

Ghorepani Poon Hill Trek



The Ghorepani Poon Hill Trek is a popular and rewarding trekking route in the Annapurna region of Nepal. This trek offers a perfect blend of natural beauty, cultural experiences, and stunning mountain views, making it one of the best short treks near Pokhara.

Starting from the lush foothills, the trail passes through traditional villages like Ghandruk, known for its rich Gurung culture and charming rural lifestyle. Along the way, trekkers enjoy walking through rhododendron forests, terraced fields, and peaceful villages that showcase the warm hospitality of local communities.

Trek Highlights:

- Sunrise from Poon Hill (3,210m): Stunning panoramic views of Annapurna, Dhaulagiri, Machhapuchhre & more.
- Rhododendron Forests: Colorful blooms (best in spring) along peaceful forest trails.
- Gurung Culture: Explore traditional villages like Ghorepani and Ghandruk with warm local hospitality.
- Ulleri Staircase: Conquer the famous 3,300 stone steps with scenic views of the valley.
- Diverse Landscapes: Walk through forests, terraced fields, and cross suspension bridges.
- Beginner-Friendly: Moderate trek with low altitude and 4–6 hours of walking per day.

Where is Ghorepani Poon Hill Trek?

Ghorepani Poon Hill is located in the Annapurna region of central Nepal, within the Myagdi District of Gandaki Province. It lies inside the Annapurna Conservation Area, just north of Pokhara, one of Nepal’s major cities and a popular gateway for trekking. Poon Hill (3,210 meters) is a famous viewpoint above the village of Ghorepani, offering spectacular sunrise views over the Annapurna and Dhaulagiri ranges. Ghorepani (2,750 meters) is a scenic mountain village along the trekking route, traditionally inhabited by the Gurung and Magar ethnic communities.



Detailed Itinerary

Day 1: Arrival in Kathmandu(1400m)

Welcome to Nepal! Upon arrival at Tribhuvan International Airport, make your way to your hotel in Kathmandu (self-transfer). In the evening 5 PM, join us at the Hawk's Eye Travels office for a short pre-trek briefing to go over the itinerary, permits and any final preparations for your upcoming adventure.

Day 2: Drive from Kathmandu to Pokhara

After breakfast, start your overland journey to Pokhara, a picturesque city nestled beside Phewa Lake. The drive offers changing landscapes—rushing rivers, green hills, terraced farmland, and glimpses of local life in rural towns. Upon arrival, check in to your hotel and enjoy your free time by the lakeside or explore the city’s peaceful surroundings.

Day 3: Drive from Pokhara to Nayapul, then Trek to Tikhedhunga (4-5hours)

After breakfast in Pokhara, begin your journey with a scenic drive to Nayapul, the official starting point of the Ghorepani Poon Hill Trek. The drive takes around 1.5 to 2 hours, passing through countryside landscapes and small roadside towns. From Nayapul, the trek starts with a pleasant walk along a riverside trail. After about 4–5 hours of gentle trekking, you’ll arrive at the peaceful village of Tikhedhunga, where you’ll spend the night in a cozy tea house.

Day 4:Trek to tikhedhunga to Ghorepani (6-7hours)

Today’s trek is both challenging and rewarding. After an early breakfast, start with a steep climb up Ulleri’s iconic stone staircase, which consists of more than 3,000 steps. The trail gradually eases as it leads through enchanting forests filled with rhododendron, oak, and pine trees, especially vibrant during the spring season. Along the way, you’ll pass small settlements like Banthanti and Nangethanti, where you can stop for rest and meals. By late afternoon, you’ll reach Ghorepani, a traditional Magar village perched on a ridge with breathtaking views of Dhaulagiri, Annapurna South, and Hiunchuli.

Day 5: Hike to Poon Hill (3,210m) and trek to Tadapani (4-5hours)

Rise early for a pre-dawn hike to Poon Hill, one of the most popular panoramic viewpoints in Nepal. After a short but steep ascent of about 45 minutes, you'll reach the summit just in time to witness a breathtaking sunrise over the Himalayas. On a clear morning, enjoy sweeping 360-degree views of Annapurna South, Dhaulagiri, Machhapuchhre (Fishtail), Hiunchuli, and other majestic peaks glowing in golden light. The trail to Tadapani offers a mix of uphill and downhill paths, small waterfalls, and serene woodland landscapes.

