Ghorepani Poon Hill Trek

Duration: 5 Days | Location: Annapurna, Nepal



Trip at a glance

Category: Annapurna Region

Location: Annapurna, Nepal

Duration: 5 Days

Difficulty: 4/10

Start From: Kathmandu / Pokhara

Ending Point: Kathmandu / Pokhara

Trip Style: Trekking

Best Time: Mar-May, Sep-Nov

Transportation: Private Vehicle / Domestic Flight

Accommodation: Tea House / Lodge

Max Altitude: 3,210 m

Meal: Breakfast, Lunch & Dinner

Group: 2-16

Summary

The Ghorepani Poon Hill Trek (5 Days) is one of Nepal's most popular short trekking adventures, offering a perfect blend of breathtaking Himalayan scenery, vibrant rhododendron forests, and authentic Gurung and Magar culture. Ideal for beginners, families, and trekkers with limited time, this journey takes you through charming mountain villages to the famous Poon Hill (3,210 m), renowned for its spectacular sunrise views over the Annapurna and Dhaulagiri mountain ranges.

Starting from Pokhara, the trek passes through Ulleri and Ghorepani, where you'll experience warm local hospitality and stunning natural landscapes. An early morning hike to Poon Hill rewards you with one of the most iconic mountain panoramas in Nepal before continuing through the beautiful village of Ghandruk and returning to Pokhara.

This easy-to-moderate trek is suitable for anyone with a reasonable level of fitness and offers an unforgettable Himalayan experience in just five days, making it an excellent choice for first-time visitors to Nepal.

Overview

Ghorepani Poon Hill Trek Overview

Ghorepani Poon Hill Trek is a carefully guided Annapurna Region journey for travelers who want a Himalayan trip with real detail, not a thin brochure description. The program explains the landscape, altitude, culture, permits and daily rhythm so you can understand how the journey feels before you book.

The trail or travel route moves through terraced farms, rhododendron forest, deep valleys, Manang and Mustang rain-shadow country and high passes. On clear days, the mountain outlook can include Annapurna, Machhapuchhre, Hiunchuli, Nilgiri, Gangapurna and Dhaulagiri. Some sections are quiet and traditional, others are wide open and dramatic, and that contrast is what gives the journey its lasting character.

Culture matters here. Expect Gurung, Magar, Manangi and Thakali villages with warm tea-house culture. Mega Mount Treks encourages respectful travel: greet people properly, ask before taking close

photographs, support local lodges and move through villages with patience.

The route balances scenic walking with practical acclimatization, giving each day a purpose without rushing the mountain experience. Our guides keep the plan flexible around weather, road conditions, lodge availability and the pace of the group. The goal is to arrive with enough energy to enjoy the place, not only to finish the distance.

Highlights

- Guided Annapurna Region itinerary with experienced local support.
- Strong mountain scenery featuring Annapurna, Machhapuchhre, Hiunchuli, Nilgiri, Gangapurna and Dhaulagiri.
- Balanced pacing for safety, acclimatization and better trail enjoyment.
- Help with Annapurna Conservation Area permits and current trekking documents, transport, accommodation and field logistics.
- Customizable private or small-group departures for different fitness levels and travel dates.

Best Time and Preparation

Spring and autumn are the most popular Himalayan travel seasons because visibility is usually better and temperatures are more comfortable. Some rain-shadow routes, cultural tours and lower hikes can also work outside the classic months when planned carefully. Before departure we review gear, insurance, current permits and realistic trail conditions so the final itinerary matches the season rather than a generic online plan.

Route Notes

The Ghorepani Poon Hill Trek is one of Nepal's most iconic short trekking adventures, offering an unforgettable journey through the heart of the Annapurna region. Perfect for beginners, families, and experienced trekkers seeking a shorter Himalayan escape, this 5-day trek combines spectacular mountain panoramas, charming traditional villages, lush rhododendron forests, and rich cultural experiences. The adventure begins with a scenic drive from Pokhara to Nayapul, followed by a gradual ascent through picturesque villages such as Tikhedhunga and Ulleri. Along the trail, you'll pass terraced farmlands, cascading waterfalls, suspension bridges, and dense forests filled with rhododendron, oak, and bamboo. During spring, the hillsides burst into vibrant colors as Nepal's national flower, the rhododendron, blooms in abundance. The highlight of the trek is the early morning hike to Poon Hill (3,210 m) , one of Nepal's most famous viewpoints. As the first rays of sunlight illuminate the snow-capped

