Ghorepani Poon Hill Trek

Trip information · Nord Extreme Himalaya Pvt. Ltd. · delightful-orange-chimpanzee.tarevirjungleresort.com · Updated 22 November 2026

DURATION	**9 Days**
DIFFICULTY	**Moderate**
MAX ALTITUDE	**3210m**
GROUP SIZE	**17 People**
BEST SEASON	**September–November and March–May**
START / END	**Kathmandu / Kathmandu**
PRICE FROM	**USD 1,190 per person**

Trip overview

The Ghorepani Poon Hill Trek is one of Nepal's most popular short trekking routes, offering an accessible Himalayan experience with spectacular mountain views, rich cultural encounters, and well-established trails. This classic trek is ideal for beginners, families, and travelers with limited time who still wish to experience the beauty of the Annapurna region.

The highlight of the journey is the sunrise view from Poon Hill, where trekkers witness golden light illuminating the Himalayan giants, including Annapurna I, Dhaulagiri, Machhapuchhre, and surrounding peaks. The trek passes through traditional Gurung and Magar villages, lush rhododendron forests, and scenic terraced hillsides, making it one of the most rewarding short treks in Nepal.

Geography and Landscape

The Ghorepani Poon Hill Trek is located in the Annapurna region within Annapurna Conservation Area. The journey typically begins from Nayapul or nearby trailheads close to Pokhara and gradually ascends through forested hills and traditional villages.

The landscape is diverse despite its short duration. Lower sections feature terraced farmland, subtropical vegetation, and river valleys, while higher elevations are dominated by dense rhododendron and oak forests. During spring, the forests bloom with vibrant rhododendron flowers, creating a colorful and scenic trail environment.

Ghorepani village serves as a major stop along the route, offering panoramic views of the surrounding mountains and a traditional mountain village atmosphere. From here, an early morning hike leads to Poon Hill (3,210 m), one of Nepal's most famous viewpoints.

At sunrise, Poon Hill offers a breathtaking 360-degree panorama of the Annapurna and Dhaulagiri ranges, with snow-covered peaks glowing in warm golden light. This viewpoint is widely considered one of the best short trekking highlights in the Himalayas.

Climate and Best Time to Trek

The Ghorepani Poon Hill Trek can be completed throughout most of the year, but the best seasons are spring (March–May) and autumn (September–November).

Spring offers pleasant temperatures and beautiful rhododendron blooms, making the forest trails

especially scenic. Autumn provides clear skies, stable weather, and excellent visibility of the Himalayan peaks after the monsoon season.

Winter (December–February) is colder but still suitable for trekking, especially for those who prefer quieter trails and crisp mountain views. The monsoon season (June–August) brings rain and cloudy conditions, which may reduce visibility and make trails slippery.

Overall, autumn is considered the best season for the clearest mountain views and most comfortable trekking conditions.

People and Culture

The trek passes through culturally rich villages inhabited mainly by Gurung and Magar communities. These ethnic groups are known for their warm hospitality, traditional lifestyles, and strong connection to the Himalayan environment.

Villages such as Ghorepani, Ulleri, Tadapani, and Ghandruk showcase traditional stone houses, terraced fields, prayer flags, and small local teahouses. Among these, Ghandruk is one of the most famous cultural villages, offering insight into Gurung heritage, traditional clothing, and local museums.

Trekkers experience authentic rural life, friendly local interactions, and traditional Nepali mountain culture throughout the journey. The combination of cultural richness, easy trekking trails, and iconic sunrise views makes the Ghorepani Poon Hill Trek one of the most loved short treks in Nepal.

