

# Ghorepani Ghandruk Trek - 8 Days

## Introduction

Ghorepani Ghandruk Trek is one of the most popular and easiest trekking routes in the Annapurna region, alongside the Annapurna Base Camp and Mardi Himal trek. Ghorepani is easily accessible from Pokhara, making it ideal for short holidays. Ghandruk Trek combines stunning natural beauty, cultural immersion, and Himalayan adventure. It provides breathtaking panoramic views of Annapurna South, Machhapuchhre (Fishtail), Hiunchuli, and Dhaulagiri.

## Highlights of the Trek

One of the major highlights of the Ghorepani Ghandruk trek is the panoramic view from Poon Hill, which is regarded as one of the best sunrise points in Nepal. As you continue, the trek takes you through beautiful rhododendron forests. You can explore traditional Gurung villages and visit the museum in Ghandruk. In particular, Ghandruk offers an opportunity to interact with the Gurung and Magar communities, which offer valuable insights into their lifestyles, local cuisine, clothing, and traditions. Throughout the journey, the spectacular views of various Himalayan peaks make this trek even more extraordinary.

## Trekking Route

Beginning from Nepal's capital, Kathmandu, with a scenic drive to Pokhara. The Ghorepani Ghandruk trek is considered an easy yet adventurous trek. First, you will drive to Pokhara. From there, you will drive to Nayapool, where the trek begins. From Nayapool, you'll trek to Ulleri, passing through lush lowlands and charming Gurung villages. The trek continues through rhododendron forests before climbing stone steps to reach Ghorepani. After that, A short hike to Poon Hill offers an unforgettable sunrise and stunning views of the Annapurna and Dhaulagiri range. From there, the journey continues to Tadapani, where you will traverse dense forests and

waterfalls before arriving in Ghandruk, the home of the Gurung community. The trek concludes with a gradual descent through terraced fields back to Nayapul, followed by a drive back to Pokhara and return to Kathmandu.

### **Why choose the Ghorepani Ghandruk Trek?**

Overall, the Ghorepani Ghandruk trek is short and scenic, making it suitable for families and casual trekkers. It offers a rich biodiversity experience and spectacular mountain views, perfect for photographers and nature lovers. Additionally, it is easily accessible from Pokhara and provides insights into the traditional lifestyles of the Gurung communities.

**"Ready to explore the breathtaking Annapurna region? Book your Ghorepani Ghandruk trek with us today!"**



## PRICE INCLUDES

---

- Airport Transfers (Pick-up & Drop-off)
- Kathmandu to Pokhara Transport (Bus)
- Accommodation (Teahouses/Lodges during the trek)
- Meals (Breakfast, Lunch & Dinner during the trek)
- Trekking Permits (ACAP & TIMS)
- Professional Guide & Porter (Guide with First Aid Kit)
- Necessary Trekking Equipment (Sleeping Bag & Down Jacket on rent)
- Annapurna Conservation Area Entry Fees
- Emergency Support (Basic First Aid)

## PRICE EXCLUDES

---

- International Flights (To/From Nepal)
- Nepal Visa Fees
- Personal Expenses (Snacks, drinks, hot showers, WiFi, battery charging)
- Meals in Kathmandu & Pokhara (Except breakfast at hotels)
- Trekking Gear (Personal clothing, boots, trekking poles, etc.)
- Tips for Guide & Porter (Customary but not mandatory)
- Emergency Evacuation & Helicopter Rescue (If required)
- Extra Accommodation Costs (Due to delays, weather, or personal reasons)

## DETAILED ITINERARY

### Day 1: Arrival Kathmandu

Your journey to Ghorepani Ghandruk begins with your arrival at Tribhuvan International Airport. A representative will meet you at the airport and assist you in getting to your hotel. You can take some time to rest, explore nearby areas, shop, enjoy a café, or immerse yourself in Nepali culture. Feel free to prepare any essential items needed for the trek. In the evening, the guide will brief you about the trek.

### Day 2: Kathmandu to Pokhara

Early in the morning, you will drive to Pokhara, a journey that takes about 6 to 7 hours. Along the way, enjoy beautiful landscapes, charming local towns, and scenic views of the Trishuli and Marsyangdi Rivers. In the evening, take a leisurely walk around Phewa Lake or visit nearby attractions. You will stay overnight in Pokhara.

### Day 3: Drive to Nayapul, Trek to Ulleri

After an early morning breakfast, you will drive to Nayapul, which takes about 2 hours. Your Annapurna trek begins as you hike from Nayapul to Tikhedhunga. This route takes you through green hills, picturesque scenery, farmland, and waterfalls. After reaching Tikhedhunga, you will ascend a stone staircase to Ulleri, which takes about 5 to 6 hours. Ulleri is a Magar village known for its traditional houses and stunning mountain views. You will spend the night in Ulleri, where you can experience local traditions and cuisine.

#### **Day 4: Ulleri to Ghorepani**

As you trek to Ghorepani, you will pass through a beautiful rhododendron forest and the villages of Banthati and Nangethati, where you can observe the traditional lifestyles of the villagers. The ascent to Ghorepani is gradual but steady. Upon arrival, you will be rewarded with breathtaking views of Annapurna South, Dhaulagiri, and Hiunchuli.

Ghorepani is also renowned for its blue-painted houses and warm hospitality. You will stay overnight in Ghorepani.

#### **Day 5: Hike to Poon Hill and Trek to Tadapani**

Early in the morning, you will hike for approximately 1 hour to reach Poon Hill and witness a spectacular sunrise. Here, you will enjoy stunning panoramic views of the Annapurna and Dhaulagiri ranges. After returning to Ghorepani for breakfast, you will trek to Tadapani, where you can enjoy views of Machhapuchhre (Fishtail Mountain). The trail takes you through forested ridges and scenic villages. You will stay overnight in Tadapani.

