

Poon Hill Ghandruk Yoga Trek

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

Destination

Nepal Treks & Tours

Activity

Trekking and Hiking

Start / End Point

Kathmandu/Kathmandu

Trip Type

Yoga Trek

Route

Kathmandu-Pokhara-Hile-Ulleri-Ghorepani-6
Poonhill-Tadapani-Ghandruk-Pokhara-
Kathmandu

Duration

Destination

Annapurna Region, Nepal

Language

Annapurna Region, Nepal

Per Person From

USD 570

Region

Annapurna Region

Max. Altitude

3,210M/10,529FT

Group Size

2 - 18

Best Season

Mar, Apr, May, Sept, Oct, Nov

Activities

Trekking | Yoga | Sightseeing

Trek Distance

34KM/21 Mile

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.

Best Experiences on Poon Hill Ghandruk Yoga Trek

- A mix of **yoga retreat, meditation, nature, and mountain views** in one short trek.
- Reach **Poon Hill**, one of the best viewpoints in the Annapurna region
- Watch Sunrise over the Himalayas, including **Annapurna and Dhaulagiri from Poon Hill viewpoint**.
- See panoramic views of **Annapurna, Machhapuchhre, Hiunchuli, Dhaulagiri**, and other peaks throughout the trek.
- Hike through green forests, rhododendron trees, and Gurung villages.
- Experience the friendly hospitality of local people.
- Learn about local culture and daily village life in Gurung villages.
- Practice **yoga and meditation** with stunning Himalayan backdrops.

Poon Hill Ghandruk Yoga Trek Itinerary

Day 01: Drive From Kathmandu To Pokhara

The first day of the Poon Hill Ghandruk Yoga trek is all about travelling from Kathmandu to Pokhara via tourist bus. In the morning, your guide will pick you up and take you to the tourist bus station. You will catch a bus and travel along the Prithvi Highway. The drive is long but full of beautiful views, with plenty to see from your window. Along the way, you will see green hills, terraced fields, local life, and also distant Himalayan peaks.

You'll cross the Trishuli River and pass towns like Dumre before finally reaching Pokhara, also known as the City of Lakes. You will arrive at Pokhara by late afternoon. Once you arrive in Pokhara, a hotel representative will meet you at the bus station and take you to your hotel. After some rest, your guide will take you on a short walking tour around Phewa Lake. You'll explore the vibrant Lakeside area, where modern cafes and shops blend with local traditions and culture. Before ending your day, you will join your first yoga session by the lake to relax your body and calm your mind.

Optional: You can also fly to Pokhara from Kathmandu, which will take around 30 minutes. But you need to pay extra for the flight cost.

Highest Altitude:

1,400M/4,593FT | Kathmandu

Meals:

N/A

Accommodations:

3 Star Hotel

Day 02: Drive From Pokhara To Hile And Trek To Ulleri

You will start your second day of the Poon Hill yoga trek with an early morning yoga practice session in Pokhara. Then, after breakfast, you'll drive to Hile in a jeep. The ride takes about 2.5hrs and covers 52km. The drive passes through several villages like Naudanda, Kande, and Lumle before reaching

Nayapul. The road from Nayapul to Hile is narrow and bumpy, so only smaller vehicles like jeeps can travel it.

After reaching Hile, your short trek to Ulleri begins. You need to climb a stone-paved staircase to reach Ulleri. The walk takes around 1.5hrs and is a great warm-up for the days ahead on the Poon Hill trek route. Once you reach Ulleri, you'll check into a cozy teahouse. In the evening, you will take part in another refreshing yoga and meditation session to help you relax and prepare for the next day.

Distance:

1.5Hours

Ascent:

120M/394FT

Descend:

0M/0FT

Highest Altitude:

1,550M/5,085FT | Ulleri

Meals:

Breakfast,Lunch,Dinner

Accommodations:

Tea House | Guest House

Trek Distance:

3KM/1.8Mile

Day 03: Trek From Ulleri To Ghorepani

Just like the previous day, your morning in Ulleri begins with a peaceful yoga session. The fresh mountain air and beautiful views of the Annapurna, Machhapuchhre, and Hiuchuli make it the perfect place to stretch and breathe. And after breakfast, you'll start your trek from Ulleri to Ghorepani along the Ghandruk Poon Hill Yoga trek path.

