Short Annapurna (Poon Hill) Trek

3 Days Itinerary

Detailed Itinerary

Day 1: Drive from Pokhara to Ulleri via Nayapul, then Trek to Ghorepani

The trek begins with a scenic drive from Pokhara to Nayapul, a town on the Modi Khola River, which takes about 1.5 to 2 hours. From Nayapul you continue to Ulleri, the starting point of the walk. From Ulleri the trail climbs steadily through Hille and Tikhedhunga and through villages of Gurung, Magar and Thakali people, where you can see daily life and stop at small shops. The path goes through rhododendron and oak forest, and you may see long-tailed macaques in the trees. After Banthanti and Nangethanti the trail opens up to wide views of hills and terraced fields, and you reach Ghorepani, a quiet village with cozy teahouses. You spend the night in a guesthouse here, ready for tomorrow's sunrise hike.

Max. Elevation	2,840 m (Ghorepani)
Duration	1.5-2 hours drive and 6-7 hours trek
Accommodation	Guesthouse in Ghorepani
Meals	Breakfast, Lunch, Dinner

Day 2: Hike to Poon Hill and Trek to Tadapani

You wake early and hike up to Poon Hill, the highlight of the trek, to watch the sunrise over the Annapurna and Dhaulagiri ranges. The Memorial View Tower, set up by Major Tek Bahadur Pun, gives a wide 360-degree view of the mountains, including Annapurna South, Machhapuchhre and Hiunchuli. After enjoying the view and taking photos, you return to Ghorepani for breakfast and then start the trek to Tadapani. The trail runs through rhododendron forest with mountain views along the way, and is especially colorful in spring.

Max. Elevation	3,210 m (Poon Hill) / 2,520 m (Tadapani)
Duration	Approx. 1 hour hike and 5-6 hours trek
Accommodation	Guesthouse in Tadapani
Meals	Breakfast, Lunch, Dinner

Day 3: Trek from Tadapani to Kimche via Ghandruk, then Drive to Pokhara

After breakfast you walk down from Tadapani through forest and terraced fields to Ghandruk, a large traditional Gurung village. Here you can see local houses and meet the villagers, who are known for their hospitality. From Ghandruk you continue down to Kimche, where your vehicle meets you for the drive to Pokhara. You arrive in Pokhara in the afternoon, where the trek ends.

Max. Elevation	2,520 m (Tadapani) / 1,640 m (Kimche)
Duration	Approx. 4-5 hours trek and 2 hours drive
Accommodation	No
Meals	Breakfast, Lunch