Highlights

- Sunrise at Poon Hill – iconic Himalayan sunrise view
- Panoramic peaks – Annapurna I, Dhaulagiri, Machhapuchhre and more
- Rhododendron forests – stunning bloom in spring
- Traditional Gurung & Magar villages – rich local culture
- Terraced fields & green landscapes – scenic farming valleys
- Easy/moderate trek – ideal for beginners and short trips
- Annapurna Conservation Area – Nepal’s largest protected region
- Diverse ecosystems – forests, hills, and mountain scenery

Day-by-day itinerary

Day 1 : Arrival in Kathmandu (1,400m)

Altitude: 1,400m

Stay: Hotel · Visit: Nepal · Meals: Dinner

We will pick you up from the airport. One of our representatives from Nord Extreme will be there to welcome and assist you upon arrival in Kathmandu. Our team from Nord Extreme will assist you with permit arrangements, trekking briefing, gear checking, and final trip preparation to ensure a safe and comfortable journey ahead.

You will also have free time to explore Thamel for any last-minute shopping or personal preparations before the trek begins.

Day 2 : Trek Preparation & Permit Processing in Kathmandu (1,400m)

Altitude: 1,400m

Stay: Hotel · Visit: Nepal · Meals: Breakfast

This day is fully dedicated to trek preparation and logistics. Your trekking permits are finalized, and your guide will provide a detailed briefing about the route, safety guidelines, altitude awareness, and daily expectations. Gear inspection and final packing adjustments are completed. You may also explore Kathmandu's cultural sites or enjoy leisure time in Thamel.

Day 3 : Drive Kathmandu -> Nayapul, Trek to Tikhedhunga (1,540m)

Altitude: 1,070m -> 1,540m

Walk: 4–5 hours trek + 6–7 hours drive · Stay: Tea House · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

Early morning scenic drive from Kathmandu to Nayapul passing through hills, rivers, and rural settlements. From Nayapul, the trek begins along the Modi River valley through Birethanti and small villages. The trail gradually ascends through forests and farmland until reaching Tikhedhunga, a quiet village near the Ulleri staircase.

Day 4 : Trek to Ghorepani (2,860m)

Altitude: 1,540m -> 2,860m

Walk: 6–7 hours · Stay: Tea House · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

A challenging but rewarding trekking day featuring the famous Ulleri stone staircase with over 3,000 steps. The trail climbs steadily through dense rhododendron and oak forests. As altitude increases, the scenery opens to wider Himalayan views before reaching Ghorepani, a lively mountain village known for stunning panoramas and warm teahouses.

Day 5 : Poon Hill Sunrise and Trek to Tadapani (2,630m)

Altitude: 2,860m -> 3,210m -> 2,630m

Walk: 5–6 hours · Stay: Tea House · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

Early morning hike to Poon Hill for sunrise views over the Annapurna and Dhaulagiri ranges. After returning to Ghorepani for breakfast, the trail continues through beautiful rhododendron forests and ridgelines. The day ends in Tadapani, a peaceful village surrounded by mountain scenery and dense forest.

Day 6 : Trek to Ghandruk (1,940m)

Altitude: 2,630m -> 1,940m

Walk: 4–5 hours · Stay: Tea House · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

A mostly downhill trek through lush forests, stone steps, and terraced farmland. You arrive at Ghandruk, one of the most beautiful Gurung villages in the Annapurna region. The village offers traditional stone houses, cultural heritage, and panoramic views of Machapuchare, Annapurna South, and Hiunchuli.

Day 7 : Trek to Nayapul, Drive to Pokhara (820m)

Altitude: 1,940m -> 1,070m -> 820m

Walk: 3–4 hours trek + 1.5–2 hours drive · Stay: Hotel · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

A gentle downhill trek through villages and farmlands leads back to Nayapul. From here, a short drive takes you to Pokhara, a peaceful lakeside city. You can relax by Phewa Lake, explore cafés, or enjoy optional sightseeing activities.

Day 8 : Return to Kathmandu (1,400m)

Altitude: 820m -> 1,400m

Stay: Hotel · Visit: Nepal · Meals: Breakfast

Return to Kathmandu either by scenic drive or short domestic flight from Pokhara. Upon arrival, enjoy free time for shopping, relaxation, or exploring cultural sites before departure preparations.

