

# 8848 Nepal

## Ghorepani Poon Hill Trek

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### Trip Facts

**Trip Duration:** 09 Days

**Difficulty Level:** Moderate

**Trip Area:** Annapurna Region

**Maximum Altitude:** 3210m/10,531.50ft-Poon Hill

**Best Season:** Spring & Autumn

**Meals:** Full Board

**Accommodation:** Teahouses/Guesthouses/Lodges

**Transportation:** Flight/Jeep/Bus

**Trip Start:** Kathmandu/

**Trip End:** Kathmandu

### Itinerary Highlights

- Poon Hill Sunrise
- Spectacular Mountain Views
- Charming Villages
- Rhododendron Forests
- Warm Hospitality
- Diverse Landscapes
- Accessible Difficulty

### Trip Overview

The Ghorepani Poon Hill trek is one of the most popular and scenic trekking routes in the Annapurna region of Nepal. This trek offers a perfect combination of stunning mountain

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scenery, charming villages, diverse landscapes, and rich cultural experiences. Starting from Nayapul, the trail winds through lush rhododendron forests, terraced fields, and traditional Gurung and Magar villages. Along the way, trekkers are treated to breathtaking views of snow-capped peaks including Annapurna, Dhaulagiri, Machhapuchhre (Fishtail), and Nilgiri. The highlight of the trek is reaching Poon Hill, a renowned vantage point offering panoramic views of the entire Annapurna and Dhaulagiri mountain ranges during sunrise. The sight of the sun casting its golden rays on the Himalayan giants is truly awe-inspiring and is a moment trekkers cherish. The trek typically takes about 4-5 days to complete, making it accessible for trekkers of various fitness levels. Accommodation options along the route range from basic teahouses to more comfortable lodges, providing trekkers with a cozy place to rest and refuel after a day of hiking. Aside from the natural beauty, the Ghorepani Poon Hill trek also offers opportunities to immerse oneself in the local culture. Trekkers have the chance to interact with friendly villagers, observe their traditional way of life, and learn about the unique customs and traditions of the Gurung and Magar ethnic groups.

Overall, the Ghorepani Poon Hill trek is a memorable journey through the heart of the Annapurna region, offering a perfect blend of adventure, natural beauty, and cultural experiences that leave a lasting impression on trekkers long after they return home.

### Detail Itinerary

#### Day 01: Kathmandu Arrival & Transfer to Hotel

Arrive in Kathmandu, the capital city of Nepal.

Transfer to your hotel and rest after your journey.

Explore the vibrant streets of Kathmandu if time permits.

#### Day 02: Kathmandu to Pokhara

Take a scenic drive or flight from Kathmandu to Pokhara, a beautiful lakeside city.

Spend the afternoon exploring Pokhara's lakeside area and enjoying the stunning views of the Annapurna range.

#### Day 03: Pokhara to Nayapul; Trek to Tikhedhunga (1,540m)

Drive to Nayapul (about 1.5 hours) and start trekking.

Trek through picturesque villages and terraced fields to reach Tikhedhunga.

Overnight stay in Tikhedhunga.

#### Day 04: Tikhedhunga to Ghorepani (2,750m)

Begin the day with a steep ascent to Ulleri, a traditional Magar village.

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Continue trekking through rhododendron forests and stone steps to reach Ghorepani.

Overnight stay in Ghorepani.

### **Day 05: Ghorepani to Poon Hill (3,210m); Trek to Tadapani (2,630m)**

Early morning hike to Poon Hill to witness the spectacular sunrise over the Himalayas.

Enjoy panoramic views of the Annapurna and Dhaulagiri ranges.

Return to Ghorepani for breakfast and then trek to Tadapani through dense forests.

Overnight stay in Tadapani.

### **Day 06: Tadapani to Ghandruk (1,940m)**

Trek from Tadapani to Ghandruk, a charming Gurung village.

Enjoy breathtaking views of the Annapurna and Machhapuchhre mountains along the way.

Explore the traditional village and interact with the friendly locals.

Overnight stay in Ghandruk.

### **Day 07: Ghandruk to Nayapul; Drive to Pokhara**

Trek downhill from Ghandruk to Nayapul, passing through terraced fields and forests.

Drive back to Pokhara and relax by the lakeside.

