

# Ghorepani Poon Hill Trek

URL: <https://himalayan360.com/trip/ghorepani-poon-hill-trek/>

**Destination**

Nepal Treks & Tours

**Activity**

Trekking

**Start / End Point**

Kathmandu / Kathmandu

**Duration**

5

**Language****Per Person From**

USD 488

**Region**

Annapurna Region

**Max. Altitude**

3,210 meters (10,531 feet)

**Group Size**

2 - 18

**Best Season**

March, April, May, September, October & November

**Activities**

5-6 hours

**Trek Distance**

31km/19mile

**Transportation**

Bus, jeep

**Accommodation**

Tea house or lodge, 3-star hotel

**Meals**

B.L.D Breakfast

Lunch

Dinner

**Difficulty**

Easy The trip is easy and suitable for everyone, including children and older people. It does not require any skills in mountain climbing or traversing difficult terrain.

## 5 days Ghorepani Poon hill Trek day by day itinerary

**Day 01: Drive from Kathmandu to Pokhara (822m/2,696ft)****Place: Pokhara**

The first day of our Poon Hill trek in Nepal begins with an early morning breakfast in Kathmandu. After breakfast, we will pack our bags and head towards Pokhara, taking an enjoyable drive via tourist bus.

Today, we will spend most of our day on the bus, enjoying the scenic beauty of the hilly region.

As the journey is approximately 220km long, we will have the opportunity to enjoy a diverse range of landscapes, including farmlands, forests, and beautiful hills. After a full day of bus rides, we will finally arrive in Pokhara in the evening. Here, we will check in at the hotel, rest our bags, and explore the lake city. As the sun sets and the day gets dark, we will head back to the hotel, enjoy an authentic Nepali dish, and rest for the night.

**Highest Altitude:**

1,400m/4,593ft Kathmandu

**Meals:**

N/A

**Accommodations:**

3 Star Hotel in Lakeside

**Daily Note:**

if you dont wanna take tourist bus there is option of Flight pelase contact our team to issue flight ticket.

**Day 02: Drive from Pokhara to Ulleri. Trek to Ghorepani (2,860m/9,385ft)**

**Place: Ghorepani**

On the second day, after breakfast in Pokhara, we will continue our journey with a relatively short drive to Ulleri. We won't trek to Ulleri. The drive is about 50km and follows a countryside road for 4 hours straight. Finally, we arrive at Ulleri, from where we will start the trek. After getting off the jeep, we will walk towards Ghorepani, holding our trekking stick.

It is an easy ascent that passes through well-marked trails, beautiful forests, and cascading waterfalls, leading us directly to the first stop of the day, Banthanti. At the village of Banthanti, we will rest and refuel ourselves with a tasty meal alongside fellow trekkers. As we continue forward, beautiful views of the snow-covered mountains start to appear. After walking straight for another few hours, we reach Ghorepani, our resting point for the day.

**Distance:**

4.15 Hours

**Ascent:**

1,310m/4,290ft

**Descend:**

20m/66ft

**Highest Altitude:**

2,860m/9,385ft, Ghorepani

**Meals:**

Breakfast, Lunch and Dinner

**Accommodations:**

Local Tea House in Ghorepani village

**Trek Distance:**

11.2 km/7 miles

## Day 03: Early morning hike to Poon Hill, then trek to Tadapani (2,650m/8,723ft)

### Place: Tadapani

We'll wake up before dawn and set off on a short, uphill climb up Poon Hill, the vantage point of our trek. After arriving at the top, we will wait until the sun rises over the mountain to enjoy the awe-inspiring view that the first light of the day creates. As the golden light spills across the sky, you'll see Dhaulagiri, Annapurna I, Machhapuchhre (Fishtail), Nilgiri, Hiunchuli, Lamjung Himal, and more, all glowing in the morning light.

With every passing hour, the sunlight becomes brighter, offering a unique perspective of the mountains. After soaking in the view from Poon Hill and snapping some amazing photos, we will return to the lodge in Ghorepani for breakfast. After breakfast, we will then hike uphill and downhill towards Tadapani for an overnight stay.

