



9 Days Ghorepani Poon Hill Trek: A perfect Himalayan Adventure

URL: <https://naatatravels.com/trip/9-days-ghorepani-poon-hill-trek/>

Duration

9 Days

Per Person Cost

USD 790

Difficulty

Easy

Group Size

2-16

Maximum Elevation

3210 meters

Accommodation

3-star hotel in Kathmandu and tea houses during the trek

arrival_on

Kathmandu

Meals

Breakfast in Kathmandu, Kathmandu Pokhara and all meals during the trek

Departure

Trip Route

Nepal

Trip Overview

The Annapurna Ghorepani poon hill trek also known as Annapurna sunrise trek or ghorepani poonhill trek. It is one of the best 'less than a week' long trek in Annapurna region of Nepal.

This is a relatively easy trek through delightful gurung villages and rhododendron forests full of birds and deep sub - tropical valleys.

This trek also gives scenic view of spectacular Annapurna (8091m), Dhaulagiri (8167m) with Machhapuchre (Fishtail) dominating the skyline especially from poonhill. **With the added presence of rice terraces and the blooming rhododendron in spring, it is often regarded as photographer's paradise.**

Highlights of Ghorepani Poon Hill Trek

The trek begins with sightseeing of UNESCO world heritage sites in Kathmandu. Next day, the drive to pokhara is simply worth it with the view of trishuli river (a heaven for rafters) flowing alongside the road.

The real walking embarks from nayapul, we then walk up the splendid trail to Tikhedhunga. The trail then leads us to the small village of Ghorepani where we stay the night. Next day we hike up to Poonhill to witness the sunrise and trek to Ghandruk via Tadapani. We finally end our trek in Nayapul.

The average hiking hours is about 5-6 per day.

Climax of the trek

At the pinnacle of this trek you will climb Poonhill at dawn to enjoy the most splendid mountain-scape on Earth. As the sun rays slant over the snowcapped summits, the majestic Dhaulagiri and Annapurna along with a jungle of other peaks slowly begin to appear, like magic, before our eyes.

This is rewarding trek for a family

The 9-day Trek itinerary is designed for the trekkers who want a less demanding but beautiful trek. This trek in the rural mountainside with the picturesque view of Himalayas is best especially with family and kids. The added facility of pony makes the trek more amusing and easier for children.

However, if you urge for a longer trek in the Annapurna region while also reaching its base camp, then [Annapurna Sanctuary Trek \(14 Days\)](#) would be the best option. For trekkers who prefer a more demanding trek with the whole Annapurna circuit to cover in about two week's time, Annapurna circle trek-17 days would be perfect. Again, for trekkers willing to undertake a more demanding trek in and near the Annapurna region, please choose [Annapurna circuit trek \(23 days\)](#). You can also undertake the ghorepani poon hill trek including a visit to [Ghandruk](#) which is a scenic Gurung Village with excellent views of the himalayas.

<https://youtube.com/shorts/6P-fsKEYBiY?si=lUh0K4D7JrRsaL5D>

Trip Itinerary

Day : Arrival in Kathmandu

Upon your arrival at the Tribhuvan International airport a representative from Naata Trek and Tours will be waiting for you at the airport displaying a playcard imprinted with your name. He/she will then transfer you to the designated hotel. In the evening we can enjoy a welcome dinner hosted by Naata Trek and Tours. During the dinner we can enjoy Nepalese cuisine which will introduce us to the country's food culture.

Accommodation

3-star hotel

Meals:

Dinner

Altitude:

1350 meters

Day : Kathmandu Sightseeing

We will have a pre trip meeting after breakfast where you will be introduced to your Guide. During the meeting you can assure yourself with any queries regarding the trip.

We visit Boudhanath Stupa, one of the biggest Buddhist shrines in the world, where we observe Buddhist monks praying in the monasteries surrounding the stupa. After Boudhanath Stupa we visit Pashupatinath Temple, the most famous Hindu temple in the country, located on the banks of the holy Bagmati River.

Here we see Hindu holy men (sadhus) meditating, pilgrims bathing and occasionally funeral pyres burning on the ghats. We will also visit Bhaktapur Durbar Square, which is a collection of pagoda and shikhara-style temples grouped around a fifty-five window palace of brick and wood.

The attraction of the Bhaktapur Durbar Square is the Lion gate, the Golden gate, the Palace of Fifty-Five Windows, art galleries, the Statue of King Bhupatindra Malla.

