

Ghorepani Poon Hill Trekking

Url: <https://www.glorioushimalaya.com/trekking-and-hiking/ghorepani-poon-hill-trekking/>

Duration

11

Max. Altitude

3,210m

Difficulty

Easy

Group Size

Min 2 person

Per Person Cost

USD 550

Transport

Bus, Jeep, Car

Meals

Breakfast only in Kathmandu and Pokhara
Kathmandu
Hotel

Starts At**Ends At**

Kathmandu

Accommodation

Hotels and Lodges

Highlights

- Exploring ethnic cultures of Annapurna region, i.e. Gurung, Thakali and Magars
- Hike throughout the beautiful Rhododendrons forest.
- Visit the cultural heritage sites in Kathmandu city
- Magnificent sunrise with excellent mountain views from Poon Hill
- Adventurous tea house and easy trek which is popular among the beginners.
- Explore the paradise of Pokhara valley

Overview

Our 11 days **Ghorepani poon hill Trekking** which is one of our special trek packages that takes you to the foothills of famous Annapurna amidst the rugged hills of Ghandruk. If it's your first time in the Himalayas, then begin your '**Great Himalayan Escape**' with **The Ghorepani Poon hill Scenic Trek**. This is a spectacular retreat that matches the amazing beauty of nature with a taste of the unique local

culture that makes your journey so wholesome.

The warmth of the local folks with the lovely landscapes that can be viewed from Poon Hill, a colorful small village that also doubles up as a box office viewpoint-based inside the Annapurna Conservation Area at the height of 3,210m; is something more than what you bargained for. The great views of fishtail [Machhapuchre] peak & the Modikhola River is a treat to enjoy. Close by, there are well-marked trails to hike around, breathtaking mountains to gaze at, fishes to catch & lovely rare birds to spot; this is actually what you experience on this trip. Gorgeous rhododendrons & stunning sunrise & sunsets are also a welcome bonus you relish on this trip. It's awesome wherever you go.

The Ghorepani Poon Hill Trek can be done throughout the year. But it's not wise to do it in the Monsoons (July to August). The trip begins from Nayapul by crossing the airy suspension bridge over Modi Khola (river) after one hour cruise from Pokhara. And then the trail leads up north of the Valley of Mardi River until Birethanti. Birethanti is a junction point that leads to the [Annapurna Base Camp](#) and Ghorepani Poon Hill trek.

The trail then leaves the valley by going up Bhurung Khola/stream. We then reach the wonderful village of Ghandruk inhabited by Gurung, Magar and Thakali communities. The Gurungs are also well-known Gurkha soldiers serving in several armies throughout the world. The Gurung culture museum at Ghandruk is a key attraction in the village. This trek presents chances for a lifetime experience of Nepal's rural culture. This is an outing of great experiences you will remember for one long, long time.

This 11-day trip is designed for those travelers who have the desire to walk in beautiful countrysides with beautiful mountain views along with their family on a short holiday. If the trekkers looking for a more rough and tough demanding trek in the [Annapurna region](#) then please do visit our [Annapurna circuit trek](#), [Annapurna Base Camp trek](#).

Check out our well-planned itinerary for **The Ghorepani Poon Hill Trekking** or just simply send us an [email](#) and we'll tailor-make an itinerary based on your requirements.

Itinerary

Day 01: Arrival in Kathmandu (1400m)

After your arrival at Tribhuvan International Airport in medieval and modernized Kathmandu, you will be warmly greeted by our office representative and transferred to the hotel. After check-in and some refreshments, our senior sherpa guide will come to meet you and give you a brief orientation about Ghorepani Poon Hill Trek. You can then go for a stroll down the street to get familiar with the neighborhood, have supper and go to bed. This is your first overnight in the valley of temples and cows, probably the most in the world.

