
Trekking

GHOREPANI POON HILL TREK

The Ghorepani Poon Hill Trek is a perfect short adventure in Nepal. Walk through rhododendron forests, visit Gurung and Magar villages, and catch an unforgettable sunrise over the Himalayas from Poon Hill (3,210m).

OVERVIEW

COUNTRY	Max Elevation	DURATION
NEPAL	3210	10 DAYS
COORDINATES	Tri Code	Group Size
28°24'00.71"N 83°41'21.47"E	RE-PH	2-12 Pax

The Ghorepani Poon Hill Trek is a beautiful and popular short trek in the Annapurna region of Nepal. Perfect for beginners and experienced trekkers, this journey offers stunning mountain views, cultural experiences, and an easy-to-moderate adventure.

Trek Overview

Your trek starts from Dhampus and ends in Tikhedhunga. You'll pass through charming villages like Tikhedhunga, Ulleri, Banthanti, Ghandruk, and Ghorepani along the way. The trail takes you up stone-paved steps, through lush rhododendron forests, and alongside terraced farms. You'll get to meet the friendly Gurung and Magar communities, known for their warm hospitality.

One of the highlights is reaching Ghorepani, a picturesque village at 2,874 meters. From here, an early morning hike to Poon Hill (3,210m)

offers breathtaking panoramic views of the Annapurna and Dhaulagiri mountain ranges, especially during sunrise when the peaks glow in golden hues.

Highlights of the Trek

- **Stunning Mountain Views** – See majestic peaks like Annapurna (8,091m), Dhaulagiri (8,167m), and Machapuchare (6,993m).
- **Sunrise from Poon Hill** – Witness one of the most spectacular sunrises over the Himalayas.
- **Local Culture** – Experience the traditions, food, and lifestyle of the Gurung and Magar people.
- **Varied Landscapes** – Walk through rhododendron forests, terraced fields, and quaint mountain villages.
- **Short and Rewarding** – Perfect for those with limited time but a big love for adventure.

Best Time to Trek

- **Spring (March–May):** Rhododendrons in full bloom, pleasant weather, and clear skies.
- **Autumn (September–November):** Stable weather, crisp air, and breathtaking mountain views.
- **Winter (December–February):** Cold but peaceful, with snow adding charm to the landscape.
- **Monsoon (June–August):** Lush greenery, but expect rain and slippery trails.

Difficulty Level

This is an easy-to-moderate trek, suitable for anyone with a basic fitness level. The highest point is Poon Hill at 3,210m. Expect daily hikes of 4 to 6 hours, with some steep climbs, especially the stone steps to Ulleri.

Final Thoughts

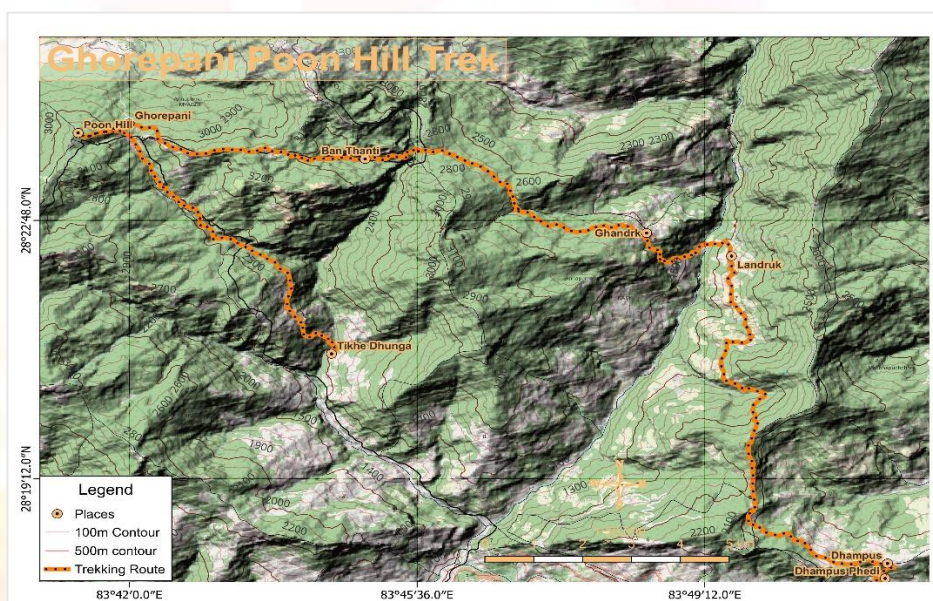
The Ghorepani Poon Hill Trek is ideal if you're looking for a short yet fulfilling Himalayan adventure. It offers a perfect mix of natural beauty, cultural encounters, and stunning mountain views.

