Discovery World Trekking



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Ghorepani Poon Hill Trek - 5 Days

5 days. Grade: Easy.

5.0 2295+ reviews on TripAdvisor

US$ 490
per person, for 2 to 5 people

Made on 26 November 2026

https://dev.discoveryworldtrekking.com/trips/ghorepani-poon-hill-trek







Ghorepani Poon Hill Trek is one of the most popular short treks in Nepal that takes you through the lush forests, traditional villages (including Ghorepani) to Poon Hill from where you can enjoy the mind-blowing views of Annapurna ranges, Dhaulagiri, and Nilgiri mountains.

TRIP FACTS

Destination	Nepal
Grade	Easy
Accomodation	Hotel in Pokhara and Hotel/Lodge/ Tea House during the trek
Best season	Feb, Mar, Apri, May, June, Sep, Oct, Nov & Dec.
Activity	Annapurna Treks
Max. altitude	3,210m at Poon Hill
Activity per day	Approx. 4-6 hrs walking
Meals included	Breakfast in Pokhara Hotel and all Meals (Breakfast, Lunch, Dinner) during the trek
Start / end point	Pokhara/ Pokhara

PRICE

US$ 490

per person, for 2 to 5 people

The full price is US$ 600. You save US$ 110 per person.

Group-size discounts

People	Price per person
2 to 5	US$ 490
6 to 13	US$ 450
14 to 25	US$ 400

Group discounts are exclusive to your group size only. We do not merge groups.

Highlights of Poon Hill Hike

- Pokhara - the tourist capital of Nepal
- Panoramic views of mountains from Poon Hill (3210m) View Tower
- Ghorepani village
- Hot springs at Jhinu Danda
- Short trek suitable for all age groups
- Easy trek without fear of altitude sickness or acute mountain sickness
- Pretty villages and farmland at Ghandrung
- A taste of Nepali rural life

Ghorepani Poon Hill Trek Overview

The Ghorepani Poon Hill Trek is the perfect introductory adventure in the Annapurna region, offering a delightful mix of cultural immersion and stunning mountain views without the intensity of a full Base Camp trek. Ideal for families and less experienced trekkers, this short 5-day journey takes you into the heart of Nepal's pristine landscapes while providing plenty of opportunities to interact with the local Gurung, Magar, and Thakali communities.

Your adventure begins with a scenic drive from Pokhara—the vibrant lake city—through Tikhedunga to Ulleri, where you start your gentle trek to Ghorepani. Along the way, you'll be surrounded by lush terraced fields, vibrant rhododendron forests, and meandering river valleys that paint a vivid picture of the lower Annapurna foothills.

The highlight of the trek is the early-morning hike to Poon Hill at 3,210 m. From this panoramic viewpoint, you can witness a breathtaking sunrise that bathes the entire Annapurna range, including views of more than 20 major peaks like Dhaulagiri and Annapurna. After soaking in these unforgettable vistas, the trail leads you to Tadapani, where the diverse forest ecosystems and serene landscapes continue to enchant.

On day three, you descend to Jhinu Danda to relax in natural hot springs—a welcome treat after days of trekking. The journey then winds into the heart of local culture as you trek from Jhinu Danda to Siwa/Ghandruk Phedi, passing through traditional villages adorned with monasteries, mani walls, and fluttering prayer flags. A subsequent drive back to Pokhara gives you time to unwind and perhaps enjoy some lakeside activities before your return to Kathmandu.

Day to Day Short Itinerary

Day 1 Drive From Pokhara via Tikhedunga to Ulleri (1,540m). Trek to Ghorepani (2,860m). Trek time: Approx. 3-4 hrs.

Day 2 Early morning hike to Poon Hill viewpoint (3,210m) , then trek to Tadapani (2,630m). Trek time: Approx. 4 hrs.

Day 3 Trek from Tadapani to Jhinu Danda (1780m) and nearby natural hot springs. Trek time: Approx. 4 hrs.

