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1. Ghorepani Poon Hill Trek

2. Overview

The Ghorepani Poon Hill Trek is one of the most popular short Himalayan adventures in Nepal. It offers spectacular sunrise views and breathtaking panoramas of the Annapurna and Dhaulagiri ranges. This moderate trek is ideal…

3. Itinerary

Day 1: Arrival in Kathmandu

Altitude: 1400 meter | 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 tour operator to attend the pre-trekking briefing and ask questions if you have any. Check your final list of gear and other important things. If your arrival in Kathmandu is early in the morning or in the afternoon, you have enough time you can explore on your own. Overnight stay at the Hotel in Kathmandu.

Day 2: Drive from Kathmandu to Pokhara by tourist bus

Altitude: 822 meter | Meals: Breakfast | Stay: Hotel

Today, you will drive to Pokhara early in the morning. It is the second-largest city in Nepal and its most commercially famous tourist hub. Pokhara is situated beside Phewa Lake, with the Annapurna range rising close by. After a scenic drive through villages and terraced farms along the Prithvi Highway, you will reach Pokhara bus station, where private transportation will be arranged to transfer you to your hotel. After checking in, you can spend the evening exploring the shores of Phewa Lake. Overnight stay at the Hotel in Pokhara.

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

Altitude: 1480 meter | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

From Pokhara, after breakfast at the hotel, 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 enjoy good views of Machhapuchhre Peak and the Annapurna Himal. The trekking trail from Nayapul follows the Modi River and reaches Birethanti. From here, it continues further to Tikhedhunga. Overnight stay at the teahouse in Tikhedhunga.

Day 4: Trek from Tikhedhunga to Ghorepani

Altitude: 2860 meter | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

From Tikhedhunga, the trail is a steep 2-hour trudge to the village of Ulleri. Continuing on from Ulleri, the path crosses streams and thick rhododendron woodlands to reach the Magar village of Banthanti. Views of Machhapuchhre (6,997m), Hiunchuli (6,441m), and Annapurna South (7,219m) from Banthanti are spectacular — like watching a painting come to life. The trail then winds onward to Nangethanti, and a few miles further lies Ghorepani, from where

soaring views of Dhaulagiri Peak decorate the skyline. Overnight stay at the guesthouse in Ghorepani.

Day 5: Early morning hike to Poon Hill and trek to Tadapani

Altitude: 2630 meter | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

Early in the morning, you will hike to the vantage point of Poon Hill, which presents panoramic views of the entire Annapurna and Dhaulagiri massifs, along with many neighboring peaks including Mt. Machhapuchhre (6,997m). The sunrise view from Poon Hill is an out-of-this-world experience. After spending time at Poon Hill, you will return to Ghorepani for breakfast, then trek toward Tadapani, walking past pine and cedar woods and thick bamboo groves. Overnight stay at the teahouse in Tadapani.

Day 6: Trek from Tadapani to Ghandruk Village

Altitude: 1980 meter | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

After a three-hour trek through forests of ancient oak trees, you will reach Ghandruk - a large Gurung village that offers striking views of the Annapurna peaks. It is an easy, quite pleasant trek filled with a magical ambiance. Here, you can explore the village and take in the uniqueness of Gurung culture and traditions. In the evening, you can also enjoy traditional Gurung songs and dances. Overnight stay at the teahouse in Ghandruk.

Day 7: Trek from Ghandruk to Nayapul and drive to Pokhara

Altitude: 822 meter | Meals: Breakfast/Lunch | Stay: Hotel

From Ghandruk, you will trek down to the valley floor toward Nayapul, from where you will then drive back to Pokhara. It is a beautiful journey, both the trek and 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: 1400 meter | 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

Altitude: 1400 meter | 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 perfect for beginners and families. It doesn't reach 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 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)