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Ghorepani Poon Hill Trek - 8 Days

The Ghorepani Poon Hill Trek in Nepal's Annapurna region is an excellent choice if you're in search of a brief yet fulfilling hiking adventure. This trek can comfortably be completed within a week, offering a relatively easy journey through the mountainous landscape. A standout feature of this trek is the enchanting sunrise and panoramic Himalayan vistas from Poon Hill, guaranteed to leave you in awe.

Your journey begins with a trip from Kathmandu to the scenic city of Pokhara, a place that closely resembles paradise with its stunning mountain views, crystal-clear lakes, and captivating waterfalls. The trek starts in Hile, moving through Ulleri and Ghorepani. Along the way, you'll ascend 3300 stone steps and wander through mesmerizing bamboo and rhododendron forests, especially beautiful during the blooming season of March and April.

The name Ghorepani Poon Hill originates from the words 'Ghore' (Horse) and 'Pani' (Water), marking the spot as a historical watering point for traders' horses. Similarly, Poon Hill is named after the Poon Magars of the area.

The highlight of the trek is the early morning hike to Poon Hill to witness a spectacular sunrise over the Himalayas, illuminating peaks such as Mt. Dhaulagiri, Mt. Annapurna I, and Machapuchare, among others, in a breathtaking display of natural beauty.

Beyond the stunning sunrise, the Ghorepani Trek offers a glimpse into the culture, traditions, and way of life of the local Gurung and Magar communities as you pass through the richly cultural village of Ghandruk. The trek concludes at Kimche, followed by a drive back to Pokhara where you have a full day to explore on your own this lively city. Whether opting for a city tour or engaging in adventurous activities like zip-lining, rafting, or bungee jumping, Pokhara has plenty to offer.

BEST SEASON FOR GHOREPANI POON HILL TREK

The ideal time for the Ghorepani Poon Hill Trek spans the winter/spring months from January to June, and the autumn months from September to December, suitable for anyone with a moderate fitness level and without the concern of altitude sickness. This trek is perfect for families, friends, and individuals of all ages, offering an easy and scenic experience through one of Nepal's most beautiful regions. We are excited to be your guide on this memorable and picturesque journey to Ghorepani and Poon Hill.

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PRICE INCLUDES

- Airport and hotel transfers as per itinerary in private vehicle
- 2 nights' accommodation (twin sharing) in Kathmandu in a 4-star category hotel: Ramada Encore or similar
- 2 nights accommodation (twin sharing) in Kathmandu in a 3-star category hotel: Hotel Aabas or similar
- Meals (breakfast, lunch, and dinner) during the trek
- Best available teahouse/lodge accommodation (twin sharing) during the trek
- Staff– one professional, knowledgeable, and friendly English speaking trekking leader along with assistant guide (6 trekkers: 1 assistant guide) and porters (2 trekkers: 1 porter) including their food, accommodation, salary, equipment, transportation, and insurance
- Kathmandu to Pokhara transfer by flight
- Pokhara to Kathmandu transfer by tourist coach (flight is possible on extra cost)
- Pokhara to Hile and Kimche to Pokhara transfer in private vehicle
- Duffel bag, sleeping bag, and down jacket for use during the trek
- Icicles Adventure T-shirt, trekking map, and trip achievement certificate
- First aid medical kit
- TIMS and Annapurna Conservation Area Permit
- All government taxes & office service charge

PRICE EXCLUDES

- Nepal visa arrangement (more on Nepal Visa Information)
- International/Domestic airfares (except Kathmandu to Pokhara flight)
- Excess baggage charges
- Travel and rescue insurance
- Added night/s accommodation in Kathmandu or Pokhara because of early arrival, delayed departure, early return from mountain (due to any cause) than the programmed itinerary
- Lunch and dinner in Kathmandu or Pokhara (and also in the case of early return from mountain than the programmed itinerary)
- All kind of drinks (bottled or boiled water, alcoholic, hot, or cold drinks)
- Guided tour in Pokhara or in Kathmandu
- Personal expenses such as phone calls, laundry, battery recharge, extra porters, etc)
- Personal equipment and clothing
- Tips for guides and porters (tip is expected)

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ITINERARY IN DETAIL

Day 1: Arrival in Kathmandu (1,338 m/4,390 ft)

As you land at Kathmandu Airport (Tribhuvan International Airport), finish your custom formalities (visa, etc.) and get to the airport waiting terminal, where you will find our representative waiting to greet you. He/she will be holding Icicles Adventure Treks and Tour signboard. You will be then transferred to your respective hotel in our private vehicle.

