

Ghorepani Poon Hill Trek

3 Star Hotel Package

970^{USD}
per person

*Including healthy meals

5 Star Hotel Package

1200^{USD}
per person

*Including healthy meals

Trip Style: City Tour+ Hiking



Trip Difficulty: moderate

Poon Hill Trek: A Journey to Breathtaking Panoramas and Cultural Riches

Poon Hill is a popular trekking destination in the Annapurna region of Nepal. It is known for offering stunning panoramic views of the Annapurna and Dhaulagiri mountain ranges, including the majestic peaks of Annapurna I, II, III, and IV, Dhaulagiri, Lamjung Himal, and Machapuchare (Fishtail). The sunrise and sunset views from **Poon Hill** are particularly famous, and many trekkers visit this vantage point to witness the breathtaking scenery.

The **Poon Hill trek** is considered the best short trek in Nepal, making it suitable for a wide range of trekkers, including those with limited trekking experience. The accessibility, breathtaking views, and cultural experiences along the trail make Poon Hill a popular choice for trekking enthusiasts visiting Nepal.

Poon Hill Trek: For an Unforgettable Journey through Picturesque Landscapes, We Advise Starting from Kllu

The recommended starting point for the **Poon Hill trek** is Kllu, situated at an altitude of 1390 meters. Easily accessible from Pokhara, a private vehicle ensures a swift 2-hour journey to Kllu, setting the stage for an unforgettable trekking experience. The trek passes through picturesque villages, terraced fields, and dense rhododendron forests, offering a scenic and diverse landscape.

Ghorepani, located at an elevation of about 2,874 meters, is a charming village in the Annapurna region and serves as a common stop on the way to **Poon Hill**. Trekkers often use **Ghorepani** as a base to acclimatize and prepare for the early morning hike to **Poon Hill**. The village provides stunning views of the Annapurna and Dhaulagiri mountain ranges, adding to the appeal of this important rest point during various treks in the region.

Ghorepani Poon Hill Trek: Optimal Seasons for an Enchanting Himalayan Journey

The best time to do the **Ghorepani Poon Hill Trek**, including the hike to Poon Hill, is during the Spring (Pre-Monsoon): March to May and Autumn (Post-Monsoon): September to November seasons. During these seasons, the weather conditions are relatively stable, and the trails are not hindered by monsoon rains or excessive snow. The temperatures are generally pleasant for trekking, and the views are spectacular. Keep in mind that while these are the optimal times, this trek can be done throughout the year, but trekking during the monsoon season (June to August) should be approached with caution due to heavy rainfall and potential trail difficulties.

Ghorepani Trek with Mountain Sherpa Trekking: 25 Years of Expertise, Personalized and Unparalleled Service

Mountain Sherpa Trekking, with over 25 years of local expertise, organizes the **Ghorepani trek**. Our seasoned Sherpa guides, having completed the trek more than 70 times, possess in-depth knowledge of the trail, lodges, and

surroundings. We prioritize your comfort by providing hot showers and selecting the best available lodges. Importantly, you have the freedom to choose your meals from the lodge menu, ensuring a personalized dining experience without any imposition by your guide, setting us apart from other companies.

DURATION: 07 days

Trip Facts

Trek Region

- Annapurna Region Nepal
- Poonhill-Tadapani-Ghandruk

Maximum Altitude

- Highest point Poon hill (3210m/10531 ft.)

Trip Durations

- 6 Nights/ 7 Days
- Kathmandu To Kathmandu

Suitable For

- Couples, Family Or Friends
- Solos Private Trek

Accommodations

- Luxury Hotels In City
- Best Local Lodge In Trek

Meals

- Daily Breakfasts In City
- 3 Meals Daily During Trek

Service Level

- Reliable, Friendly & authentic Sherpa Guide

Best Time to Travel

- February to May or September To December

ITINERARY

Day 01:: Arrival in Kathmandu [1,300m/4,264ft] and transfer to hotel

Embark on a memorable journey in Kathmandu, Nepal's historic capital. Your expert local Sherpa Guide welcomes you at Tribhuvan International Airport, guiding you through the city's bustling streets. After settling into your hotel, savor the vibrant atmosphere of Kathmandu, whether exploring lively streets or enjoying a tranquil retreat.

