Ghorepani Poonhill Trekking : Short & Rewarding Trek for Women

Annapurna Region

Trip Facts

REGION	DURATION
Annapurna	**9 Days**
DIFFICULTY	ACTIVITY
Easy	**Trekking**
MAX. ALTITUDE	BEST SEASON
3210	**All Seasons**
ACCOMMODATION	MEALS
Tea-House (Lodge)	**Breakfast Lunch Dinner**
START/END POINT	GROUP SIZE
Ktm-Ktm	**2-30**
TOTAL DISTANCE	TRANSPORTATION
40 to 50 kilometers (25 to 31 miles)	**Flight and Private vehicle**

Group Prices and Discounts

USD 570 per person

No. of travellers	Price per person
1 Pax	USD 700
2–4 Pax	USD 610
6–12 Pax	USD 570
13–20 Pax	USD 499

Overview

The **Ghorepani Poon Hill Trek** is one of the simple and preferred short treks by all including Nepali trekkers. This is the best trekking option for anyone wishing to trek within a week with a mountain view and cultural exploration. The **Ghorepani Poon Hill Trek route** is simple enough for beginners and families looking to make the most of their limited time in the Annapurna Region. The trek finds its way from Pokhara to the charming villages decorated with rhododendrons, farmlands, and other hidden gems, eventually leading to the village of Ghorepani, Nepal. The major attraction of this trek is the early morning hike to Poon Hill (3,210 m) which is one of the most popular sunrise viewpoints in Nepal and a highlight of **poonhill trekking**.

From there, you will get the chance to witness the sun gradually rising over the Annapurna South, Dhaulagiri, Nilgiri, and the sacred Machhapuchhre (Fishtail) and paint the backdrop with a golden hue. After this magnificent spiritual interaction with the mountains, the trek goes on to Tadapani which leads to Ghandruk, possibly the finest preserved Gurung village in Nepal. In Ghandruk village, trekkers can get a glimpse of local traditions, visit several museums, and admire the elegant slate-roofed houses that have striking views of the mountains. Ghandruk is equally famous for tourism activities run by locals. The lodges are run by women which makes them a good place for rest for people who care for a responsible trip.

However, our detailly planned Ghorepani Poonhill Trekking itinerary allows trekkers to dive into local settlements as they walk through Gurung and Magar villages. This breathtaking route features Tikhedhunga, Ulleri, Tadapani, and Ghandruk which have their own unique culture and charm. Along with diverse cultural exploration, scenic routes taken while returning to Pokhara complete an astonishing trekking adventure.

No matter if you are a beginner or an experienced trekker looking for an easier trail, the Ghorepani Poon Hill trek combines elements of culture, history, hospitality, and nature. This trek is also ideal for women who prefer to travel with a *female trekking guide in Nepal*, adding comfort and confidence throughout the Ghorepani Poon Hill journey. Women Adventures offers excellent support throughout the Ghorepani Poon Hill Trek, ensuring comfort and guidance on this scenic Himalayan trail.

Highlights

- Head on an empowering journey to Ghorepani Poonhill Trek with your female friends creating a safe and inspiring environment pushing your limits and enjoying the beauty of the trek.
- Enjoy the scenic sunrise from Poonhill over the Annapurna and Dhaulagiri ranges.
- Connect with local women of different areas and traditions.
- Explore and learn about the rich cultures of Gurung and Magar villages.
- Experience the dramatic bio-diversity of landscapes, vegetation, and cultures.
- Get to learn about the rich Himalayan culture and their day-to-day activities.

Route Overview

Trekkers planning to trek to the Ghporepani Poon Hill Trek need to pay attention to Nepal's distinctive natural features. The Annapurna region area's middle hills range from an altitude of 1,000 meters to over 3,200 meters. As with other high-altitude treks, this one does not require full acclimatization. Unlike high-altitude treks, this one is considered moderate and has a blend of stone trails, streams, and scenic ridges. This trek is perfect for less experienced trekkers, and also for people looking for an East Himalayan trek.

