

Ghorepani Poon Hill Trek: Sunrise Over Annapurna, Nepal

Prepared by TourGrids



Destination
Nepal



Duration
6 Nights 7 Days



Starting from
Rs. 42,000 / person

ITINERARY ROUTE

↗ Kathmandu · 1N

↗ Pokhara · 2N

↗ Tikhedhunga · 1N

↗ Ghorepani · 1N

↗ Ghandruk · 1N

Overview

A classic 6 nights / 7 days Nepal tour package designed for travellers who want a short but immersive Himalayan experience. This Nepal Adventure tour package combines cultural highlights in Kathmandu and Pokhara with the iconic sunrise at Poon Hill (3,210 m) and panoramic views of the Annapurna and Dhaulagiri ranges. Ideal for first-time trekkers and those seeking a compact Nepal Adventure package. Comfortable tea-house trekking, experienced guides, and scenic drives make this itinerary accessible yet rewarding.

Highlights:

- Sunrise at Poon Hill with sweeping views of Annapurna I and Dhaulagiri
- Traditional Gurung village of Ghandruk and cultural encounters
- Scenic drive/flight between Kathmandu and Pokhara
- Rhododendron forests, terraced hills, and charming tea-house stays
- Well-paced trek suitable for moderate fitness levels

This 6 and 7 Nepal Adventure tour package combines convenience with authenticity – perfect for short Himalayan escapes.

✓ **What's Included**

- ✓ Airport arrival and departure transfers in Kathmandu
- ✓ 1 night hotel in Kathmandu (BB basis)
- ✓ 2 nights hotel in Pokhara (BB basis)
- ✓ 4 nights tea-house accommodation during trek (shared twin/double)
- ✓ All meals (breakfast/lunch/dinner) during trek
- ✓ Experienced English-speaking trekking guide and porters (1 porter per 2 clients)
- ✓ Ground transportation: Kathmandu–Pokhara and Nayapul transfers (as per itinerary)
- ✓ TIMS Card and Annapurna Conservation Area Permit (ACAP)
- ✓ Basic first-aid kit and emergency support
- ✓ Local taxes and service charges
- ✓ Note: This package is marketed as a Nepal Adventure tour package and includes key trekking essentials.

✗ **Not Included**

- ✗ International flights to/from Nepal
- ✗ Travel insurance (mandatory – must cover helicopter rescue and medical evacuation)
- ✗ Meals in Kathmandu and Pokhara unless specified
- ✗ Personal expenses (hot showers, battery charging, Wi-Fi, drinks, etc.)
- ✗ Tips/gratuities for guide and porters (recommended)
- ✗ Optional domestic flights (Kathmandu–Pokhara) if you choose flight instead of road transfer – flight supplement applies
- ✗ Any items of a personal nature and optional activities
- ✗ Important: Single travelers requesting single-room accommodations in cities will incur a single-room supplement.

Day-by-Day Itinerary

Day

1

Arrival in Kathmandu — Welcome to Nepal

Arrive at Tribhuvan International Airport (KTM) in Kathmandu. Meet and greet by our representative and transfer to your hotel in Thamel. Brief trek briefing and equipment check with your guide. Spend the evening exploring the bustling streets of Thamel, shops, and local restaurants. Overnight in Kathmandu.

Day

2

Kathmandu to Pokhara — Scenic Drive or Mountain Flight

After breakfast, transfer to the bus station for a scenic drive to Pokhara (6–7 hours) or opt for a short mountain flight (25–30 minutes) — flight subject to weather and availability. On arrival, check into the hotel in Lakeside (Phewa Lake). Afternoon free to relax by Phewa Lake, visit Davis Falls, and enjoy sunset at the lakeside. Evening trek briefing and last-minute gear preparation. Overnight in Pokhara.

Day

3

Drive to Nayapul — Trek to Tikhedhunga

Early morning drive from Pokhara to Nayapul (approx. 1.5–2 hours). Register at the TIMS & ACAP check-post. Begin the trek along the Modi Khola, passing charming villages and suspension bridges. Trek to Tikhedhunga via Birethanti — gradual ascent with scenic river views. Evening free to relax at the tea-house and mingle with local porters and trekkers. Overnight in Tikhedhunga.