Whether you're a first-time trekker or a seasoned hiker, this trek promises an unforgettable experience in the heart of Nepal. Get ready to explore, be inspired, and create memories that will last a lifetime!

Ghorepani Poon Hill Trek – 10-Day Adventure in Nepal

MAP

[View on Google Map](#)



DETAIL ITINERARY

Day 01 Arrive Kathmandu (1400m)

Outside the terminal of Kathmandu's Tribhuvan International Airport, our airport agent will be waiting for you with a sign bearing the name of the Company. Then, you will transfer to the Hotel after you arrive at TIA. If you arrive at TIA on time, you can visit the nearby Hotel area (depending on the arrival time) or you can rest after the long air flight. On this day, our staff or your trip guide will meet and greet you at the Hotel and brief you about the day ahead journey. You will stay overnight.

Day 02 Drive from Kathmandu to Phedi via Pokhara (822m) and trek to Dhampus (1700m)

After an early morning breakfast at the hotel, the journey will start towards western Nepal via the Prithivi Highway. In approximately one hour, you will reach at the Trishuli River, passing through pictures scenes of Nepali house, terraced fields, hotels, and khaja ghar along the route. A riverside restaurant will be the stop for lunch.

Continuing on the Kathmandu -Pokhara highway, the route unfolds diverse landscapes, showcasing a variety of flora, fauna and cultural elements. Upon reaching Pokhara, the next journey will start towards Dhampus Phedi. After reaching Phedi, you will trek to Dhampus where you will stay overnight.

Day 03 Trek from Dhampus to Landruk (1640m)

In the early morning, you will enjoy breakfast at Dhampus and start your journey towards Landruk. Landruk is a charming village that offers breathtaking views of Himalayan peaks, including Annapurna I (8091m), Fishtail (6993m), Gangapurna (7455m), Lamjung Himal (6983m), and the Dhaulagiri range. This village is renowned not only for its scenic beauty but also for activities like honey hunting and the rich Gurung culture where you will stay overnight.

Day 04 Trek from Landruk to Ghandruk (2012m) Day 04 Trek from Landruk to Ghandruk (2012m)

After having breakfast in Landruk, you will start your trek to Ghandruk village. Ghandruk, a traditional Gurung village situated at an elevation of 2012m, is home to a Gurung museum and will offer one of the best views of Annapurna South (7219m), Gangapurna (7455m), Annapurna III (7555m), Hiunchuli (6441m), and Machhapuchhre (6993m). On this day, you will stay overnight here.

Day 05 Trek from Ghandruk to Banthanti (2250m)

You will start your trek from Ghandruk after morning breakfast, heading to Banthanti. Banthanti is a peaceful and picturesque spot that will attract you with its natural beauty. It is surrounded by lush green forests adorned with vibrant blooms, creating a delightful atmosphere. After a long trek, you will stay overnight.

Day 06 Trek from Banthanti to Ghorepani (2880m)

After having breakfast in Banthanti, you will head towards Ghorepani, a renowned spot for the Poon Hill trek known for its abundant natural beauty, cultural richness, and warm hospitality. Ghorepani is a relatively modern village equipped with various amenities, including hot water facilities, bookstores, small shops, and bakeries. Hot showers will be available for your convenience. Lunch will be along the way, and you will stay overnight in Ghorepani.