You can either rest in your hotel or shop around Thamel streets for your gears needed in your trek.

Day 2: Fly to Pokhara, drive to Hile, and trek to Ulleri (1,970 m/6,462 ft) - 30 minutes flight, 2 hours drive and 3-4 hours trek

Following an early breakfast, you will make your way to the domestic airport for one of the morning flights to Pokhara. During your flight, you will have the opportunity to admire the breathtaking views of the Langtang Range, Dorje Lakpa, Ganesh Himal, Dhaulagiri Himal, and the majestic Annapurna Massif. Upon landing, you'll transfer to a vehicle for a picturesque drive to Hile, marking the starting point of your trek.

Your trek kicks off upon arrival in Hile. The initial leg of the hike is relatively easy, featuring gentle rises and falls on flat terrain, and includes crossing rivers over metal suspension bridges. After one such crossing, you'll encounter a lengthy stone stairway leading to Ulleri, where you'll ascend more than 3000 steps. This strenuous climb ranks as one of the trek's most challenging segments. Maintain a consistent pace and take breaks as needed. Once you conquer this section, you'll reach Ulleri.

Nestled on a sharp hillside, Ulleri is a Magar village well-frequented by trekkers on the Annapurna trail. The village boasts several modern lodges and traditional teahouses designed to accommodate trekkers. You'll spend the night in one of these cozy lodges, operated by a local family.

Stay overnight in Ulleri.

Day 3: Trek to Ghorepani (2,874 m/9,427 ft)

Departing from Ulleri, your journey continues as you ascend additional steps. This segment of the trek offers a pleasant walk past ancient stone dwellings and vibrant teahouses. You'll traverse the village of Banthanti and, following a swift climb, arrive at a recently constructed rough jeep track. Some trekkers choose to drive directly from Pokhara to this point to commence their hike to Ghorepani, making for an easier journey on the dirt road. As you progress toward Ghorepani, take in the scenic beauty of waterfalls, streams, and verdant forests.

Eventually, you'll come across a smaller trail that leads down to a river. Opting for this path, you'll navigate a slender trail. This route meanders up and down through a dense forest, where you might spot monkeys frolicking on the moss-laden branches. Breaks for rest and refreshments are planned at Nayathanti and Nangethanti. The trek will then take you through a lush forest filled with oak and rhododendrons. In spring, the path is adorned with the vivid blooms of rhododendron trees.

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At some point, you'll transition from the Kaski District into Myagdi, an area predominantly inhabited by the Magar community. Roughly two hours beyond Nangethanti, you will arrive at Ghorepani. Historically, Ghorepani served as a crucial resting spot for travelers and merchants on the Tibet trade route.Ghorepani nowadays is a bustling village that caters to every need of its visitors, equipped with both modern guesthouses and traditional teahouses. Your accommodation will be in one of the contemporary guesthouses, providing modern conveniences for a comfortable stay.

Day 4: Hike to Poon Hill (3,210 m/10,529 ft) and trek to Tadapani (2,600 m/8,528 ft)

We get up early before sunrise today as we have to reach Poon Hill before sunrise so that we do not miss the magical moment. It is a wonderful experience watching first ray of sun over the mountains. This is one of the best mountain vistas and is well worth the effort taken to climb to Poon Hill (45 minutes climb). Himalayan view from Poon Hill is indescribable when the rising sun's rays gradually strikes the Himalayan giants including Mt. Dhaulagiri (8,167m), Mt. Annapurna I (8,091m), Mt. Nilgiri (7,040m), Annapurna south (7219m),Annapurna II (7937m), Annapurna III (7555m), Annapurna IV (7525m), Hunchuli (6441m), fishtail or Machapuchare (6,997m), Lamjung Himal (6,986m), Tukuche peak (6,920m), Dhampus peak (6,012m) among others. We spend some time picturing at Poon Hill and return to Ghorepani, have a hot breakfast, and continue our trek to Tadapani through rhododendron forest. Specialty of this forest is that it hosts more than 15 species of rhododendron and if you are trekking in springtime the blooming colorful rhododendrons will fascinate you. We have our lunch at Banthanti and again continue through rhododendron forest. We have about thirty minutes climb before reaching Tadapani. From here we have great views of Annapurna South (7,219m), Huinchuli and Machapuchare (Fishtail 6,993m).

