

Ghorepani - Poon Hill Trek



Trip Overview

The Ghorepani Poon Hill Trek is one of the best short treks in Nepal, offering an unforgettable Himalayan experience within a relatively short timeframe. Ideal for beginner trekkers and families, this route is renowned for its breathtaking sunrise views over the Annapurna and Dhaulagiri ranges, vibrant ethnic culture, and rich biodiversity.

Starting from Nayapul near Pokhara, the trek takes you through charming Gurung and Magar villages, terraced rice fields, and lush rhododendron forests—which burst into color during the spring season. The trail ascends steadily to the mountain village of Ghorepani, nestled at the base of Poon Hill. From here, a pre-dawn hike to Poon Hill (3,210m) rewards trekkers with one of the most iconic panoramic views in the Himalayas—featuring peaks like Annapurna South, Machapuchare (Fishtail), Dhaulagiri, Hiunchuli, and Nilgiri glowing in the golden light of sunrise.

The Ghorepani Poon Hill trek typically lasts 4 to 6 days, making it perfect for those with limited time who still want to experience the beauty of trekking in Nepal. The trail is well-marked and offers cozy teahouse accommodations,

delicious Nepali food, and warm local hospitality throughout.

This trek is accessible year-round, though the best seasons are spring (March–May) and autumn (September–November), when skies are clear and the mountains are in full view.

Total Trip Days: 9 Days

Region: Annapurna Region

Max Altitude: 3210 M

Activity: Trekking

Difficulty: Easy

Trip Highlights

- Poon Hill Sunrise - Spectacular panoramic sunrise over the Himalayas
- Cultural Villages - Explore Gurung and Magar communities in villages like Ghandruk and Ghorepani
- Rhododendron Forests - Lush jungle trails with vibrant spring blooms
- Short & Easy Trek - Suitable for beginners, families, and senior travelers
- Annapurna Views - See Annapurna South, Machapuchare, Dhaulagiri, and more
- Comfortable Teahouses - Stay in cozy guesthouses with local meals and mountain charm

Itinerary

Day 1:

Upon arrival at **Tribhuvan International Airport**, our representative will warmly welcome you and transfer you to your hotel in the city. After check-in, you can take some time to rest or explore nearby attractions such as the bustling streets of Thamel or the tranquil Garden of Dreams. This day is ideal

for acclimatizing to the altitude and soaking in your first impressions of Nepal. Enjoy an overnight stay in Kathmandu.

Day 2:

Start your day with a scenic flight from Kathmandu to Pokhara, offering incredible aerial views of the Himalayas, including Annapurna and Dhaulagiri ranges. Upon arrival in Pokhara, you will continue your journey by jeep to **Ulleri**, a picturesque mountain village with terraced fields and charming local houses. This drive provides a great introduction to the mid-hill countryside of Nepal. Stay overnight in Ulleri.

Day 3:

Begin your trek with a steady uphill climb through stone steps and lush rhododendron forests. You'll pass through charming villages like Banthanti, where you can interact with locals and enjoy the peaceful surroundings. As you ascend, stunning views of snowcapped peaks begin to appear. By late afternoon, reach Ghorepani, a serene village surrounded by mountains. Enjoy the evening with warm hospitality and prepare for the next day's early hike.

Day 4:

Wake up before dawn for a hike to **Poonhill** (3210m), one of the best viewpoints in the Annapurna region. Witness a spectacular sunrise over a panorama of peaks including **Dhaulagiri, Annapurna I, Machhapuchhre, and Manaslu**. After soaking in the views, return to Ghorepani for breakfast and begin your trek toward **Tadapani**. The trail takes you through forested ridges, hidden waterfalls, and peaceful mountain scenery. Overnight in the tranquil village of Tadapani.

Day 5:

Enjoy a gentle descent through lush forest trails toward Ghandruk, a traditional Gurung village known for its rich culture and striking mountain views. Along the way, spot various species of birds and maybe even langurs in the trees. Once in Ghandruk, explore the Gurung Museum, learn about the village's customs, and take in panoramic views of Annapurna South and Machhapuchhre. Relax with the local hospitality in one of the many cozy lodges.

Day 6:

Today, we take the more direct trail from Ghandruk down toward New

Bridge, skipping the Komrong Danda route. The path descends gradually through terraced farmlands and scattered houses, offering picturesque views of the Modi Khola valley below. After crossing a long suspension bridge near New Bridge, a short uphill climb leads us to Jhinu Danda, famed for its natural riverside hot springs. After checking in at the lodge, you can take a short walk downhill to the hot spring for a well-deserved soak. Overnight stay in Jhinu Danda.

Day 7:

After breakfast, enjoy a short hike to **Motkyu**, a small roadside settlement where your vehicle will be waiting. The drive back to Pokhara offers scenic river valleys and rolling hills. Once in **Pokhara**, you'll have the rest of the day free for relaxation or optional activities such as boating on **Phewa Lake**, shopping at **Lakeside**, or visiting the **Peace Stupa**. Overnight in a comfortable hotel in Pokhara.

Day 8:

Enjoy a final breakfast in Pokhara before catching a brief domestic flight back to **Kathmandu**. On arrival, you'll be transferred to your hotel, where you can unwind or explore the capital city one last time. You may choose to visit nearby sites such as **Swayambhunath (Monkey Temple)** or shop for souvenirs in **Asan Bazaar (Optional)**. Overnight in Kathmandu.

Day 9:

After breakfast, check out of your hotel. Our airport representative will assist you with your luggage and transfer you to **Tribhuvan International Airport** for your onward flight. We bid you farewell and hope you leave Nepal with lifelong memories of your Himalayan adventure.