Enjoy a well-deserved rest and celebrate the completion of your trek.

### **Day 08: Pokhara to Kathmandu**

Return to Kathmandu by either flight or road.

Spend the day exploring Kathmandu's cultural landmarks, such as Durbar Square, Boudhanath Stupa, and Swayambhunath Temple.

Farewell dinner in the evening.

### **Day 09: Final Departure**

Transfer to the airport for your onward journey or extend your stay to explore more of Nepal.

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### Cost Includes

- All land transportation and domestic flights as required for the trip itinerary
- Pick-ups and Drop-offs in a private vehicle at the airport (Arrival & Departure)
- Hotel Accommodations (Bed & Breakfast) in the city
- 3-course meal (Breakfast, Lunch, & Dinner) during the entire trek
- Accommodations in teahouses/guesthouses/lodges.
- Necessary trek permits, national parks, and restricted areas entrance fees
- First-aid Medical Kits
- Experienced and government license holder English-speaking trekking guides
- Porters (2 trekkers: 1 porter)
- Allowances for crew staff including insurance on medical grounds
- All government taxes, official charges

### Cost Includes

- International Airfare
- Nepal Entry Visa Fees
- Personal Expenses
- Additional charges in the tea/guesthouses (Wi-Fi, electricity charge, hot shower, laundry, boiled water)
- Meals (Lunch & Dinner) in Kathmandu
- Extra night's stay accommodation and meals in Kathmandu
- All kinds of Alcoholic & Non-alcoholic Beverages, Mineral Water
- Personal Trekking Gears
- Emergency Rescue cost & Travel Insurance cost
- Tips to the supporting crew members (guides, porters, drivers) after the trip completion
- Unforeseen events

## Guidelines/Information

### Accommodation

Teahouses/Guesthouses/Lodges are means of accommodation in the Annapurna Region. The hotel is the accommodation in the city. Teahouses are generally simple and comfortable with basic facilities. But, trekkers must pay additional charges for the use of Wi-Fi, electronic device charges, hot water buckets, laundry, and boiled water.

### Meals

Only Breakfast is provided during the hotel stay in the city. The full 3-course meal (breakfast, lunch, and dinner) is provided during the trek. The meals are basic but healthy, hygienic, and appropriate for the trekkers' health. Fresh homegrown vegetables are served in most parts of the trek. Nepali Dal-Bhat is the main dish served with vegetable curry, and pickles which is a good source of energy for the trekkers. The meal varieties are fewer during the trek. Besides

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Dal-Bhat, noodles, soups, hot drinks, roti, and fresh curries are served.

### Drinking water

Water drinking during the trek is very essential as it keeps the body hydrated. In the Annapurna region, drinking water is available everywhere. One can purchase a mineral water bottle or fill up the water at the teahouses. If one needs boiled water, pay an additional charge. But, remember to carry water purifying solutions/kits for safe water treatment and to stay safe & healthy. Also, carry your personal water bottle to minimize the risk of using plastic bottles and keep the environment safe.

### Communication

Mobile networks and internet facilities are easily accessible in the lower regions of the Annapurna region. The network connections are fair and stable. One can pay an additional charge to use the internet facilities in the lower region. But, in the higher regions of the Annapurna, the connections are unstable or not at all. Also, for using the phone and internet, one can purchase a local Sim and use the internet facility from the data packs.

### Required Permits

- ACAP permit
- TIMS Card

### Travel Insurance

Travel Insurance is compulsory while trekking in Nepal. It acts as a safety tool that prevents unforeseen and unwanted events during the travel journey. One must get travel insurance from a trusted insurance company. It must cover all emergencies, flight cancellations, loss/theft of luggage, altitude over 3000m, evacuations, and medical difficulties. Travel Insurance makes your journey stress-free.

