

Poonhill Ghorepani Trek: 5 Days Itineraries | Cost | Highlights | Guide - 5 Days

The Poon Hill Ghorepani Short Trek is among the beautiful treks of the Annapurna valley, providing dramatic vistas of the Himalayas along with exposure to the local culture. The 4-5 day trek typically starts from Nayapul through a drive on picturesque roads from Kathmandu, and provides you with the opportunity to walk through scenic villages, rolling woods, as well as flat meadows.

During the trek you will experience beautiful settlements at Tikhedhunga and Ulleri and Ghorepani which are surrounded by the tranquil landscapes of Annapurna and Dhaulagiri ranges. Experiencing the sunrise from Poon Hill stands as the peak attraction of the route because trekkers will enjoy viewing magnificent snow-capped peaks during dawn.

New and experienced hikers along with family groups will find this expedition suitable due to its average level of challenge. Through the Poon Hill Ghorepani Short Trek you will experience an introduction to Himalayan wonders that includes beautiful vistas and cultural encounters together with stunning perspectives across mountain peaks accessible in an efficient time span.

WHY CHOOSE DOLPO CARAVAN FOR THE POONHILL GHOREPANI TREK?

Dolpo Caravan provides amazing local knowledge, with locals guides and porters. We promote a comfortable, safe and enriching experience cultural experience over the trek. We will promote sustainable tourism to create wider benefits for local communities & we're a staff that's committed to help local communities along the trail.

We may make specific arrangements to guarantee that each trekker has an unforgettable experience while respecting local cultures and surroundings.

PRICE INCLUDES

- 2-night hotel stay in Kathmandu (bed-and-breakfast).
- Transportation: Kathmandu to Pokhara, Nayapul to start trek, and return after trek.
- Trek Leader & Porter: Expert guide and porter (1 for 2 trekkers).
- Accommodation: In local teahouses along the trek.
- Meals: During the walk, we provide three meals (breakfast, lunch, and dinner).
- Permits: TIMS card and Annapurna Conservation Area Permit (ACAP).
- Staff Salaries: For guide, porter, and support team.
- Farewell Dinner: In Kathmandu after the trek.

PRICE EXCLUDES

- Nepal Visa fees.
- International flights to and from Nepal.
- Personal expenses (meals, drinks, souvenirs).
- Travel insurance (mandatory).
- Tips for staff.
- Extra activities (sightseeing, optional excursions).
- Personal gear (sleeping bags, jackets, etc.).
- Emergency medical expenses (not covered by insurance).

ITINERARY IN DETAIL

Day 1: Day 1: Drive from Kathmandu to Pokhara

- Drive from Kathmandu to Pokhara (6-7 hours). Enjoy the scenic views of rivers, countryside, and the Himalayan foothills.
- Arrive in Pokhara and explore the lakeside area, or take a short trip to Sarangkot for panoramic views of Annapurna and Machapuchare.
- Overnight stay in Pokhara.

Day 2: Day 2: Travel to Nayapul and hike to Ulleri / Tikhedhunga

- Early morning drive to Nayapul (about 1.5 hours).
- Start the trek from Nayapul to Tikhedhunga or Ulleri (approximately 4-5 hours).
- Pass through traditional villages, rice terraces, and enjoy views of the Annapurna range.
- Overnight stay in Tikhedhunga or Ulleri.

Day 3: Day 3: Trek from Ulleri to Ghorepani

- Trek from Ulleri to Ghorepani (approximately 5-6 hours).
- The trail winds through lovely rhododendron forests, occasionally offering views of Dhaulagiri and Annapurna.
- Arrive in Ghorepani and enjoy stunning views of the mountains.
- Overnight stay in Ghorepani.

Day 4: Day 4: Sunrise at Poonhill, Trek to Tadapani

- Hike to Poonhill (3,210 meters) early in the morning to see the Annapurna and Dhaulagiri mountains at sunrise.
- After breakfast, head back to Ghorepani and make the four to five-hour journey to Tadapani.
- The route offers fantastic views of the surrounding peaks, including Machapuchare.
- Overnight stay in Tadapani.

Day 5: Day 5: Trek to Nayapul, Drive back to Pokhara

- Trek from Tadapani to Nayapul (approximately 4-5 hours).
- Drive from Nayapul to Pokhara (1.5 hours).
- Rest and relax in Pokhara, enjoying the lakeside or shopping for souvenirs.
- Evening drive back to Kathmandu (6-7 hours).

FAQ

1. What is the best time to do the Poonhill Ghorepani Trek?

The best time for trekking appears between March to May during spring and September to November in fall since weather conditions remain clear while providing magnificent scenery.

2. How difficult is the Poonhill Ghorepani Trek?

The Poonhill Ghorepani Trek is considered easy to moderate. It involves 4-6 hours of walking per day with gradual ascents, making it suitable for trekkers with basic fitness.

3. Is the trek suitable for beginners?

Yes, it's perfect for beginners. It is less demanding compared to other high-altitude treks like Everest Base Camp and Annapurna Base Camp.

4. What kind of food is available during the trek?

Teahouses serve Tibetan and Nepali dishes including momo (dumplings), dal bhat (lentil soup with rice), noodles, and soups like garlic soup.

5. Is travel insurance necessary?

Yes, in order to cover any emergency medical needs and evacuation if required, travel insurance is required.