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# Ghorepani Poon Hill Trek - 5 Days from Pokhara

URL: <https://naikenepal.com/package/ghorepani-poon-hill/>

## Duration

5 Days

## Per Person Cost

USD 400

## Difficulty

Moderate

## Best Seasons

Spring & Autumn

## Transportation

Car

## Max Altitude

3,210 M

## Trip Type

Trekking

## Meal

Breakfast, Lunch, Dinner

## Accommodation

Local Tea House

## Trip Overview

The **Ghorepani Poon Hill Trek** is one of the most popular and rewarding short treks in Nepal, perfect for beginners, families, and nature lovers. Starting and ending in **Pokhara**, this 5-day adventure leads you through the heart of the **Annapurna region**, offering an incredible combination of Himalayan scenery, cultural encounters, and peaceful natural trails.

This trek is the best known for the breathtaking **Poon Hill sunrise**, where the first golden rays of the sun illuminate some of the world's highest peaks—including **Annapurna South**, **Dhaulagiri**, **Machhapuchhre (Fishtail)**, and **Hiunchuli**. Standing at 3,210 meters, **Poon Hill** is a panoramic viewpoint that provides one of the most photographed mountain scenes in Nepal.

Along the way, you'll pass through charming mountain villages such as **Ulleri**, **Ghorepani**, and **Ghandruk**, home to the warm and hospitable **Gurung and Magar communities**. The trail also winds through dense rhododendron forests, waterfalls, and terraced hillsides that bloom spectacularly during the spring season.

Whether you're seeking your first Himalayan adventure or a short yet scenic getaway, the **Ghorepani**

**Poon Hill Trek** offers a perfect introduction to trekking in Nepal.

The route is well-marked and relatively easy, making it ideal for travelers of all ages and experience levels.

## Trek Route of 5 Days Ghorepani Poon Hill Trek:

**Pokhara - Nayapul - Ulleri - Ghorepani - Poon Hill - Tadapani - Ghandruk - Pokhara**

Your journey starts and ends in **Pokhara**, Nepal's peaceful lake city. After a short drive to **Nayapul**, the trek ascends through terraced farmland and quaint villages like **Ulleri** and **Ghorepani**. The highlight is the early morning hike to **Poon Hill**, followed by a descent through **Tadapani** and **Ghandruk**, two culturally rich Gurung villages.

**Region:** Ghorepani Poon Hill Trek belong to **Annapurna Region**, Western Nepal. The trail lies within the **Annapurna Conservation Area**, one of the most diverse trekking zones in Nepal. It's known for its well-preserved nature, friendly locals, and panoramic mountain views.

## Maximum Elevation of Ghorepani Poon Hill Trek: 3,210 meters (10,531 feet) - Poon Hill Viewpoint

Poon Hill is the highest point of the trek and offers an unforgettable sunrise view of peaks like **Annapurna South**, **Dhaulagiri**, **Machhapuchhre (Fishtail)**, Nilgiri and many more.

## Difficulty Level of Ghorepani Poon Hill Trek:

**Easy to Moderate** The **Ghorepani Poon Hill Trek** is perfect for beginners. The trails are well-marked and do not require prior trekking experience. Some uphill climbs—especially to **Ulleri** and **Poon Hill**—can be physically demanding, but they are manageable with basic fitness.

## Ghorepani Poon Hill Trek Type:

### Teahouse/Lodge Trek

You'll stay in traditional **teahouses or mountain lodges**, which provide basic but comfortable accommodations, home-cooked meals, and a warm cultural atmosphere.

### Best Time to Visit:

- **Spring (March to May):**

Enjoy clear skies, pleasant temperatures, and colorful rhododendron blooms throughout the trail. This is also one of the best seasons for photography.

- **Autumn (September to November):**

Considered the best trekking season in Nepal, autumn brings stable weather, crisp air, and exceptional visibility of the Himalayan peaks.

*Note: While winter (Dec-Feb) and monsoon (Jun-Aug) are possible, they are less favorable due to snowfall or rain.*

## Starting & Ending Point:

**Pokhara** – Nepal's lakeside city is the ideal base for beginning and ending your **ghorepani poon hill trek**. It's easily accessible from Kathmandu and offers scenic beauty, adventure activities, and post-trek relaxation.