Day

4

Tikhedhunga to Ghorepani — Through Ulleri and Rhododendron Forests

Today's trek is a steady climb; ascend the famous stone steps of Ulleri and continue through lush rhododendron and oak forests. Pause for panoramic mountain glimpses as you gain altitude. Arrive at Ghorepani, a scenic ridge village and gateway to Poon Hill. Evening view of the Annapurna range from the village and rest at the tea-house. Overnight in Ghorepani.

Day

5

Poon Hill Sunrise and Trek to Ghandruk

Pre-dawn hike to Poon Hill (3,210 m) for a spectacular sunrise over Annapurna and Dhaulagiri — one of the best short-trek viewpoints in Nepal. Return to Ghorepani for breakfast, then continue the trek descending through forests and terraced farmland toward Ghandruk, a picturesque Gurung village famed for its stone houses and culture. Explore the local museum and enjoy traditional cuisine. Overnight in Ghandruk.

Day

6

Ghandruk to Nayapul — Drive Back to Pokhara

After breakfast, descend through terraced fields and forests to Nayapul (transfer point). From Nayapul drive back to Pokhara (1.5–2 hours). Afternoon at leisure — optional boat ride on Phewa Lake, visit the World Peace Pagoda, or enjoy Lakeside cafes. Overnight in Pokhara.

Day

7

Return to Kathmandu or Departure — End of Package

Morning transfer to Pokhara airport for flight to Kathmandu (or drive, based on your preference). On arrival, transfer to Tribhuvan International Airport for your onward flight. If staying longer, we can arrange additional nights in Kathmandu. End of 6 nights / 7 days Ghorepani Poon Hill Trek package.

🔗 Frequently Asked Questions

🔗 What is the best time to visit Nepal?

Nepal's prime seasons are October–November (post-monsoon) and March–April (spring). October–November offers crystal-clear skies, superb mountain views, and major festivals like Dashain and Tihar, making it ideal for trekking and sightseeing. March–April brings blooming rhododendrons, pleasant weather, and fewer crowds. Winter (December–February) is cooler with snow at higher elevations, perfect for budget travelers seeking discounts. Monsoon season (June–September) brings lush landscapes but frequent rains, landslides, and leeches on trails. For snow experiences, visit December–February at hill stations like Kalinchowk or Upper Mustang. Spring and autumn are best for trekking, while winter offers clear mountain views with crisp air.

🔗 How can Indian citizens reach Nepal?

Indians can reach Nepal by air, road, or rail. By air, fly to Tribhuvan International Airport (Kathmandu), Gautam Buddha Airport (Bhairahawa), or Pokhara International Airport from Delhi, Mumbai, Kolkata, Varanasi, and Bengaluru. By road, major border crossings include Sunauli–Bhairahawa (for Lumbini/Pokhara), Raxaul–Birgunj (fastest to Kathmandu), Panitanki–Kakarbhitta (eastern Nepal), and Banbasa–Mahendranagar (far-west). Good highways connect borders to major cities. By rail, take Indian Railways to Jayanagar–Janakpur–Kurtha line or reach border towns like Gorakhpur, Raxaul, then cross by road. Road travel offers scenic views but expect monsoon delays due to landslides.

❓ **Do Indian citizens need a visa for Nepal?**

No, Indian citizens do not need a visa to visit Nepal. However, you must carry valid identification – either an Indian passport or Voter ID with photograph. Aadhaar cards are generally not accepted for air travel, so check current requirements before departure. Children should carry valid photo ID as required by airlines and immigration authorities. This visa-free access makes Nepal one of the most convenient international destinations for Indians. You can stay for extended periods, but if planning to work or study, additional permits may be required. Always verify the latest entry requirements before travel, as policies can change.

❓ **What are the local transportation options within Nepal?**

Nepal offers various transportation options. In cities, use metered taxis or ride-hailing apps like Pathao and Tootle (available in Kathmandu/Pokhara). City buses and minibuses are the cheapest option, with Sajha Yatayat operating key routes in Kathmandu Valley. For intercity travel, choose tourist buses or private cars for comfort to destinations like Pokhara, Chitwan, and Lumbini. Domestic flights save time to Pokhara, Bharatpur (Chitwan), Lukla, and other destinations. Motorbikes and bicycles are popular in Pokhara and Thamel for short distances. For mountain areas, jeeps and local buses connect remote regions, though roads can be challenging during monsoon season.

