Ghorepani Poon Hill Trek

Itinerary & costs · 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**

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

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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