Ghorepani Poonhill Trek



Poon Hill is undoubtedly the most popular hill station in the Annapurna trek to watch sunrise and sunset as well as a superb Himalayan panorama of Mt. Dhaulagiri (8,167m), Annapurna I (8,091m), Tukuche Peak, Nilgiri, Baraha Shikhar etc.

Annapurna Ghorepani Poon Hill Trek is one of the shortest and classic trekking trails in the lower part of Annapurna region. The trek passes through traditional villages, terraced farms and rhododendron forests and culminates to the top of Poon Hill (3210m), making a comfortable trek circuit. Poon Hill is probably the most popular hill station in the Annapurna trek to watch sunrise and sunset views including a Himalayan panorama of Mt. Dhaulagiri (8,167m), Annapurna I (8,091m), Tukuche Peak (6920m), Nilgiri (), Baraha Shikhar etc.

This 5 days Annapurna Ghorepani Poon Hill Trek starts and ends at Pokhara with stops at Ulleri (1960m), and scenic villages of Ghorepani (2865m), Ghandruk (1940m) inhabited by Magar and Gurung ethnic communities. It is an easy trek allowing for slow gain in altitude and enough time for acclimatization. This short holiday trek is possible in any season and is suitable for honeymoon couples, families, children and people of all ages.

Adventure Thirdpole Treks has been organizing Annapurna - Ghorepani & Poon Hill Trek for over two decades, thanks to its team of highly experienced trekking guides and porters. Whether you would like to do a solo trek or join fixed departure groups, we can arrange and tailor-made the Ghorepani & Poon Hill trek as per your requirements.

Duration: 9 days

Price: $855

Rating: 3 Star

Group Size: Minimum Pax - 2

Grade: Strenuous

Destination: Nepal

Activity: Trekking in Nepal

Region: Annapurna Region

Quick Facts

Region: Annapurna

Best Season: September to December and Feb to May.

Total Days: 9

Accommodation : Hotel, Resort and tea house.

Grade: Moderate

Culture: Gurung, Magar, Thakali

Mountains: Annapurna, Dhaulagiri Ranges and fishtail and many others

Attraction: Attraction Himalaya, Experience the different culture.

Trekking style: Tea house

Himalayan sights: Annapurna, Dhaulagiri Ranges and fishtail and many others

Itinerary:

Day 1: Arrive in Kathmandu, transfer to hotel / Altitude: 1350m/4428ft

After your Arrival at Tribhuvan International Airport Kathmandu, our representative will welcome you and then you will be taken to your hotel. Our tour operator will explain briefly about the program. Depending on your arrival time in Kathmandu, you may explore Thamel is the touristic hub in Kathmandu. In the evening we host a welcome dinner at one of the typical Nepalese restaurant with local music and ethnic dance.

Day 2: Sightseeing in Kathmandu city & arranges trekking permit. (Altitude: 1350m/4428ft)

Optional Trip: Mountain Flight in the morning which start from 6:40 to till 7:40 Mountain flight will cost extra US$ 200/person will take you to show most of Nepal's and Tibet's mountains including Mt. Everest

Today you will have a morning guided tour of Boudhanath and Pashupatinath. Boudhanath is a great white half dome with the Eyes of Buddha painted on it and is one of the most famous cultural icons of Nepal. It is a site of very active worship and nowhere on earth will you encounter such a concentration of varied Buddhist activity. Not far away you will visit one of the holiest and venerated of all Hindu temples, Pashupatinath. Non-Hindus are not allowed inside the golden-roofed pagoda-style temple, but you can glimpse the great gold bull through the doorway. A great pilgrimage occurs here in February, attracting Hindu ascetics and devout worshippers from all areas of the Hindu world. Rhesus monkeys are everywhere around the grounds, riverside cremations are often taking place and there is always a colorful group of ascetic pilgrim visitors encamped in the general area. If time permits you will visit the Tibetan refugee center and Patan, another of the old Kingdoms of the Kathmandu Valley.

Day 3: Kathmandu – Pokhara (Altitude: 850m/2788ft / Distance of driving: 200 km/ 6-7 hrs)

We leave for Pokhara early morning. As you climb out of the Kathmandu valley, only to quickly descend again to the Trishuli River, you follow upstream to its junction with the Marsyangdi River. You can observe views to the north across the hills and Phewa Lake to the white peaks of the Annapurna and Lamjung ranges. Finally, you will arrive Pokhara is a beautiful city and one of the most famous tourist destinations. Lying 200 km away from Kathmandu, Pokhara is overlooked by the beautiful Annapurna Ranges and spectacular snow-capped mountains.

