

# Poon Hill & Ghandruk Trek

10 Days Easy to Moderate Trek



The Poon Hill & Ghandruk Trek is one of the most popular short treks in the Annapurna region. It is perfect for beginner trekkers and young families. Over the course of just a few days, you'll experience stunning Himalayan panoramas, charming Gurung villages, rhododendron forests, and vibrant sunrises over the Annapurna and Dhaulagiri ranges from the famous Poon Hill viewpoint (3,210m).

The route takes you through villages like Ghandruk, Tadapani, and Ghorepani, offering a gentle cultural immersion along with natural beauty. With wellmaintained trails and comfortable teahouses, this trek is accessible yet deeply rewarding.

## About the Annapurna Region

Located in central Nepal, the Annapurna region offers one of the most strikingly diverse landscapes in the Himalayas – from lush lowland rice terraces to some of the world's highest peaks, including the Annapurna massif, Machhapuchhre (Fishtail), Dhaulagiri, and Nilgiri. It is home to the Annapurna Conservation Area Project (ACAP), Nepal's largest protected area and a haven for biodiversity.

The region's rich cultural fabric is woven from a mosaic of communities, each with distinct traditions, languages, and ways of life. Its blend of rugged terrain, spiritual heritage, and ecological diversity makes it one of the world's most celebrated trekking destinations.

## TRIP OVERVIEW

**Duration:** 10 Days (Kathmandu to Kathmandu)

**Trek Difficulty:** Easy to Moderate

**Max Elevation:** Poon Hill (3,210m)

**Best Season:** Spring (March–May) and Autumn (September–November)

## TRIP HIGHLIGHTS

- Sunrise from Poon Hill, one of Nepal's most iconic viewpoints.
- Breathtaking views of Annapurna I, Machhapuchhre (Fishtail), Hiunchuli, and Dhaulagiri.
- Experience Gurung culture in Ghandruk, a traditional hillside village.
- Rhododendron forests in bloom (spring), waterfalls, and terraced hillsides.
- Comfortable teahouses, short walking days, and ideal for families or first timers.

## OUTLINE ITINERARY

**Day 1–2:** Arrive in Kathmandu and fly to Pokhara.

**Day 3–5:** Drive to Nayapul, trek through Ulleri and Ghorepani; sunrise at Poon Hill.

**Day 6–7:** Trek to Tadapani and Ghandruk; drive back to Pokhara.

**Day 8–10:** Free Day in Pokhara, fly to Kathmandu, and return/onward journey.



## WHAT TO EXPECT

**Physical Challenge:** Gentle ascents and descents, no extreme altitude.

**Accommodation:** Family-run teahouses with basic comforts.

**Food:** Local meals like dal bhat, momos, chapatis, noodles.

**Weather:** Mild to cool, colder at Ghorepani in mornings and evenings.

## Detailed Itinerary

### DAY 1: ARRIVAL IN KATHMANDU

**Activities:** Arrive at Tribhuvan International Airport, transfer to hotel

**Accommodation:** Overnight in Hotel

### DAY 2: FLY TO POKHARA – 25 MIN FLIGHT

**Activities:** Morning flight to Pokhara, relax and explore the picturesque lakeside.

**Accommodation:** Overnight in Hotel

### DAY 3: DRIVE TO NAYAPUL & TREK TO ULLERI – 5/6 HRS

**Activities:** 2-hour drive to Nayapul; trek through Birethanti and Tikhedhunga to reach Ulleri via stone staircases.

**Accommodation:** Teahouse in Ulleri

### DAY 4: ULLERI TO GHOREPANI (2,860M) – 4/5 HRS

**Activities:** Trek through lush forests of oak and rhododendron; gradual ascent to Ghorepani village.

**Accommodation:** Teahouse in Ghorepani

## **DAY 5: SUNRISE HIKE TO POON HILL; TREK TO TADAPANI – 6/7 HRS**

**Activities:** Early morning hike to Poon Hill for panoramic sunrise; return to Ghorepani, then trek to Tadapani through forest trails.

**Accommodation:** Teahouse in Tadapani

## **DAY 6: TADAPANI TO GHANDRUK – 3/4 HRS**

**Activities:** Gentle descent through forest trail to reach the traditional Gurung village of Ghandruk. Ghandruk, a traditional Gurung village, has been described as one of the world's most beautiful villages with cobblestone pathways, scenic mountain vistas, and cultural history.

**Accommodation:** Teahouse in Ghandruk

## **DAY 7: GHANDRUK TO NAYAPUL – 4 HRS TREK & DRIVE TO POKHARA – 2 HRS**

**Activities:** Easy downhill trek to Kimche or Syauli Bazaar, drive back to Pokhara.

**Accommodation:** Overnight in Hotel

## **DAY 8: POKHARA – FREE DAY**

**Activities:** Free day to explore Pokhara, and to indulge in several activities such as boating, or simply sit by the lake with a book.

**Accommodation:** Overnight in Hotel

## **DAY 9: FLY TO KATHMANDU**

**Activities:** 25-minute flight back to Kathmandu, rest or optional sightseeing.

**Accommodation:** Overnight in Hotel

## **DAY 10: DEPARTURE**

**Activities:** Transfer to Tribhuvan International Airport



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