



## Above the Himalaya Trekking (P) Ltd.

Banasthali, Kathmandu, Nepal

WhatsApp: +977-9851095800, www.abovethehimalaya.com

### Ghandruk trek Highlighghs

- **The Ghandruk trek** is short and easy.
- The perfect route for short-time trekkers and families with children.
- Enjoy panoramic views of Mt. Dhaulagiri, Mt. Annapurna, Mt. Fishtail, Mount Manaslu ranges, and Lamjung Himal.
- Trekking through rice fields, terraces, rhododendron forests, the Mountain River, and beautiful villages
- Chance to explore Pokhara, a famous city on the bank of Phewa Lake.
- Explore Nepal's Gurung community's traditional lifestyle and culture during the Ghandruk trek.
- We can walk through the nice terraced paddy and wheat fields.
- Enjoy the view of Nepali-style stone roof houses in rows.
- Enjoy the early sunrise view over the Himalayas in the Ghandruk trek.
- Best easy trekking trail in the Annapurna region.
- One of the Nepal short treks with the best views of the Himalayan peaks.
- Visit Ghandruk village, the best Gurkhas village in Nepal
- Perfect trek for children, seniors, and families.
- Fascinating Ghandruk trek but very affordable as well.

### Itinerary of Ghandruk Trek

Day 01: Pokhara drive to Nayapul trekking to Ghandruk (2,012m).

We will meet you at your hotel in Pokhara in the morning. After your breakfast, our car will take you to Nayapul. It is the starting point of the Ghandruk trek.

It will be a short drive there, and we will start our journey. We will pass a small villages such as Naudanda and Lumle with countryside views along the drive.

We start walking for the Ghandruk trek from here. We will follow the trail of River Valley on an entire stone-paved path. It will go with a large and prosperous town Birethanti (1065m).

The trail follows the main street winding through the bamboo forests. It will pass waterfalls with plunge pools inviting you for a refreshing swim.

Our journey will be 4 to 5 hours to Ghandruk village. The trail passes forest, cultivated lands, and suspension bridges over small streams.

On arrival at the Ghandruk village, You will see the best mountain views. You will see Mount Annapurna, Gangapurna, Machhapuchhre, and Hiuchhuli.



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You will have time to explore, rest, and enjoy local food. Stay in a local guest house before settling into your accommodation for the night.

2 hrs drive, 4-5 hrs trek

**Altitude** Ghandruk (2,012m)

Day 02: Ghandruk Trekking to Pothana

Enjoy breakfast with the best mountain view at your guest house. We will start our Ghandruk trek journey for the next day to Pothana.

Today we will hike through terraces, streams, and green sceneries. We will trek down to a bridge over Kyuri Khola at 2010m. From Kimrong Danda, we start downhills till the stream.

Our Ghandruk trek starts with rhododendron forests and lovely terraces throughout our trail. The path continues with the Modi Khola.

We will pass another beautiful big Gurung village, Landruk. We will trek to Tolkha before arriving at our final destination, Pothana.

We can see a very close view of Mount Fishtail ( Machhapuchre). Except from this angle, it looks more like Matterhorn than a fishtail.

**Walking Day** 6-7 hrs

**Altitude** Pothana (1,990m)

Day 03: Pothana trekking to Phedi and drive to Pokhara

Today we will walk along a paved stone trail through Rhododendron forests. After finishing the forest walking, a small short route takes you to the village of Dhampus (1750m). This village has a mix of people.

A trail of different Nepalese cultures, Gurung, Brahman, and Magar communities. You can have a tea break at the top of the hills with a view of Pokhara Valley.

Today the Ghandruk trek trails go some flat and, after that, downhill. We will walk in the rice fields and the forest to Phedi.

A 30 min drive from Phedi brings you to Pokhara. You will have a beautiful night in Pokhara City. We will arrive at Pokhara between 1 to 2 pm.

**Multiple** 3-4 hrs trek & 30 mins drive

**Altitude** Pokhara (822m)



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### Fixed Departure Dates

We can run a trip for solo travelers, couple, friends and family with children. Our private trips are running everyday. If you are looking for a group joining trip please [contact us](#).

### Includes/Excludes

#### What's Included?

- A trekking guide certified and licensed by Government and got training on high altitude sickness and first aid.
- Trekking porter to carry your luggage. One porter for two people basis.
- Trekking staff, food, accommodation, salary, equipment, insurance, and clothing.
- Twin-sharing Tea house/Lodges Accommodation during the trekking.
- Local Tea houses, also called guest houses/ lodges, twin sharing during your journey.
- Your daily meal (breakfast, lunch, and dinner). You can choose your meals from the menu; different types of food are available.
- Annapurna Conservation Area Trekking Permit.
- TIMS Trekking Card Permit for the Annapurna Trek
- The guide will carry essential medical supply first aid.
- Pokhara to Nayapul and Phedi to Pokhara transport by Private car.
- Comprehensive pre-departure information
- All our official paperwork, Service charges, and all Government Taxes

#### What's Excluded?

- For any services in Kathmandu and Pokhara.
- Airfare to Nepal.
- Nepal entry visa fee, you can get a Nepal visa upon arrival at the Airport.
- Alcoholic, hot and cold drinks, hot water, hot and cold showers.
- Personal expenses include laundry, telephone calls, sweets, snacks, beverages, bar bills, and camera battery charging.
- Travel Insurance (Essential – Should include emergency evacuation). Need coverage while trekking up to 5500+ meters).
- Personal trekking equipment you can buy and rent in Pokhara trekking stores.
- Gratitude trekking staff.
- Other of your expenses not mentioned cost includes section.