The Yoga trekking in the Poon Hill Ghandruk route climbs uphill through thick rhododendron and pine forests. You will cross two villages, Banthanti and Nangethanti, before you reach Ghorepani. As you get closer to Ghorepani, the trail gets a bit steeper. But the good side is that the views of Dhaulagiri and the Annapurna mountain ranges come into full view. Ghorepani is a lovely mountain village inhabited by the Gurung and Magar communities. Later in the evening, you'll take part in another yoga session to stretch your body. You'll stay overnight in a cozy teahouse or guesthouse in Ghorepani.

Distance:

4.15Hours

Ascent:

1,310M/4,290FT

Descend:

20M/66FT

Highest Altitude:

2,860M/9,385FT | Ghorepani

Meals:

Breakfast,Lunch,Dinner

Accommodations:

Tea House | Guest House

Trek Distance:

11.2KM/7Mile

Day 04: Hike To Poon Hill And Trek To Tadapani

Day 4 of your Poonhill yoga trek in Nepal starts early, before sunrise. You'll leave Ghorepani in the dark and hike uphill for about 45 minutes to reach the top of Poon Hill (3,210m). From this vantage point, you will catch one of the breathtaking sunrise views over the Himalayas. As the first rays of sunlight touch the snowy peaks, you'll see a golden glow over Dhaulagiri, Annapurna I, Machhapuchhre, Annapurna South, and Hiunchuli Himal. You will do a short yoga session on Poon Hill.

After enjoying this magical moment, you'll return to Ghorepani. You will have breakfast and then begin your trek to Tadapani. From this point onwards, you will prepare to return from the Poonhill trek. The trail enters through peaceful forests filled with rhododendron, bamboo, and pine trees. There will be some gentle ups and downs as well. Along the way, you'll take short breaks to rest and soak in nature. When you reach Tadapani, you'll do another evening of Yoga and then rest for the night.

Distance:

5Hours

Ascent:

700M/2,297FT

Descend:

91M/299FT

Highest Altitude:

3,210M/10,529FT | Poon Hill

Meals:

Breakfast,Lunch,Dinner

Accommodations:

Tea House | Guest House

Trek Distance:

11.7KM/7Mile

Day 05: Trek To Kymche Via Ghandruk And Drive To Pokhara

Take part in the early morning gentle yoga and meditation sessions, and then have your breakfast. It's your last day on the Poon Hill Trek trail. After breakfast, you will begin your descent journey. The path is easy at first, and after about an hour, you'll reach Bhasi Kharka, a summer shelter used by herders. From here, the trail goes downhill through dense forests, small creeks, and streams.

Soon after, you will reach Ghandruk. Ghandruk is a big Gurung village and is often called the Switzerland of Nepal because of its beauty. You'll explore the village, have lunch, and enjoy the panoramic views of the Annapurna range. After that, you'll walk downhill to Kymche (also spelled Kimche), where a vehicle will be waiting. From here, you'll drive back to Pokhara. You'll stay overnight at a comfortable 3-star hotel in Pokhara, where you can relax and reflect on your amazing adventure.

Distance:

6Hours

Ascent:

40M/131FT

Descend:

930M/3,051FT

Highest Altitude:

2,650M/8,723FT | Tadapani

Meals:

Breakfast,Lunch

Accommodations:

3 Star Hotel

Trek Distance:

8.5KM/5Mile

Day 06: Drive Back To Kathmandu

On this day, you will drive back from Pokhara to Kathmandu. Along the way, you can enjoy views of green hills, rivers, and local villages. It's a great time to reflect on your beautiful trekking and yoga experience in the Annapurna region.

Once you reach Kathmandu, you'll head to your 3-star hotel in Thamel, the heart of the city. In the evening, you'll enjoy a special farewell dinner with the group to celebrate your journey. Thamel is a lively area where you can explore local shops, enjoy music, or just relax after the adventure. This marks the official end of your peaceful and refreshing Poon Hill Yoga trek in Nepal.

Distance:

7Hours

Highest Altitude:

1,400M/4,593FT | Kathmandu

Meals:

Breakfast,Dinner

Accommodations:

3 Star Hotel

Trek Distance:

220KM/137Mile

Can I Practice Sunrise Yoga at Poon Hill Viewpoint?