In the evening, join us for a Welcome Dinner at a Nepali Restaurant or experience the warmth of a home-cooked meal at our home, immersing yourself in Sherpa culture. During dinner, get a detailed trek briefing, introducing your guide and preparing you for the upcoming adventure. Welcome to Nepal!

Please share your accurate international flight details with us once you have booked your trek. This information is crucial to ensure our Sherpa guide can pick you up promptly at the airport according to your flight schedule. In the event of any changes to your travel plans, kindly inform us via email before your departure to Kathmandu. This will help us make the necessary arrangements and provide you with a seamless and timely pickup by our dedicated Sherpa guide. Thank you for your cooperation.

Day 02:: Drive to Domestic airport & fly to Pokhara then we drive to Kllu and trek to Ghandruk

After a delightful breakfast, our dedicated Sherpa team transports you in a luxurious private vehicle to Kathmandu domestic airport. From there, an awe-inspiring flight to Pokhara awaits, followed by a seamless transition into a private Jeep bound for Kllu—the starting point for your trek.

Throughout your journey, our well-maintained vehicles prioritize your comfort and safety. As you drive to Kllu, savor picturesque views of Nepalese countryside—lush greenery, majestic mountains, and meandering rivers create a captivating backdrop.

Drive to Kllu: A 2-hour drive from Pokhara takes you to Kllu, situated at 1390 meters. Traverse scenic

countryside roads, weaving through quaint villages, and relish the sight of terraced fields and distant Himalayan peaks.

Trek to Ghandruk Village: The trek begins from KLu, a 4-5 hour journey to Ghandruk Village. Experience uphill stretches, charming villages, and breathtaking mountain vistas. Ghandruk welcomes you with traditional stone houses and a glimpse into local life.

Led by an experienced Sherpa guide, your trek ensures comfort and adventure. Every detail, from departure to arrival, is carefully curated, allowing you to immerse yourself fully in the Himalayan landscape. Porters assist with luggage, and we offer complimentary storage for city clothes in Pokhara, ensuring a hassle-free trekking experience.

Day 03:: Trek from Ghandruk (1,940 M/6,360 feet) to Tadapani (2,630 M/8,626 feet)

Approx. Walking: 4-5 hours trek. **Approx. Distance:** 6 km and **Ascent:** meters **Highest Altitude:** Tadapani (2,630 M/8,626 feet)

After having breakfast, we commence our beautiful trek from Ghandruk village to Tadapani. Starting from Ghandruk at an elevation of around 1,940 meters (6,360 feet), the trail meanders through lush forests and steep hillsides, providing awe-inspiring views of the surrounding mountain ranges. As we ascend, the altitude gradually rises to 2,630 meters (8,626 feet) at Tadapani.

Covering approximately 6 kilometers (3.7 miles), the trek takes about 4-5 hours, allowing for a leisurely journey. The well-marked and maintained trail offers ample opportunities to pause and appreciate the surroundings.

Traversing through diverse landscapes, you'll encounter rhododendron trees, monkeys, and birds. Revel in panoramic views of Himalayan peaks, including Annapurna South, Hiunchuli, and the iconic Machhapuchhre (Fishtail).

Day 04:: Trek from Tadapani (2630 meters/ 8628ft.) to Ghorepani (2,874 meters /9,429 feet)

Trek : 6-7 hours **Approx. Distance:** 9 kilometers **Highest Altitude:** Ghorepani (2,874 meters (9,429 feet)

Embark on the day with a hearty breakfast at your lodge in Tadapani, situated at an altitude of approximately 2,630 meters (8,628 feet) above sea level. The winding trail ahead guides you through dense rhododendron and oak forests. As you trek further, the altitude gradually increases, reaching 2,874 meters (9,429 feet) at **Ghorepani**.