Day 5: Trek to Kimchi via Ghandruk and drive to Pokhara: 4 to 5 hours trek and 2-3 hours drive

Enjoy the breathtaking scenery from Tadapani, and following breakfast, commence your trek towards Kimchi, passing through Ghandruk. The journey to Ghandruk is a pleasant one. Upon arriving in Ghandruk, a significant Gurung settlement, take some time for rest and to refresh. Ghandruk, a mosaic of ancient stone houses and modern structures, stands as the largest Gurung village in the Annapurna Region and is celebrated for its commitment to preserving Gurung heritage and traditions. While here, take the opportunity to wander through the village and visit the Old Gurung Museum, which displays traditional Gurung attire and agricultural tools.

After your village exploration, continue your descent to Kimchi, where you will board a vehicle to return to Pokhara. Once in Pokhara, check into your hotel and enjoy some leisure time, perhaps indulging in a soothing hot shower to unwind from the day's journey.

Spend the night in Pokhara, reflecting on the experiences of your trek.

Day 6: Guided sightseeing day in Pokhara

Pokhara is renowned for its stunning natural attractions, among which Gupteshwar Cave and Davis Fall stand out for their breathtaking beauty, both located conveniently close to each other. Following a nourishing breakfast at your hotel, you'll can embark on a sightseeing journey through Pokhara, with visits planned to Gupteshwar Cave, Davis Fall, Peace Stupa, Bindyabasini Temple, the International Mountain Museum, and the Tibetan Refugee Camp, etc

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Gupteshwar Cave, discovered in the sixteenth century and stretching 2950 meters in length, ranks among South Asia's longest caves. Today, it has emerged as a significant tourist attraction in Pokhara. A spiral staircase leads into the cave, revealing a world adorned with exquisite stalactite and stalagmite formations. The cave holds a naturally formed Shivling, held sacred by the locals, while the limestone carvings along its walls add to its mystical appeal. The cave's lowest part features a vantage point offering views of the water cascading from Davis Fall.

In proximity to Gupteshwar Cave lies Davis Fall, also known as Patale Chango, a mesmerizing waterfall that vanishes into the underground, eluding direct observation.

The Peace Stupa, perched atop a hill, offers a serene view of Phewa Lake and the Pokhara Valley below. Constructed by the Nipponzon Mohozi or Japanese Buddhist Sanga as a monument to world peace, Pokhara's Peace Stupa is one of two in Nepal, alongside its counterpart in Lumbini. Standing 115 feet tall and featuring two tiers, the stupa is adorned with Buddha statues from various Buddhist nations, offering breathtaking panoramic views of the Himalayas, Phewa Lake, and Pokhara City.

The International Mountain Museum is a treasure trove of information on the world's highest peaks, Himalayan culture, the history of mountaineering, and the biodiversity of the Himalayas, divided into three main halls and showcasing a range of exhibits, including rock samples and artifacts from pioneering climbers.

The oldest Hindu temple in Pokhara, Bindyabasini Temple, is dedicated to Goddess Bindyabasini, revered as an incarnation of Goddess Kali, showcased in the distinct Shikhara architectural style.

A visit to the Tibetan Refugee Camp sheds light on the lives of Tibetan refugees who fled Tibet following China's invasion. The camp is a hub where refugees sell carpets, handicrafts, jewelry, and paintings for their livelihood, offering visitors a chance to purchase unique souvenirs.

You can conclude your tour with a tranquil boat ride on Phewa Lake, capturing the beauty of a sunset that paints the sky and lake in hues of peace and tranquility.

Day 7: Drive to Kathmandu.

Say farewell to Pokhara as you take early morning bus drive to Kathmandu after breakfast. It about 6-7 hours. Rather than spending your time on drive if you want to use more of your time to explore Pokhara or in Kathmandu, you can opt to fly instead of the time consuming drive and take few hours to explore Pokhara or Kathmandu. Upon arrival in Kathmandu you will check in to your hotel.

Day 8: Final Departure

Your Ghorepani Poon Hill trip is complete today. If you have some time left before your departure flight home, you can shop around Thamel for souvenirs for your friends and relatives. Our airport representative will drop you at the international airport in Kathmandu for your departure flight from Nepal. We hope beautiful Nepal, the awesome Himalayan sceneries, the cultural experience you got along your Poon Hill hike will stay in your memory lifelong and you will go back home with a sense of conquest.