Day 4 Trek from Jhinu Danda to Siwa/Ghandruk Phedi (1,150m). Trek time: Approx. 3-4 hrs. Drive to Pokhara via Nayapul. Drive time. Approx. 2-3 hrs.

Day 5 Drive from Pokhara to Kathmandu. Drive time: Approx. 6-7 hrs.

Ghorepani Poon Hill Trek Itinerary

DAY 1

Drive From Pokhara via Tikhedunga to Ulleri (1,540m / 5,050ft). Trek to Ghorepani (2,860m / 9,385ft)

Trek Distance 11km / 6miles Highest Altitude 2,860 m/ 9,385 ft Trek Duration 3-4 hrs

Even though the trek normally starts from Pokhara, Discovery World Trekking provides a complementary tourist bus ride from Kathmandu to Pokhara. You will spend the night in Pokhara a day before the trek departure.

After a nourishing breakfast the next morning, you will enjoy a short drive from Pokhara through the beautiful landscape to **Nayapul / Birethanti and then to Ulleri.** From Ulleri, we begin the trek to Ghorepani - the destination for the day.

The trails provide us with astonishing views **of the Annapurnas, Machhapuchhare**, **Dhaulagiri,** and **Hiunchuli.** All the while, you will be ascending gently through the rhododendron forest to reach **Nanghethani (2460m).** We continue forward to Ghorepani. The hillside just below Ghorepani is home to more than eight rhododendron species - Nepal's national flower.

Overnight stay at Hotel Snow Land (room with attached bathroom)
Included standard meals (Breakfast + Lunch + Dinner)

DAY 2

Early morning hike to Poon Hill viewpoint (3,210m / 10,525ft) , then trek to Tadapani (2,630m /8,630ft)

Trek Distance 11.50km / 7.1miles Highest Altitude 3,210m / 10,525ft Trek Duration 4hrs

Today we will be awaking early to ascend to Poon Hill just in time to view the dawn breaking over the Himalayas. From Poon Hill, we can view a brilliant panorama of mountain ranges – **Dhaulagiri I (8167m), Tukuche (6920m), Nilgiri (6940m), Annapurna South, Annapurna I (8091 m), Hiunchuli (6441 m),** and many more.

After enjoying the views, we return to our lodge for a hearty breakfast and follow a pleasant forest trail through rhododendron and oak groves to **Deurali (2960 m)** on a path that connects the **Ghorepani and Annapurna Circuit Trek**. The trail descends through **rhododendron forests** to **Banthanti (2606m).** Then the path goes uphill and enters a cane field to **Bhurung Khola** before climbing again through the steep forests for 20 minutes to finally reach **Tadapani (2710m),** another beautiful village that provides stunning views of Annapurna ranges.

Overnight stay at Hotel Grand View Lodge
Included standard meals (Breakfast + Lunch + Dinner)

DAY 3

Trek from Tadapani (2,630m / 8,630ft) to Jhinu Danda (1780m / 6,393ft) and nearby natural hot springs

Trek Distance 8km / 4.9miles Highest Altitude (2,630m / 8,630ft) Trek Duration 4 hrs

We continue our way down to the **Kimron Khola** and ascend while passing through the serene **rhododendron, bamboo,** and **oak forest** to reach **Chomrong village** before dropping to a small peaceful settlement – **Jhinu danda**. This village has **hot springs nearby** where we can soak our tired muscles.

Overnight stay at Hotel Park Himalaya (room with attached bathroom)
Included standard meals (Breakfast + Lunch + Dinner)

DAY 4

Trek from Jhinu Danda (1780m / 6,393ft) to Siwa/Ghandruk Phedi (1,150m / 3,770ft), drive to Pokhara (820m) via Nayapul (1050m)

Trek Distance 3.9km / 2.4miles Highest Altitude 1780m / 6,393ft Trek Duration 3-4hrs
Drive duration 2-3hrs

We have reached our final day on the **trekking trails**. After leaving **Jhinu Danda hot springs,** we follow the plain dust road along the right of **Modi Khola** that provides the most relaxing walk of the entire trek. Ultimately, we reach **Siwa/Ghandruk Phedi**. We then say goodbye to the trails and make a return drive through **picturesque countryside** to Pokhara.

