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Ghorepani Poon Hill Trek – 5 Days

Day-by-day itinerary

FROM
US$420
per person

DURATION	MAX ALTITUDE	DIFFICULTY	REGION	GROUP SIZE
5 days	**3,210 m**	**Easy**	**Annapurna Region**	**Max 20**

Dates, prices and booking online: https://mounteverestgo.com/trip/ghorepani-poon-hill-trek/

HIGHLIGHTS



Witness the iconic sunrise view from Poon Hill (3,210m) over Annapurna and Dhaulagiri.

- Walk through rhododendron forest in full bloom (spring departures).
- Experience traditional Gurung culture and hospitality.
- Easy 5-day itinerary ideal for beginners and families.
- See Annapurna I, Dhaulagiri, Machhapuchhre, and dozens of other peaks from one viewpoint.

ITINERARY AT A GLANCE

Day 1	Arrival in Pokhara	820 m
Day 2	Drive to Nayapul & Trek to Tikhedhunga	1,540 m
Day 3	Trek to Ghorepani	2,860 m
Day 4	Sunrise at Poon Hill & Trek to Tadapani	2,630 m
Day 5	Trek to Ghandruk & Drive to Pokhara	820 m

PLACES YOU'LL VISIT



Pokhara 827 m

Pokhara is Nepal’s second city and the gateway to the entire Annapurna region — a laid-back lakeside town with cafés, gear shops, and mirror-flat...



Kathmandu 1,400 m

Kathmandu is the capital of Nepal and the gateway to every trekking region — a UNESCO World Heritage valley with 7 monument zones, the...



Poon Hill 3,210 m

Poon Hill (3,210m) is Nepal’s most accessible and most photographed sunrise viewpoint — offering a 250km panorama of the Annapurna and Dhaulagiri ranges including...

INCLUDED

• All airport pickups and drops in private vehicle
• Kathmandu hotel (3 nights, B&B) with welcome and farewell dinners
• Domestic flights where applicable to itinerary
• All ground transport in private vehicle
• All necessary permits (TIMS, National Park, Conservation Area, Restricted Area where applicable)
• Three meals daily (BLD) during the trek with tea/coffee
• Tea house or camping accommodation during the trek
• Experienced English-speaking trekking guide and assistant guide for groups of 6+
• Porters (1 per 2 trekkers, 15kg luggage allowance) with full insurance
• Sleeping bag, down jacket, and duffel bag (refundable deposit)
• First-aid kit, pulse oximeter, and emergency oxygen
• Satellite phone for emergency communications
• All government and local taxes

Permits — all arranged by us

• Annapurna Conservation Area Entry Permit (NPR 3,390), TIMS Card.

NOT INCLUDED

• International airfare to and from Kathmandu
• Nepal visa fee (USD 30 for 15 days, USD 50 for 30 days)
• Travel and high-altitude rescue insurance (mandatory)
• Personal trekking gear and clothing
• Hot showers, Wi-Fi, device charging, and alcoholic beverages
• Lunch and dinner in Kathmandu
• Tips for guide, porter, and driver (recommended 10-15% of trip cost)
• Costs from unforeseen events (weather, flight delays, route changes)

THE FULL ITINERARY

01 Arrival in Pokhara

Altitude: 820 m **Accommodation:** 3-star hotel

Arrival in Pokhara (from Kathmandu by flight or bus). Afternoon lakeside stroll and trek briefing.
Meals: Breakfast, Lunch, Dinner · **Overnight:** Pokhara (820 m)

02 Drive to Nayapul & Trek to Tikhedhunga

Altitude: 1,540 m **Accommodation:** Teahouse or trekking lodge

1-hour drive to Nayapul, then trek through terraced fields to Tikhedhunga.
Meals: Breakfast, Lunch, Dinner · **Overnight:** Tikhedhunga (1540 m)

03 Trek to Ghorepani

Altitude: 2,860 m **Accommodation:** Teahouse or trekking lodge

Climb through rhododendron forest with expanding mountain views.
Meals: Breakfast, Lunch, Dinner · **Overnight:** Ghorepani (2860 m)

04 Sunrise at Poon Hill & Trek to Tadapani

Altitude: 2,630 m **Accommodation:** Teahouse or trekking lodge

Pre-dawn climb to Poon Hill (3,210m) for the iconic sunrise view. Trek to Tadapani.
Meals: Breakfast, Lunch, Dinner · **Overnight:** Tadapani (2630 m)

05 Trek to Ghandruk & Drive to Pokhara

Altitude: 820 m

Descend to the Gurung village of Ghandruk, then drive to Pokhara. Trip concludes or extend with another tour.
Meals: Breakfast · **Overnight:** Pokhara (820 m)