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FAQ

1. Is this trek for me?

Walking at Ghorepani Poon Hill is for all those travelers who are looking forward to have an excellent short and easy holiday at beautiful Annapurna region of Nepal. For first timer trekking in Nepal, to avid travelers, regardless your age, fitness level, time availability and interest, this trip is recommended for all including you. Therefore, yes, this trek is for you. Join solo/ with friends, family and/or your loved ones.

2. Why hike to Ghorepani Poon Hill? What are its highlights?

Just imagine you arrived at beautiful lake city of Pokhara after sightseeing world heritage sites at Kathmandu, initiated trekking activity walking through culturally rich Gurung villages and in just couple of days, very early in the morning you get to witness the magical sunrise views over the Himalayas. If you want to turn this imagination into reality then let us know your travel plans. Let's see how we can help.

3. How to prepare for this trip? What is highest altitude gain and chances of AMS?

Even though its considered easy, its not as simple as walk in the park. Therefore preparations are essential and it is recommended that you get involve in cardio exercises like swimming, cycling, skipping, treadmill and similar others. The highest altitude gain during Ghorepani Poon Hill Trek is 3210m at Poonhill viewpoint. Getting at this altitude is not considered as risky, therefore there is no or negligible chances of AMS during this trek.

4. What to pack?

For this short and easy trek, pack less enjoy more. Don't forget to pack your down jacket, sleeping bag, sunscream, strong shoes and others. All of these gears are also easily available for hire and sale at stores in Kathmandu and Pokhara. Also read our extensive packing list for trekking in Nepal.

5. Is travel insurance mandatory for this trek?

Getting an travel insurance is very essential if you think you will be suffering from AMS or getting injured during the trek and mandatory for high altitude treks in Nepal. However, for this walk to Ghorepani Poonhill, its short, easy and very less risky; therefore even if you don't get insured, you can join in.

6. What permits are required for this trek?

You will need Annapurna Conservation Area Project (ACAP) permit and Trekkers Information Management Service (TIMS) card for this trek which can be arranged at Kathmandu and Pokhara. Trekking company will arrange these permits for you.

7. When is the best time for Poon Hill Trek?

Autumn months of September, October, November and the Spring months of April, May,June are regarded as the best time for trekking in Nepal and same with Poonhill trek. During the peak season, weather are mostly fine with less chances of rainfall and high chances of viewing clear views of Himalayas. Being a short and comparatively easy adventure, this trek can be joined during any time of the year. Which time suite you? Let us know.

8. What are the accommodations available during the trek?

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Ghorepani Trek is a tea house trek; therefore you will be staying at different lodges while hiking on village to village. The rooms of most of the tea houses are clean, comfortable on twin sharing basis. There are plenty of basic to standard lodges available.

9. What are the meals offered during the trek?

Three meals per day, including breakfast, lunch and dinner is offered during al trekking days by the company. Meals are deliciously cooked taht includes: rice,lentil, and veggies (dal bhat tarkari), soups, noodles, omletes, bread, pasta, porridge which are common on the menu in trails along with tea, coffee and other drinks. It is recommended to pack some packets of peanuts, cashew nuts, raisin, choco bars and can-fish for quick energy boost, and candies, chips as extras.

Safe drinking water is available at tea houses at extra costs, you have also an option to purify the tap water yourself by tablets, steripen etc. Never drink water from local source without purifying.

10. Can I charge my cameras during this trek?

Yes, you can easily, free at hotels in cities. However you may need to pay extra on the trails. If you have spare batteries bring them along.

11. What are other options and excursions to Poonhill trek?

There are plenty of options available for this Ghorepani Poonhill trek like Royal Trek, Annapurna Panorama Trek, Short ABC Trek, Jomsom Muktinath Pilgrimage Trek and Annapurna mini Circuit Trek. Ghorepani Poonhill is also visited during most of other long Annapurna region treks. Therefore, there are many options and excursions available. We just want to know which trip suits you the best and make it happen.

12. How to book this trip?

Quickest and easiest way to book any of our trips is to book it online. For booking online, click on the book now button at top right side of this page and fill out the form.

If you are still unsure about this trip, then ask any related questions to our experts. You can also book your seat on our fixed departure dates. Departures are guaranteed on those dates.