

Annapurna Ghorepani “Poonhill” Trek

Annapurna Ghorepani Poonhill trek is a colorful and challenging short adventure into the Annapurna region. The trail winds through patchwork valleys, dense mossy forests and past icy waterfalls where you can stop to cool your face. Around every corner is a tantalizing glimpse of the high mountains, whole horizons of which will be revealed to you as you reach the high points of your trek. This trek in the Annapurna foothills to the astounding viewpoint on Poon Hill offers all the best of trekking in Nepal. Enjoy trekking in the spectacular mountain scenery through charming villages inhabited by the Gurungs, Magars dense rhododendron forests full of birds and deep sub-tropical valleys, all set below the Annapurnas with the picturesque peak of Machhapuchhare (Fish Tail Peak) dominating the skyline. At the climax of this trek you will climb Poon Hill at dawn to enjoy one of the most spectacular mountain views on Earth. As the sun touches the snow-capped summits the Himalayan giants, Dhaulagiri (8167m) and Annapurna (8091m) along with a maze of other peaks, slowly begin to appear, like magic, before our eyes. A rewarding trek that can be enjoyed by every lover of nature and beautiful landscape.

💡 Highlights of the trek

Excellent views of Dhaulagiri, Nilgiri, Annapurna South, Mahhapurche. Sunrise at Poonhill. Explore Gurung culture in Ghandruk. Visit Annapurna conservation office.



Trek dates

Daily from September to late December and February to late June
Also [Scheduled Group Treks](#)



Check list

Read our helpful [check list](#) before booking

Trek Details

Trek dates

Daily

Season

September to December and February to late June

Duration

11 days

Trekking grade

Medium

Maximum altitude

3195m

Starting point of trek

Nayapul

Finishing point of trek

Phedi

Trek style (accommodation)

[Tea House](#)

Meals & Drinks

[Read more](#)

Equipment

[View list](#)

Trek code

A4

Detailed itinerary

Itinerary can be [customized](#) according to your needs and length of stay.

Day 01 – Arrival in Kathmandu

Upon arrival at Kathmandu International Airport transfer to your hotel in Kathmandu or Bhaktapur. Short briefing will follow concerning the necessary formalities and your trekking itinerary. Depending upon your arrival time you may spend free time visiting nearby sanctuaries or resting.

Day 02 – Sightseeing / Cultural Day in Kathmandu Valley

Half day sightseeing around UNESCO Bhaktapur / Kathmandu where your guide will escort you on a tour of Buddhist and Hindu temples and shrines reflecting ancient local traditions. There is time to explore the city's many places of interest on your own or take a rest while trekking permits are finalised. In the evening sample a delicious traditional Nepali dinner. Overnight in Kathmandu.

Day 03 – Kathmandu to Pokhara

Fly or drive to Pokhara, from where you will depart on your trek. Overnight in Pokhara.



Day 04 – Pokhara to Tikhe Dhunga(1491m)

Your trekking guide will meet you at your hotel at 06:30 hrs to escort you to the airport, from where we take a plane to Pokhara, which takes about 25 minutes of flighttime. Drive by car via the large village of Lumle and walk for about 20 minutes to Birethanti, a large and prosperous town. The trail follows the main street of Birethanti, going through bamboo forests and past a large waterfall and swimming hole. Beyond a pasture used by pony caravans, the trail reaches Sudami where you have lunch. After lunch, climb steadily up the side of the valley, reaching Hile at 1495m near Tikhe Dhunga (4 hrs).

Day 05 – Tikhe Dungha Trek to Ghorepani (2850m)

Breakfast is served at 07:00 hrs. From Tikhe Dhunga the trail crosses a stream on a suspension bridge near the camp site at Tikhe Dhunga. The trail ascends a steep stone staircase (which has about 3300 steps) to the large Magar village Ulleri at 2080m. Above the village, the trail climbs gently through pastures and cultivated fields. There is a camp site for a rest and water stop one hour's walk above Ulleri. The trail crosses two sparkling streams before making a short, final climb to Nangethanti where we stop for lunch. Thanti is a Nepali word meaning "rest house". In the winter the trail can be covered with snow. From Nangethanti climb to Ghorepani at 2750m, from here we can see the spectacular panorama of Dhaulagiri I (8167m), Tukuhe Nilgiri (6940m),

Annapurna South, Annapurna I (8091m), Hiunchuli (6441m) and Tarke Kang (7193m). Overnight in Ghorepani (4-6 hrs).

Day 06 – Ghorepani to Poon Hill to Tadapani (2520m)

An early start and a 60-minute hike to Poon Hill (3195m) leads to a brilliant spectacle: an unobstructed view of sunrise over the high Himalayas. After spending about 40 minutes there, descend to Ghorepani for breakfast before the trek to Tadapani. The trail leads along ridges and through pine and rhododendron forests to Deurali (2960m). Then start the descend to Banthanti, leading to Tadapani (6 hrs).

Day 07 – Tadapani to Ghandruk (1950m)

The Ghandruk trail descends steeply through forests to the village of Ghandruk where we will arrive around noon. We will overnight here so have the afternoon to visit the Annapurna conservation office and museum. As well as take time to explore this maze like village (3 hrs).

Day 08 – Ghandruk to Tolka (1790m)

Today we descend from Ghandruk to the Modi Khola river, which we cross by a suspension bridge. Our trail then climbs up a stone staircase to the village of Landruk, a Gurung village at 1620 meter. We will pass some unusual oval-shaped houses before ascending to the village of Tolka on a long stone staircase (3 hrs).

Day 09 – Tolka to Phedi and Pokhara.

Today we have the option of returning directly back to Nayapul along a more leisurely downhill trail or taking a steep ascent to another small settlement called Deurali atop a hill at 2150m. This is another village then the one we passed on day 4, although they both have the same name. From here we descend on a stone paved trail to the village of Pothana (1990m) before reaching Phedi (950m). Arriving in Phedi mid-afternoon, we take our private transport to return back to Pokhara (4 hrs).

Day 10 – Fly or drive back to Kathmandu.

Day 11 – Kathmandu

Departure from Kathmandu.

The trek program is – because of weather or unforeseen events – subject to change.

Services and costs included in the price

- Airport pick-up and drop-off
- Hotel accommodations with breakfast in Kathmandu and Pokhara
- Licensed and trained trekking guide
- Porters for carrying goods and supplies
- All accommodation during trek
- All meals and hot beverages whilst trekking
- Transportation to and from trail head
- All necessary documents and permits for trekking (where applicable)
- National Park/Conservation Area entry permit
- Equipment such as sleeping bag, tents, mattresses
- Cooking equipment if required
- Camp-site charges
- Insurance, medication, and equipment for staff
- Coordination of Quick Rescue service (costs covered by your insurance plan)

Services and costs not included in price

- International airfares
- Travel/trekking insurance
- Excess baggage charges more than 16kg and hand bag more than 5kg in domestic flights
- Visa fees
- Airport departure tax
- Rescue charge
- Drinks (cold and alcoholic)
- Expenses of personal nature
- Permit and liaison officer fee (where applicable)
- Lunches and dinners whilst not trekking