

## Ghorepani Poon Hill Trek 7 Days

**Destination:** Nepal

**Trip Difficulty:** Easy

**Best Season:** March - June & Sept - December

**Max Elevation:** 3210 m

**“Time itself seems to stop as the rising sun climbs over the mountains, transfiguring the icy summits of the Annapurnas to molten gold. Beneath the mountains, layered hills of rhododendrons bloom as far as the eye can see.**

**Welcome to Poon Hill!”**

High adventure in the Himalayas isn't limited only to experienced climbers, travelers with weeks of paid time off, or those lucky few who are wealthy enough to afford trekking permits into the furthest reaches of the mountains. In fact, you can enjoy an authentic trek in the hills just beyond Pokhara, where you'll come face-to-face with the towering summits of Hiunchuli, Machapuchare, Dhaulagiri, Manaslu, and the mighty Annapurnas. This is the Ghorepani Poon Hill Trek: a classic hiking itinerary that combines the best cultural and scenic attractions that Nepal has to offer—all within the space of just a week. In fact, we've specifically designed our seven-day Ghorepani Poon Hill Trek to be accessible to hikers of all ages and experience levels. If you're in reasonable physical fitness and you're ready for an unforgettable adventure, take a closer look at this awe-inspiring glimpse into the western Himalayas.

Our trek gets its name from Ghorepani, a scenic hillside village situated within the Annapurna Conservation Area. The town has served historically as an important stop along the overland trading route between Pokhara and Jomsom. Today, it's better known

as the hub for travelers seeking to reach the nearby vantage point of Poon Hill. This viewpoint is the highlight of our trek, and the alpine panorama of the Himalayan mountains here is nothing short of superlative. Of course, you'll see a lot more than mountains on the Ghorepani Poon Hill Trek. All along the route, your accommodations will be provided by the hospitable Magar and Gurung communities you'll visit. The opportunity to learn more about these timeless cultures represents an especially rich experience, and it's sure to produce some of your most cherished memories.

While this is a short trek, you might be surprised at just how much ground we'll cover. Our adventure begins with a scenic drive from Nepal's capital city, Kathmandu, which boasts an incredible array of cultural and architectural wonders. Our next stop is the adventure hub of Pokhara, which sits alongside the sparkling waters of Phewa Lake and is best known for its incredible mountain views and high-octane thrills like bungee jumping and whitewater rafting. You'll get to explore the city before we set off on the trail, trekking through lush rhododendron forests, picturesque hillsides of terraced crops, and countless hills climbing higher and higher into the world's biggest mountains. While our journey culminates in the spectacular views from Poon Hill, each step on the trail brings its own reward. From the smallest crimson rhododendron flower to the 8,167-meter heights of Dhaulagiri, the Ghorepani Poon Hill Trek has something for everyone. When you're ready to plan this short but memorable expedition into the Himalayas, get in touch with us via WhatsApp at +977 9851175531.

## **Best Time of Year for the Ghorepani Poon Hill Trek**

Trekking seasons in Nepal are largely dictated by the summer monsoon, and our Ghorepani Poon Hill Trek is no exception. The monsoon typically lasts from June to August, and most visitors consequently choose to hike during the spring months of February to May or the autumn months of September to November. These are the best



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times of year to enjoy the perfect combination of comfortable temperatures and clear mountain views. But you can hike in the Annapurnas at any time of year, and the snow-laden trails of winter are just as mysterious and evocative as the mist-shrouded hillsides of summer. Whenever you choose to travel, rest assured that Alpine Ramble Treks will put together a trekking adventure that will surpass even your highest expectations.

## **Benefits Of This Trek with us**

- Free transfers to and from Tribhuvan International Airport upon arrival and departure.
- Complimentary use of any necessary trekking equipment, such as sleeping bags, down jackets, duffle bags, walkie-talkies, trekking poles, and an oximeter to monitor your oxygen and pulse.
- Fun souvenirs of your Himalayan adventure: a trekking route map, a t-shirt emblazoned with the Alpine Ramble Treks logo, and a hat!



## Highlights

- Tour the fascinating historical sites of the Kathmandu Valley
- Visit the lakeside city of Pokhara and revel in its spectacular mountain views
- Trek over hills, through rhododendron woodlands, and into charming Gurung villages
- Savor the magnificent panoramic views of Dhaulagiri and the Annapurnas from Poon Hill

## Day to Day Itinerary

**Day 1: Arrival in Kathmandu**

**Day 2: Drive from Kathmandu to Pokhara (7 hours)**

**Day 3: Drive from Pokhara to Nayapul (1.5 hrs), trek to Tikhedhunga (4-5 hrs)**

**Day 4: Trek from Tikhedhunga to Ghorepani (5-6 hrs)**

**Day 5: Trek to Poon Hill, trek from Ghorepani to Tadapani (5-6 hrs)**

**Day 6: Trek from Tadapani to Ghandruk (2-3 hrs), Nayapul (3 hrs), drive to Pokhara**

**Day 7: Drive from Pokhara to Kathmandu (7 hrs)**

## Cost Includes

- International and domestic Airport pick-up and drop by car.
- **Meals** on a full-board basis (**Breakfast, Lunch, and Dinner/ the main course**) during the trek in the mountain.
- An experienced and Knowledgeable English-speaking Govt. registered trekking guide.
- **All Food**, Accommodation, Insurance, and transportation for the guide.

- Annapurna conservation **area permit**
- **TIMS card** (Trekking Information Management System)
- **Trekking equipment** such as the Sleeping bag, down jacket, etc. on return basic
- Trekking lodge (**Tea House**) throughout the trek.
- Assistant guide group size of more than 6 people in a group.
- Kathmandu-Pokhara-Nayapul-Pokhara-Kathmandu by bus.
- Supplementary snacks: energy bar and cookies
- Seasonal fresh fruits desert every day
- Appreciation of certificate after the successful trek
- Farewell Dinner at a typical Nepalese restaurant with traditional music and dance
- **Souvenir:** Trekking route map/browser and printed ART company T-shirt
- Compressive first aid box.
- **Emergency rescue operation** assistance is arranged in case of complex health conditions (funded by travel insurance)

- All government, Local taxes/ vat, and official Expenses
- **10% OF ALL PROCEEDS GO TO SUPPORT OUR [SOCIAL IMPACTS INITIATIVE](https://www.alpineramble.com/mission)**  
**[\(<https://www.alpineramble.com/mission>\)](https://www.alpineramble.com/mission)**

## Cost Excludes

- Nepal entry visa fees (you can easily issue the visa on arrival at Tribhuwan International Airport, Kathmandu). \$25 USD for 15 days Visa.
- Extra accommodation and meals behind schedule (Foods and accommodations before or after the trek)
- Extra drinks as alcoholic & non-alcoholic such as Fanta, Coca-cola, sprite, water, beer, etc.
- Additional costs by out of management control due to the landscape, weather conditions, illness, change of government policies, strikes, physical conditions, etc.
- Personal expenses such as snacks, laundry, telephone, WIFI, hot shower, etc at tea houses on a trek.
- Travel insurance has to cover emergency rescue evacuation from the high-altitude
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Personal [trekking equipment \(https://www.alpineramble.com/trekking-equipment.html\)](https://www.alpineramble.com/trekking-equipment.html) (<https://www.alpineramble.com/trekking-equipment.html>) for this trek

- Tipping ( traditional way and expected by guides and staff)
- Any other expenses that are not mentioned in the Price Include section of this trek.