Day 02: Kathmandu sightseeing tour

The capital city of Nepal, Kathmandu, being the historical and cultural heart of the country, is a popular destination for tourists, trekkers and other types of adventure seekers. The city is a marvelous

amalgamation of Hinduism, Tibetan Buddhism, and Western cultures and influences. Patan and Bhaktapur are its two major neighboring cities. These two cities, like Kathmandu, have a rich historical, cultural and religious legacy which is reflected in the many temples, monuments, and artifacts that they contain. You will be taken on a half-day guided tour of Kathmandu and Bhaktapur cities. In Kathmandu, you will be visiting Pashupatinath, the most famous and revered Hindu shrine in the country; Boudhanath, the largest Buddhist stupa in Nepal, Soyambhunath, which contains both Buddhist and Hindu shrines and stands as testimony to the religious harmony that exists in the country; and the 15th-century 55-window palace in Bhaktapur. An orientation session for the trek, which commences the following day, will be organized in the evening.

Day 03: Drive from Kathmandu to Pokhara (850m) - 7 hrs drive

After breakfast, we leave our hotel early morning for a drive with scenic views along the road to Pokhara via Prithivi national highway. The drive could take roughly 7-8 hrs to reach Pokhara. We also have the option for a flight from Kathmandu to Pokhara for 35 minutes. We will visit some prime spots in the lake city after refreshing at our hotel we will do a tour of some beautiful places in Pokhara that include Davids fall (if we reach early by road), and the Phewa Lake, etc. we then do an overnight at our hotel by the lake in the lovely 'city of lakes' on BB Plan.

Day 04: Drive to Nayapul and trek to Tikhedhunga (1495m) - 5 hrs walk

This morning we make the 45-minute drive from Pokhara to Nayapul where our trek commences. From here the trail descends steeply to Birethanti before following the banks of the Bhurungdi Khola to reach Tirkhedhunga where we crash out for our first overnight on the trail. Overnight at our lodge.

Day 05: Trek to Ghorepani - (2850m) - 7 hrs walk

After having breakfast we start our journey. On the way, we cross the suspension bridge and many beautiful waterfalls. Then the trail goes steeply upwards about one and a half hours till above Ulleri (2080 m). Ulleri is a small Magar village which can offer you the view of Mt Annapurna South (7219m). We can find several lodges in this village. Going further to Banthathi, we can see Mt. Machhapuchhare (6996m). After then, we walk toward Nangethanti (2460m) where we stop for lunch. After an hour's walk, we reach Ghorepani (2850m), followed by Upper Ghorepani which takes more than ten minutes. We will be at Deurali pass which is a way to the Annapurna circuit, Jomsom Muktinath & Annapurna base camp trek. This trekking is also called Annapurna panorama trek or Poon Hill trek. Ghorepani/Deurali is a huge settlement with lodges and shops. You can see Dhaulagiri (8167m), Nilgiri South (6839m), Annapurna South (7219m) & Hiuchuli (6441m). Overnight at lodge.

Day 06: Hike to Poon Hill and trek to Tadapani (2500m) - 6hrs walk

We wake up early morning to hike up to the famed vantage point of Poon Hill-3,210m. The climb to Poon Hill takes around 45 minutes. As the sun rises, the views are breathtaking, a wide Himalayan scenery stretching from Dhaulagiri 8167m (the world's seventh highest peak) to Manaslu (8156m) (the world's eighth highest peak) in the east, with the mighty Annapurna range is a fantastic experience we enjoy in between them. We will return to our camp in time for a warm breakfast. Afterward, the first part involves climbing along the ridges of the hills in pine and rhododendron forest to 3030m and then descending to a second pass, Deurali. The steep descent becomes gentle as we reach Banthanti where we will stop for lunch. From Banthanti, the trail follows the stream down to a bridge and starts climbing to Tadapani (2500m). We crash out at our lodge.