### Distance:

5 Hours

### Ascent:

700m/2,297ft

### Descend:

910m/2,985ft

### Highest Altitude:

3,210m/10,531ft, Poon Hill

### Meals:

Breakfast, Lunch and Dinner

### Accommodations:

Local Tea house in Tadapani

### Trek Distance:

11.7 km/7 miles

## Day 04: Trek down to Kymche via Ghandruk and drive to Pokhara

### Place: Pokhara

On the fourth day, we will leave the Ghorepani Poon Hill trek route behind and continue retracing our steps toward Pokhara. We will start the day with a short trek to Kymche. Along the way, we will cross the Ghandruk village. Ghandruk is a beautiful village where we will stop for lunch. After lunch, the trek continues until we arrive at the stunning village of Kymchi.

At Kymchi, we will end the trekking journey and hop on a shared jeep to drive back to the city of Pokhara. After driving for about one and a half hours and passing through a few popular attractions, we will finally arrive at our 3-star hotel in Pokhara, where we will spend the night. In the evening, we will have enough time to explore the city and shop for souvenirs to take back home.

### Distance:

6 Hours

### Ascent:

40m/131ft

### Descend:

930m/3,051ft

### Highest Altitude:

2,650m/8,723ft, Tadapani

**Meals:**

Breakfast, Lunch

**Accommodations:**

3-star hotel in Lakeside pokhara

**Trek Distance:**

8.5 km/5 miles

**Day 05: From Pokhara, drive back to Kathmandu (1,400m/4,593ft)****Place: Thamel**

The final day of our journey starts as usual with breakfast. After breakfast, we will drive back to Kathmandu. We will take a tourist bus and return to Kathmandu via the same route that brought us to Pokhara. Along the way, we will get to see places that we missed the other day while traveling from Kathmandu to Pokhara.

Upon arriving at the hotel, we will settle into our rooms, freshen up, and head to some popular spots in the valley to explore the nightlife. After roaming around for an hour or two, we will return to the hotel, have dinner, and get to bed for a restful night.

**Highest Altitude:**

1,400m/4,593ft, Kathmandu

**Meals:**

Breakfast, and Dinner

**Accommodations:**

3-star hotel in Thamel

## Ghorepani Poon Hill Trek Includes/Excludes

### Included in the package

- Kathmandu Pokhara Kathmandu by tourist bus
- Pokhara to Ulleri by private jeep
- Kimche to Pokhara by sharing local jeep
- 2 Night in Pokhara 3-Star hotel (sharing basis)
- 1 Night Kathmandu 3-star hotel (sharing basis)
- 2 nights in Mountain Tea House Lodge (sharing basis)
- 4 Breakfast, 3 lunch, 3 Dinner
- One guide during the trek

- ACAP permit fees.
- TIMS card fees
- Local Gov. Permit Fees
- Gov. and local tax and agency service charges
- Free luggage storage services in Kathmandu
- Appreciation Certificate after the successful trek
- Farewell dinner at the end of the trek

## Excluded from the package

- Airport transfer
- International flight
- Domestic flight
- Accommodation: Extra night accommodation in Kathmandu due to early arrival or late departure, or early return from the trek.
- Meals which is not mentioned above
- Porter to carry bags but you can add during the booking time.
- Nepal visa fees
- Travel insurance (compulsory)
- Personal clothing and gear and Personal expenses: shopping, snacks, boiled water, drinks, hot shower, alcohol, Wi-Fi, calls, battery charging, extra porters, etc.
- Tips for staff (it is expected)
- All other costs and expenses not listed in “including”
- **Additional cost:** Additional costs incurred due to causes beyond our control, for example weather conditions, landslides, itinerary modifications, illness, government policies change, strikes, etc.

## Group Discounts Available

| No. of Persons | Price per Person |
|----------------|------------------|
| 2 - 2          | USD 610          |
| 3 - 3          | USD 555          |
| 4 - 6          | USD 533          |
| 7 - 10         | USD 508          |
| 11 - 20        | USD 488          |

# FAQ's for Ghorepani Poon hill Trek

## Can I access the internet on the Ghorepani Poon Hill Trek?

Yes, you can access the internet on the Ghorepani Poonhill Trek. Many teahouses on the trek route offer WiFi facilities for trekkers at a small fee. Carrying a local SIM can be a great option to avoid this fee. However, the network coverage might be limited.

## Is it safe to trek to Ghorepani Poon Hill without a guide?

As an easy trek, exploring the Ghorepani Poon Hill trek without a guide is generally safe, provided you do not have any pre-existing medical conditions. However, trekking alone might not be as fun as traveling in a group with a guide. Therefore, we recommend hiring a guide not only to enhance the trekking experience but also for a safer journey.