The first phase of this trek includes a drive from Pokhara to Nayapul or Hile, then go for a soft trek through terraced farmlands, and river trails. From Tikhedhunga to Ulleri you have to walk uphill of 3,200+ stairs which is well known amongst trekkers. While this trip offers some breathing room, it is beautiful and relaxing, with a remote feel while walking through rural parts.

While moving towards Ghorepani trekking route, the altitude ascends from 2,86 m, trekkers do not have to stop for rest as the trekking routes are full of clear vistas where trekkers can see rhododendron trees, the trails are very well set with gentle climbs and switchbacks which are set for beginner trekkers. The well-marked trails also make it suitable for travelers who prefer trekking with a *female trekking guide* or a women-led support team.

The trek's major highlight is the poon hill sunrise trek (3,210 m) where the stunning sunrise view of Annapurna and Dhaulagiri massifs during the 1-hour hike in the dark guided by moon and flashlight is aptly described as magical. The reward is indeed well worth the effort.

The trail is safe, with frequent travelers, and nearby villages every hour, and maintenance makes it one of the most accessible and simplest short treks in Nepal. This simple route makes poon hill trek package options ideal for women and first-time trekkers. Women Adventures, a trusted *women trekking guide agency*, ensures safety, guidance and an empowering environment for women joining this trek.

Start your **Ghorepani Poon Hill trekking** adventure with Women Adventures and enjoy a safe, scenic, and culturally rich Himalayan journey. Book your trek now and experience Nepal’s most iconic sunrise viewpoint.

Itineraries

Day 01: Arrival in Kathmandu (1,350 m)

Upon landing, our friendly lady representative will greet and meet you and move you right away to your hotel. After checking into your hotel, you can rest and get refreshed. After a good relaxation, you can join the Ghorepani Poon Hill trek briefing with our female trekking guide covering trek details, local lodges, and food. After a short trek brief, we will introduce you to Thamel, a popular tourist hub in Kathmandu. Known for its lively environment and extensive services. You can eat there, exchange money, shop for small daily requirements, do last-minute trek shopping, or rent equipment. You can enjoy an authentic Nepali dinner with a cultural program in the evening. A good way to experience Nepali cuisines and cultures.

Day 02: Kathmandu Sightseeing Tour and Trek Preparations

After having Breakfast, your day begins with a guided tour of two major sites:

Pashupatinath Temple and **Boudhanath Stupa.** The tour is guided by a government-certified female tour guide.

Pashupatinath Temple, a UNESCO World Cultural Heritage site, is a revered Hindu temple dedicated to Lord Shiva. Located by the Bagmati River, it hosts Hindu cremation ceremonies and is especially important during Shivaratri, attracting numerous pilgrims.

After breakfast, we'll visit Boudhanath Stupa, one of Nepal's largest stupas, positioned east of Kathmandu. It's notable for its significant size and height, as well as its four pairs of eyes representing Mahayana Buddhist principles. Following a quick city tour, we'll return to the hotel to prepare for tomorrow's trek. The overnight stay will be at the hotel.

Day 03: Fly Kathmandu - Pokhara – Nayapul - Tikhedhunga (1,750 m/ 5741 ft)/ 30 min flight + 1.5 hrs drive + 3.5 hrs walk

After having breakfast, we will head to the domestic airport of Kathmandu .The smooth and scenic 30-minute flight will be ticking away to Pokhara. You will require a 1.5-hour drive to Nayapul, the starting point of the Annapurna region. The trek is considered easy to moderate. We will trek through beautiful and scenic villages like Birethanti and Hile accompanied by terraced rice fields and cascades. We will conclude our day at Tikhedhunga.

Overnight in a teahouse.