Day 9 : Departure

Altitude: 1,400m

Visit: Nepal · Meals: Breakfast

Transfer to Tribhuvan International Airport for your final departure. End of the trekking journey with Nord Extreme, carrying unforgettable memories of the Himalayas.

Altitude & temperature

Typical daytime / night temperature at each overnight stop in the best travel months. Temperatures can change with the weather.

- Day 1 · Arrival in Kathmandu · 1,400 m · day 21°C / night 10°C
- Day 2 · Trek Preparation & Permit Processing in Kathmandu · 1,400 m · day 21°C / night 10°C
- Day 3 · Drive Kathmandu -> Nayapul, Trek to Tikhedhunga · 1,070 m · day 22°C / night 13°C
- Day 4 · Trek to Ghorepani · 1,540 m · day 20°C / night 10°C
- Day 5 · Poon Hill Sunrise and Trek to Tadapani · 2,860 m · day 13°C / night 1°C
- Day 6 · Trek to Ghandruk · 2,630 m · day 15°C / night 2°C
- Day 7 · Trek to Nayapul, Drive to Pokhara · 1,940 m · day 18°C / night 7°C
- Day 8 · Return to Kathmandu · 820 m · day 24°C / night 14°C
- Day 9 · Departure · 1,400 m · day 21°C / night 10°C

What’s included

1. Transportations

- Private/tourist vehicles for airport pickup and drop-off in Kathmandu.
- Private/tourist vehicles transfer as per itinerary to access the trailheads.

2. Accommodation & Meals

- 3 Nights 3 star hotel in Kathmandu with bed & breakfast basis.
- 1 Night 3 star hotel in Pokhara with bed & breakfast basis.
- All Meals (breakfast, lunch & dinner with tea & coffee) during the trekking Period.

3. Permits

- Annapurna Conservation Area Project (ACAP) permits.
- Trekkers' Information Management System (TIMS) permits.

4. Guide & Staff

- Professional and experience License holder trekking guide salary & insurance.
- Porter salary, equipments & insurance.

- First aid medical kit for emergency support.

Not included

1. International Flights

- Airfare from your home country to Nepal (Tribhuvan International Airport, Kathmandu).
- Return airfare from Nepal (Tribhuvan International Airport, Kathmandu) to your home country.

2. Visa Fees

- Nepal entry visa fee for entering Nepal (available on arrival at Tribhuvan International Airport, Kathmandu, or through a Nepalese embassy).

3. Travel Insurance (Mandatory)

- Comprehensive travel insurance covering high-altitude trekking, emergency medical treatment, helicopter evacuation, trip cancellation, and other unforeseen circumstances.

4. Personal Expenses

- Tips, gifts, and souvenirs for trekking guides and porters.
- Personal trekking equipment and gear.
- Charges for lodge Wi-Fi, hot showers, battery charging, and laundry services.

5. Meals & Beverages

- Lunch and dinner in Kathmandu, Pokhara, and other locations where accommodation is provided in 3-star category hotels.
- Soft drinks, bottled water, alcoholic beverages, and snacks consumed during meals

Dates & prices

- 02 Mar 2027 – 10 Mar 2027 · USD 1,190 · Available
- 16 Mar 2027 – 24 Mar 2027 · USD 1,190 · Available
- 06 Apr 2027 – 14 Apr 2027 · USD 1,190 · Available
- 20 Apr 2027 – 28 Apr 2027 · USD 1,190 · Available
- 04 May 2027 – 12 May 2027 · USD 1,190 · Available

Best time to visit

Best months: March–April and October–November. October and November offer crystal-clear views of Annapurna and Machhapuchhre; March to May is warm with blooming rhododendron forests. Lower Annapurna treks such as Poon Hill are possible in winter, while Thorong La and high passes may close after heavy snow.