Day 07: Trek to Landruk (1565m) - 5 hrs walk

As we quit Tadapani, we hike along terraced fields below the wonderful panorama of awe-inspiring glaciated Himalayan mountain ranges. As the trail moves across a group of flatlands, forest, cultivated lands and a suspension bridge over Khumnu Khola, we arrive at the scenic & beautiful village of Ghandruk after hiking for 3 to 4 hours. A supreme vantage point in this pristine & serene village offers breathtaking views of Annapurna South, Gangapurna, Annapurna III, Machhapuchhare and Hiunchuli. Several hotels and teahouses at the village give us a warm welcome with sincere Nepalese hospitality while catering to the requirements of all trekkers' who hit the trail through this village. Camping in its terraced fields gives you the open wild feelings of adventure! Overnight at the lovely village of Ghandruk.

Day 08: Trek to Dhampus (1650m) - 5 hrs walk

After early morning breakfast, we can enjoy the view of Sunrise, Annapurna South, Himchuli, Machhapurchre & much of the countryside. We leave Landruk catching flat trails about an hour then a little steep for 20 minutes to reach Tolka. Tolka trail follows through the forest again with steep ascends for about one & half hours to get to Deurali, from where you can see the valley of Pokhara. You will find teashops at Tolka and Deurali. After Deurali, the trail leads to where you gradually descend to Dhampus via Pothana. Overnight at the lodge.

Day 09: Trek to Dhampus Phedi then drive to Pokhara (850m) - 1 hr walk

This morning will be a fantastic morning with views of the Annapurna Himalayas & scenic settlement of villages, we walk up a steep stone setup trail down to Dhampus Phedi/Ghatte Khola for about an hour and then drive to Pokhara (about 30 minutes drive}. Overnight at the hotel inclusive breakfast.

Day 10: Drive back to Kathmandu (1400m)

While driving from Pokhara to Kathmandu, we head up to Damauli, Dumre, Mugling, and Kurintar where Nepal's first Cable car is operated to reach Manakamana Temple, this is a temple where most Nepalese come to have their wishes granted before leaving home or getting married. From Naubise we climb up to Thankot, the gateway to Kathmandu and finally reach our hotel & a lovely soft warm bed. Overnight in Kathmandu inclusive breakfast and dinner.

Day 11: Departure from Nepal

After breakfast and our last day in Kathmandu, our vehicle and escorts will be on standby to drop you to the international airport three hours before our scheduled flight back home. At Glorious Adventure, meeting you has been a great honor and we pray for your Safe journey home and will reflect on the wonderful times we spent together. Bon Voyage!!! We hope to see you again someday...

Trip Includes

- All the airport and hotel transfers by private vehicles.
- 3-night's of 3-star standard hotel accommodations in Kathmandu city inclusive breakfast.
- 2-nights of hotel accommodation in Pokhara city inclusive breakfast.
- 5-nights of twin sharing local lodges accommodation while on the trek.
- 1-day Kathmandu sightseeing tour guided by a city tour guide with private transport.
- An experienced and government certified guide for the trek.
- Supporting porters to carry your belongings during the trek. (1 porter for 2 guests)
- Kathmandu-Pokhara-Kathmandu ground transfers by luxurious tourist bus.
- Pokhara to Nayapul and Phedi to Pokhara transports by private vehicles.
- All the necessary trekking permits and paperwork for the trek.
- Rain protection duffel bag and sleeping bag to use for the trek.
- First aid medicine for the trek.
- Trip achievement certificate after successful trip completion.
- All the government taxes and company service charge
- Farewell dinner at the end of the tour.

Trip Exclude

- International airfares and Nepal entry visa fee.
- Your travel insurance.
- Use of wifi, hot shower and charging while on the trek.
- Meals during the trek.
- Entrance fees for Kathmandu sightseeing.
- Tips to the trekking crews.

Checklist

What you should bring depends largely upon where, when and how you are trekking. The main stress while trekking is on keeping warm and dry while still being lightweight. At altitudes above 3,000 meter, you will need warm clothing at all times, while at lower altitudes, you will need to keep warm only in the evenings.

And for lower altitudes, fleece jackets are adequate, while at higher altitudes down jackets are advisable.