Day6: Trek from Tadapani to Tolka(6-7hours)

After breakfast, begin your descent from Tadapani through a lush forest filled with rhododendron, oak, and bamboo. The peaceful trail leads you downhill to the traditional Gurung village of Ghandruk, offering a wonderful chance to observe local life and architecture. Ghandruk also provides panoramic views of Annapurna South, Hiunchuli and Machhapuchhre. From Ghandruk, continue the trek through terraced fields and scattered farmhouses as you descend further and cross several small streams. Tolka is a less-crowded overnight stop, making it ideal for relaxing after a long walk.

Day7: Trek from Tolka to nayapul(1.5-2hours) then drive to Pokhara(3-4hours)

Enjoy your final morning in the hills with a gentle downhill trek from Tolka through terraced farmland, quiet forest patches, and charming village paths. You'll pass through scenic landscapes and traditional settlements, soaking in the last views of rural Himalayan life. After around 1.5 to 2 hours of trekking, you'll arrive at Nayapul, the end point of your Ghorepani Poon Hill adventure. From Nayapul, a private vehicle will drive you back to Pokhara, which takes about 3 to 4 hours, depending on road conditions. Upon arrival in Pokhara, check into your hotel and enjoy a relaxing evening near Phewa Lake, reflecting on your unforgettable trek.

Day8: Drive from Pokhara to Kathmandu (6-7hours)

After a relaxing breakfast in Pokhara, you'll board a comfortable tourist bus bound for Kathmandu. The journey takes approximately 6 to 7 hours, following the winding roads along the Trishuli River. Enjoy panoramic views of terraced hillsides, traditional villages, and river valleys as you make your way back to Kathmandu.

Inclusions:

- Transportation: Comfortable tourist bus between Kathmandu and Pokhara, with private car or jeep transfers from Pokhara to Nayapul and return to Pokhara.

- Accommodation During Trek: Basic tea house/Hotel stays in twin-sharing rooms
- Guide Services: Professional, licensed and English-speaking trekking guide
- Porter Service: 1 porter for every 2 trekkers (carrying up to 15–20 kg combined)
- Permits: All necessary trekking permits and local entry fees
- First Aid Kit: Basic first aid supplies carried by the guide
- Drinking Water: Safe drinking water (filtered/boiled) during the trek
- Support Staff Costs: Guide and porter wages, food, accommodation, and insurance
- Government Taxes: All applicable government and local taxes

Exclusions:

- Nepal Visa Fees (obtainable upon arrival at Kathmandu airport)
- International Flights to and from Nepal
- Meals on Trek: Breakfast, lunch, and dinner with tea/coffee during trekking days
- Accommodation in Kathmandu before and after the trek (unless stated in package)
- Meals in Kathmandu: Lunch and dinner in the city
- Personal Expenses: Snacks, beverages, extra drinks, hot showers, battery charging, Wi-Fi, and laundry
- Travel Insurance: Must include emergency medical evacuation coverage
- Trekking Gear: Sleeping bag, trekking poles, and personal equipment (available for rent)
- Tips for Guide and Porter (customary but not mandatory)
- Extra Costs Due to Delays: Changes caused by weather, strikes, road blockages, or any unforeseen circumstances.



Best time for the Ghorepani Poon Hill Trek

The Ghorepani Poon Hill Trek offers stunning hiking experiences throughout the year, but spring (March to May) and autumn (September to November) are the top seasons to visit.

Spring (March-May): Experience vibrant rhododendron blooms that paint the trails in red and pink hues. Daytime temperatures range from 10°C to 20°C, creating perfect hiking conditions and lively landscapes.

Autumn (September-November): Post-monsoon clarity brings crystal-clear views of the Annapurna and Dhaulagiri peaks, making this season a favorite for photographers and nature lovers. The weather is stable with crisp air and stunning mountain panoramas.



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