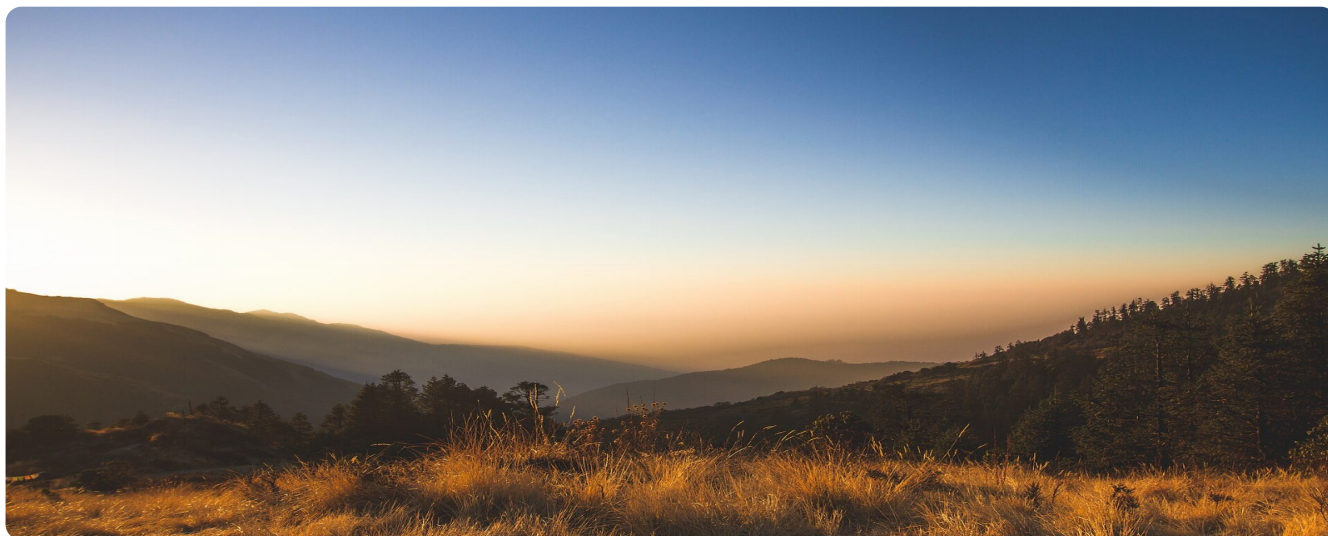




Ghorepani Poon Hill Trek

The perfect short trek for first-timers and families. In a week from Kathmandu you walk through terraced hills, rhododendron forests and friendly Magar and Gurung villages to Poon Hill (3,210 m), where sunrise lights up a 180° panorama of Dhaulagiri, Annapurna and Machhapuchhre. Low altitude, comfortable lodges and short walking days make this an easy introduction to the Himalaya.

DURATION	DIFFICULTY	MAX ALTITUDE	GROUP SIZE
7 days	Moderate	3,210 m	1-12

HIGHLIGHTS

- Sunrise panorama from Poon Hill (3,210 m)
- Views of Dhaulagiri, Annapurna South and Fishtail
- Rhododendron forests, glowing red in March and April
- Gurung village of Ghandruk
- Short walking days, ideal for beginners and families
- Time in lakeside Pokhara



AT A GLANCE

1. Hotel in Kathmandu	1 night	4. Teahouse in Ghorepani	1 night
2. Hotel in Pokhara	1 night	5. Teahouse in Tadapani	1 night
3. Teahouse in Ulleri	1 night	6. Hotel in Pokhara	1 night

Highest night: 2,860 m

DAY BY DAY

1

Arrive in Kathmandu (1,400 m)

Airport pick-up, hotel check-in and an evening trek briefing.

1,400 m · Meals: Dinner · Overnight: Hotel in Kathmandu

2

Drive to Pokhara (822 m)

Six to seven hours by tourist coach through river valleys and hill towns. Evening by Phewa Lake.

822 m · Meals: Breakfast · Overnight: Hotel in Pokhara

3

Drive to Hile, trek to Ulleri (2,020 m)

A short drive to the trailhead, then a steady climb up thousands of stone steps to the Magar village of Ulleri.

2,020 m · 4 h walking · Meals: Breakfast, Lunch, Dinner · Overnight: Teahouse in Ulleri

4

Trek to Ghorepani (2,860 m)

Walk through oak and rhododendron forest, with Annapurna South and Hiunchuli appearing between the trees, to the hilltop village of Ghorepani.