Day 07 Hike to Poonhil (3200m) early morning (sunrise) and trek back to Tikhedhunga (1500m)

In the early morning, you will hike to the top of Poon Hill for a stunning sunrise view of Himalayan peaks like Dhaulagiri (seventh highest), Annapurna (10th highest), Manaslu (eighth highest), and the majestic Machapuchhare peak. After enjoying this spectacle, return to Ghorepani, have lunch there, and continue the

trek through forested terrain, with both uphill and downhill stretches, finally reaching Tikhedhunga for an overnight stay.

Day 08 Drive to Pokhara from Tikhedhunga (1500m)

Upon having breakfast at Tikhedhunga, you will prepare for the drive to Pokhara (822m), where you will lunch at Pokhara. Following the lunch, you have the option to either explore the lakeside area or take some rest, depending on your preference. You will stay overnight at Hotel.

Day 09 Drive Back pokhara to Kathmandu

Following breakfast, you will prepare for the drive to Kathmandu, with lunch along the way. Kathmandu reaches in the late afternoon. An evening farewell dinner will be at Hotel, and accommodations for the night.

Day 10 Departure from TIA

You will have breakfast in the early morning and you will depart from Tribhuvan International Airport as per your schedule.

WHAT'S INCLUDED

At Rise Expeditions, we handle every detail of your Ghorepani Poon Hill Trek, ensuring a safe, comfortable, and unforgettable journey. With experienced guides and top-notch gear, you can focus on enjoying the stunning Annapurna region. The following is included in your booking:

INCLUDED

- International arrival and departure
- All ground transportation
- Total of 9 nights (2 nights in a hotel in Kathmandu, 1 night pokhara hotel and 6 nights at tea houses)

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- All accommodations and meals in Kathmandu before and after the journey
 - Hotel stay at Kathmandu is Bed and Breakfast (BB) Plan
 - Full board at trek including breakfast, lunch, and dinner
 - Government-licensed English-speaking trek leader. For 4-6 trekkers, 1 assistant guide will be added, and for 7-10 trekkers, 2 additional assistant guides will be provided.
 - Porter to assist with trekkers' luggage (2 trekkers per porter, with a maximum weight limit of 18 kg per porter, i.e., 9 kg per trekker). Non-essential items can be stored at the Kathmandu hotel.
 - Coverage for guides' and porters' wages, meals, insurance, lodging, transportation, flights, and necessary equipment
 - Water purification tablets for safe drinking water
 - Annapurna Conservation Area permit fee
 - Daily snacks (cookies) and seasonal fresh fruits
 - All government, local taxes, and official expenses
 - Assistance in arranging rescue operations in case of complicated health conditions (funded by travel insurance)
 - Farewell dinner at the end of the Ghorepani Poon hill trek.

EXCLUDED

- International flight costs
- Nepal entry visa fees for multiple entries on arrival at Tribhuvan International Airport (15 days – \$25-30, 30 days – \$40-50, 90 days – \$100-110)
- Excess baggage charges (limit is 9 kg per person on the trek)
- Extra night accommodation in Kathmandu due to early arrival, late departure, or early return from the trek

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- Personal expenses (shopping, snacks, boiled bottled water, hot (tea/coffee) and cold drinks, hot showers, alcohol, Wi-Fi, telephone calls, battery recharge fees, extra porters, etc.)
 - Personal clothing and gear
 - Travel insurance covering emergency high-altitude rescue and evacuation (compulsory)
 - Tips for guides and porters (recommended)
 - Additional costs incurred due to causes beyond our control, such as landslides, weather conditions, itinerary modifications for safety, illness, changes in government policies, strikes, etc.
 - All other costs and expenses not listed in the “What is included in my 10 Day Ghorepani Poon Hill Trek ?”
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EQUIPMENT

Reaching Poon Hill at 3,210m is a rewarding experience, and having the right gear makes the journey even better. With PK Sherpa's expert guidance, we'll provide you with a detailed packing list to ensure a comfortable and enjoyable trek.

