

Ghorepani Poon Hill Trek Chitwan National Park Wildlife Safari

Nepal Trail Circle

Daily Itinerary

This itinerary provides a detailed day-by-day schedule for your Ghorepani Poon Hill Trek and Chitwan National Park Wildlife Safari. Please note that this is a sample itinerary, and actual days may vary depending on weather conditions and acclimatization needs.

The Ghorepani Poon Hill Trek is one of Nepal's most scenic and accessible Himalayan adventures, offering breathtaking sunrise views over Annapurna, Dhaulagiri, Machhapuchhre, and other snow-capped peaks. The trail passes through charming Gurung and Magar villages, lush rhododendron forests, terraced farmlands, and stone staircases that lead to the famous Poon Hill viewpoint (3,210 m/10,531 ft). Combined with a wildlife safari in Chitwan National Park, where you can experience jeep safaris, canoe rides, bird watching, and encounters with rhinos and other wildlife, this journey perfectly blends mountain beauty with subtropical jungle adventure — making it an ideal trip for nature lovers seeking both Himalayan landscapes and rich biodiversity.

Day 1: Drive from Kathmandu (1,400m/4,593ft) to Pokhara (822m/2,697ft) either by 25-minute flight or 6–7 hour scenic drive along Prithvi Highway and overnight in Pokhara.

Day 2: Drive from Pokhara to Nayapul (1,070m/3,510ft) and trek to Ulleri (2,050m/6,726ft).

Day 3: Trek from Ulleri (2,050m/6,726ft) to Ghorepani (2,874m/9,429ft).

Day 4: Early hike from Ghorepani (2,874m/9,429ft) to Poon Hill (3,210m/10,531ft) for sunrise and trek down to Tadapani (2,630m/8,629ft).

Day 5: Trek from Tadapani (2,630m/8,629ft) to Ghandruk (1,940m/6,364ft).

Day 6: Trek from Ghandruk (1,940m/6,364ft) to Nayapul (1,070m/3,510ft) and drive to Chitwan National Park (200m/656ft).

Day 7: Jungle activities in Chitwan: elephant safari, jeep safari, canoeing, bird watching, and Tharu village visit.

Day 8: Optional additional jungle activities or relax in Chitwan.

Day 9: Drive from Chitwan National Park (200m/656ft) to Kathmandu (1,400m/4,593ft) and departure / sightseeing.

Highlights

- Sunrise view from Poon Hill (3,210m) with panoramic views of Annapurna, Dhaulagiri, and Machapuchare.
- Traditional Gurung and Magar villages: Ghorepani, Tadapani, and Ghandruk.
- Rhododendron forests and terraced landscapes.
- Short, moderate trekking ideal for first-time trekkers.
- Chitwan National Park wildlife safari: chance to see Bengal tigers, one-horned rhinoceros, elephants, crocodiles, and diverse bird species.
- Canoeing on the Rapti River and cultural interaction with Tharu community.
- Combination of Himalayan trekking and lowland jungle adventure.

Essential Packing List

Clothing:

- Moisture-wicking base layers
- Fleece jacket or sweater
- Insulated down jacket
- Waterproof and windproof outer shell
- Trekking pants
- Hiking shorts
- Warm socks
- Gloves or mittens
- Warm hat
- Sun hat

Gear:

- Sturdy hiking boots
- Backpack (50-70 liters)
- Sleeping bag (rated to -20°C/0°F)
- Trekking poles
- Headlamp
- Sunglasses
- Sunscreen (SPF 50+)
- Lip balm with SPF
- Water bottles or hydration reservoir
- Water purification tablets or filter
- First-aid kit
- Toiletries

Altitude Information

Altitude is generally moderate compared to high Himalayan treks, but the route still passes through elevations above 2,500 meters at Ulleri, Ghorepani, and Poon Hill. At these altitudes, the air contains less oxygen, which can make breathing slightly harder and increase the risk of mild altitude-related symptoms such as headache, fatigue, or nausea. Proper acclimatization, including ascending gradually, taking breaks, staying well-hydrated, and listening to your body, is essential to ensure a

safe and enjoyable trek. While severe altitude sickness is unlikely on this route, careful pacing and awareness are still important, especially during early morning hikes to Poon Hill.

Key Altitudes:

- Nayapul: 1,070m/3,510ft
- Tikhedhunga: 1,540m/5,052ft
- Ghorepani: 2,874m/9,429ft
- Poon Hill: 3,210m/10,531ft
- Tadapani: 2,630m/8,629ft
- Ghandruk: 1,940m/6,364ft
- Pokhara: 822m/2,697ft
- Chitwan National Park: 200m/656ft
- Kathmandu: 1,400m/4,593ft

Acclimatization Tips:

- Ascend gradually and avoid rapid increases in elevation.
- Drink plenty of water to stay hydrated.
- Avoid alcohol and smoking, which can exacerbate altitude sickness.
- Eat a high-calorie diet to maintain energy.
- Listen to your body—rest if you feel symptoms like headache, nausea, or dizziness.

Safety Tips

- Stay hydrated: Drink at least 3-4 liters of water per day.
- Pace yourself: Walk slowly and steadily to conserve energy and avoid overexertion.
- Monitor for symptoms of altitude sickness: Headache, nausea, dizziness, and shortness of breath are common symptoms. Descend immediately if symptoms worsen.
- Be aware of weather conditions: Mountain weather can change rapidly. Be prepared for sudden changes in temperature and precipitation.
- Protect yourself from the sun: Wear sunscreen, sunglasses, and a hat to protect yourself from the intense UV radiation at high altitudes.
- Respect local customs: Dress modestly and be mindful of local traditions and beliefs.

Contact Information

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Summary

This information sheet provides essential details for your Ghorepani Poon Hill Trek and Chitwan National Park Wildlife Safari, including a day-by-day itinerary, highlights, packing list, altitude information, and safety tips. By following these guidelines, you can ensure a safe and unforgettable adventure in the Himalayas.