

Ghorepani Poon Hill Trek - 9 Days

GHOREPANI POON HILL TREK: JOURNEY TO THE LOWER ANNAPURNA

The **Ghorepani Poon Hill Trek** is a classic, short, and picturesque trek located in Nepal's Annapurna region. It is renowned for offering breathtaking views of sunrises and sunsets over the majestic **Annapurna and Dhaulagiri Ranges**, which include **Annapurna I (8091m)**, the tenth highest mountain in the world, and **Dhaulagiri I (8167m)**, the seventh highest. In addition to the stunning mountain scenery, the warm culture and incredible hospitality of the Gurung and Magar ethnic groups enhance the experience. This trek is a once-in-a-lifetime journey that offers both natural beauty and cultural immersion.

The **Ghorepani Poon Hill Trek** can be completed in 2 to 8 days and can also be extended to include the [Annapurna Base Camp](#), **Mustang Trek**, [Annapurna Circuit Trek](#), and many other trekking routes in the [Annapurna region](#). This trek is also referred to as the Sunrise Trek, Short Annapurna Trek, Ghorepani Ghandruk, and Poon Hill Trek. It is ideal for beginners, families with children, and trekkers of all fitness levels who have limited time but wish to experience a classic Nepali trek during their holiday in Nepal. Furthermore, the Ghorepani Poon Hill Trek is considered one of the best short treks in Nepal, particularly suitable for the autumn, spring, and winter seasons. Therefore, if you want to witness the rich flora and fauna, charming local cultural villages, and breathtaking sunrise and sunset views over the majestic Himalayas, this trek is perfect. It offers an opportunity to experience the cultural and natural diversity of the lower Annapurna region without the challenges of high passes, providing an experience that is just as rewarding as longer and more difficult treks.

Our 9-day Ghorepani Poon Hill Trek is a comprehensive package that begins with airport pickup and travel from Kathmandu to Pokhara. It offers an opportunity to explore Nepal's significant sites.

Following a scenic drive to Nayapul, the trek begins there, heading to Ulleri (2000m), then to Ghorepani (2868m), culminating in a delightful sunrise hike to Poon Hill (3210m). This highest point of the trek provides breathtaking views of the mountains, lush valleys, and the sunrise. After the sunrise trek, the journey continues to Tatapani and Ghandruk before concluding in Syaulibazar, followed by a scenic drive back to Pokhara. After your time in Pokhara, we will provide an airport drop-off service upon your return to Kathmandu and upon completion of your itinerary. This trek offers a unique cultural and natural exploration that is hard to find elsewhere. Book the 9-day Ghorepani Poon Hill Trek and experience the best short and easy trek beneath the Annapurna Mountain.

GHOREPANI POON HILL TREK COST FOR 2026-2027

The Ghorepani Poon Hill Trek costs between USD600 and USD800 per person, depending on the group size, with Sherpa Nomad Trek Pvt. Ltd being the premier local trekking partner. They offer well-crafted packages, itineraries, and services. Our 9-day Ghorepani Poon Hill trek package includes exceptional services such as airport transfers, luxury accommodations in Kathmandu and Pokhara, flights from Kathmandu to Pokhara, private transportation, mountain meals, Wi-Fi, hot showers, permits, a professional local guide, mountain lodging, and all services outlined in the inclusions and exclusions section. Comparatively, our offerings are significantly better than those of other companies, and our pricing is reasonable. We welcome solo travelers, small groups, and participants of all ages. The trek's cost varies based on group size, duration, and service level. This 9-day Ghorepani Poon Hill trek package is ideal for a comfortable journey without hassle. Sherpa Nomad Trek Pvt. Ltd is pleased to customize your experience. Below are the costs based on the number of participants:

- The cost for a single trekker is USD800 for the Ghorepani Poon Hill Trek
- For 2-6 participants, the cost is USD700 per person for the Poon Hill Trek
- For 7-10 participants, the cost is USD600 per person for the Poon Hill Trek

MAJOR HIGHLIGHTS OF GHOREPANI POON HILL TREK

- Discover Kathmandu and Pokhara before embarking on a brief yet picturesque trek.
- Experience the breathtaking Ghorepani Poon Hill Trek, one of Nepal's most stunning trails.
- Relish the magnificent sunrise views from Poon Hill (3210m), the highest scenic viewpoint in the area.
- Delve into the diverse flora and fauna found within the Annapurna Conservation Areas.
- Immerse yourself in the culture by exploring the charming Magar and Gurung villages.
- Marvel at the majestic Dhaulagiri and Annapurna mountain ranges.
- Enjoy the delightful moments of sunrise against a stunning landscape.
- Observe iconic peaks such as Fishtail, Nilgiri, Annapurna South, Hiuchuli, Annapurna I, and the Dhaulagiri Range.
- Visit the beautiful Gurung villages of Ghorepani, Tadapani, and Ghandruk.
- The Ghorepani Poon Hill Trek is ideal for beginners and those seeking a short trekking experience.

