

1. Ghorepani Poon Hill Trek

2. Overview

The Ghorepani Poon Hill Trek is a delightful short trip that takes you to the gorgeous Annapurna region of Nepal. It is a breathtaking journey that presents to you sweeping views of the Annapurna Himalayas...

3. Itinerary

Day 1: Arrival in Kathmandu

Altitude: 1350 m

Stay: Hotel

You may arrive in Kathmandu at any time. Upon your arrival, you will be greeted by one of our airport representatives who will help you get transferred to your Hotel. There are no planned activities for the day, thus you may check into your Hotel and relax. In the evening you will meet your trekking member and ask questions if you have any. so you have to check your final list of gear and other important things. If you feel like it, visiting around the tourist hub of Thamel. if your schedule arrival in Kathmandu early in the morning or afternoon time, you have enough time to attend the pre-trekking briefing time and exploring time. Overnight stay at the Hotel in Kathmandu.

Day 2: Drive from Kathmandu to Pokhara by tourist bus

Altitude: 820 m

Meals: Breakfast

Stay: Hotel

Today, you will be driving to Pokhara. It is the second-largest city of Nepal and also its commercially famous tourist hub. Pokhara is situated beside the Phewa Lake and near the Annapurna Mountains. After a drive through the countryside past roadside villages and terrace farms, you will reach Pokhara. In the evening, you can also enjoy a leisurely boat ride in the lake. Overnight stay at the Hotel in Pokhara.

Day 3: Drive from Pokhara to Nayapul and trek to Tikhedhunga

Altitude: 1540 m

Meals: Breakfast/Lunch/Dinner

Stay: Teahouse

From Pokhara, you will have an hour's drive to Nayapul, winding through the Pokhara valley on the Baglung Highway. Nayapul is situated amidst hillocks and cliffs and along the way, you can get good views of the Machhapuchhre Peak and the Annapurna Himal. The dirt-laden trekking trail from Nayapul extends towards the Modi-River and settles Birethanti. Further from here lays Tikhedhunga. Overnight stay at the teahouse at Tikhedhunga.

Day 4: Trek from Tikhedhunga to Ghorepani, 2920m

Altitude: 2880 m

Meals: Breakfast/Lunch/Dinner

Stay: Teahouse

The trail is a steep 2-hour trudge towards the village of Ulleri from Tikhedhunga. Branching further on from Ulleri, the path crosses streams and thick woodlands of rhododendron to reach the Magar village of Banthanti. Views of the Machhapuchhre (6997m), Hiunchuli (6441m), and Annapurna South (7219m) from Banthanti are spectacular. The view is like watching a painting come to life. The path then winds onward to Nangethanti. A few miles further lays Ghorepani from where soaring views of the Dhaulagiri Peak decorate the skyline. Overnight stay at the guesthouse at

Ghorepani.

Day 5: Hike to Poon Hill for sunrise view(3210m) and Trek to Tadapani

Altitude: 2630 m

Meals: Breakfast/Lunch/Dinner

Stay: Teahouse

Early in the morning, you will hike to the vantage point of Poon Hill that presents panoramic views of the entire Annapurna and Dhaulagiri massif and many of its neighboring peaks along with Mt. Machhapuchhre (6997m). The sunrise view from Poon Hill is an out-of-this-world experience. After spending time at Poon Hill, you will return to Ghorepani, have breakfast and then trek towards Tadapani, walking past pine and cedar woods and thick bamboo groves. Overnight stay at the guesthouse at Tadapani.

Day 6: Trek from Tadapani to Ghandruk

Altitude: 1980 m

Meals: Breakfast/Lunch/Dinner

Stay: Teahouse

Three hours trekking through the forests of ancient oak trees, you will reach Ghandruk- a large Gurung village that presents striking views of the Annapurna peaks. It is an easy trek that is quite pleasant and filled with a magical ambiance. Here, you can explore the village and relish the uniqueness of the Gurung culture and traditions. You can also indulge in traditional Gurung songs and dances in the evening. Overnight stay at the guesthouse at Ghandruk.

Day 7: Trek to Nayapul and drive to Pokhara

Altitude: 820 m

Meals: Breakfast/Lunch

Stay: Hotel

From Ghandruk, you will trek down the valley floor towards Nayapul, from where you will then have a drive back to Pokhara. It is a beautiful journey, both the trek as well as the drive back. Upon reaching Pokhara, you will be dropped off at your Hotel. Overnight stay at the Hotel in Pokhara.