Overnight stay at Silver Oaks Inn (room with attached bathroom)
Included standard meals (Breakfast + Lunch)

DAY 5

Drive from Pokhara (820m / 2,690ft) to Kathmandu (1,350m / 4,450ft)

Drive duration (205km /127miles) 6-7 hrs

Early morning we depart from **Pokhara to Kathmandu**. The 200 km route follows the **Marsyangdi River first** and then the **Trishuli River while** offering a good view of the natural scenery and farmland. The bus will make one last climb, and you will enter Kathmandu Valley.

Later in the day, Discovery World Trekking will host a farewell dinner in Kathmandu.

Included standard meal (Breakfast)

What is included in this trek package?

Transportation

- Private transportation to and from Kathmandu Airport and your hotel
- Transportation from Kathmandu to Pokhara and vice-versa by tourist bus
- Private transport from Pokhara bus station to hotel in Lakeside, Pokhara
- Private transportation service from Pokhara to Ulleri (trek start)and Ghandruk Phedi (trek end) to Pokhara

Accommodations

- Two nights accommodation with breakfast (room with attached bathroom) at Silver Oaks Inn in Pokhara
- Accommodation total three in the trekking regions. Two nights room with attached bathroom Ghorepani, and Jhinu Danda. One night standard room at Tadapani (Generally Twin Sharing Room)

Food

- Standard full-board meals (5 breakfasts, 4 lunches, and 3 dinners) with one main course per meal during the trek
- Water purification tablets for safe drinking water
- Seasonal fresh fruits every day

Guide and Porter

- Government-licensed, and qualified trek leader (guide), assistant trekking guide for groups with 12 or more trekkers, porters for trekkers luggage (1 porter for every 2 trekkers. Luggage limit is 9 kg per trekker)
- Guides and porters costs - meals, insurance, salary, lodging, transportation, and other necessary equipment

Trek permits and expenses

- Annapurna Conservation Area Permit (ACAP) fee
- Trekkers Information Management System (TIMS) card fee
- All government and local taxes

Medical Assistance

- Rescue operation arrangements in case of complicated health conditions (funded by travel insurance)
- Medical kits, including an oximeter to monitor blood oxygen saturation levels in high altitudes

Souvenir

- Souvenir - company's T-shirt & cap

Farewell

- Discovery World Trekking trek achievement certificate after the successful trek
- Farewell dinner in Kathmandu at the end of the trek

Benefits

- Sleeping bags and down jackets, duffle bag (one for every two trekkers) if you do not have your own
- Free excess luggage storage at the Discovery World Trekking store for the duration of the trek

What is excluded in this trek package?

Accommodations

- Accommodation at Kathmandu
- Extra night accommodation in Kathmandu and Pokhara due to early arrival, or late departure or early return from the trek.

Food

- All meals at Kathmandu
- Lunch and dinner in Pokhara
- Extra night meals in Kathmandu and Pokhara due to early arrival, or late departure or early return from the trek.

Guide and Porter

- Tips for guide and porters

Visa

- On-arrival visa fees at Tribhuwan Internationa Airport- (15 days - $25-30, 30 days- $40-50 and 90 days- $100-110)

Travel Insurance

- Travel insurance that covers emergency high-altitude rescue and evacuation (compulsory)

Personal Expenses

- Personal expenses such as shopping, snacks, alcoholic drinks, hot (tea/coffee) drinks, cold drinks, bottle or boiled water, shower, Wi-Fi, laundry, telephone call, battery re-charge fee, extra porters, etc
- Personal clothing and gear

Other Expenses

- Excess baggage charges (limit is 9kg per trekker)
- Additional costs due to delays caused by circumstances beyond company control like landslides, bad weather conditions, itinerary modification for safety concerns, illness, change of government policy, political instability, etc
- All the costs and expenses not listed in "What is included in Poon Hill Tour Package?" will be counted as excludes

Planning Your Trek Schedule

Our trips have flexible departure dates. You can select a travel date that fits your schedule and easily confirm your booking through our website at any time.