DETAILED ITINERARY

Day 1: Arrival in Kathmandu (1350m): Transfer to Hotel in Kathmandu

Day 2: Kathmandu to Pokhara by flight : 30 minutes and explore Pokhara

Day 3: Pokhara to Nayapul by Car and Trek to Ulleri (2000m): 6-7 hours

Day 4: Trek from Ulleri to Ghorepani (2868m): 5-6 hours

Day 5: Poon Hill Hike (3210m) for Sunrise View and Trek to Tadapani (2650m): 6-7 hours

Day 6: Trek from Tadapani to Ghandruk Village (2000m): 5 hours

Day 7: Trek from Ghorepani to Syauli Bazar and Scenic Drive to Pokhara

Day 8: Pokhara to Kathmandu by Plane

Day 9: Departure

PRICE INCLUDES

- International Airport Pick-up & Airport Drop-off
- 2 nights Hotel in Kathmandu at Ramada Encore with Breakfast
- Kathmandu to Pokhara by Plane
- 2 nights Hotel in Pokhara at Middle Path Hotel with Breakfast
- Pokhara to Naya Pul by Car/ Jeep/ Minibus as per the Group size
- All the logistical arrangements
- 4 nights Mountain Accommodation in a private Room at the best lodge as per availability.
- Mountain Meals (Breakfast, Lunch, & Dinner)
- A professional English-speaking local guide
- 2 Guests: 1 Porter to carry your heavy backpack.
- Fresh Organic fruit, nuts, and energy bars every day on the Trekking
- Wifi, a hot shower, and a charging facility
- 3 Cups of Tea or Coffee every day during the trekking.
- Requires Permits (TIMS, & ACAP Fees)
- Gov Tax and Official Fees.
- Drive back from Smarung/ Jhinu to Pokhara by Car, Jeep, or Minibus as per the Group size
- Trekking Gears like a sleeping bag, Map and a duffel bag
- Pokhara to Kathmandu by Plane
- Farewell Dinner in Kathmandu

PRICE EXCLUDES

- Nepal Visa Fees (15 Days -30\$ P/P, 30 Days -50\$ P/P)
- Travel Insurance
- Drinks like (Drinking Water, Soft and Hard Drinks, and extra Tea or Coffee)
- Trekking Gears of clients
- Chitwan safari Tour: 2 nights/3 days at USD170 per person
- Tips for the Diver, Guide, and Porter
- Chitwan to Kathmandu by Tourist Bus: 10\$ P/P
- Paragliding in Pokhara: 80\$ P/P
- Seti River Rafting: 60\$ per person

EQUIPMENT & GEAR

Clothing

- 2-3 quick-dry trekking T-shirts
- 1 fleece jacket
- 1 lightweight down jacket
- Waterproof/windproof rain jacket
- 2 trekking pants
- Thermal base layer (top and bottom)
- 2-3 pairs of trekking socks
- Underwear
- Warm beanie
- Sun hat or cap
- Lightweight gloves
- Buff or neck gaiter

Footwear

- Broken-in hiking boots or trail shoes
- Camp sandals or flip-flops

Backpack & Gear

- 20-30 L daypack
- Rain cover
- Trekking poles

- Headlamp with spare battery
- 1-2 L water bottles or hydration bladder
- Water purification tablets or filter
- Power bank
- Sunglasses
- Sunscreen (SPF 30+)
- Lip balm
- Camera (optional)

Personal Items

- Personal medications
- Small first-aid kit
- Hand sanitizer
- Wet wipes
- Toothbrush and toothpaste
- Quick-dry towel
- Toilet paper

Documents & Money

- Passport
- Required trekking permits
- Travel insurance
- Cash (Nepali Rupees)

Optional

- Sleeping bag (can be rented in Pokhara)
- Gaiters (useful during monsoon or snowy conditions)
- Dry bags for electronics and clothing
- Snacks (energy bars, nuts)