Accommodation

3-star hotel

Meals:

Breakfast and Dinner

Day 197kilometers, 6 hours: Drive to Pokhara from Kathmandu

We start our drive early in the morning which is a rewarding sight in itself as we will be accompanied by rivers and views of green rolling hills. We enjoy the sunset at Pokhara Lakeside which is a tourist hub. You can also visit pubs, bars and restaurants.

Included Meals: Breakfast

Accommodation

3-star hotel

Meals:

Breakfast, Lunch and Dinner

Altitude:

820 meters

Day 42 Kilometers, 1 hour: Drive to Nayapul(1010m) and trek to Tikhedhunga (1570m)

Today after a short drive to Nayapul early in the morning we start our trek. We walk along the banks of Modi river and reach Birethani which is a large village with many teahouses and shops. The trail then continues through the village and reaches another river called the Bhirungdi Khola. We steadily climb up the valley and finally reach Tikhedunga where we stay the night.

Time:

4 hours

Accommodation

Tea House

Meals:

Breakfast, Lunch and Dinner

Altitude:

1570 meters

Day : Trek to Ghorepani

We continue our climb to Ulleri, a large Magar village. The trail gently ascends from this point and takes us through rhododendron forests and towards Banthanti. We then pass from Nangethanti which is also a small village and after an hour long walk from Nangethanti we reach Ghorepani, a small yet charming Gurung Village.

Time:

5 hours

Accommodation

Tea House

Meals:

Breakfast, lunch and dinner

Altitude:

2840 m

Day : Hike upto Poonhill (3210m) and trek to Ghandruk (1940m) via Tadapani (2610m)

We start the hike 'before the crack of the dawn' to Poon Hill which stands at an elevation of 3210m. The sunrise there is a treat to your eyes. We spend some time there and take our breakfast on the way back to Ghorepani. We then climb along the ridges passing by pine and rhododendron forests and reach a village called Deurali.

Then we descend further and turn till we reach Tadapani. From tadapani the trail gently descends to Ghandruk which is a village inhabited by charming Gurung people. We can explore the rich ethnic culture and way of living of Gurung people.

Ghandruk is one of the most famous destinations for short trekkers as it provides unobstructed views of the Annapurna range. In the afternoon we take some time out to visit Annapurna Conservation Office and Gurung museum. We stay the night at Ghandruk.

Time:

7 hours

Accommodation

Tea House

Meals:

Breakfast, Lunch and Dinner

Altitude:

2610 meters

Day 42 kilometers, 1 hour: Trek to Nayapul and drive to Pokhara

On the last day of our trek, we trace the our steps back to Nayapul followed by a short one hour drive back to Pokhara. We have plenty of time to relax and shop in the lakeside today and enjoy the city lights.

Time:

3 hours

Accommodation

3-star accomodation

Meals:

Breakfast, Lunch and Dinner

Altitude:

1070 meters

Day 42 kilometers, 1 hour: Drive back to Kathmandu

We start an early drive back to Kathmandu taking the same windy road with beautiful scenery and recollecting all the memories of our trip. Tonight Naata Trek and Tours will organize a THANK YOU farewell dinner program.

Time:

3 hours

Accommodation

3-star hotel

Meals:

Breakfast, lunch and dinner

Altitude:

1400 meters

Day : Airport departure

Our trip concludes today. Our office representative will drop you off to the airport in a private vehicle.

Trip Includes

- Airport pickup and drop in a private vehicle
- 3-star hotel accommodation in Kathmandu and Pokhara with breakfast, Teahouses accommodation during the trek
- Welcome and farewell dinner programs
- Kathmandu to Pokhara and vice versa in a tourist bus
- Guided city tour of Kathmandu in a private vehicle
- Entrance fees for sightseeing
- An experienced, English speaking and government-licensed trek leader and assistant trek leader (4 trekkers: 1 assistant guide)
- Porter service (2 trekkers: 1 porter)
- Staff costs including salary, insurance, equipment, food and accommodation
- Down jacket and sleeping bag (to be returned after trip completion)
- Naata Travel & Adventures's trekking bag, t-shirt and trekking map (which are yours to take)
- All necessary paperwork and trekking permits (ACAP, TIMS)
- Medical kit (carried by your trek leader)
- All government and local taxes
- Pokhara to Naypul and back in a private vehicle

Trip Excludes

- Nepalese visa fee
- International airfare to and from Kathmandu

- Excess baggage charges
- Extra night accommodation in Kathmandu and Pokhara in case of early arrival, late departure, and early return from the mountain (due to any reason) than the scheduled itinerary
- Travel and rescue insurance
- Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porter, bottle or boiled water, shower, etc)
- All other not mentioned in cost includes section

Address

Naata Travel and Adventures Pvt. Ltd.

Kathmandu, Nepal