CHECKLIST

Headwear

- Headlamp (minimum 200 lumens) with spare batteries
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Woolen Cap

Buff Scarf

Sunhat (to shade your face)

Bodywear (Clothing/Layering)

Thermal top base layer

Fleece jacket

Gore-Tex jacket

Down jacket

Cotton t-shirt

Thermal bottom base layer

Fleece trouser

Gore-Tex pant

Mid weight pants

Lightweight quick dry hiking pants

Handwear

Wind stopper/screen tap gloves

Thin fleece gloves

Footwear

Trekking Shoes (for approach to basecamp)

Slippers

Normal socks

Camp Shoes

Personal kit

Trekking Backpack (45+)

Water bottle

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- | | |
|--|---|
| <input type="checkbox"/> Thermos | <input type="checkbox"/> Mug |
| <input type="checkbox"/> Spoon/fork | <input type="checkbox"/> Bowl |
| <input type="checkbox"/> Foldable pad Pad | <input type="checkbox"/> Toilet paper/wet tissue |
| <input type="checkbox"/> Sunscreen (minimum SPF 50+) | <input type="checkbox"/> Lip Balm with Sunblock (SPF 30+) |
| <input type="checkbox"/> Toothpaste | <input type="checkbox"/> Toothbrush |
| <input type="checkbox"/> Soap | <input type="checkbox"/> Towel |
| <input type="checkbox"/> Garbage bag | |

First Aid and Medications

- Personal Medications prescribed by your doctors
- Personal First Aid Kit (small and portable)

Miscellaneous Items

- Camera and Associated Gear
- Nail cutter
- Umbrella/raincoat

REQUIREMENT

The trek to Annapurna Regions is an incredible experience, combining breathtaking scenery with a chance to explore Nepal's rich culture. It's a moderately challenging trek, with steep trails and high altitudes, so good physical fitness and some prior trekking experience are important. The journey takes you above 3,000 meters, where the air gets thinner, and altitude can become a factor.

We'll guide you on how to prepare, from fitness tips to packing the right gear. If needed, we can recommend practice hikes to help you feel more confident on the trail.

With our experienced team supporting you every step of the way, you can focus on enjoying the adventure and making it to the stunning Langtang Valley safely and comfortably.

Payment

You can pay your deposit and balance using any lawful method. If you choose to pay via electronic bank transfer, please ensure that you cover all associated fees, so the full amount shown on your invoice is received by us in the specified currency.

Cancellation Policy

To confirm your spot, a 30% deposit is required at the time of booking. An additional 40% must be paid at least one month before you arrive in Nepal, and the remaining balance is due upon your arrival. Payments can be made via cash or credit card, with credit card fees covered by the participant.

Cancellation Policy

- **45 Days Notice:** 25% of the total trek cost will be charged.
- **30 Days Notice:** 50% of the total trek cost will be charged.
- **15 Days Notice:** 80% of the total trek cost will be charged.
- **Within 15 Days:** You can postpone your trip for an additional 10% of the total trek cost. Cancellations after 15 days will require an extra 20% fee for postponing.

Additional Costs for Cancellations

- **Domestic Flights:** Airline policies will apply.
- **Luxury Hotel Bookings:** Hotel-specific cancellation terms will apply.

We would recommend that you purchase trip cancellation insurance for added protection.

For more details, don't hesitate to get in touch with us or refer to our full [booking policy](#).

Insurance

We strongly recommend getting travel insurance before your trek to Ghorepani Poon Hill Trek. This will help protect you in case of unexpected situations during your trip.

Your insurance should cover:

- **Medical emergencies and evacuation** (especially in case of high-altitude health issues)
- **Trip cancellations or interruptions**
- **Loss of baggage or personal items**
- **Travel delays or changes**

While we prioritize your safety, having insurance gives you extra peace of mind. If you need help finding the right coverage, please contact us.