#### **Day 6: Trek to Ghandruk and Drive Back to Pokhara**

You will trek down to Ghandruk, which takes about 3 hours. Ghandruk is a picturesque Gurung village where you can learn about the local way of life and visit the Gurung Museum. Engage with locals and savor traditional foods. After exploring, you will drive back to Pokhara, which takes about 3 hours. In Pokhara, you can visit Phewa Lake, Davis Falls, the Bat Cave, and the Tal Barahi Temple, or participate in various adventurous activities. You will spend the night in Pokhara.

### **Day 7: Drive from Pokhara to Kathmandu**

After breakfast, you will drive back to Kathmandu, a journey of about 6 to 7 hours featuring scenic views of the Trishuli River and local villages. You will have time for shopping. In the evening, consider attending cultural programs that showcase Nepali cuisine.

### **Day 8: Departure**

Your journey concludes at Tribhuvan International Airport. A representative will assist you with hotel checkouts and transport you to the airport. Your unforgettable journey to Ghorepani Ghandruk ends here, filled with cherished memories unforgettable memories.



## ADDITIONAL INFORMATION

---

### Trek Duration and Difficulty

The Ghorepani Ghandruk trek is the easiest route in the Annapurna region. It lasts for 9 days, including approximately 5 days of walking with basic fitness. This trek is ideal for both beginner and intermediate trekkers. The elevation ranges from 800 meters (Pokhara) to 3,210 meters (Poon Hill), with manageable acclimatization due to the lower altitudes.

### Permits and Visa

For the Ghorepani Ghandruk Trek, you'll need two permits: the Annapurna Conservation Area Permit (ACAP) for entering the conservation area and the TIMS Card (Trekking Information Management System), which is required for all trekkers. You can easily obtain both permits through a registered trekking agency, like ours. Most nationalities can get a tourist visa upon arrival at Tribhuvan International Airport in Kathmandu, or you can apply online via the official Nepal Immigration website for quicker processing. Remember to bring a valid passport (with at least six months of validity), passport-size photos, and the visa fee in cash (USD).

For Visa Information.

### Transportation

When traveling from Kathmandu to Pokhara, you have several options: tourist buses, local buses, private jeeps, or domestic flights. Flights are faster but tend to be pricier, while buses offer more budget-friendly choices. To reach Nayapul for your trek starting from Pokhara, you can take a private jeep or a local bus from Lakeside or Baglung Bus Park. Private vehicles are usually more comfortable and offer greater scheduling flexibility. To get back from Ghandruk to Pokhara at the end of your trek, you'll find direct road access with jeeps or local buses.

## Accommodation and Services

Accommodation is mainly in tea houses, which provide basic yet comfortable rooms with twin beds and shared bathrooms. The tea house menus feature classic Nepali dishes like dal bhat, soups, noodles, pasta, omelets, and a variety of hot drinks. Most tea houses also offer hot showers, though they may come with an extra charge. Higher-altitude lodgings might have fewer amenities, especially as prices increase.

### Best Season

- Spring (March–May): Enjoy mild temperatures, blooming rhododendron forests, and stunning mountain views.
- Autumn (September–November): Experience stable weather and excellent visibility; this is the most popular trekking season.
- Winter (December–February): Expect colder temperatures and possible snow in higher areas; while fewer trekkers venture out, conditions remain manageable.
- Monsoon (June–August): Be aware of heavy rainfall, leeches, and slippery trails; this season is generally not recommended for most trekkers.

## Booking Policy and Required Documents

To secure your accommodations, it's strongly advised to book in advance during peak trekking season. You'll need to provide a valid passport copy, travel insurance (which must include emergency helicopter evacuation), and passport-size photos for the trekking permits. A deposit of 20–30% will be required to confirm your trek, with the remainder paid upon your arrival in Nepal.

**For Booking & Cancellation Policy: [click here](#)**

## EQUIPEMENTS

---

### Clothing

- Warm jacket (down or fleece)
- Waterproof jacket & pants
- Trekking shirts (2-3, lightweight & quick-dry)
- Trekking pants (2-3 pairs)
- Thermal inner layers (top & bottom)
- Wool or fleece sweater (for warmth)
- Warm hat, sun hat & buff/scarf
- Gloves (light & warm)

### Footwear

- Strong trekking boots (waterproof & comfortable)
- Warm socks (4-5 pairs)
- Camp shoes/slippers (for evening)

### Bags

- Backpack (50-60L) if carrying your own gear
- Small daypack (20-30L) for daily use
- Duffel bag (if hiring a porter)

### Trekking Essential

- Trekking poles (for balance & knee support)

- Headlamp (with extra batteries)
- Sunglasses (UV protection)
- Water bottles (1L x 2) or hydration pack
- Water purification tablets/filter
- Towel, wet wipes & hand sanitizer
- Sunscreen & lip balm (SPF 40+)
- Toilet paper

### **First Aid & Medicine**

- Personal medicines
- Altitude sickness pills (Diamox, if needed)
- Painkillers & anti-diarrhea tablets
- Blister plasters & antiseptic cream
- Electrolyte powders

### **Other Items**

- Camera/phone & power bank
- Snacks (energy bars, nuts, chocolate)
- Cash (NPR, as ATMs are rare)
- Small lock (for bags)

### **Documents**

- Passport & trekking permits (TIMS & Annapurna Permit)
- Travel insurance (covering trekking)