peaks, you'll witness breathtaking panoramic views of the Annapurna and Dhaulagiri mountain ranges, including Annapurna I (8,091 m), Annapurna South, Hiunchuli, Machhapuchhre (Fishtail), Nilgiri, and Dhaulagiri (8,167 m). This unforgettable sunrise is considered one of the finest mountain spectacles in the Himalayas. Beyond its stunning landscapes, the trek offers an opportunity to experience the warm hospitality and unique traditions of the Gurung and Magar communities. Staying in comfortable tea houses allows trekkers to enjoy authentic local cuisine, interact with friendly villagers, and gain insight into the culture and lifestyle of Nepal's mountain people. With well-maintained trails, moderate daily walking distances, and comfortable accommodations, the Ghorepani Poon Hill Trek is suitable for trekkers of all ages with a reasonable level of fitness. Whether you're seeking breathtaking photography opportunities, a peaceful nature retreat, or your first Himalayan trekking experience, this journey delivers an exceptional adventure within a short timeframe. The best seasons for this trek are March to May and September to November , when the weather is stable, the skies are clear, and the mountain views are at their finest. Every step of the trail showcases Nepal's incredible natural beauty, making the Ghorepani Poon Hill Trek a memorable and rewarding adventure for every traveler.

Day by day itinerary

Day 1: Pokhara – Nayapul – Ulleri

Drive to Nayapul and begin trekking through villages and terraced fields to Ulleri.

Overnight: Ulleri

Day 2: Ulleri – Ghorepani

Trek through beautiful rhododendron and oak forests to the picturesque village of Ghorepani.

Overnight: Ghorepani

Day 3: Ghorepani – Poon Hill – Tadapani

Early morning hike to Poon Hill (3,210 m) for a spectacular sunrise over the Annapurna and Dhaulagiri ranges. Trek onward to Tadapani.

Overnight: Tadapani

Day 4: Tadapani – Ghandruk – Pokhara

Descend to the traditional Gurung village of Ghandruk and drive back to Pokhara.

Overnight: Pokhara

Day 5: Pokhara – Kathmandu / Departure

Drive or fly back to Kathmandu, or continue with your onward journey. End of the trek.

Package: Standard Package

$650

Starting Price: USD 650 per person

Inclusions

- Airport pick-up and drop-off (if included in your package)
- Private or shared transportation between Pokhara and Nayapul
- Licensed English-speaking trekking guide
- Porter service (1 porter for every 2 trekkers)
- Annapurna Conservation Area Permit (ACAP)
- TIMS (Trekkers' Information Management System) Card
- Tea house/lodge accommodation during the trek
- Three meals a day during the trek (Breakfast, Lunch, and Dinner)
- Seasonal fruits after dinner (where available)
- First-aid kit carried by the guide
- Government taxes and service charges

Exclusions

- International airfare to and from Nepal
- Nepal entry visa fees
- Travel and medical insurance

- Accommodation and meals in Kathmandu and Pokhara (unless specified)
- Personal trekking equipment and gear
- Hot showers, Wi-Fi, charging fees, and laundry services
- Alcoholic beverages, soft drinks, bottled water, and snacks
- Personal expenses and emergency evacuation costs
- Tips for guides and porters

Trip notes

- The Ghorepani Poon Hill Trek is suitable for beginners and trekkers with a moderate level of fitness.
- The best trekking seasons are March to May and September to November, when the weather is stable and mountain views are at their best.
- A valid ACAP Permit and TIMS Card are required for this trek and are typically arranged by the trekking agency.
- Carry a valid passport and a few passport-sized photographs for permit processing.
- Although the trek is considered easy to moderate, regular walking or light exercise before the trip is recommended.
- Weather conditions in the Himalayas can change rapidly, so pack layered clothing, a waterproof jacket, and warm essentials.
- Wear comfortable, well-broken-in trekking boots to avoid blisters and ensure a pleasant trekking experience.
- Stay hydrated throughout the trek and carry a reusable water bottle with water purification tablets or a filtration system.
- Tea houses provide basic but comfortable accommodation with shared facilities in most locations.
- Wi-Fi, hot showers, battery charging, and laundry services are available at many tea houses for an additional cost.

- Respect local customs, traditions, and the natural environment by avoiding littering and using reusable items whenever possible.
- Comprehensive travel insurance covering trekking activities and emergency helicopter evacuation is highly recommended.
- The itinerary may be adjusted due to weather conditions, road situations, or the health and pace of trekkers to ensure safety and comfort.
- Always follow your guide's instructions and inform them immediately if you experience any health issues during the trek.

The team

Our team consists of licensed, experienced trekking guides, professional porters, and dedicated support staff committed to making your Ghorepani Poon Hill Trek safe, enjoyable, and memorable. With extensive local knowledge and a strong focus on safety, they ensure a smooth trekking experience while providing warm Nepalese hospitality throughout your journey.

Trip gallery



Ghorepani Poon Hill Trek - photo 1



Ghorepani Poon Hill Trek - photo 2



Ghorepani Poon Hill Trek - photo 3



Ghorepani Poon Hill Trek - photo 4



Ghorepani Poon Hill Trek - photo 5

Plan your journey with our team

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