Ghorepani Poon Hill Packing List

The exact clothing and gear you require for the Poon Hill trek **depends on the season** you are trekking, but here is a list of things you need to consider taking with you. We also request you to bring only the essentials with you.

Upper Body

- Moisture-wicking short or long-sleeved t-shirts
- Thermal base layers (light for warm months/heavy for cold)
- Fleece and puffy/insulated jacket
- Down jacket for colder elevations
- Waterproof and windproof outer jacket
- Lightweight long-sleeve breathable trekking shirt
- Synthetic bra for women
- Waterproof nylon raincoat or poncho

Handwear

- Warm insulated gloves or mittens
- Lightweight liner gloves
- Waterproof outer gloves for snow or wet conditions

Lower Body

- Quick-drying trekking pants and underwears
- Convertible or full-length trousers
- Quick Drying Underwear
- Thermal leggings or base layers
- Warm trekking trousers (insulated pants) for colder sections
- Lightweight cotton pants for evenings/ inside teahouses

Footwear

- Broken-in trekking boots with ankle support and good grip
- Warm wool or synthetic trekking socks
- Lightweight camp shoes or sandals for river crossings
- Gaiters for protection against mud, water, and debris
- Microspikes/crampons (seasonal) for better grip while crossing snowy and icy high passes

Backpack/Support/Sleeping Gear

- Duffle bag/Rucksack (50-60 liters, shared between two trekkers)
- Day backpack (20–30 liters) with rain cover
- Adjustable and lightweight trekking poles (preferably collapsible)
- Reusable water bottles or hydration bladder (minimum 2 liters)
- Water purification tablets, a filter, or a UV purifier
- Sleeping bag (rated -5°C to -10°C)
- Earplugs

Toiletries

- Toothbrush and toothpaste
- Medium-sized quick-dry towel
- Biodegradable soap or shampoo
- Toilet paper (in a Ziplock bag)
- Nail Clipper
- Body wipes/wet tissues
- Feminine hygiene products
- Hand sanitizer

Electronics and Documents

- Camera/Smartphone
- Power bank and charging cable
- Two-pin charging adapter
- Passport photocopies and passport-sized photos in waterproof bags

Medications

- Personal kits and medications (inhalers, allergy medicine, etc.) are highly recommended
- Blister care kit (Compeed/moleskin)
- Cough drops or throat lozenges (very useful in dry air)
- Basic first aid supplies (band-aids, antiseptic wipes, pain relievers, Diamox)

Optional Items

- Snacks and energy bars
- Notebook or pen for journaling your experience
- Book or e-book
- Binoculars
- Small multi-tool
- Pee-bottle/pee-funnel for women
- Comb

**We can provide you with a (used, nonwaterproof) duffle bag, (used) down jacket, and (used) sleeping bag if you do not have your own.

Poon Hill Trek Map



Keeping Poon Hill Region Clean

We are committed to environmental sustainability by protecting our fragile ecosystem. Tourism, without a doubt, has brought many positive impacts in terms of wealth generation, employment opportunities, infrastructure, healthcare, and education, but it has come with a cost - environmental degradation.

Discovery World Trekking tries its best to **conduct eco-tourism** by leaving only our footprints in the trekking regions. We partner with Kathmandu Environmental Education Project (KEEP) to conduct eco-friendly tours that are beneficial to travelers and local communities.

Discovery World Trekking Hiking Team

Throughout the Poon Hill Trek, our experienced Sherpa/guide will accompany you. All our guides **have years of experience**, in addition to having a Nepal government guide license. Your crew will also include porters to carry your luggage. If your group size is 12 or more, we will also assign an assistant guide. Our crew members were born and raised in the high Himalayas, so they have tremendous endurance.

All our staff members are precious to us. In addition to good pay, we take care of their insurance, clothing, food, and lodging throughout the expedition. All our guides and porters receive medical care when ill or injured.