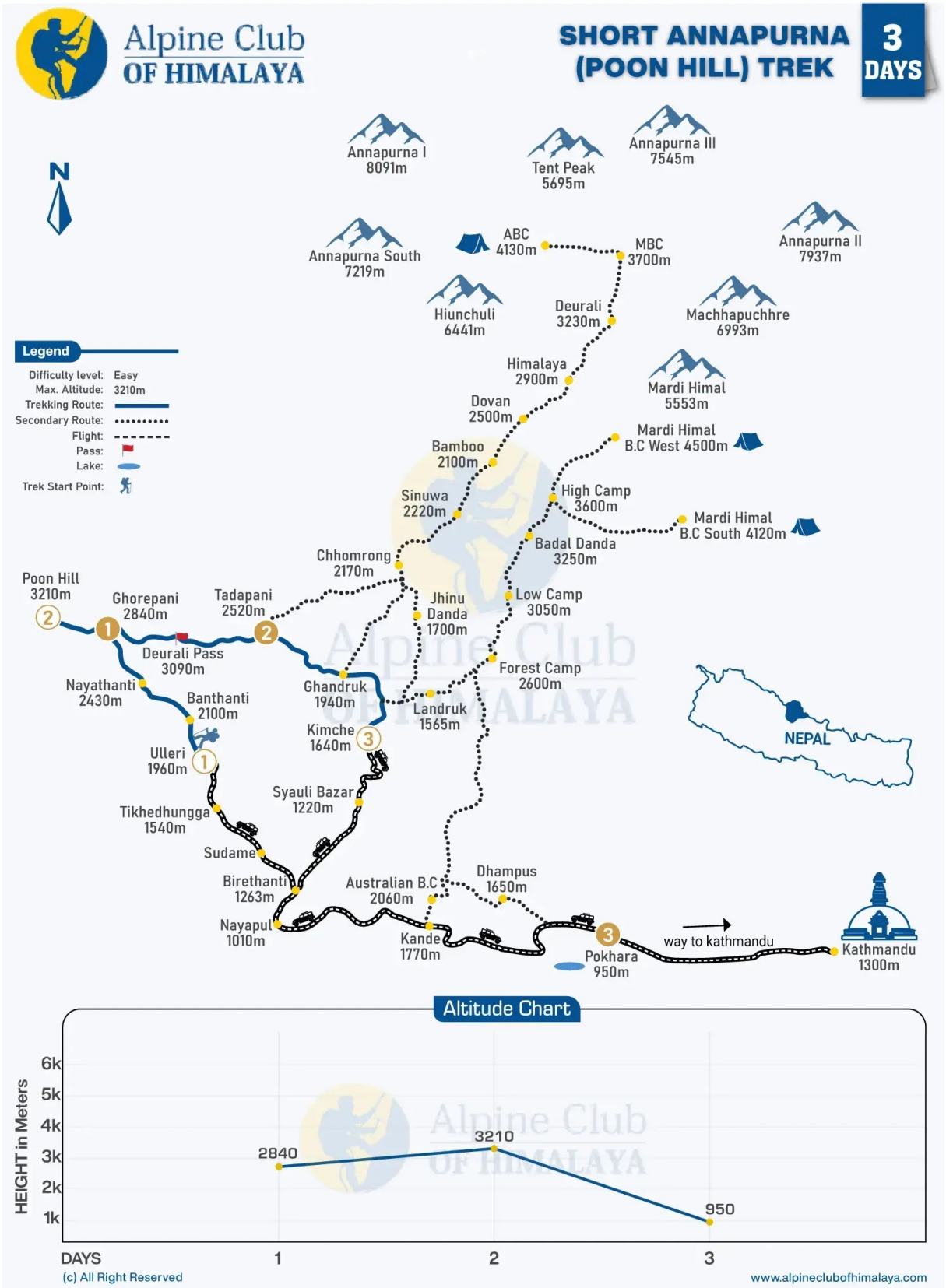
Cost Include

- ACAP (Annapurna Conservation Area Project) entry permit and TIMS card fees.
- All ground transportation, including private vehicle transfers between Pokhara and Nayapul, both ways.
- ACOH T-shirt or cap and an appreciation card on successful completion of the trek.
- Three meals a day (breakfast, lunch and dinner), with one cup of tea or coffee with each meal during the trek.
- Twin-sharing accommodation in mountain lodges with shared toilet facilities.
- Experienced, government-licensed, English-speaking local trekking guide, with food, accommodation, salary, insurance and equipment covered.
- One porter for every two participants, carrying a maximum combined load of 20-25 kg, with the porter's food, accommodation, wages, insurance and transport covered.
- One Sherpa assistant guide for groups of more than 10 participants, with all costs covered.
- Insurance coverage for all trekking guides and porters.
- One trekking map of the Annapurna region for the group.
- Fresh seasonal fruits during the trek.
- First-aid medical kit, including an oximeter to monitor oxygen saturation and pulse rate.
- Farewell dinner in Kathmandu.
- All applicable tourist service charges, VAT, government taxes, official expenses, fuel costs, road taxes and parking fees.

Cost Exclude

- Nepal entry visa fee.
- International airfare.
- Travel insurance covering trekking, emergency evacuation and medical care.
- Hotel and meals in Pokhara and Kathmandu, except the farewell dinner.
- Personal expenses such as bar bills, laundry, snacks and bottled drinks.
- Hot showers, Wi-Fi and charging fees where applicable.
- Personal trekking equipment.
- Tips for guides, porters and the driver.
- Single room supplement.
- Any services or expenses not specifically mentioned under the cost includes section.

Trip Map


Alpine Club OF HIMALAYA
SHORT ANNAPURNA (POON HILL) TREK
3 DAYS
N
Annapurna I 8091m
Tent Peak 5695m
Annapurna III 7545m
Annapurna South 7219m
ABC 4130m
MBC 3700m
Annapurna II 7937m
Hiunchuli 6441m
Deurali 3230m
Machhapuchhre 6993m
Himalaya 2900m
Mardi Himal 5553m
Dovan 2500m
Mardi Himal B.C West 4500m
Bamboo 2100m
High Camp 3600m
Sinuwa 2220m
Mardi Himal B.C South 4120m
Badal Danda 3250m
Chhomrong 2170m
Poon Hill 3210m
Ghorepani 2840m
Tadapani 2520m
Jhinu Danda 1700m
Low Camp 3050m
Deurali Pass 3090m
Forest Camp 2600m
Nayathanti 2430m
Ghandruk 1940m
Banthanti 2100m
Landruk 1565m
Kimche 1640m
NEPAL
Ulleri 1960m
Syauli Bazar 1220m
Tikhedhungga 1540m
Sudame
Birethanti 1263m
Australian B.C 2060m
Dhampus 1650m
Nayapul 1010m
Kande 1770m
Pokhara 950m
way to kathmandu
Kathmandu 1300m
Legend
Difficulty level: Easy
Max. Altitude: 3210m
Trekking Route:
Secondary Route:
Flight:
Pass:
Lake:
Trek Start Point:
Altitude Chart
HEIGHT in Meters
6k
5k
4k
3k
2k
1k
2840
3210
950
DAYS
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2
3
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