## Can I bring my pet to the Ghorepani Poon Hill Trek?

Although it is ok to bring pets on the Ghorepani Poon Hill trek, you should leave them back home. Traveling with a pet on the uphill and downhill route might not be a great choice. Additionally, the accommodations along the way may not allow pets, making it difficult for you to manage them.

## Is it safe to drink water from taps on the Ghorepani Poon Hill Trek?

No, it's not safe to drink water directly from the taps along the trail. Tap water in the area is typically untreated and can cause stomach problems, such as diarrhea or other digestive issues. Instead, most trekkers use purification methods, such as filters or tablets, to ensure the water is safe to drink. It's always better to be careful with water while trekking to avoid getting sick.

## Do I need a trekking permit for the Ghorepani Poon Hill Trek?

Yes, you will need two different permits for the Ghorepani Poon Hill: Annapurna Conservation Area Permit (ACAP) and the Trekkers Information Management System (TIMS) card. These permits are checked at several checkpoints, so we advise you to carry them throughout the trek.

## Are there any ATMs along the trek?

Due to the remoteness of the trek, you will not find any ATMs on the Ghorepani Poon Hill trek. It is advisable to collect the necessary cash at Pokhara or at Nayapul. If you forget to do so, you can borrow some cash from the guide and return it to him afterward.

## What are the risks of altitude sickness?

Despite its low altitude, the Ghorepani Poonhill trek still has a slight risk of altitude sickness. However, with proper preparations, you can control the illness to some extent. Carrying essential medicines and staying hydrated during the trek can help prevent altitude sickness.

## Is a charging facility available in the Ghorepani Poon Hill Trek?

Yes, the teahouses along the route of the Ghorepani Poon Hill trek are well-equipped with charging facilities. However, to access these, you will need to pay an additional fee in addition to your room rent. Therefore, carrying a couple of power banks can be a wise decision.

## **Is Ghorepani Poon Hill Trek Family-friendly?**

Yes, the Ghorepani Poon Hill Trek is a family friendly trek. It's a short and not-too-difficult trek, which makes it perfect for kids, parents, and even older family members. Also, the Ghorepani Poon Hill trek doesn't go too high, hence, the chances of altitude sickness are low. Not to mention, no special training is required; just a basic level of fitness will suffice.

However, if you're traveling with kids, it's important to take things slow and stay prepared with snacks, warm clothes, and a good guide. With proper planning, even the youngest in your group can complete the trek and enjoy this adventure. The walk through forests, villages, and mountain paths is fun and full of nature. And the highlight? Watching the sunrise over the Himalayas from Poon Hill—something your whole family will remember forever.

All in all, the Ghorepani Poon Hill trek is a sought-after destination for families looking to spend time in the Himalayas region of Nepal while staying within their comfort zone.

## **Can I, as a beginner, trek Ghorepani Poon Hill?**

Yes, Ghorepani Poon Hill is perfect for beginners. It's one of the easiest and most popular short treks in Nepal. The trails are well-marked and the walking hours are manageable. Plus, the altitude is not too high, so the risk of altitude sickness is very low. The trek usually takes 3 to 5 days and leads you through beautiful forests, small villages, and terraced fields.

Even though it's beginner-friendly, a little preparation can help further. Doing short hikes or walks before the trip will make the journey more comfortable. You'll also find plenty of teahouses along the way where you can rest, eat, and sleep. Just take your time, carry a light backpack, and enjoy the walk. The sunrise view from Poon Hill (3,210m) is truly a highlight and will make all your effort feel worth it.

## **5 Day Trekking Route To Ghorepani Poon Hill**

The 5-day Ghorepani Poon Hill Trek starts with a scenic drive from Kathmandu to Pokhara, passing through green hills, rivers, and small villages. Pokhara is a beautiful city by the lake, where we will spend the night. The next day, we will drive to Ulleri and begin our trek toward Ghorepani. The trail winds through forests of rhododendron and oak, with occasional views of the mountains. That day, we will reach the cozy village of Ghorepani by evening.

On the third day, we will wake up early to hike to Poon Hill, famous for its breathtaking sunrise views over the Annapurna and Dhaulagiri ranges. After enjoying the spectacular scenery, we will trek through lush forests to Tadapani. On the fourth day, we will descend to Ghandruk, a traditional Gurung village, and continue to Kymche, where we will drive back to Pokhara. Finally, on the last day, we will return to Kathmandu. We will complete this short but rewarding trek filled with amazing mountain views and cultural experiences.