We always make sure that our team members are happy as we believe that only happy people can make others happy. Our trek team has:

- Intensive Wilderness First Aid Training
- Government-authorized Trekking Guide Training certificate
- Fluency in speaking English and other major languages
- Conservation and Biodiversity Training
- Rock Climbing experience

Tipping in Nepal

Nepali culture accepts tipping and views it as proof of good service. However, tipping is at the traveler's discretion and should reflect the quality of service provided. Discovery World Trekking advises you to **tip at the end of the trek and do so as a group.**

100% Secure Payment | Visa | MasterCard | American Express

Discovery world trekking **is a government-authorized and bonded trek and tour operator in Nepal with over a decade of operation.**

We are members of the **Trekking Agency Association of Nepal (TAAN)** and **the Nepal Mountaineering Association (NMA).** Therefore, you can confidently book your trek/tour with us.

Discovery World Trekking requires a 10% advance during the booking. Please email us the necessary documents- including passport copy, passport size photos, travel insurance policy, arrival, and departure flight details within a week of booking.

You can pay a ten percent advance by bank transfer, western union, and online payment directly from our website. You can pay the remaining trip cost in cash or by bank transfer or credit card when you arrive in Nepal. We will also email you the payment details.

Last-minute booking Poon Hill Trek

For those unable to book a trip in advance, Discovery World Trekking allows a last-minute booking. To take advantage of this facility, you need to **pay 100% of the trip cost 24 hours before the trip departure date.**

We do our best to operate a trek at any time, but in case of last-minute booking, we can not be responsible for delays due to circumstances beyond our control, such as bad weather or the unavailability of lodging. Contact us at **977- 9840055491 (Paul)** or email us at **info@discoveryworldtrekking.com** for more information.

Trip Extensions after Poon Hill Trek

After completion of the Poon Hill Trek, if you have extra days, we can arrange **sightseeing tours** in and around Kathmandu. You can also choose to go on **Chitwan Jungle Safari, paragliding, rafting, canyoning, or even other treks.**

Feedback

After you complete Poon Hill Trekking, **Discovery World Trekking will organize a farewell dinner in Kathmandu.** After dinner, we will provide you trek achievement certificate (hard copy). This is also a perfect time for you to give us feedback regarding our service.

USEFUL INFO

The itinerary listed above is a general guideline. **It might be necessary to modify** it due to external factors beyond our control - including but not limited to the following: unstable weather, unavailability of lodging and campsites, unforeseen governmental regulations, trial, and ecological conditions.

Although it is improbable that changes will occur that would significantly alter the original itinerary, you cannot hold us accountable for delays or changes that are beyond our control.

In the event of an itinerary adjustment or the need to redirect to other trails and areas, the lead guide will ultimately make the final decision after consulting with the trek members.

We look forward to guiding you to the famous Poon Hill viewpoint through some of the most dazzling landscapes on the planet!

Trip Notes

Arrival, Welcome, and Trek Start

Our representative will welcome you at the Tribhuvan International Airport. They will be holding a sign with your name on it, offer you a traditional Marigold garland, and take you to your hotel in a private vehicle. You must arrive in Kathmandu at least a day before your departure date to prepare for the trek. The following day, we'll take you on a scenic tourist bus ride to Pokhara, the starting point for your trek. You can opt for a private vehicle or flight for an additional cost.

Accommodations

During the trek, you will stay in comfortable lodges along the route. The package covers three nights in twin-sharing rooms in Ghorepani, Tadapani, and Jhinu Danda. At Ghorepani and Jhinu Danda, we will provide rooms with attached bathrooms.

You will stay in a standard room in Jhinu Danda. You will spend two nights in a hotel in Pokhara. The room comes with an attached bathroom, TV, 24-hour hot water, power, and laundry facility.

>Most lodges provide electricity for charging devices, Wi-Fi for internet access, and hot showers. However, these amenities come with an additional charge.

Please note that accommodation in Kathmandu before and after the trek is not included but can be arranged.

Meals

Meals during the trek include five breakfasts, four lunches, and three dinners. All meals are on a full-board main course basis. The menu consists of hearty, nutritious options like oatmeal, eggs, Tibetan bread, soups, momos, pasta, and vegetables.