What to bring — packing checklist

Clothing

- ☐ Moisture-wicking base layers (top and bottom)

- [ ] Fleece or light insulated mid-layer
- [ ] Down jacket (–10 °C rated for high trails)
- [ ] Waterproof, breathable shell jacket and trousers
- [ ] 2–3 trekking shirts and 2 pairs of trekking trousers
- [ ] Warm hat, sun hat or cap and buff
- [ ] Light liner gloves and warm insulated gloves
- [ ] Underwear and sports bras

Footwear

- [ ] Broken-in waterproof trekking boots with ankle support
- [ ] Camp shoes or sandals for teahouse evenings
- [ ] Hiking socks (4–5 pairs) and warm wool socks for nights

Equipment

- [ ] Daypack 30–35 L with rain cover
- [ ] Sleeping bag rated to –10 °C (we can provide one)
- [ ] Trekking poles
- [ ] Sunglasses with UV protection
- [ ] Duffel bag for the porter (provided by Nord Extreme)

Health & personal

- [ ] Personal medication and a small first-aid kit
- [ ] Altitude medicine (Diamox) after consulting your doctor
- [ ] Water bottles or a 2–3 L hydration bladder, purification tablets or filter
- [ ] Sunscreen SPF 50, lip balm with SPF
- [ ] Hand sanitiser, wet wipes, quick-dry towel
- [ ] Headlamp with spare batteries, power bank

Documents & money

- [ ] Passport valid for 6+ months, plus copies
- [ ] Travel insurance policy (covering helicopter evacuation)
- [ ] 4 passport photos for permits
- [ ] Cash in USD / Nepali rupees for tips, snacks and extras
- [ ] Credit or debit card

Down jackets and sleeping bags can also be rented in Kathmandu.

Essential information

Accommodation

Accommodation is provided in well-established teahouses and mountain lodges along the route.

Lower villages such as Nayapul, Tikhedhunga, and Ulleri offer comfortable basic lodges. Ghorepani provides a range of guesthouses with relatively good facilities due to high tourist traffic.

Rooms are typically twin-sharing with simple bedding and shared bathroom facilities.

Meals

A full-board meal plan (Breakfast, Lunch, and Dinner) is available throughout the trek. Meals are freshly prepared and cater to trekking energy requirements.

Typical menu options include:

- Traditional Dal Bhat set meals

- Noodles, fried rice, and pasta
- Soups, potatoes, and seasonal vegetables
- Eggs, pancakes, and toast
- Tea, coffee, and hot beverages

Food quality is generally good due to the trek's popularity and established teahouse network.

Difficulty & Physical Requirements

The Ghorepani Poon Hill Trek is classified as easy to moderate, making it suitable for beginners, families, and older travelers.

Daily trekking ranges from 4 to 6 hours, with gradual ascents and well-defined stone stair trails, especially on the climb to Ulleri.

No technical skills or prior trekking experience are required.

Permits

Required permits include:

- Annapurna Conservation Area Permit (ACAP)
- TIMS Card (Trekkers' Information Management System)

All permits are arranged by the trekking operator.

Best Season

- Spring (March–May): Rhododendron forests in full bloom and clear views
- Autumn (September–November): Best visibility and stable weather conditions
- Winter (December–February): Cold but clear skies and fewer crowds
- Monsoon (June–August): Not recommended due to rain and slippery trails

Transportation & Access

The trek begins with a drive from Pokhara to Nayapul or Birethanti, followed by trekking through traditional villages and forested hills.

Pokhara serves as the main gateway city for this trek, with easy access from Kathmandu by flight or road.

Safety & Acclimatization

This is a low-risk trek with moderate altitude (maximum around 3,210m at Poon Hill).

Altitude sickness is rare, but steady walking and hydration are recommended.

Guides ensure safe navigation and cultural interpretation throughout the route.

Travel Insurance

Recommended travel insurance should include:

- Trekking coverage (up to at least 3,500m–4,000m)
- Medical emergency coverage
- Helicopter evacuation (optional but recommended)
- Trip cancellation and accident protection

Additional information

Guide & Porter Services

Licensed trekking guides are available to assist with navigation, safety, and cultural interpretation.