Definitely, you can practice sunrise yoga at the Poon Hill viewpoint. Sunrise Yoga at Poon Hill Viewpoint is included on day 4 of our Poon Hill Ghandruk Yoga Trek itinerary. On this day, you'll wake up early in Ghorepani before dawn and hike for about 45 minutes uphill to reach Poon Hill just before sunrise. Once you reach the top, your yoga instructor will guide you through a gentle meditation and yoga session facing the Himalayas.

As the golden sun rises over the Annapurna and Dhaulagiri ranges, including Mt. Fishtail, Hiunchuli, and other peaks, you'll practice breathing exercises and yoga postures in one of the most beautiful natural settings. This session at Poon Hill is specially designed to help you connect with nature, refresh your energy, and fully enjoy the beauty of the Himalayas. This makes it one of the highlights of the entire Gandruk Poon Hill Yoga trek.

Trip Includes/Excludes

Included in the package

- Kathmandu Pokhara Kathmandu by tourist bus
- Pokhara to Hile by private jeep
- Kimche to Pokhara by sharing local jeep

- 2 Night in Pokhara 3-Star hotel (sharing basis)
- 3 nights in Mountain Tea House Lodge (sharing basis)
- **Meals:** 5 Breakfast, 3 Lunch, 3 Dinner
- One guide/Yoga teacher during the trek
- Annapurna "ACAP" permit fees
- Trekkers "TIMS" card 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
- Free consulting services before & after trek book
- Trek leader for more than 12 trekker groups
- Staff insurance, salary, equipment, food & clothing.
- **MEDICAL KIT:** Comprehensive Medical kit.

Excluded from the package

- Airport transfer
- International flight
- Domestic flight
- Extra night or Single room accommodation in Kathmandu due to early arrival or late departure, or early return from the trek.
- Meals which is not mentioned and Alcoholic/non-Alcoholic beverage
- Porter to carry bags but you can add during the booking time.
- Travel insurance that covers emergency high-altitude rescue and evacuation (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 845

No. of Persons	Price per Person
3 - 3	USD 750
4 - 6	USD 670
7 - 10	USD 610
11 - 20	USD 570

Common Question on Poon Hill Ghandruk Yoga Trek

Where is Poon Hill Yoga Trek located?

Poon Hill Yoga Trek is located in the Annapurna region of Nepal. The trek starts with a drive to Hile from Pokhara. From Hile, you start walking through peaceful Magar and Gurung villages like Ulleri and Ghorepani, surrounded by nature and mountains, to reach Poon Hill.

How difficult is the Yoga trekking in Poon Hill Ghandruk?

Yoga trekking in Poon Hill Ghandruk is an easy trek, so it's good for beginners and people with average fitness. The highest point is Poon Hill (3,210m / 10,531ft), which is not too high, so the chance of altitude sickness is low. Also, there won't be physical tiredness as you don't have to walk through steep paths. You'll walk about 5 to 7 hours each day.

What permits are required for the Ghandruk Poon Hill Yoga trek?

Two permits are required for the Ghandruk Poon Hill Yoga Trek. They are the Annapurna Conservation Area Permit (ACAP) and Trekker's Information Management System (TIMS) Card. You can get these from the Nepal Tourism Board office in Kathmandu or Pokhara, or your trekking agency will arrange them for you.

How much is the Yoga and Meditation Trek in Poon Hill Ghandruk?

At Himalayan360, the Yoga and meditation trek in Poon Hill Ghandruk costs USD 570 - USD 845. The larger the group, the lower the cost. This cost package includes permits, food, lodging, a yoga teacher, trekking guide, and porter, and daily yoga sessions.

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

It's not strongly recommended to get travel insurance for Poon Hill Yoga Trek, but having one is beneficial. Even though this is not a high-altitude trek, unforeseen events like illness, injury, or delays can happen. And a travel insurance plan covers medical emergencies, trip cancellations, lost bags, and even a helicopter rescue if needed.

Daily Yoga Routine during the Poon Hill Ghandruk Trek

During the Poon Hill Ghandruk Yoga trek, each day begins and ends with a yoga routine in peaceful mountain settings. In the morning, before breakfast, you will do a yoga session that consists of stretching, sun salutations, and light breathing exercises. This session helps wake up your body before the trek. It also improves flexibility, focus, and energy levels on the trail.