2,860 m · 5 h walking · Meals: Breakfast, Lunch, Dinner · Overnight: Teahouse in Ghorepani

5

Poon Hill sunrise (3,210 m), trek to Tadapani (2,630 m)

An early 45-minute climb to Poon Hill for sunrise over more than 20 peaks. After breakfast, follow a forested ridge via Deurali to Tadapani.

3,210 m · 6 h walking · Meals: Breakfast, Lunch, Dinner · Overnight: Teahouse in Tadapani

6

Trek to Ghandruk (1,940 m), drive to Pokhara

Descend to the beautiful stone village of Ghandruk, visit the Gurung museum and drive back to Pokhara.

1,940 m · 3 h walking · Meals: Breakfast, Lunch · Overnight: Hotel in Pokhara

7

Return to Kathmandu, departure

Drive or fly back to Kathmandu and transfer to the airport, or stay on for more adventures.

1,400 m · Meals: Breakfast

WHAT'S INCLUDED

Included

- Airport pick-up and drop-off in a private vehicle
- Hotel nights in Kathmandu/Pokhara on a twin-share basis with breakfast
- Teahouse (lodge) accommodation on the trek, twin share
- Breakfast, lunch and dinner every day on the trek
- Government-licensed, English-speaking trekking guide
- Porter service (one porter for two trekkers, up to 20 kg)
- Wages, meals, lodging and insurance for guide and porters
- All national park or conservation area permits and local fees
- Ground transport and domestic flights as per the itinerary
- Down jacket and sleeping bag on loan for the trek
- First-aid kit and pulse oximeter carried by your guide

Not included

- International flights and Nepal visa fee
- Travel insurance with high-altitude helicopter rescue cover (required)
- Lunch and dinner in Kathmandu and Pokhara
- Hot showers, Wi-Fi, battery charging and drinks in teahouses
- Tips for your guide and porter
- Extra nights caused by weather, flight delays or leaving the trek early

GOOD TO KNOW

Permits

You need the Annapurna Conservation Area Project (ACAP) permit. It is included and arranged by us.

Accommodation and food

On the trek you stay in local teahouses: simple, clean lodges with twin rooms and shared bathrooms in the higher villages. Meals are freshly cooked, from dal bhat to pasta and soups. In Kathmandu and Pokhara you stay in comfortable tourist-class hotels.

Fitness and health

A good level of fitness makes the trek much more enjoyable. Tell us about any medical conditions when you book, so your guide is prepared. Drink plenty of water, walk at a steady pace and avoid alcohol at altitude.

Payment

Send a booking request with your preferred date. We confirm availability within 24 hours and send you the payment details with your confirmation. Your place is secured once the deposit is received; the balance is due before the trip starts.

QUESTIONS TRAVELLERS ASK

Can children do the Poon Hill trek?

Yes. Active children from about 8 years old usually enjoy this trek. We can shorten walking days and add a porter to carry a child if needed.

Can I start from Pokhara?

Yes. If you are already in Pokhara, the trek takes 4–5 days and the price is reduced. Send us a request and we will tailor it.

Do I need previous trekking experience?

No technical experience is needed, but you should be fit enough to walk 5–7 hours a day for several days in a row. We recommend regular hiking, running or cycling for 6–8 weeks before your trip.

When is the best time to trek in Nepal?

Spring (March–May) and autumn (late September–November) bring the clearest views and stable weather. Winter (December–February) is quieter and colder; the monsoon (June–August) brings rain and cloud, but some valleys stay pleasant.

How do you deal with altitude sickness?

Our itineraries follow a gradual ascent with acclimatisation days. Your guide checks how you feel and your oxygen level every day, carries a first-aid kit, and will turn around or arrange evacuation if needed. Your safety always comes before reaching the top.

Is travel insurance required?

Yes. Your policy must cover trekking up to the maximum altitude of your trek, including emergency helicopter evacuation and medical treatment. Please send us your policy details before departure.

Can I trek privately or on my own dates?

Yes. Every trek can run as a private trip on the date you choose, for solo travellers, couples, families and groups. Ask us if you would like to add extra days, upgrade hotels or combine treks.

Dates, prices and booking

tripnep.io/tours/ghorepani-poon-hill-trek

Questions? hello@tripnep.io