Optional Trip: Rafting on the Trishuli River Cost extra 40 US$ per person
3 hours rafting on the Trishuli river on the way to Pokhara: Starts from Charaundi and that ends at Kuringha

Day 4: Pokhara- Ulleri (Altitude: 1960m/4229ft / Distance of trek 16km / 4-5 hrs)

One and half hour drive to Nayapul, 15- minutes short walk along the bank of the Modi Khola, we reach Birethanti (1065m / 3493ft) a large village that has many shops & teahouses. The trail continues through the village and Our path follows the main trail to Sudami where we climb steadily up the side of the valley, reaching Hile (1595m/5233ft) and Tirkhe Dhunga (1677m/5502ft) and then to Ulleri (2070m / 6791ft), the large Magar village ascending with a steep stone staircase. The first part of your trek is easy passing through numerous small villages and settlements. The majority of people here are Gurung and their religion is Buddhist. They are engaged in agricultural, tourism, livestock and some in Gorkha and Indian regiments.

Day 5: Ulleri - Ghorepani (Altitude: 2865m/9397ft / Distance of trek 12km / 4-5 hrs)

The trail continues to ascend more gently, through fine forests of oak & rhododendron towards Banthanti at 2250m/7380ft. Then we make our trek towards Nangethanti at 2460m/8067ft. After an hour walk brings you to Ghorepani at 2850/9397ft.
On the way, you could see a good view of Machhapuchhare or Fish Tail (6997m /22956ft), Hiunchuli (6441m /21132ft), and Annapurna (7219m /23684ft) South. You can experience traditional lifestyles and diverse customs of the friendly highlander people.

Day 6: Ghorepani - Poon Hill - Tadapani (Poon Hill 3210m /10529ft – Tadapani 2540m/8331ft / 7 hours)

This morning, we will get up early in the morning, and go hiking for about an hour to Poon Hill; popular viewpoint. From here you will see superb view of sunrise, and the panoramic view of Himalayas, including Mt. Dhaulagiri, Annapurna South, Fishtail, and many others. After visiting Poonhill, back to Ghorepani to have a hot breakfast and climbs along ridges and through pine and rhododendron forests to Deurali (3060m). We descend to reach Banthanti, then wind our way to Tadapani (2670m).

Day 7: Tadapani – Chhumrung 1951m, 4 hours

Today is the last day of your trek and the trail drops down through rhododendron and oak forests, arriving at Ghandruk for lunch. Ghandruk is most interesting traditional Gurung Village in Nepal, which provides Gorkha soldiers and one of the highest permanent settlements in the valley with tremendous views of across to Annapurna South and Machhapuchhre 6097m and Himachuli. It's a fairly easy walk down to Saul bazaar the flat until arriving Nayapool. Private Vehicle will be used for transfer to Pokhara.

Day 8: Drive back to KTM

Alternatively you can drive to Lumbini or Chitwan National Park for Jungle safari

Day 9: Fly back home

Final time for shopping or exploring Kathmandu. You will realize there is much more to do in Nepal. If you have specific requests to see things not included, wish to contact professional peers in an informal setting, or pursue other ventures, let us know and we can

easily add extra days to this itinerary to meet your needs. Late morning transfer to the airport for your onward flight or continuing on with other explorations in Nepal.

Highlights:

- Hike to Poon Hill (3210m)
- Sunset and Sunrise views
- Spectacular glimpse of Mt. Dhaulagiri and Mt. Annapurna
- Visit Magar & Gurung Villages in Ghandruk, Ghorepani and Landruk
- Walk through sub-tropical rhododendron forests

Cost Include:

- International and Domestic Airport pick up and drop off
- All land transfer as per itinerary
- Two 1/2 day sightseeing in Kathmandu
- 4 nights Hotel accommodation in Kathmandu
- Accommodation and 3 meals while on the trek
- Fully escorted trek with English speaking a Guide and a Porter for every two persons
- Annapurna Conservation Area Permit
- TIMS Card
- Wages, equipment, insurance and other facilities to staffs
- Welcome and fare dinner in Kathmandu

Cost exclude:

- Items of personal nature ie. Soft/hard drinks, tips etc.
- Travel Insurance (this is a mandatory condition of booking)
- Medical evacuation in case of emergency
- Sleeping bag and Down jacket
- Personal spending money

Other Features:

- Region: Annapurna
- Best Season: September to December and Feb to May.
- Total Days: 9
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- Grade: Moderate
- Culture: Gurung, Magar, Thakali
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