After the day's hike, you'll join another evening session of Yoga and Meditation. This session includes

light stretches, yogic breathing (pranayama), and guided meditation. With this session, your muscles recover, and your mind stays calm. These daily yoga practices, held in fresh mountain air with views of the mountains and peaceful landscape, make the trek more balanced and deeply refreshing for both body and soul.

Can I do the Trek without a Yoga Instructor?

Yes, you can do the Poon Hill Ghandruk trek without a yoga instructor, but you must hire a licensed guide. As of April 1, 2023, the Nepal government has made it mandatory for all foreign trekkers, whether solo or in a group, to trek with a registered guide on this Poon Hill Ghandruk Yoga Trek route.

Also, the yoga part of the trek is best experienced with a yoga teacher. A certified instructor leads daily yoga, meditation, and breathing sessions, designed to match the energy of the trail and surroundings. Without a yoga teacher, you'll miss out on the relaxing and mindful benefits that turn this trek into a complete body and mind journey. Also, it's best to have a yoga instructor if you are a beginner at yoga.

Why Choose a Yoga Trek to Poon Hill Ghandruk over a Regular Trek?

The main reason to choose a Yoga Trek to Poon Hill and Ghandruk over a regular trek is that it includes daily guided yoga and meditation sessions, which are not part of a regular trek. That being said, you still get to enjoy all the beauty of the trek, be it mountain views, peaceful forest trekking trail, lovely mountain villages, tasty local food, cultural encounters, but with the extra benefits of mindful relaxation and inner peace.

On this yoga trek to Poon Hill Ghandruk, there will be a certified yoga teacher with you throughout the journey. On his/her guidance, you will do yoga every morning and evening, along with breathing exercises and meditation. With this session, if you are new to yoga, you'll learn basic yoga poses to improve flexibility and balance. Likewise, if you have already practiced yoga, you'll deepen your practice in a spiritually rich and naturally beautiful setting. This trek helps you feel good both physically and mentally, making it more special than a regular trek.

What to pack for a Yoga and Trekking Journey in the Poon Hill and Ghandruk?

Packing for a yoga and trekking journey in the Poon Hill and Ghandruk region needs careful planning. Since the weather in the Annapurna region can change quickly, you need to pack considering varying weather conditions. Here's the comprehensive packing list:

Daily Wear:

- Long-sleeve trekking shirts
- Lightweight, quick-drying trekking pants
- Trekking socks
- Sun hat or cap
- Sunglasses
- Buff or neck gaiter

Gear:

- Trekking Backpack (50-70L)
- Daypack (20-30L for daily essentials)
- Rain covers for both backpacks
- Sleeping bag (-10°C to -15°C rating recommended)
- Waterproof trekking boots
- Sandals, flip-flops, or lightweight sneakers
- Trekking poles
- Reusable water bottles
- Water purification tablets/drops/filter
- Lightweight travel yoga mat

Garment:

- Long-sleeve thermal tops (wool or synthetic)
- Thermal bottoms
- Fleece jackets or wool sweaters
- Fleece pants (for evenings/sleeping)
- Waterproof and windproof jacket
- Warm hat/beanie
- Lightweight inner gloves
- Warmer, waterproof outer gloves
- Thicker wool socks
- Yoga pants/comfortable leggings/track pants
- Breathable, flexible tops for yoga

Hygiene and Safety:

- Small towel
- High SPF sunscreen (30-50+)
- Lip balm with SPF
- Travel-sized toiletries (toothbrush, toothpaste, biodegradable soap, shampoo, hand sanitizer, moisturiser, wet wipes, toilet paper)
- Personal first aid kit (personal meds, painkillers, blister plasters, antiseptic, bandages, lozenges, anti-diarrhea, altitude meds – consult doctor, muscle rub)
- Headlamp or torch with spare batteries
- Map of the region
- Small plastic bags (for trash, wet clothes)
- Cash (Nepalese Rupees for trail expenses)
- Passport-sized photos (for permits)
- Copies of passport, visa, and travel insurance details

Electronics:

- Power bank
- Universal adapter and charging cables
- Camera and extra batteries/memory card

Address

Address:

Galkopakha Marg - Kathmandu - Nepal