## Ghorepani Poon Hill trek is Ideal For:

This trek suits a wide variety of travelers, including:

- **First-time trekkers**
- **Families with children**
- **Solo travelers seeking safe routes**
- **Photographers & nature lovers**
- **Mindfulness seekers or yoga trekking enthusiasts**

## Permits Required to do Ghorepani Poon Hill Trek:

To trek in this area, the following permits are mandatory (we handle all arrangements for you):

- [ACAP \(Annapurna Conservation Area Permit\)](#)
- [TIMS Card \(Trekkers' Information Management System\)](#)

These permits help fund conservation efforts and ensure your safety while trekking.

This **Ghorepani Poon Hill Trek overview** gives you a clear picture of what to expect from this popular short trek in Nepal. It's scenic, culturally rich, beginner-friendly, and ideal for a wide range of travelers.

## Highlights of 5 Days Ghorepani Poon Hill Trek

- Witness a mesmerizing sunrise over the Annapurna and Dhaulagiri ranges from Poon Hill.
- Trek through lush rhododendron forests, traditional villages, and terraced fields.
- Immerse yourself in the rich culture and hospitality of the Gurung and Magar communities.
- Enjoy panoramic views of Himalayan peaks, including Annapurna South, Machapuchare (Fishtail), and Dhaulagiri.
- Perfect for those with limited time but a strong desire to explore the Himalayas.

## Trip Itinerary

### Day 01 Drive to Nayapul, Trek to Tirkhedhunga (1,540 Meters)

After breakfast, we will drive to Nayapul from Pokhara by private transportation. Pokhara to Nayapul road condition is very nice as we will be rewarded by beautiful mountain views of Mt. Fishtail, Annapurna South, Himchuli, Mardi Himal, Annapurna 3rd, Annapurna 2nd, Annapurna 4th and Lamjung Himal.

Driving distance from Pokhara to Nayapul is 40.7 kilometers. After 1 hour and 30 minutes drive we will reach to Nayapul.

Our real trek will start from this point, After walking around 35 minutes, we will reach to Birethati. There is a Annapurna Conservation Area (ACAP) as well as Trekking Information Management System (TIMS) office. We will register necessary permits at Birethahti and continue our trek to Tirkhedhung along the Modi Khola (River). Up to Hile, we will trekking mostly through road and local bus as well as private transportation keeps on moving from this road. So, make sure you are using mask.

Today we will be walking roughly 10 km.

**Destination:**

Tirkhedhung

**Accommodation**

Lodge

**Transportation:**

Car

**Duration:**

5-6 Hours

**Food:**

B,L,D

**Day 02 Trek to Ghorepani (2,874 Meters)**

Today we will be walking on more than 3,200 stone stairs. The trail from Tirkhedhunga up to Ulleri is quite tough, as we will be trekking through beautiful Magar villages. After Banthanti, we will be walking through woods, sandle, Rhododendron, Nepalese Alders, Oak, and Bamboo Trees. Be sure to apply insect repellent while trekking through the forest, as mosquitoes are present.

If you are a nature lover, then you will enjoy today's trek because you will be able to spot so many beautiful birds like Great Barbet, Kalik Pheasant, Cuckoo, Gray Treepie, Sunbird, White Crested LaughingThrush, White Throated LaughingThrush, as well as deer, Black Faced Monkey.

After walking around 3 hours through the peaceful and cool forest, we will reach Ghorepani. We will register our Permits and rest at a guest house.

**Destination:**

Ghorepani (2,874 M)

**Accommodation**

Lodge

**Transportation:**

None

**Duration:**

5 Hours

**Food:**

B,L,D

## Day 03 Trek to Tadapani (2,610 Meters)

**Destination:**

Tadapani

**Accommodation**

Lodge

**Transportation:**

None

**Duration:**

7 Hours

**Food:**

B,L,D

Today you will wake up early in the morning to go to Poon Hill (3,210 M). It will take 1 hour and 30 minutes to reach the top of Poon Hill. This is a major attraction of this trek. You will be rewarded with a 360-degree view from Poon Hill, including Nepal's 7th-highest mountains. There are tea shops at Poon Hill. However, you can enjoy the best sunrise view with a cup of tea from there. After enjoying the best sunrise view and taking pictures, we will return to Ghorepani and start our trek to Tadapani.

## Trip Includes

- Trekking Guide and all his salary and food
- Meal and Accommodation during trek
- All the necessary trekking permits
- Private transportation from Pokhara to Nayapul and Nayapul to Pokhara
- First Aid Kit
- Video and Photography
- Trekking crew's insurance

## Trip Excludes

- Porter to carry your luggage
- Tips for the trekking crew
- Travel insurance
- Hotel in Pokhara

## Address

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