Please note that our package does not include beverages (Hot (tea/coffee), cold, and alcoholic drinks). Meals in Pokhara are not included in the package.

We suggest you take fresh vegetables and liquids like ginger, green, or garlic tea, and avoid non-veg items and alcohol.

Luggage

A porter will carry your luggage, with a limit of 9 kg per trekker. This includes all your essentials for the trek. You may leave non-essential items at the trekking company's store in Kathmandu at no additional cost. Two trekkers will share a porter. Hence, we recommend you partner with a fellow trekker and pack your things together in a duffle bag of over sixty liters.

Facilities and Essentials

- **Water**

You can purchase bottled water but a better option is to carry a water bottle and buy boiled or filtered water at lodges. We recommend using water purification pills and caution against drinking water from local rivers, wells, or taps due to potential contamination.

- **Communication**

While mobile phone coverage is limited in high-altitude areas, you can buy a local SIM card in Kathmandu. Daily updates between the trek leader and Discovery World Trekking ensure smooth communication throughout your journey. Our office is always ready to handle any emergencies.

Travel Essentials

- **Visa**

Foreign nationals, except those from India, require a visa to enter Nepal. You can obtain an on-arrival visa at the airport or border offices. Ensure your passport is valid for at least six months, and bring a passport-sized photo and the appropriate visa fee (US$50 for 30 days).

- **Travel Insurance**

Travel insurance is mandatory for the trek, covering medical costs and emergency helicopter rescue. You must provide a copy of your policy certificate upon booking. Please call the insurance company and ensure your policy covers helicopter evacuation up to the highest trek altitude.

- **Currency Exchange**

Nepali Rupee (NPR) is the local currency. You can exchange major foreign currencies (USD, GBP, EURO) in banks or legal currency exchanges in Kathmandu or Pokhara, with current rates around 1 USD = 133 NPR. ATMs allow you to withdraw NPR using international cards, though they charge a small fee. Please bring only new crisp notes as banks may not allow old and torn notes.

- **Extra Expenses**

This package covers major costs. However, you will need money for other expenses, such as extra meal courses, travel insurance policy purchase, beverages (hot(tea/coffee), cold and alcoholic drinks), snacks, and tips. You will need around USD 15 per trek day. Since trek regions do not have currency exchanges, exchange your currency in Kathmandu.

Trek Season and Weather Conditions

The best trek seasons are spring and autumn.

- **Spring (March-May):** Ideal trekking conditions with clear skies, blooming rhododendrons, and mild temperatures (5°C to 15°C at higher elevations).
- **Autumn (September-November):** Clear skies, golden foliage, and comfortable temperatures (5°C to 20°C). Festive vibes from major Nepali festivals (Dashain, Tihar) make this season appealing.
- **Winter (December-February):** Cold with temperatures dropping to -5°C at high altitudes, but offers clear skies and stunning snow-covered views.
- **Summer/Monsoon (June-August):** Lush vegetation and warm temperatures (15°C to 25°C), but trails can be slippery due to rain. Adventurous trekkers may find the challenges rewarding.

For more information, check the detailed guide to the Annapurna Region.

Typical Day

Each day, after breakfast, you'll begin the trek around 7-8 am, with breaks for lunch and one hour of rest. The afternoon treks are typically shorter walks, and you'll arrive at your destination in time for exploration and a social evening. After dinner, your trek leader will brief you on the next day's itinerary. Then, you can spend the day as you like playing cards, socializing, or learning Nepali words.

Trip Conclusion

- **Farewell Dinner**

We will host a farewell dinner in Kathmandu after the trek. This is also an opportunity to provide feedback on your experience. Later, we will also provide you trek achievement certificate.

- **Departure**

During the departure date, we will transfer you to the Kathmandu Airport in a private vehicle. Please provide us with your hotel name, room number, and departure date.

Trek Bookings

- **Private Treks**

We conduct private treks only and do not add anyone to your group. The bigger your group is, the more discounts you will get. We add one assistant guide for a group of 12 or more.