### Safety and our guides

The client's safety is our topmost priority. So, when it comes to safety one can 100% trust us. Our guides are certified and have years of experience in this field. They are aware of the technical difficulties, altitude sickness, and health of the trekkers in the mountains. Thus, they are fully prepared and always carry necessary medical kits, safety tools, and experts in safety performances. From day 1 to the end of the trek, the client's safety is taken into consideration and kept as a high priority. Therefore, all the program itineraries are carefully planned and scheduled with proper acclimatization and rest days to prevent altitude sickness and adapt to the higher altitude. We are 24/7 available at your service. Hence, feel free to ask queries and share your thoughts

### Best time for Annapurna Region Trek

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All seasons have their beauty. But, when it comes to trekking in the Annapurna region, Spring and Autumn seasons are termed best. These two seasons are the best time to explore as the weather is clear, the days are bright, and trekking trails are easy to walk. During Spring, witness the blossoming seasonal flowers in this region. Spring and Autumn season is followed by the Summer season to trek in the Annapurna region. Winter and Rainy seasons are riskier due to muddy, slippery, and snowy trails. The weather is also uncertain and the chances of the temperature fluctuating are high making it cold for the trekkers. It is advisable to properly plan before trekking in the rainy and winter seasons in the Annapurna region.

### **Annapurna Region Trek Difficulty**

Annapurna Region's Trek is easy to moderately challenging depending on the trek duration, elevation, and trail structure. The trek trails may include several steep ascends, and descends, rugged trails, and high elevations. The trek difficulty is the part of the trekking journey which is unavoidable. But, to minimize the difficulty during the trek, trekkers must be physically and mentally fit before the start of the trek. Trekkers can take part in physical training, exercises, short day hikes, cardiovascular exercises, and healthy diets. Take essential health tests and keep yourself motivated before the trekking journey. Here in Nepal, our assistance is always there throughout the trekking journey.

### **Altitude Sickness and Acclimatization**

Altitude sickness is common at an altitude above 3000m. Here in Nepal, during trekking, altitude sickness chances are high. The high elevation, the weather, and the temperature play a key role. Thus, to prevent altitude sickness acclimatization is quintessential. Thus, the acclimatization rest days are carefully scheduled to adapt to the surroundings. All age groups and even healthy people can suffer from altitude sickness. But, no need to panic as its symptoms and precautionary advice is given below:

### **Altitude Sickness Symptoms**

The symptoms of altitude sickness are primary at the initial stage and get extreme if primary symptoms are not taken into consideration.

**Primary symptoms:** Headache, vomiting, breathlessness, loss of appetite & sleep, tiredness, vertigo

**Extreme symptoms:** primary symptoms along with delusions & unconsciousness

### **Precautionary Advice**

- Inform the guide immediately
- Stretch the body and do warm up before the start of the trekking journey
- Keep yourself hydrated by drinking water at regular intervals
- Urinate frequently throughout the journey
- Keep it slow and steady
- Take proper rest and sleep
- Avoid taking salty and unhygienic foods
- Avoid consuming alcohol, and smoking

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- If it feels uneasy or difficult, immediately descend
- Consult a guide to take a medicine

### Porter Luggage limitation

One porter is assigned to carry the luggage of two trekkers. The luggage limitation is a maximum of 15 kg per trekker.

### Equipment checklist

**Essential Documents:** Passport, Travel Permits, Visa Photocopy, Passport size photos.

**Food:** Light snacks, Energy bars, and drink mix

**Shoes:** Camp shoes, Pair of hiking boots, Rubber sandals

**Clothes:** Windcheater jacket, Thermals, Insulating Down Jacket, Fleece, Long sleeve shirts, Gloves, Towels, Inner garments, Trekking pants, Trousers, Shorts, Socks, Raincoat, Balaclava, Bandana, Gaiters

**Accessories:** Sunglasses, Hats/Caps, Sunscreen, Lip Balm, Water bottles, Pocket Knife, Solar chargers, Batteries, Head Lamps, Torch, Umbrella, Sewing kit, Water Purifying solution kits, reusable bags to deposit waste, and separate clean/dirty clothes

**Equipment & Gears:** Warm Sleeping bags, Map, Trekking poles, Duffel bag.

**Medicine:** First-Aid Kit, Altitude sickness medicines, Insect repellents, Blister kits, Approved medicines

**Rainy season:** Waterproof clothes, boots, Raincoat, Anti-leech socks

**Winter Season:** Light woolen clothing items

**Personal Hygiene Kit:** Hand sanitizer, wet wipes, napkins, sachet shampoo, moisturizer, hand wash/soaps, toothbrush, toothpaste, comb/brush, razor, and for ladies (menstrual kits)

**Note:** One can customize the above list. Only bring necessary items from the provided list from your home or one can rent or purchase here in Nepal.