This 9-kilometer (5.6 miles) trek from Tadapani to **Ghorepani** takes around 5-6 hours, depending on your pace and fitness level. The well-marked trail provides opportunities to pause and absorb the surroundings. Ascend to awe-inspiring views of Annapurna South, Hiunchuli, and Machhapuchhre (Fishtail). Pass through charming villages, gaining insights into local culture and customs.

Upon reaching **Ghorepani**, a vibrant village nestled amid mountains, you'll have completed a challenging yet rewarding adventure. This trek offers a unique blend of natural beauty, cultural richness, and physical activity. Accompanied by our highly experienced Sherpa guide, you'll trek at a comfortable pace, ensuring proper acclimatization to the high altitude.

Undoubtedly, the Tadapani to **Ghorepani trek** is a once-in-a-lifetime experience not to be missed. Book your trek today, ready to be mesmerized by stunning views, immerse in local culture, and push yourself to new heights physically and mentally. Join us on this journey to create unforgettable memories that will last a lifetime.

Day 05:: Hike to Poon Hill 10,530 feet then trek to Ulleri 2,070 meters (6,791 feet)

Approx. Walking: Poon Hill 1.5km (1 Hour). Trek to Ulleri 4-5 hours **Approx. Distance:** 8 km **Highest Altitude:** Poon hill (3210m/10531 ft.)

Commence your day with an early morning adventure, witnessing the enchanting sunrise over the Himalayas from the captivating vantage point of **Poon Hill**. Depart from **Ghorepani** and undertake a scenic hike to **Poon Hill**, nestled at an elevation of 3,210 meters (10,530 feet) above sea level. The ascent typically lasts 1 to 1.5 hours, accompanied by our knowledgeable Sherpa guide, ensuring you trek at your own comfortable pace. In case of need, pre-arrange pony services a day in advance, especially during peak seasons when availability may be limited.

Upon reaching **Poon Hill**, relish the panoramic views, featuring majestic peaks like Dhaulagiri, Annapurna South, Machhapuchhre (Fishtail), and Hiunchuli. Take your time to absorb the breathtaking scenery, capture cherished photographs, and savor the moment. Subsequently, trek back to **Ghorepani** for a wholesome breakfast.

After a hearty breakfast, resume your trek towards Ulleri. The trail from Ghorepani to Ulleri covers approximately 8 kilometers and takes around 4-5 hours, contingent on your individual pace and fitness level. The well-maintained trail provides numerous opportunities to rest while immersing yourself in the awe-inspiring views of mountains and valleys.

Day 06:: Retreat and Rejuvenate: A Tranquil Evening in Pokhara After the Ghorepani Poon Hill Trek

After a hearty breakfast in Ulleri, our private jeep and skilled driver await to transport you to **Pokhara**. The anticipated 2-3 hour journey begins with a slightly bumpy ride, particularly for the first 1.5 to 2 hours until the village of Birethanti. From thereon, the road becomes well-paved, ensuring a smoother journey to Pokhara.

Upon arrival in Pokhara, you'll be effortlessly transferred to a centrally located hotel in the Lakeside area. Check in, refresh, and indulge in a delightful lunch at one of the Lakeside restaurants. In the afternoon, treat yourself to a special one-hour Ayurvedic massage, offering post-trek rejuvenation and relief for your legs and muscles.

Later, unwind with a one-hour boating session on Fewa Lake, surrounded by the serene ambiance of Pokhara. Glide across the tranquil waters and enjoy enchanting views. As the evening unfolds, explore Lakeside, relish a delicious dinner, and retire for a restful night's sleep in the hotel's comfort.

Day 07:: From Sky to Streets: Exploring Kathmandu's Heritage and Culinary Delights

Following a delightful breakfast, prepare for your transfer to Pokhara Domestic Airport for the return flight to Kathmandu. Approximately 1.4 hours before your scheduled flight, our team will pick you up from your hotel, ensuring a seamless transfer to the domestic airport.