Waterproof, windproof jackets and pants, well broken in footwear, head cover is also recommended. Good hiking shoes, a pair of sandals, sleeping bags, down jacket, sunglasses, warm woolen hiking socks, lightweight warm gloves, drinking water bottle, water purification tablets (which is highly recommended) a Swiss army knife, torchlight, sun block cream, toiletries, one quick drying towel, first aid kit and a very

good route map are other things that come very handy. You also need a camera to take home memories of the trip. Please find the details trekking gear checklist below.

Trekking Gear Checklist

Head

- Bandana or headscarf, also useful for dusty conditions.
- Warm hat that covers your ears (wool or synthetic)
- Headlamp with extra batteries and bulbs.
- Sunglasses with UV protection
- Prescription sunglasses (if required)

Upper Body

- Polypropylene shirts (1 half sleeve and 2 long sleeves)
- Light and expedition weight thermal tops.
- Fleece wind-stopper jacket or pullover.
- Waterproof shell jacket (preferably breathable fabric)
- Down jacket
- Gore-Tex jacket with hood, waterproof and breathable

Hands

- 1 pair of lightweight poly-liner gloves.
- 1 pair of lightweight wool or fleece gloves.
- 1 pair of mittens, consists of 1 Gore-Tex over mitt matched with a very warm polar-fleece mitt liner (seasonal)

Lower Body

- Non-cotton underwear briefs.
- 1 pair of hiking shorts.
- 1 pair of hiking trousers.
- 1 pair of lightweight thermal bottoms (seasonal)
- 1 pair of fleece or woolen trousers
- 1 pair of waterproof shell pants, breathable fabric

Feet

- 2 pairs of thin, lightweight inner socks.
- 2 pairs of heavy poly or wool socks.
- 1 pair of hiking boots with spare laces (sturdy, soles, water resistant, ankle support, "broken in")
- 1 pair of trainer or running shoes/sandals
- Cotton socks (optional)
- Gaiters (winter only), optional, "low" ankle high version

Sleeping

- 1 sleeping bag (-20 degrees)

- Fleece sleeping bag liner (optional)

Rucksack and Travel Bags

- 1 medium rucksack (50-70 liters/3000-4500 cubic inches, can be used for an airplane carryon)
- 1 large duffel bag
- A small daypack/backpack for carrying your valuables should have good shoulder padding
- Small padlocks for duffel-kit bags
- 2 large waterproof rucksack covers (optional)

Medical

- Small, personal first-aid kit. (Simple and light)
- Aspirin, first-aid tape, and plasters (Band-Aids)
- 1 skin-blister repair kit
- Anti-diarrhea pills
- Anti-headache pills
- Cough and/or cold medicine
- Anti-altitude sickness pills: Diamox or Acetylzolamide
- Stomach antibiotic: Ciprofloxacin, etc. Do not bring sleeping pills as they are a respiratory depressant.
- Water purification tablets or water filter.
- 1 set of earplugs
- Extra pair of prescription glasses, contact lens supplies.

Practical Items

- 1 small roll of repair tape, 1 sewing-repair kit
- 1 cigarette lighters, 1 small box of matches
- 1 compass or GPS (optional)
- 1 alarm clock/watch
- 1 digital camera with extra cards and batteries
- Large Ziplocs
- 2 water bottles (1 ltrs. each)
- 1 small folding knife
- Binoculars (optional)
- 4 large, waterproof, disposable rubbish sacks.

Toiletries

- 1 medium-sized quick-drying towel
- Toothbrush/paste (preferably biodegradable)
- Multi-purpose soap (preferably biodegradable)
- Deodorants
- Nail clippers
- Face and body moisturizer
- Female hygiene products
- Small mirror

Personal Hygiene

- Wet wipes (baby wipes)
- Tissue/toilet roll
- Anti-bacterial hand wash

Extras/Luxuries

- Reading books
- Trail map/guide book
- Journal and pen
- iPod
- Travel game i.e. chess, backgammon, scrabble, playing cards (to help you pass the time at teahouses or camps)
- 1 modest swimsuit
- Voltage converter
- Plug adapter (2 round pegs to 2 flat pegs)
- Lightweight pillowcase (in case if your teahouses do not provide you)

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