## **Best time for Ghorepani Poon Hill Trek**

The Ghorepani Poon Hill trek is a year-round adventure. Located at a short altitude, you can complete this adventure in every season. Each season offers unique scenery and weather conditions. However, two of the perfect seasons for this adventure are Spring and Autumn. During this season, you will get the best views and stable temperatures.

## **Spring (March to May):**

The best season for Poon Hill trek is during Spring. If you trek in spring, you will walk through forests filled with blooming rhododendrons in red, white, and pink colours. The weather is mild, with daytime temperatures ranging from 10°C to 20°C (50°F to 68°F). In this season, the skies are generally clear, offering great views of the Annapurna and Dhaulagiri ranges. This is one of the most popular times for trekking because of the vibrant landscapes and comfortable temperatures.

## **Summer/Monsoon (June to August):**

During the summer, the trails are quieter, but the monsoon brings frequent rain, making paths muddy and slippery. Daytime temperatures range from 15°C to 25°C (59°F to 77°F). You will enjoy lush green hills and fewer crowds. If you don't mind the rain, you can experience a peaceful trek with occasional clear mornings and evenings.

## **Autumn (September to November):**

Autumn is the most popular time to do this trek. During this time, the skies are clear and the temperature is pleasant, ranging from 10°C to 20°C (50°F to 68°F). You will also enjoy clear views of the mountains, similar to those in the Spring season. The trails are busier, but you'll still get to enjoy the breathtaking scenery. This season is ideal for you, with minimal rainfall and mild temperatures.

## **Winter (December to February):**

Winter offers clear skies and stunning views of snow-covered mountains. Daytime temperatures range from 5°C to 10°C (41°F to 50°F) but can drop below freezing at night. The weather is colder, especially in the mornings and evenings, but the trails are less crowded. If you can handle the cold, this season gives you a quiet and serene trekking experience.

## **Tea Houses along the Ghorepani Poon Hill Trek**

The Ghorepani Poon Hill Trek is a classic teahouse trek, meaning you don't need to camp or carry heavy gear. Along the trail, you'll find plenty of family-run tea houses. These cozy spots offer a bed, warm food, a friendly atmosphere, and a place to relax after a day of walking. Rooms are usually small and basic, with shared bathrooms. You might get lucky and find places with hot showers or Wi-Fi, but sometimes those come with a small extra charge.

You can expect to pay around \$3 to \$10 a night, depending on where you stay and the season. Likewise, when you stay at a tea house, you get a chance to meet other trekkers and interact with local families, making your journey feel more personal and welcoming. Best of all, they're affordable and available at almost every major stop on the trek.

## **Meals And Accommodation offered by Teahouses in Ghorepani Poon Hill Trek**

Teahouses along the Ghorepani Poon Hill trek offer usual set of meals and a basic yet cozy accommodation. They offer a variety of meal options, including traditional Nepalese dishes such as dal bhat, momos, and thukpa. Western dishes, such as pancakes, pasta, and omelets, are also available upon request. Every meal is perfectly balanced and is enough to keep you energetic throughout the trek. For

beverages, the teahouses serve drinks like ginger tea, coffee, hot lemon, and hot chocolate to help you start your day well.

On the other hand, accommodations at teahouses are neither the best nor the worst. They are just basic and enough to survive a few days in the Himalayas. The rooms are usually small, and you will have to share them with two or three other trekkers. Similarly, the washrooms in most teahouses are shared and feature squat-style toilets. However, some teahouses may offer Western-style bathrooms with hot water facilities, which may incur an additional fee.

## **Other Treks around Ghorepani Poon Hill Trek**

The Annapurna region is one of Nepal's most famous trekking areas, known for its stunning Himalayan scenery and rich cultural experiences. If you're planning the Ghorepani Poon Hill trek and want to explore more options nearby, the Annapurna region offers several popular treks suited for different experience levels and time frames.

### **Annapurna Base Camp Trek**

This classic trek takes about 7-10 days to complete and leads you to the base of Annapurna I at 4,130 meters. It offers stunning mountain views and cultural experiences in Gurung and Magar villages. It's perfect if you want a longer, moderately challenging trek beyond Poon Hill.

