dinner (depending on arrival time)

Day 2: Drive from Pokhara to Trailhead & Trek to Ghandruk

After enjoying a hearty breakfast at your hotel in Pokhara, you will meet your trekking guide and board a private vehicle for a 1.5-hour drive to the trailhead at Kande or Nayapul. Upon setting out on foot, your 5 to 6-hour trek begins along stone-paved paths that wind through lush terraced fields, peaceful hamlets, and over suspension bridges spanning rushing rivers. As you climb gradually through Dhampus, you will reach the prominent Gurung village of Ghandruk. In the afternoon, you will check into your teahouse and explore the village's traditional stone houses and the local Gurung Cultural Museum. The evening offers dramatic, up-close views of Annapurna South, Hiunchuli, and Fishtail (Machhapuchhre) mountains.

- Elevation: 1,940m / 6,364ft
- Location: Pokhara / Kande/Nayapul \Ghandruk
- Accommodation: Teahouse / Lodge in Ghandruk
- Meals: Breakfast, Lunch, Dinner

Day 3: Trek from Ghandruk to Tadapani

You will wake early to witness the morning sunlight illuminating the peak of Annapurna South. Following breakfast at the teahouse, you will leave Ghandruk and begin a 4 to 5-hour trek ascending steadily into deep, ancient forests of oak and rhododendron. The trail follows stone staircases and crosses small mountain streams over wooden bridges. During the spring months, this dense canopy comes alive with vibrant red and pink rhododendron blossoms. By early afternoon, you will arrive at Tadapani, a scenic mountain settlement perched on a high ridge. You can spend the rest of the day relaxing at your lodge while enjoying sweeping sunset views of Fishtail Mountain and Annapurna South.

- Elevation: 2,700m / 8,858ft
- Location: Ghandruk to Tadapani

- Accommodation: Teahouse / Lodge in Tadapani
- Meals: Breakfast, Lunch, Dinner

Day 4: Trek from Tadapani to Ghorepani

Your morning begins with a warm breakfast before you descend briefly through a forest clearing and cross a small stream. From there, the trail ascends through dense rhododendron and oak woods toward Banthanti. During this 5 to 6-hour trek, you will walk along scenic forest ridges and cross Gurung Hill, which rewards you with beautiful glimpses of the surrounding valleys and distant peaks. You will pass through the Deurali pass before descending into the village of Ghorepani, a historically significant stop for mountain traders. After checking into your lodge, you can rest, warm up near the teahouse stove, and prepare your gear and headlamp for the early morning summit climb.

- Elevation: 2,855m / 9,366ft
- Location: Tadapani to Ghorepani
- Accommodation: Teahouse / Lodge in Ghorepani
- Meals: Breakfast, Lunch, Dinner

Day 5: Sunrise at Poon Hill, Trek to Hile/Birethanti & Drive to Pokhara

At around 4:30 AM, you will gear up in warm layers for an early morning 45 to 60-minute hike up stone steps to the top of Poon Hill, the highest point of the trek. At the summit, you will experience an unforgettable sunrise as golden light hits the Himalayan giants, including Dhaulagiri (8,167m), Annapurna I (8,091m), Nilgiri, Machhapuchhre, and Hiunchuli. After taking in the panoramic views, you will descend to Ghorepani for breakfast before beginning a long descent down through Ulleri, navigating the famous 3,000 stone steps down to Hile and

Birethanti. After 6 to 7 hours of total walking, you will meet your private vehicle at the roadhead for a 1.5-hour drive back to Pokhara. You will check into your hotel in Pokhara, where you can enjoy a hot shower and spend the evening relaxing by the lake.

- Elevation: 3,210m / 10,531ft (Poon Hill) 820m / 2,690ft (Pokhara)
- Location: Ghorepani / Poon Hill / Hile/Birethanti / Pokhara
- Accommodation: Hotel in Pokhara
- Meals: Breakfast, Lunch

Day 6: Travel from Pokhara Back to Kathmandu

Following breakfast at your hotel in Pokhara, you will begin your journey back to the capital city of Kathmandu. Depending on your preference, you will either board a comfortable tourist bus or private car departing around 7:30 AM for a 6 to 7-hour scenic overland drive along the Prithvi Highway, or take a short 25-minute domestic flight from Pokhara Airport. Upon arriving in Kathmandu in the afternoon, you will check into your hotel. You can spend the remainder of the day freely exploring the lively streets of Thamel, shopping for local handicrafts and souvenirs, or relaxing at a cozy cafe before meeting the team for a farewell dinner.

