

Rhododendron Forest Trek in Nepal - Ghorepani Poon Hill Experience



Ghorepani poon hill trek

The Ghorepani Poon Hill Trek, often called the “*Taste of Annapurna*”, is one of Nepal’s most rewarding short treks. In just a few days, it offers breathtaking Himalayan landscapes, charming villages, and cultural encounters that capture the essence of trekking in Nepal.

The highlight is the famous **Poon Hill sunrise at 3,210m**, where the sky lights up with golden views of Annapurna, Dhaulagiri, and Machhapuchhre (Fishtail). This moment alone is worth the journey, but the trek also brings you through **lush rhododendron forests, terraced farmlands, and stone-paved trails** that showcase Nepal’s natural beauty.

Equally enriching are the cultural experiences. The **Gurung and Magar communities** welcome trekkers with warm hospitality, traditional food, and stories that have been passed down for generations. Sampling authentic local cuisine such as *dal bhat*, millet bread, and yak cheese adds a delicious dimension to the adventure.

Why it matters: The Ghorepani Poon Hill Trek is important because it makes the magic of the Himalayas accessible to almost everyone. It provides **world-class mountain panoramas without extreme altitude challenges**, supports local communities through sustainable tourism, and creates unforgettable cultural connections.

In just a few days, this trek offers the perfect blend of nature, culture, and Himalayan wonder — making it one of Nepal’s most loved trekking experiences.

Ghorepani Poon Hill Trek 2025/2026 - Detailed Itinerary

Day 1: Arrival in Kathmandu

Upon arrival at Tribhuvan International Airport, you will be greeted by our representative and transferred to your hotel. After check-in, you can relax and recover from your journey or take a short walk to explore the lively streets of Thamel. In the evening, we will host a welcome briefing about your trek.

Day 2: Kathmandu Sightseeing Tour

A full day of cultural immersion in the Kathmandu Valley. You will visit UNESCO World Heritage sites such as Swayambhunath (Monkey Temple), Boudhanath Stupa, and Pashupatinath Temple. Explore Kathmandu Durbar Square and enjoy the colorful mix of history, spirituality, and vibrant local life before preparing for your trek.

Day 3: Drive to Pokhara (827m)

A scenic 6–7 hour drive (or optional flight) to the lake city of Pokhara, the gateway to the Annapurna region. Along the way, enjoy views of terraced fields, villages, and the winding Trishuli River. In Pokhara, you'll have time to relax by Phewa Lake and soak in the beautiful Himalayan backdrop.

Day 4: Drive to Nayapul and Trek to Tikhedhunga (1,500m)

After a short drive to Nayapul, your trek begins! The trail follows the Bhurungdi Khola River, passing through small settlements and terraced rice fields. You'll arrive in Tikhedhunga, a peaceful village surrounded by green hills. Overnight in a local teahouse.

Day 5: Trek to Ghorepani (2,875m)

Today's trail climbs steadily through oak and rhododendron forests — a highlight of the trek, especially in spring when the rhododendrons bloom. Passing charming villages and stone steps, you'll reach Ghorepani, a traditional Magar village nestled beneath the Himalayas.

Day 6: Sunrise at Poon Hill & Trek to Tadapani (2,630m)

An early morning hike to **Poon Hill (3,210m)** rewards you with one of the most breathtaking views in Nepal — sunrise over Dhaulagiri, Annapurna, and Machhapuchhre. After enjoying the panorama, trek back to Ghorepani for breakfast, then continue through forests rich with birdlife to Tadapani.

Day 7: Trek to Ghandruk (1,940m)

A gentle descent leads you into Ghandruk, one of the most famous Gurung villages in Nepal. With its slate-roofed houses, cultural museum, and traditional lifestyle, Ghandruk is both beautiful and culturally rich. From here, the Annapurna South and Hiunchuli peaks dominate the skyline.

Day 8: Trek to Nayapul and Drive to Pokhara

A final descent through terraced fields and forests brings you back to Nayapul, where a vehicle will be waiting to transfer you to Pokhara. Spend the evening relaxing by the lake or exploring the vibrant streets of Lakeside.

Day 9: Drive to Kathmandu

Return to Kathmandu by scenic drive (or optional flight). The afternoon is free for souvenir shopping, exploring hidden courtyards, or simply relaxing at a café. In the evening, we gather for a farewell dinner together.

Day 10: Final Departure

Your Nepal adventure comes to an end. We will transfer you to the airport for your onward journey, filled with unforgettable memories of the Annapurna Himalayas.

Trip Cost Includes:

- Pick up & drop off on arrival and departure
- 3 nights 3-star hotel twin-sharing accommodation in Kathmandu
- 2 nights 3-star hotel twin-sharing accommodation in Pokhara
- Breakfasts in Kathmandu and Pokhara
- Basic lodge accommodation during the trek
- A professional trekking guide
- Required number of porters (1 porter for every 2 people)
- Trekking entry permit and TIMS (Trekking Information Management System)
- Breakfast, lunch, and dinner during the trek
- All overland transportation required during the trek
- Insurance for guide (including emergency rescue)
- Necessary equipment for guide & porter
- First aid kits
- Duffle bag

Trip Cost Excludes:

- International flight fare, travel insurance, and Nepal visa cost
- Lunch and dinner in Kathmandu and Pokhara
- Alcohol and any drinks on the trip
- Tips for guides and porters
- All expenses of a personal nature
- Private transport (Kathmandu-Pokhara-Kathmandu) if required
- Any other costs arising from unforeseen circumstances



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