- **Safe Trek Bookings**

Discovery World Trekking is a government-authorized trek and tour operator in service for over 12 years. A 10% advance is required to secure your spot, with the remaining balance payable upon arrival in Kathmandu. You can pay through bank transfer, credit card, Wise, or Western Union. When you arrive in Kathmandu, you can also pay in cash.

- **Last-Minute Bookings**

Last-minute bookings are possible by readying required documents such as insurance, and paying the full trip cost 24 hours before the trek begins. However, delays may occur due to unforeseen circumstances, such as bad weather. Call Paul at 977-9840055491 or email info@discoveryworldtrekking.com for last-minute bookings.

- **Flexible Schedule**

Though all our trek packages have fixed departure dates if your intended date does not suit you, let us know, and we will arrange your trek at your convenience.

- **Trip Extension**

After the trek, if you have extra time, we can arrange other activities, like sightseeing, jungle safaris, or another trek, based on your interests.

DWT Family

Our guides and porters are experienced, government-licensed, and dedicated to making your trek enjoyable. They are trained in wilderness first aid and experienced in rock climbing. We prioritize their welfare, ensuring they are well-paid and supported during the trek. This ensures good service to our valuable clients.

Ecotourism Practices

We aim to minimize our environmental impact by following sustainable tourism practices and working with local communities to preserve Nepal's natural beauty. Hence, we partner with the Kathmandu Environmental Education Project (KEEP).

Tipping Culture

Tipping is customary in Nepal and should reflect the quality of service received. We advise you to tip at the end of the trek as a group. The tip amount should reflect trek cost, length, and service quality.

FAQs For Ghorepani Poon Hill Trek

GENERAL INFORMATION

Where is the Ghorepani Poon Hill Trek located?

The Ghorepani Poon Hill Trek is located in the Annapurna region of Nepal, starting from Pokhara.

How long does the Ghorepani Poon Hill Trek take?

This trek typically takes 5 days.

What are the main highlights of this trek?

The main highlights include stunning views of the Annapurna and Dhaulagiri ranges, sunrise from Poon Hill, and the unique cultural experience of trekking through Gurung and Magar villages.

Is this trek suitable for all levels of trekkers?

Yes. The trek is suitable for all trekkers, including beginners, due to its moderate difficulty and well-established trails.

What makes this treks unique compared to other treks in Nepal?

Its accessibility, short duration, breathtaking panoramic views, and opportunities to explore local culture make it unique compared to other treks in Nepal.

Is a private Ghorepani Poon Hill Trek available?

Yes, we conduct private Ghorepani Poon Hill Treks.

PREPARATION & FITNESS

How fit do I need to be for the Ghorepani Poon Hill Trek?

You need a moderate level of fitness. Regular walking, jogging, or light hiking preparation is recommended.

Can beginners with limited trekking experience undertake this trek?

Yes, the trek is beginner-friendly due to its shorter duration and moderate altitude.

What kind of physical preparation is recommended for the Ghorepani Poon Hill Trek?

Light cardio, strength training, and practice hikes with a loaded backpack will help you prepare well.

PERMITS

What permits are required for the Ghorepani Poon Hill Trek?

You need the Annapurna Conservation Area Permit (ACAP) and a TIMS (Trekkers' Information Management System) card.

Are the necessary permits included in the trekking package?

Yes, all necessary permits are a part of the trek package.

Where can I obtain the permits for the Ghorepani Poon Hill Trek?

You can obtain permits through authorized offices in Kathmandu and Pokhara. However, we will get these permits on your behalf.

INSURANCE & VISA

Is travel insurance necessary for the Ghorepani Poon Hill Trek?

Yes, travel insurance is mandatory.

What should my insurance cover for this trek?

The insurance must cover medical expenses and emergency helicopter rescue up to the trek's highest altitude.

Do I need a visa to visit Nepal, and how can I obtain one?

Yes, a visa is required for most nationalities (except Indian citizens). You can obtain an on-arrival visa at the airport or border offices with a passport with at least six months validity, a passport-sized photo, and a visa fee. The current visa fee for a 30-day stay is USD 50.