Day 04: Trek Tikhedhunga – Ghorepani (2,810 m / 9,219 ft) – 6 hrs walk

We will kick off the day with a fresh start. We will begin our day with a rewarding day with some effort by climbing up the famous Ulleri staircase. It requires you to go through more than 3,000 steps, followed by a gentle and scenic trek through oak and Rhododendron forests with majestic Annapurna and Hiunchuli in the backdrop. We will conclude our day in Ghorepani, a famous Magar village. The scenic mountain view and the beautiful Ghorepani village will recover from the demanding day.

Overnight in Ghorepani.

Day 05: Pre-dawn Hike to Poon Hill (3,210 m / 10,531 ft) – Trek to Tadapani (2,710 m / 8,891 ft)

You will need to wake up before dawn for a hike to Poon Hill, the famous hill station for Mount Dhaulagiri, and the Annapurna range view. From there you can witness a once-in-a-lifetime experience of snow-capped mountains glowing as the sun rays brushed them with gold or any metaphor can describe this moment. After sunrise, make your way back down to Ghorepani for breakfast and then continue with the trek through enchanted forests and small ridgeline hills to a small and calm village, Tadapani.

Overnight stay will be arranged in Tadapani.

Day 06: Trek Tadapani – Jhinu Danda (Hot Spring) (1,500 m / 4,921 ft)

We will descend today through terraced farmlands and a lush forest sheltered by magnificent fauna. After a decent trek, we will reach the village, Jhinu Danda infamous for natural hot springs. After checking in at the tea house, a short walk down will take you to the riverside hot pools which is a great way to relax for the day.

You will be spending the night in Jhinu.

Day 07: Trek Jhinu – Nayapul – Drive to Pokhara

The final trekking day will take you through breathtaking views and small bridges to Nayapul. After a 1.5-hour drive, Pokhara offers a lakeside vibe ranging from good food, nice music, and shopping.

Overnight in Pokhara.

Day 08: Drive Pokhara- Kathmandu (1,300 m / 4,265 ft)

After a delightful breakfast in the lap of mountains, we will take a scenic drive back to Kathmandu which will take around 7 hours following the Trishuli River. After checking in, you can relax at your hotel or do some market exploration.

You will spend the night in Kathmandu.

Day 09: Departure Day

As per your flight schedule, we will drop you to the airport three hours before the flight time. As you leave Nepal, you will take with you new friendships to cherish, memories that will last a lifetime, and the enchanting magic of the mountains in your heart.

The schedule may change because of the weather and other conditions outside our control.

Cost Includes & Excludes

Cost Includes

- Airport Pick Up and Drop Off
- 3 star standard hotels with breakfast in Kathmandu (Nepal standard) with breakfast
- 3 star standard hotels with breakfast in Pokhara (Nepal standard) with breakfast
- Tea house (Lodge) accommodation
- All meals (Breakfast, Lunch and Dinner) during trekking
- Tea / Coffee (3 times a day)
- A professional Trekking Guide, Porter (Helper), and Assistant Guide is provided for more than 5 trekkers
- All food, drinks, lodging, salary, insurance, medical equipment, and transportation for Trekking Staff
- Private transfer (Pokhara-Nayapul - Pokhara)
- Kathmandu Cultural and Historical Sightseeing with a Tour Guide, private transportation, and entrance fee
- Trekking Permit (TIMS)

- Annapurna Conservation Area Permit (ACAP)
- Down jacket, sleeping bag, fleece liner, and a duffel bag

Cost Excludes

- Any bar bills (alcoholic drinks, mineral water, and cold drinks), cigarettes, client's personal insurance, and any kind of unforeseen expenses.
- Lunch and Dinner in Kathmandu and Pokhara.
- Tips for Guide Porter & Driver (Tips are not compulsory but expected)
- Anything that is not mentioned in Inclusion

FAQs

What to expect in a tea house in Poon Hill Trek?

Teahouses are like guesthouses offering basic accommodation with twin-sharing rooms, shared toilets, and one main dining hall. Though a blanket will be provided, it is better to come prepared with a sleeping bag. The facilities also serve hot drinks, nurturing meals, and a warm atmosphere after a long day's trek.