❓ **Where should I stay in Nepal and what accommodation options are available?**

Kathmandu's Thamel district is perfect for budget travelers and trekkers, offering guesthouses, hostels, and mid-range hotels. Durbar Marg and Lazimpat provide upscale options. In Pokhara, stay in Lakeside for lake views, restaurants, and easy access to activities. Luxury options include Dwarika's Hotel and Hyatt Regency (Kathmandu), Temple Tree Resort and Fish Tail Lodge (Pokhara). For wildlife, choose jungle lodges in Chitwan like Meghauri Serai or Barahi Jungle Lodge. Hill stations like Nagarkot and Bandipur offer mountain view resorts. Budget travelers can find Zostel hostels, homestays, and guesthouses starting from \$5-15/night. Mid-range hotels cost \$25-60, while luxury resorts range \$100-300+ per night.

❓ **What are the must-visit attractions in Nepal?**

Nepal's top attractions include Kathmandu Valley's UNESCO sites: Pashupatinath Temple, Boudhanath Stupa, Swayambhunath (Monkey Temple), and the Durbar Squares of Kathmandu, Patan, and Bhaktapur. Pokhara offers Phewa Lake, World Peace Pagoda, and Sarangkot for sunrise views. Chitwan National Park provides jungle safaris for rhinos and tigers. Lumbini, Buddha's birthplace, features sacred gardens and international monasteries. For trekking, visit Everest region (fly to Lukla) or Annapurna region for Poon Hill and Annapurna Base Camp treks. Nagarkot and Dhulikhel offer Himalayan sunrise views near Kathmandu. Adventure seekers should try Everest mountain flights, paragliding in Pokhara, and white-water rafting on various rivers.

❓ What local food and cuisine should I try in Nepal?

Nepal's staple dish is Dal Bhat – lentils, rice, vegetable curries, and pickles, offering unlimited refills. Try momos (dumplings) with spicy chutney, available in vegetarian, chicken, or buffalo varieties. Thukpa and thenthuk are hearty Tibetan-style noodle soups. Sample Newari cuisine including bara (lentil pancakes), choila (spiced meat), chatamari (Nepali pizza), and yomari (sweet dumplings). Other specialties include sel roti (festival rice doughnut), gundruk (fermented greens curry), aloo tama (bamboo shoot curry), and sekuwa (grilled meat). Drink masala chai, tongba (warm millet brew), or local raksi spirit. Popular restaurants include Bhojan Griha and Thamel House (Kathmandu), and Moondance and Rosemary Kitchen (Pokhara).

★ Traveller Reviews



Chetan Khatri

★★★★☆ 4/5

Well-Scheduled Tours

The tours were well-scheduled without feeling rushed. It allowed for plenty of exploration and relaxation time.



Priya Joshi

★★★★★ 5/5

A Spiritual Journey

The spiritual sites visited during the tour were enlightening and peaceful. I highly recommend this tour for anyone seeking spirituality.



Anshul Sinha

★★★★☆ 4/5

Vast Array of Experiences

This tour packed a vast array of experiences into a short period! I was surprised at how much we accomplished!



Garima Sharma

★★★★★ 5/5

Stunning Sunrise Views

Watching the sunrise over the Himalayas was a life-changing experience! Highly recommend it.



Kiran Gupta

★★★★★ 5/5

Endless Adventure Opportunities

There's no shortage of adventures in Nepal! From trekking to paragliding, it's an adventure lover's dream.

⚡ Why Choose TourGrids?

Because your dream vacation deserves the best! From expert advice to personalized trips, easy booking, and unbeatable deals — we make travel stress-free and fun!

⚡ Expert-Guided Planning

Personalized guidance from verified travel experts who understand your needs.

⚡ Customizable Packages

Tailor your trip your way — destinations, experiences, budget. All up to you!

🛡️ Hassle-Free Booking

Smooth, secure, and simple booking process without any stress or confusion.

🔒 Best Price Guarantee

Multiple free quotes and booking at the most competitive rates available.

For the latest pricing, availability, and customization options, visit:

<https://tourgrids.com/packages/nepal/nepal-6-nights-7-days-package-1032>