Upon landing in Kathmandu, our experienced tour guide and driver will be ready to transfer you to your hotel. In the afternoon, embark on a captivating city tour spanning approximately 2-3 hours, visiting two UNESCO World Heritage Sites: Boudhanath and Pashupatinath.

Take advantage of the opportunity to explore the local markets and streets of Kathmandu with our knowledgeable local guide. Whether you're interested in souvenir shopping or revisiting highlights from the beginning of your trip, our guide will assist you.

As the evening approaches, savor a culinary adventure with diverse dining options offering Nepali, French, Vietnamese, and Middle Eastern dishes in Kathmandu—a perfect conclusion to your day of exploration and relaxation.

The flight from Pokhara to Kathmandu treats passengers to breathtaking views of the Himalayas. As the plane ascends from Pokhara, witness the majestic peaks of the Annapurna and Dhaulagiri ranges.

Day 08:: Private Car Transfer to Airport for Your Departure from Nepal

Our office representative and office vehicle are on standby at your hotel. After a delightful breakfast, our representative will accompany you to Tribhuvan International Airport for your homeward journey. It has been our pleasure to serve you and assist in completing your desired trekking journey into the Himalayas.

At Mountain Sherpa Trekking, we deeply appreciate the bonds created during your time with us. Thank you for choosing us as your travel partner and for exploring the wonders of Nepal. We are confident that the trekking experience in the beautiful Poon hill trek in Annapurna region has provided you with lifelong memories of a well-enjoyed vacation.

Ciao friends! Until we meet again.

Cost Includes

Transports & Accommodations

- We provide on-time airport pickup and drop-off services using a private car, welcoming you with a warm smile and handmade scarf/garland for a friendly beginning and conclusion to your journey.
- Kathmandu-Pokhara-Kathmandu round-trip flight, including airport drop-off and pickup service.
- Enjoy 3 comfortable nights in a centrally located city hotel with free local guide services to explore tourist and local markets in Kathmandu & Pokhara.
- We accommodate you for 4 nights in best lodges during trek, including 3 nights in rooms equipped with attached bathrooms and hot showers for added comfort.
- Private comfortable vehicle for ground transfer

Meals & Drinks Included As Per Below

- Four hygienic breakfasts in the city are included as per the itinerary.
- Three meals per day—breakfast, lunch, and dinner—will be provided throughout the entire trek, offering self-choice options for a delightful and nourishing trekking experience.
- Unlimited warm beverages, such as tea, hot lemon, hot chocolate, or coffee of your choice, will be provided every day to keep you cozy throughout your journey.
- We offer a warm welcome dinner with two options: you can either join dinner at our home with a Sherpa family, or you can choose to dine at a typical Nepali restaurant with a cultural dinner show.

Complimentary Gear & Equipment

- Warm sleeping bags and down jackets will be provided if required.
- Complimentary T-shirt, Water bottle and walking pole
- A waterproof duffel bag, trek map, and a group medical kit will be provided.
- Pulse oximeter for oxygen saturation as well as heart rates

Best Sherpa Guide & Porters Will Be Provided

- Responsible, truthful, friendly, and flexible Sherpa guides will be provided for the entire trek, ensuring your safety and an enjoyable trekking experience.
- Hardworking and trustworthy porters will be provided (1 porter for 2 people) who will carry your luggage and take care of it throughout the entire trek.

Staff Pay, Insurance & Required Permits

- Daily Pay and insurance for guide and support staff
- Annapurna conservation entry permit fee
- TIMS Card fees & other required government fees
- Enjoy a half-day cultural tour in Kathmandu, inclusive of a tour guide and driver. Immerse yourself in the

local culture, gaining familiarity with the local environment before your trek.