Day 8: Drive to Kathmandu by tourist bus

Altitude: 1350 m

Meals: Breakfast

Stay: Hotel

Today, you will bid goodbye to the Annapurna Himalayas and drive back to Kathmandu, following the same highway as before. In Kathmandu, you can feel free to explore the city and shop for gifts and souvenirs. Overnight stay at the Hotel in Kathmandu.

Day 9: Departure from Kathmandu

Meals: Breakfast

Approximately three hours before your scheduled flight, you will be dropped off at the airport for your departure.

5. Cost Includes

- Airport pickups and drops in a private transport
- 3-star hotel accommodation in Kathmandu with breakfast
- 3-Star hotel accommodation in Pokhara with breakfast
- Four Night best available clean & comfortable teahouse accommodation during the trek
- All meals (breakfast, lunch, and dinner) during the trek
- Farewell dinner with cultural program in Kathmandu

- All ground transportation on a comfortable private vehicle as per the itinerary (from Pokhara-Nayapul-Pokhara)
- From Kathmandu to Pokhara to Kathmandu transport by comfortable tourist bus
- An experienced, English-speaking, and government-licensed trekking Guide and Porter (2 trekkers: 1 porter)
- Staff costs including their salaries, insurance, equipment, food, and accommodation
- All necessary paperwork and trekking permits (ACAP, TIMS)
- Medical kit Carried by the trek leader
- All government and local taxes

6. Cost Excludes

- Nepalese visa fee
- International flight to and from Kathmandu
- Lunch and dinner in Kathmandu
- Extra night accommodation in Kathmandu and Pokhara in case of early arrival, late departure, and early return from the mountain (due to any reason) than the scheduled itinerary
- Travel and rescue insurance
- Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porters, bottle or boiled water, shower, etc.)
- Tips for guide(s), porter(s)

7. Equipment / Packing List

Everything You Need for a Comfortable and Scenic Trek in the Annapurnas

The **Ghorepani Poon Hill Trek** is a short and moderate trek in Nepal, perfect for beginners and families. It doesn't go to extreme altitudes, but the weather can change quickly, and the trail includes forest paths, stone steps, and ridge walks. Packing smart helps you stay comfortable and enjoy the journey without carrying unnecessary weight.

? Clothing: Layer for Changing Weather

Nepal's mountain weather can be sunny, cold, windy, or rainy — all in one day. So dressing in layers is the key.

? Base Layers:

- 2–3 moisture-wicking t-shirts (quick-dry)
- 1–2 thermal tops (especially for mornings and evenings)
- 2 pairs of lightweight trekking pants
- 1 set of thermal leggings or long underwear (for cold nights)

? Mid Layers:

- 1 warm fleece jacket or pullover
- 1 down or insulated jacket (lightweight but warm)

? Outer Layers:

- Waterproof jacket with hood (windproof too)
- Waterproof trousers (especially useful in monsoon season)

? Footwear: Keep Your Feet Happy

- Comfortable trekking boots (broken-in and waterproof)
- Lightweight shoes or sandals (for evenings in lodges)
- 3–4 pairs of good hiking socks (mix of light and warm)

? Accessories & Warm Gear

- Warm hat or woolen beanie
- Sun hat or cap
- Lightweight gloves (optional for early mornings)
- Sunglasses (UV-protected)
- Buff or scarf (for dust and sun protection)

? Bags & Storage

- Daypack (25–35L) with a rain cover
- Duffel bag (if your gear is carried by porter)
- Dry bags or stuff sacks (for organizing gear)
- Waterproof cover for bag (essential during rain)

?? Sleeping Essentials

- Sleeping bag (rated to 0°C to -5°C is enough for teahouse stays)
- Sleeping bag liner (for extra warmth and hygiene)

Most teahouses provide blankets, but it's best to carry your own bag for warmth and comfort.

? Personal Hygiene & Toiletries

- Toothbrush, toothpaste, soap, and quick-dry towel
- Wet wipes and hand sanitizer
- Toilet paper (not always available in lodges)
- Lip balm and sunscreen (SPF 30 or higher)
- Small first aid kit (band-aids, pain relief, blister care)
- Prescribed medication (if any)

? Hydration & Snacks

- Reusable water bottles or hydration bladder (2L capacity)
- Water purification tablets or filter (safe drinking water)
- Energy bars, nuts, and light snacks for the trail

? Electronics & Extras

- Headlamp or torch (with spare batteries)
- Power bank (charging points may be limited)
- Camera or smartphone
- Lightweight book or cards (for evenings)

? Documents & Money

- Passport and copies
- Trekking permits (TIMS and ACAP – usually handled by your agency)
- Some Nepali Rupees in cash (ATMs not available on trail)