Porters can be hired to carry luggage, making the trek more comfortable and enjoyable.

Cultural & Natural Highlights

The Ghorepani Poon Hill Trek is known for its combination of culture and mountain scenery:

- Sunrise view from Poon Hill
- Panoramic views of Annapurna and Dhaulagiri ranges
- Traditional Gurung and Magar villages
- Rhododendron forests (especially vibrant in spring)
- Stone stair trails and terraced farmland
- Rich cultural experience in rural Nepal

Essential Equipment

Recommended gear includes:

- Comfortable trekking shoes
- Light layered clothing system
- Warm jacket for early morning sunrise
- Rain jacket (seasonal)
- Hat, sunglasses, and sunscreen
- Small daypack (20–30L)
- Basic first aid kit

Communication & Connectivity

Mobile network coverage is available in most villages along the route.

Wi-Fi is available in many lodges at an additional cost, especially in Ghorepani and nearby settlements.

Why Choose the Ghorepani Poon Hill Trek?

This trek is perfect for a short and rewarding Himalayan experience:

- Famous sunrise view from Poon Hill
- Easy and beginner-friendly trekking route
- Short duration (ideal for limited time travelers)
- Stunning mountain panorama of Annapurna and Dhaulagiri
- Rich cultural experience in traditional villages
- Well-developed teahouse infrastructure
- Accessible from Pokhara with flexible itineraries
- One of Nepal’s best short treks for all age groups

Frequently asked questions

How difficult is the Ghorepani Poon Hill Trek?

The Ghorepani Poon Hill Trek is graded Moderate — suitable for most active travellers. Expect 5–7 hours of walking on most days on mountain trails with plenty of ascents and descents. Regular cardio training — hiking, running, cycling or stair climbing — for 6–8 weeks before departure makes the trip far more enjoyable.

What is the best time for the Ghorepani Poon Hill Trek?

For the Annapurna region the best months are March–April and October–November. October and November offer crystal-clear views of Annapurna and Machhapuchhre; March to May is warm with blooming rhododendron forests. Lower Annapurna treks such as Poon Hill are possible in winter, while Thorong La and high passes may close after heavy snow.

What permits do I need for the Ghorepani Poon Hill Trek?

You need the Annapurna Conservation Area Permit (ACAP) and the trekkers' TIMS card. Nord Extreme arranges every permit for you before the trip starts — check the "Includes" section above for exactly what is covered in the price. Just bring your passport and a few passport-size photos.

What is the accommodation like on the Ghorepani Poon Hill Trek?

In Kathmandu you stay in a comfortable hotel; on the trail we use the best available family-run teahouses and lodges with twin-share rooms, shared or attached bathrooms and a warm dining room. Upgrades to luxury lodges are possible on popular routes such as Everest and Annapurna.

Can I book the Ghorepani Poon Hill Trek as a private trip or join a group?

Both. You can join one of the fixed departures listed under "Dates & Prices", or book a private trip for just you, your family or friends on any date. Solo travellers are welcome — you will always have your own licensed guide.

Do I need travel insurance for the Ghorepani Poon Hill Trek?

Yes, travel insurance is compulsory. It must cover medical treatment and emergency helicopter evacuation up to the trip's highest altitude, plus trip cancellation. Please send us your policy details before departure.

What should I pack for the Ghorepani Poon Hill Trek?

See the "What to bring" checklist on this page for the full list. The essentials are broken-in boots, warm layers, a down jacket, a waterproof shell, sun protection and a daypack. Down jackets and sleeping bags can be rented cheaply in Kathmandu, and a porter carries your main bag (up to 10–12 kg).

Ready to book or have a question?

Trip page: https://delightful-orange-chimpanzee.tarevirjungleresort.com/holiday/package/ghorepani-poon-hill-trek/

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