- Entrance fees to historic sites, temples and monuments

Value Added Service (VAS) By MSTE

- One hour of free special Ayurvedic massage will be provided at the end of the trek.
 - We offer free storage service for any extra luggage and provide assistance in obtaining a SIM card, as well as renting or buying necessary gears.
 - We offer a complimentary Local Market Guiding Service for our valued clients interested in purchasing souvenirs at both wholesale and local prices.
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WHAT'S NOT INCLUDED

- International Airfare and Nepal Visa fee
- Travel insurance for emergency rescue and trip Cancellation
- Gratitude for Guide & Porter after end of trek
- Unforeseen Cost such as Flight Delayed/cancellation

Extra Small Bills

- Phone, internet & Battery Charges bills on trek (some place free)
- Lunch & Dinner in City (approximately \$ 5-10 Per Meal)
- Any cold or Alcoholic Drinks and desserts in Trek after meal

FAQS

How Fit Do I Need to Be to Do the Ghorepani Poonhill Trek

The **Ghorepani Poonhill trek** is well-suited for individuals with moderate fitness levels and does not necessitate prior trekking experience. However, we recommend engaging in some physical fitness activities like running, swimming, or hiking before embarking on this journey.

Due to the varied terrain involving ascents and descents, individuals with knee problems or weak ankles may find this trek challenging. It is advisable for those with heart or lung issues to consult with their healthcare provider before undertaking the trek. The trek offers stunning landscapes and cultural experiences, but ensuring one's physical preparedness is essential for a safe and enjoyable adventure.

What sort of accommodation can I expect in Kathmandu, Pokhara and in trekking

Experience the indulgence of **deluxe 3/5 Star hotels in Kathmandu** and Pokhara, complete with breakfast. Throughout your trek, enjoy the comfort of top-notch Mountain lodges, carefully selected for their scenic locations.

Immerse yourself in the tranquility of teahouses and lodges, offering cozy single and double rooms. We provide sleeping bags, but having your gear is recommended. Enjoy evenings by a warm bonfire, creating unforgettable dining experiences. Respect kitchen privacy in teahouses.

Plus, indulge in **hot showers** during your trek for added comfort. Your Nepal journey promises breathtaking landscapes and carefully chosen accommodations for a memorable adventure.

What sort of food can I expect in trekking

Trek through the **Ghorepani Poonhill** route and delight your palate with a variety of predominantly vegetarian dishes offered at mountain lodges. From classics like pasta, tuna bakes, and noodles to Nepali staples like daal Bhat, the menu also features bread, soup, fresh vegetables, and tempting desserts such as apple pies and pancakes.

In larger villages, meat options are available, providing a diverse range of choices to suit your preferences. Whether you crave a hearty meal or a light snack, the lodges cater to your needs. Warm up with beverages like hot chocolate, tea, and hot lemon drinks, or choose refreshing soft drinks. Treat yourself to chocolate and crisps for an energy boost during your trek.

Dine in a homely atmosphere with daily dinners and breakfasts at the lodge where you stay. Lunch is a delightful experience en route to your next destination, allowing you to savor the regional flavors amidst breathtaking landscapes.

Can I have vegetarian meals during this trek

Rest assured, as the lodges predominantly offer vegetarian meals along the trek. We strongly advise our clients to opt for vegetarian options to minimize the risk of food poisoning. Consuming heavy or non-vegetarian meals at higher altitudes can pose safety concerns for the stomach. Your well-being is our priority, and choosing vegetarian options ensures a safer and more comfortable trekking experience.

Is it possible to take hot shower along the trek

Certainly! Hot shower facilities are available at most locations along this trek, ensuring you can enjoy a refreshing and comfortable experience during your journey.

Do your guides have trekking guide license and first aid training for high altitude

Certainly. All our Sherpa guides have undergone a comprehensive 45-day training program at the Hotel Management and Tourism Center in Nepal. In addition to their hospitality training, our guides have also completed high-altitude first aid training provided by KEEP (Kathmandu Environmental Education Project). This ensures that our team is well-equipped with the necessary skills and knowledge to provide you with a safe and enjoyable trekking experience in the challenging terrain of the Himalayas.