What kind of food is provided during the Ghorepani Poon Hill Trek?

Most of the tea house restaurants serve a variety of Nepali cuisines which include Dal Bhat, momos, noodle soups, fried rice, pancakes, eggs, porridge, and tea or coffee. The menu at the teahouse might be limited with the dishes but is value for money as there is no shortage of food that is fresh and made from local produce.

Are hot showers available on Ghorepani Poon hill trek?

Most tea houses do offer hot showers for an extra cost which ranges typically from NPR 200-500. The availability of hot showers might be gas or solar-heated and may be more limited at higher altitudes during the colder months.

What is the distance between Ghorepani and Poon Hill?

Poon Hill is approximately 3.2 km or 2 miles away from Ghorepani. The complete round trip takes about an hour and a half, with an hour going up and thirty minutes coming back down, although this depends on an individual's pace.

What is the standard Ghorepani Poon Hill trek itinerary?

A popular itinerary is around 4-5 days, divided as follows:

Day 1: Nayapul to Tikhedhunga

Day 2: Tikhedhunga to Ghorepani

Day 3: Tadapani and Poon Hill sunrise to Poon Hill

Day 4: Ghandruk or Juhu to Tadapani

Day 5: Nayapul to trek, followed by driving to Pokhara

The extended itinerary includes additional arrival/departure days in Kathmandu.

How long is the Ghorepani Poon Hill Trek?

Overall, the trek is around 40 to 50 km (25 to 31 miles) long. The estimated duration of the trek is 4 to 6 days, it might differ as per the route and pace. Detailed itinerary includes arrival and departure days in Kathmandu.

Is Poon Hill trek hard?

The difficulty level of the trek is considered as easy. There is no requirement for experience with trekking, but a good level of fitness is required to manage daily walks comfortably, especially the stone stairways from Tikhedhunga to Ulleri. The altitude is manageable and poses no chance of altitude sickness for most people.

How to reach Ghorepani from Pokhara?

First, you will drive to Nayapul, which takes approximately one and half-hour drive. Then you will trek to Tikhedhunga, and through Ulleri to reach Ghorepani in over 2 days. However, since there are no roads that directly lead to Ghorepani, trekking is your only choice.

How long does it take to trek to Ghorepani from Ghandruk?

Starting from Ghandruk, it will take you 2 days to reach Ghorepani if taken clockwise through Tadapani. The distance is something between 15-18 kilometers depending on the stops and routes chosen.

When is the best time for the Ghorepani Poon Hill Trek?

The best times are during Spring (March to May), and during Autumn (September to November) as during these times the mountains are clear, rhododendrons are bloomed and the views are truly spectacular. Though trekking in the winter season offers quieter trails, the weather turns extremely cold.

Do I need a guide and a porter for the Poon Hill Trek?

While the trek is indeed possible to be done solo, hiring a local guide is recommended as it offers a better understanding of the culture and geography while also providing safety. As for the backpacks, hiring a porter helps with the backpack, making it much more enjoyable.

What if my question isn't listed?

No worries! Get more details on equipment list, and for further queries, you can directly talk to our expert at +977 9841290101 or email us at info@womanadventures.com

Food and Culture

Food and accommodation are quite essential things on the Ghorepani Poon Hill Trek because the trek takes in varied altitudes and rural surroundings in the foothills of the Annapurnas. After a luxurious night stay in Pokhara, the trekkers move towards the mountain villages where teahouses are run by local people and serve the facilities of lodging and meals. They serve with locally sourced varieties along with seasonal vegetables and fruits.

The most popular and healthiest meal in Nepal is Dal Bhat Tarkari, a traditional platter of steamed rice, lentil soup, seasonal vegetables, and spicy pickles. This is fully packed with calories, which is a good unit of energy, it even comes with unlimited refills. Surprisingly, teahouses serve a wide range of dishes from breakfast to dinner, ranging from porridge, chapatti, pancakes, toast, and various egg dishes for breakfast. For lunch and dinner, teahouses offer a typical Nepali combination of Continental, Indian, Chinese, Tibetan, and local Nepali cuisine including noodles, fried rice, soups, and momos. While these dishes are of course cooked in local taste, the variety means that foreign trekkers have familiar and comforting food options. Many teahouses along the route collaborate with local women, supporting initiatives similar to those promoted by *women trekking guide in Nepal* programs.