- Elevation: 1,400m / 4,593ft
- Location: Pokhara to Kathmandu
- Accommodation: Hotel in Kathmandu
- Meals: Breakfast, Farewell Dinner

Day 7: Final Departure from Kathmandu

On your final day, you will enjoy a relaxed morning breakfast at your hotel in Kathmandu. Depending on your international flight schedule, you may have some free time for last-minute souvenir shopping or strolling around Thamel. Approximately 3 hours prior to your scheduled flight departure, a private vehicle will pick you up at your hotel and transfer you to Tribhuvan International Airport for your journey home.

- Elevation: 1,400m / 4,593ft
- Location: Kathmandu to Airport
- Accommodation: Departure (N/A)
- Meals: Breakfast

Day 8: Transfer to the airport and return your destination.

We thank you for being a part of our tour and travel. We bid you farewell and drop-off at the airport, or the opportunity to join another of our programs.

Inclusions

- irport Transfers: Enjoy seamless private vehicle pick-up and drop-off services for all international or domestic flights.
- Ground Transportation: All local travel and land transportation as specified in your itinerary are fully covered.
- City Accommodation: Relax in comfortable hotels in Kathmandu and Pokhara on a convenient Bed & Breakfast (B&B) basis.
- Trek Accommodation: Experience cozy and welcoming teahouse stays throughout your days on the trail.

- Trek Meals: Savor three wholesome, delicious meals (Breakfast, Lunch, and Dinner) daily while trekking.
- High-Altitude Care: Benefit from complimentary hot soup services provided for three days within high-altitude zones to keep you warm and well-hydrated.
- Professional Guide: Be led by an experienced, licensed, and knowledgeable guide for the entirety of your tour and trek.
- Assistant Guide: A dedicated assistant guide accompanies groups larger than 10 guests to ensure personalized care and attention.
- Porter Support: Enjoy reliable porter assistance maintained at a comfortable 2:1 trekker-to-porter ratio.
- Staff Welfare: We prioritize the well-being of our team by providing comprehensive insurance, meals, and lodging for all guides and porters.
- Permits & Government Fees: All necessary trekking permits, TIMS cards, local taxes, and government charges are fully managed on your behalf.
- Safety & Medical Support: A comprehensive first-aid medical kit is carried by our trekking staff for your peace of mind and safety.
- Souvenirs & Extras: Receive a detailed trekking map to follow your route alongside a complimentary company T-shirt as a keepsake.
- Celebration & Farewell: Conclude your incredible journey with a traditional farewell dinner in Kathmandu on your final night, accompanied by an official trip completion certificate.
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Exclusions

- Entry Visas: Nepal entry visa fees are separate and are conveniently payable upon arrival at the airport.
- International Flights: Airfare to and from Kathmandu, including any international airport departure taxes, is not included in the package.
- City Meals: Lunches and dinners during your stays in Kathmandu and Pokhara are

excluded, allowing you to explore local culinary spots at your leisure.

- Sightseeing Fees: Entrance fees for monuments, temples, and heritage sites in Kathmandu and Pokhara are not covered.
- Travel Insurance: Comprehensive personal travel, medical, and emergency helicopter rescue insurance must be arranged independently for your safety.
- Personal Trek Expenses: Personal incidental costs during the trek—such as hot showers, electronic device charging, bar bills, laundry services, and bottled or mineral water—are excluded.
- Extra Stays: Additional hotel nights in Kathmandu or Pokhara outside of the planned itinerary are not included.
- Return Flight Ticket: The domestic flight ticket from Pokhara to Kathmandu is excluded if you prefer to fly back.
- Gratuities: Tips and tokens of appreciation for your trekking guide, assistant guide, and porters are not included and remain entirely at your discretion.
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