### **Khopra Ridge Trek**

If you want a quieter alternative to Poon Hill, the Khopra Ridge trek offers stunning panoramas of Dhaulagiri and Annapurna South. Along the way, you can explore off-the-beaten-path villages and hike to the sacred Khayer Lake. This trek is less crowded and provides a more secluded Himalayan experience, typically taking 6-9 days.

### **Mardi Himal Trek**

For a shorter and less-traveled route, the Mardi Himal trek is an ideal option. The trail leads you through rhododendron forests and up to viewpoints near the Mardi Himal Base Camp at 4,500 meters. You will enjoy incredible views of Machapuchare and Annapurna South while experiencing peaceful trails. This trek can be completed in 4-6 days.

### **Jomsom-Muktinath Trek**

This culturally rich trek takes you through the Kali Gandaki Valley, known for its unique arid landscapes and ancient villages. You can visit Muktinath, a sacred site for both Hindus and Buddhists, and enjoy the dramatic views of Nilgiri and Dhaulagiri. It's a relatively easy trek that can be completed in 5-7 days and offers a mix of spirituality and natural beauty.

## **What should you expect in Trek to Poon Hill?**

You can expect breathtaking sunrise views in the Himalayas, a dense rhododendron forest, and a chance to learn about local culture and traditions on the Trek to Poon Hill.

## Poon Hill Sunrise

The Poon Hill sunrise is the major highlight of the trek that brings in thousands of visitors every year. The summit of the trek, Poon Hill, offers one of the best sunrise views that you can see in the Annapurna region. During sunrise, the peaks seen from the hill reflect golden and pink hues, creating a heavenly view.

As the sun slowly rises, the first light of the day directly reflects on Dhaulagiri, Annapurna, and Machhapuchhre, constructing a breathtaking panorama. Soon, other nearby peaks also start to bloom with the light, making the entire landscape come alive. The option doesn't end here with this trek. The [Annapurna Base Camp Trek with Poon Hill](#) is ideal for those who want to combine the best of both trails, i.e., a sunrise viewpoint and a high-altitude base camp in one go.

## Breathtaking Mountain Views

Situated in the Annapurna region, Poon Hill is often considered one of the best viewpoints in Nepal. From an altitude of just 3210 meters, this spot offers majestic views of some of the world's highest mountains. You can see Annapurnas, Dhaulagiri, Nilgiri, Hiunchuli, Mardi, Gangapurna, Manaslu and many other peaks lined up from the top of Poon Hill. These views of these mountains are even more enhanced early in the morning during the sunrise.

## Dense Rhododendron Forests

The Ghorepani Poon Hill trek is a heaven for rhododendron and wildflower lovers. The flowers of different colors, red, pink, and white, add vibrant colors to landscapes. Thus enhancing your overall experience. Just imagine trekking through the forest full of rhododendron flowers, all blooming; how mesmerizing it must look. Additionally, the Himalayas as a backdrop will make your overall journey even more worthwhile.

## Cultural Immersion

The Ghorepani Poon Hill trek is not just a naturally rich trek but also a culturally wealthy one. Most of the inhabitants here are Gurung and Magar people. They follow the Tibetan-inspired culture and traditions. You can experience Nepali Buddhist culture, which offers a chance to learn about Nepali culture and traditions. Every village on the way shows a unique way of life that has been preserved for generations. Interacting with them and witnessing their day-to-day life can be quite a cultural experience.

## Packing Essential for Ghorepani Poon Hill Trek

### Clothing and Footwear

- Moisture-wicking clothing (t-shirts, pants, layers)
- Waterproof jacket and pants
- Sturdy trekking boots and sandals
- Sleeping bag (rated for cold temperatures)
- Sun protection (sunglasses, sunscreen, lip balm, hat)

## **Gear and Essentials**

- Backpack (30-40 liters)
- Reusable water bottles and purification tablets/filters
- Trekking poles
- First aid kit
- Snacks (energy bars, trail mix, chocolates)

## **Personal and Tech Items**

- Passport and permits
- Camera and phone
- Power bank
- Flashlight/headlamp
- Personal hygiene items (toothbrush, toothpaste, wet wipes, hand sanitizer)
- Toiletries (soap, shampoo, tissue, menstrual products)
- Travel insurance and emergency contact details
- Wallet (cash, credit cards)
- Notebook and pen
- Plastic or zip-lock bags for waste disposal

## **Address**

Address:

Galkopakha Marg - Kathmandu - Nepal