GUIDES & PORTERS

Is a guide included in the Ghorepani Poon Hill Trek package?

Yes, our package includes a guide.

What roles do guides and support staff play during the trek?

Guides provide navigation, cultural insights, and assistance, while porters help carry luggage.

Can I trek to Ghorepani and Poon Hill independently without a guide?

No. Nepal government now requires a foreigner to have a guide while trekking to Ghorepani and surrounding areas.

ACCOMMODATION

What type of accommodation is available during the Ghorepani Poon Hill Trek?

You will stay in lodges/teahouses along the route and two nights at a modern hotel in Pokhara.

Are teahouses or lodges equipped with modern facilities like electricity and hot showers?

Yes, most lodges provide electricity, Wi-Fi, and hot showers, but these come at an additional charge.

Will I have access to Wi-Fi or charging points during the trek?

Yes, Wi-Fi and charging points are available at most lodges for an extra fee.

FOOD & DRINKS

What kind of meals are provided during the Ghorepani Poon Hill Trek?

l Nepali foods like Dal Bhat Tarkari (rice, lentils, and veggies) and momos (dumplings).

Are there vegetarian or vegan food options available?

Yes, vegetarian and vegan options are available. Please let our guides know your dietary preferences beforehand.

Is safe drinking water available, or should I bring purification tablets?

You can buy bottled, boiled, or filtered water at lodges/tea houses. However, be sure to bring purification tablets for extra safety.

WEATHER

What is the best time of year to trek to Ghorepani and Poon Hill?

The best seasons are spring (March-May) and autumn (September-November). However, you can undertake this trek in all seasons.

How does the weather affect the trekking experience at Ghorepani and Poon Hill?

Clear skies and moderate temperatures in spring and autumn enhance the experience, while winter is cold but offers snow views, and monsoon has slippery trails but spectacular waterfalls.

Is it advisable to trek during the monsoon or winter seasons?

Trekking during the monsoon is challenging due to rain, while winter comes with lower temperatures, but possible.

HEALTH & SAFETY

What health risks should I be aware of during the Ghorepani Poon Hill Trek?

Altitude sickness, dehydration, and physical strain are common concerns.

Is altitude sickness a concern, and how can it be managed?

Though the trek doesn't reach too high, acclimatization and staying hydrated help prevent altitude sickness.

What emergency procedures are in place during the trek?

We will arrange emergency evacuations, including helicopter rescue (funded by your insurance) if required.

PACKING & GEAR

What essential items should I pack for the Ghorepani Poon Hill Trek?

Essentials include trekking boots, a warm jacket, layers, gloves, a water bottle, and a hat. Please see our equipment section.

Is a sleeping bag necessary for this trek?

Lodges provide bedding, but for extra warmth, you can bring a sleeping bag.

Are trekking poles or other gear recommended for the Ghorepani Poon Hill Trek?

You can bring trekking poles for support on steep sections.

BOOKING & PAYMENTS

How far in advance should I book the Ghorepani Poon Hill Trek?

It's best to book as early as possible. However, we also provide last-minute bookings with all necessary documents. Be sure to contact us 24 hours before your intended departure date.

What is the payment process for booking the trek?

A 10% advance is required, with the remaining balance payable upon arrival in Kathmandu.

Are there any cancellation or refund policies for the trek?

Cancellation and refund policies depend on the terms provided by the trekking company.

TRANSPORTATION

How do I get to the starting point of the Ghorepani Poon Hill Trek?

We include a scenic tourist bus ride from Kathmandu to Pokhara. You can hire private transport or fly to Pokhara at an additional cost.

Are domestic flights required to reach the trek's starting point?

Flights from Kathmandu to Pokhara are optional and available at an additional cost.

What transportation options are available after completing the trek?

The trek ends in Siwa or Ghandruk Phedi, then, we will drive you to Pokhara. From Pokhara, you will take a bus to Kathmandu. However, you can hire a private car or even fly at an additional cost.

Discovery World Trekking

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