Is Mountain Sherpa trekking staff insured

Rest assured, our company prioritizes the well-being of our trekking staff members, including guides, cooks, Sherpas, and porters. We provide comprehensive insurance coverage to ensure their safety and security throughout the trekking journey. Your peace of mind is our priority, and we are committed to safeguarding the health and welfare of our valuable team members.

What is the maximum weight for my trek bag

Please keep your trek bag's weight within a maximum limit of 15kgs. Normally, we allocate one porter for every two clients to handle your belongings. If you wish to have an extra private porter, kindly inform us, and we will arrange it accordingly for you.

Where can I leave my extra things and valuables while I am on the trek ?

The hotels we partner with in Kathmandu and Pokhara offer a secure solution for storing client's extra belongings. They provide a dedicated, securely locked room to ensure the safe storage of your items. You have the option to

leave your additional belongings at the hotel with confidence. Alternatively, if you prefer, you can also choose to store your items at our office. Your convenience and peace of mind are our priorities.

Do you Provide porters on the trek to carry all our gears? Do you provide us duffle Bags

During the trek, our dedicated porter will handle your luggage, allowing you the freedom to carry only a small day bag for personal items such as your camera, water bottle, sunscreen, and other essentials. Rest assured, we provide duffle bags for your convenience. This ensures a more enjoyable and comfortable trekking experience as you immerse yourself in the breathtaking landscapes without the burden of heavy baggage.

Are solo female travelers safe on Ghorepani Poonhill trek

We prioritize the safety of all our trekking guests, regardless of gender. Nepal is known for being a safe and welcoming destination for foreign visitors. Our extensive experience in the region has established strong relationships with the lodges we frequent, ensuring they are safe and reliable accommodations.

Furthermore, our guides are diligent in keeping track of the whereabouts of all guests during the trek. We choose to travel in small groups to facilitate easy and continuous communication. Rest assured, your safety is our utmost concern as you explore the stunning landscapes of Nepal.

How I can book this trek? What about Payment

Upon confirmation of your booking, a 25 percent (25%) advance deposit of the total trip package is required to secure 100% confirmation. This deposit can be made via Credit Card or bank Wire transfer. The remaining balance for the trek is to be settled in Kathmandu on the day of your arrival.

Upon confirmation of your trek booking, you will receive additional details on how to make the deposit. Please be aware that the trek deposit is non-refundable, but it can be applied to postpone your travel date if necessary. The deposit remains valid for a period of 3 years, allowing you the flexibility to choose a travel date within this timeframe. After 3 years, the deposit expires. Feel free to contact us for any further clarification or assistance.

What is your success rate for reaching the Poonhill

We take pride in maintaining a 100% success rate on our Ghorepani Poonhill trek, a testament to the expertise of our local Sherpa guides and staff. As a fully local Sherpa company based in Nepal, our entire team consists of 100% local Sherpa individuals.

Sherpas are esteemed as elite mountaineers and experts in the Himalayan region. Their invaluable knowledge and experience have been crucial to early explorers, particularly during expeditions to extreme altitudes, including the peaks and passes of the Himalayas. Our commitment to a successful trek is rooted in the rich tradition and expertise of our local Sherpa team, ensuring a memorable and rewarding experience for our trekkers.

If I have more questions, how should I contact Mountain Sherpa Trekking

If you have more questions, do not hesitate to contact us. You can email us, call us, or message us anytime via WhatsApp/Skype, as given below.

E-mail: info@mountainsherpatrekking.com

or message us on WhatsApp at [+9779849643731](https://wa.me/9779849643731)

Why book this trek with Mountain Sherpa Trekking & Expedition

Here are the top 7 reasons to book your Ghorepani Poon Hill Trek with Mountain Sherpa Trekking:

- Over 25 years of experience.
- Reliable and honest local Sherpa guide.
- Expert Sherpa family-owned company.
- Flexible itinerary with an all-inclusive package.
- Clean accommodation and hygienic meals.
- Best service and price guarantee.
- Giving back to society.