DESTINATION: GHOREPANI POON HILL TREK

Poon Hill and Ghandruk Loop Trek from *Pokhara*

3 Days

3 days Duration	**Pokhara** Starts at	**Pokhara** Ends at	
March to May, October to November Best season	**3,210 m at Poon Hill** Max altitude	**Easy to moderate** Difficulty	
1 to 14 people Group size			

OVERVIEW

The trip

This Poon Hill Ghandruk trek is a short loop from Pokhara that walks the classic Annapurna foothill circuit instead of going up and back on the same trail. You drive to the road head at Banthanti and climb through rhododendron forest to Ghorepani, rise before dawn for sunrise on Poon Hill at 3,210 m, then follow the forested ridge east to Tadapani. The last morning drops through forest and terraced fields to Ghandruk, a large Gurung village, facing Annapurna South and Machhapuchhre, and a shared jeep takes you back to Pokhara. It suits first-time trekkers and fit families who want the Poon Hill view and a real village, with one more night on the trail than the two-day version.

HIGHLIGHTS

Trip highlights

The moments this trip is built around.

- Max altitude: 3,210 m at Poon Hill
- Difficulty: Easy to moderate
- Best season: March to May, October to November
- Walking: 3 to 6 hours a day, plus Poon Hill

ITINERARY

Day-by-day itinerary

Your day-by-day plan. Everything is customizable — add nights, swap activities, or change hotels.

DAY 1 — Drive from Pokhara to Banthanti and Trek to Ghorepani

- Morning jeep from Pokhara to the road head at Banthanti, or Ulleri when the upper road is poor, a drive of 3 to 4 hours
- Walk 3 to 4 hours on stone steps and forest trail up to Ghorepani with your licensed guide
- Rhododendron forest most of the way, in flower in spring
- Overnight in a Ghorepani teahouse at about 2,860 m and an early night before the sunrise climb

DAY 2 — Poon Hill Sunrise and Trek to Tadapani

- Pre-dawn climb of 45 to 60 minutes by head torch to Poon Hill at 3,210 m
- Sunrise over Dhaulagiri, Annapurna South, Nilgiri and Machhapuchhre when the sky is clear
- Back to Ghorepani for breakfast, then 4 to 6 hours east along the quiet forested ridge
- Overnight in a teahouse at Tadapani, a small lodge settlement in the forest

DAY 3 — Trek from Tadapani to Ghandruk and Drive to Pokhara

- Morning descent of 3 to 5 hours through forest and terraced fields to Ghandruk
- Time to walk the stone lanes of Ghandruk, a large Gurung village
- Short walk to the jeep stand below the village, where your private jeep waits for Pokhara
- Then a drive of around 2 hours back to Pokhara

INCLUSIONS

What's included

Included

- Private jeep, Pokhara to the trail and back
- Licensed guide
- Teahouse nights with meals on the trail
- Annapurna Conservation Area Permit (ACAP)

Not included

- Lunch on day 3, drinks, snacks and hot showers where charged
- Travel insurance
- Tips and personal expenses

PACKAGE PRICING

Package pricing

Price per person for every group size we price. Bigger group? Ask us and we will price it.

GROUP SIZE	PRICE PER PERSON
1 person	$509 / person
2 people	$355 / person
3 people	$303 / person
4 people	$277 / person
5 people	$262 / person
6 people	$271 / person
7 people	$261 / person
8 people	$271 / person
9 people	$263 / person
10 people	$257 / person
11 people	$262 / person
12 people	$257 / person
13 people	$253 / person
14 people	$249 / person

Prices are per person, in US dollars. No card fee · no hidden costs. What each price includes and excludes is in the What's included section above.

LEGAL & POLICIES

Booking & cancellation

Operated by Zeta Tours and Travels Pvt. Ltd. · Effective 2 June 2026

PAYMENT SCHEDULE

1. **30% — at booking confirmation**
   This first payment confirms your dates and lets us secure permits, domestic flights, guides, porters and your teahouse or hotel nights. Bookings made 15 days or fewer before the start date are payable in full on confirmation.
2. **40% — 15 days before your trip starts**
   The second instalment is due 15 days before the trip starts. For a group of seven or more travellers it is due 30 days before instead.
3. **Balance — 2–3 days before departure**
   Anything still outstanding is settled 2–3 days before departure, or at your pre-trip meeting in Kathmandu.

REFUND TIMELINE (CANCELLATION)

30 days or more	FULL REFUND
15–29 days	25% FEE
8–14 days	50% FEE
7 days or less	NO REFUND

Introduction

At **Uncover Nepal** we believe a trip should be stress-free from the very first step. This policy outlines how bookings work, what happens if plans change, and what you can expect from us at every stage of your journey in Nepal.

Bookings are confirmed in writing by email and are subject to availability at the time of payment. We accept bank transfer, credit card and authorised payment gateways, in US dollars or the Nepalese rupee equivalent; international transaction fees are borne by the traveller, and a payment counts as made only once the funds reach our account.

Non-refundable services

Some costs are committed to third parties the moment they are issued and cannot be recovered, regardless of cancellation timing:

- **Trekking permits** — ACAP/national-park entry and restricted-area permits are issued in your name.
- **Domestic flight tickets** — Kathmandu–Lukla, Pokhara and similar sectors, once ticketed.
- **Entrance tickets** to parks, monuments and heritage sites, once issued.
- **Chartered helicopters**, peak-climbing royalties and pre-paid activities.
- **Special hotel rates** booked on non-refundable terms at your request.
- Unused services, early descents, early departures and voluntary trip curtailments.

Permits & domestic flights

Permits

- Permits are issued by the relevant government authority and in your name; issuing them is not at our discretion.
- Permit and park fees are non-refundable once issued, including if you turn back on the trail.

Domestic flights

- Mountain sectors such as Lukla are weather-dependent. Delays and cancellations are common in cloud and are outside anyone's control.
- All cancellations and changes are subject to the airline's fare rules.
- Where a mountain flight is cancelled we will help you rebook or arrange an alternative, but Uncover Nepal is not liable for the delay itself or for onward connections you have booked separately.

How refunds are paid

- Cancellations must reach us in writing at contact@uncovernepal.com. The timeline above runs from the date we receive that email.
- We process your refund within 4 to 7 working days of our acknowledgement.
- Money is returned by the original payment method and in the original currency. Your bank may take a few more days to show it.
- When you cancel, bank and transaction fees on both the original payment and the refund are borne by the traveller. If we cannot run the dates we confirmed with you, we refund every cent you paid, fees included.

No-show & early departure

- Travellers who do not arrive for the trip are charged the full trip cost.
- Leaving a trip early, and any service you choose not to use, is charged in full and is not refunded.

Liability & disclaimer

Events beyond our control

Uncover Nepal is not liable for delays or cancellations caused by events beyond our control, including weather, landslides and road closures, natural disasters, government actions, strikes or pandemics.

Your own international flights, travel insurance and Nepal entry visa are your responsibility. We strongly recommend insurance that covers trekking to the maximum altitude on your itinerary, including helicopter evacuation.

Talk to us

Questions about a booking or cancellation? Email contact@uncovernepal.com or call +977 9705413894. For urgent queries, WhatsApp us for a faster response.

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Ready to book this trip?

Share your dates and group size. A Uncover Nepal travel expert will build the best plan for you — free, no pressure.

View four on web → | WhatsApp us

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Email: contact@uncovernepal.com · **New Baneshwor, Kathmandu, Nepal**
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This itinerary is indicative and subject to a final booking agreement. Prices, inclusions and day sequence may change with availability, season and group size. Zeta Tours and Travels Pvt. Ltd.