Some lodges in well-known villages like Ghorepani and Ghandruk are comparatively of higher standards and have private rooms with attached bathrooms and shared toilets in common areas. There is a limited selection of single rooms with special pricing during trekking seasons. Hot showers are available at all hotels at a small charge, especially at higher altitudes, where water heating requires firewood or solar power.

Electricity is usually available in the dining hall and sometimes, also in rooms powered by micro-hydro or solar panels. Charger for electronic devices are available at an extra cost per gadget. Wi-Fi is easily accessible in many villages, but it tends to be slow and inconsistent, especially in higher and remote villages.

The trek will also allow participants to interact with Nepal's Magar and Gurung people who are renowned for their bravery, simplicity, and deep traditional beliefs. Visiting Poon-Magar villages like Ulleri and Ghorepani, the visitors will be welcomed by many smiles, colorful traditional costumes, and a mixture of both Hindu and Buddhist customs.

The Gurung people are the main attraction of Ghandruk. Prayer flags, mani walls, and chortens could be seen along the trail. Trekkers can also visit the Gurung Cultural Museum. They can also see traditional stone-built houses along the way and watch traditional folk dances and festivals. A visit during the Tamu Lhosar, Gurung New Year by the lunar calendar is a special treat.

Hence, the Ghorepani Poonhill Trek not only offers more than just beautiful views along with its incredible cultural journey into Nepal's heart.

Equipment List

General

- Down sleeping bag (you can borrow with us if required).
- Duffel or Rucksack bag (you can borrow with us if required).

Daypack

- Down Jacket (you can borrow with us if required).
- Fleece liner (you can borrow with us if required).
- Walking poles (Walking poles are optional but recommended, and you can borrow with us if required).
- Water bottle with purification tablets.
- Hand wash liquids.
- Lip guard.
- Sun-block cream.
- Toiletry kit. Be sure to include toilet paper stored in a plastic bag, hand wipes, and liquid hand sanitizer, towel, soap, etc.

Upper Body - Head / Ears / Eyes

- Cap and ears covering hat.
- Ear-muffs and neck warmer is another piece of gear for extra warmth (optional)

Hand

- Hand gloves (One light pair and One warmer pair)

Body

- T-shirts – few.
- Light and weight thermal tops and warm thermal top.
- Light jacket and vest.
- Wind and rain jacket.
- Shirts and warm shirts.

Lower Body – Legs

- Long and short hiking pants.
- Lightweight and warm long underwear.
- Rain and windproof trousers and warm trekking trousers.

Feet

- Thin and thick socks.
- Trekking boots, light shoes, and sandal.
- Trekking Gaiters.

Medicines and First Aid Kits

(Our guide will carry first aid kit bag during the trek. We still recommend you to bring your personal first aid kit as you feel it necessary).

- Headache and fever medicine.
- Ibuprofen for general aches and pains.
- Burnt cream.
- Imodium or Pepto Bismol capsules for upset stomach and diarrhea.

Antibiotics.

- Blister treatments such as moleskin, hand plants and-aids, some waterproof tape, anti-infection ointments, etc.

Miscellaneous

- Passport and extra passport photos (2 copies).
- Durable wallet/pouch for travel documents, money and passport.
- Pocket knife.
- Bandanas.
- Favorite snack foods and energy bars
- Paperback books, cards, mp3 player. Avoid players with moving hardware as it may not function. Remember, keep these items lightweights
- Binoculars.
- Camera.

Women's Health Essentials

- Sanitary pads / tampons / menstrual cup
- Biodegradable disposal bags
- Extra underwear
- Pain relief medication (for cramps)

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