

## Ghorepani Ghandruk Trek - 7 Days

The Ghorepani Ghandruk Trek is a popular trek in [Nepal](#) that takes trekkers through beautiful rhododendron forests, traditional villages, and breathtaking mountain views.

The trek starts in the town of Nayapul and ends in Ghandruk, passing through the villages of Ulleri, Tikhedhunga, Ghorepani, and Tadapani. Along the way, trekkers will have the opportunity to see some of the most spectacular mountain scenery in the world, including Annapurna South and Dhaulagiri.

The trek is considered to be of moderate difficulty and can be completed in 7 days.

### Planning Ghorepani Ghandruk Trek:

Ghorepani Ghandruk Trek involves challenging terrain with steep ascents and descents. To enjoy a smoother experience, invest time in physical preparation. Start a fitness routine several weeks before your trip, incorporating cardio workouts, strength training, and practice hikes to build endurance. This also helps in acclimatization which is a vital aspect of your trek, helping you avoid altitude sickness. Plan rest days in your [itinerary](#), allowing your body to adapt to higher altitudes gradually. Familiarize yourself with the symptoms of altitude sickness, and be prepared to descend if necessary.

Similarly, proper packing is crucial for a comfortable trek. Pack suitable clothing for various weather conditions, including warm layers and rain gear. Ensure you have sturdy, comfortable hiking boots and essential gear like a sleeping bag, trekking poles, and a well-organized backpack. Keep your pack lightweight but well-equipped.

### Best time for Ghorepani Ghandruk Trek:

The spring season (March to May) is often regarded as the best period for the Ghorepani Ghandruk Trek. Spring offers excellent visibility, allowing you to enjoy panoramic views of the Annapurna mountain range and neighboring peaks. Lower elevations provide more mild weather, with daily temperatures ranging from 15°C to 20°C (59°F to 68°F).

Autumn (September to November) is a beautiful time to walk the Ghorepani Ghandruk Trek and is quite popular with tourists. Autumn, like spring, offers a brilliant sky, which is ideal for taking in breathtaking mountain views. Daytime temperatures in lower elevations range from 15°C to 20°C (59°F to 68°F), making for good trekking conditions.

The Ghorepani Ghandruk Trek is not recommended during the monsoon or summer months (June, July, and August). Furthermore, the winter cold (December, January, and February) is unbearable for the ordinary hiker.

### Food and Accommodation:

Food and housing are essential components of well-known trekking sites in Nepal, such as the [Annapurna Circuit](#). Throughout your tour, your major lodging alternatives will be teahouses or guesthouses. These mountain refuges provide comfortable twin-sharing rooms with all the necessities, including beds and blankets. Electric blankets are frequently given for extra warmth, which comes in handy during the cool evenings at higher elevations.

Teahouses provide a broad range of culinary alternatives that appeal to trekkers' diverse dietary requirements. Breakfast staples include eggs, pancakes, porridge, and Tibetan bread. They are served with a selection of hot beverages, including masala chai and hot lemon, which give a welcome respite from the frigid surroundings.

It is always advisable to consult your guide for food recommendations for a more healthy and hygienic option.

### **Transportation:**

The Ghorepani Ghandruk Trek often begins at Nayapul or Kimche. If you want to fly to Pokhara, you can take a domestic airplane (30 minutes) or a tourist bus/private car to Pokhara (approximately 6-8 hours) and then go overland to Nayapul or Kimche to begin your trek. We will either remain in a hotel in Pokhara for the night or begin our adventure if we arrive early. To go to Nayapul or Kimche, we will either hire a private car (shared jeep) or use a local bus. The journey may take many hours, depending on road conditions and the starting place you select.

Our trek to Ghorepani Ghandruk begins from there. The walking routes are well-marked, and you'll follow them through stunning scenery, villages, and woods until you reach the base camp.

This trip often concludes in Nayapul, from whence you may catch a taxi or private car back to Pokhara.

### **Necessary Permits & TIMS:**

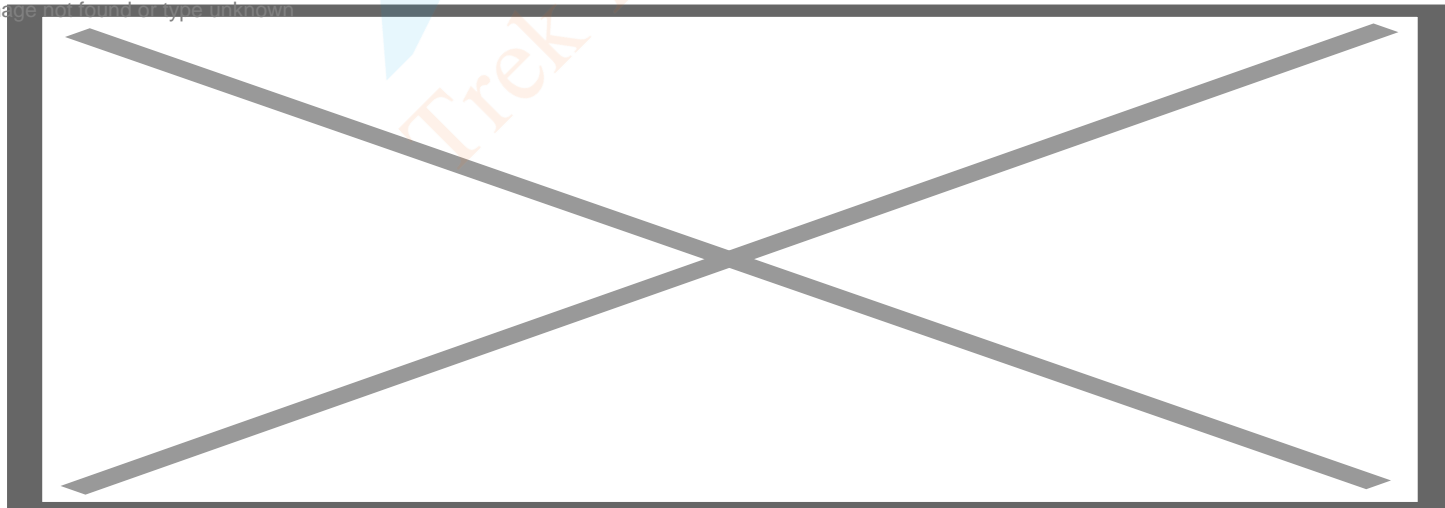
The Annapurna Conservation Area Permit ([ACAP](#)) and the Trekkers' Information Management System (TIMS) card are required for the Ghorepani Ghandruk Trek. These licenses are necessary for controlling trekking activities and assisting with conservation initiatives in the area.

#### **1. Annapurna Conservation Area Permit (ACAP):**

To visit the Annapurna area you must get an Annapurna Conservation Area Permit (ACAP). This protected area, noted for its breathtaking natural beauty, varied landscapes, and rich cultural history, is one of the most well-liked hiking areas in the nation.

**Cost:** Nrs 3000 per person.

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## 2. Trekker's Information Management System(TIMs):

For hikers in Nepal, the TIMS (Trekker's Information Management System) card is a necessary piece of identification. It was put into place to improve trekkers' safety and security while also assisting authorities in keeping track of travelers in various hiking locations.

**Cost:** Nrs 3000 per person for non [SAARC](#) tourists and Nrs 1000 for SAARC trekkers.

### **Necessary documents for Permits:**

You will only need your valid passport photocopy(Validity of 6 months).

Explore our itineraries for more details.





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## PRICE INCLUDES

- Airport pickup and drop service
- Accommodation in Kathmandu ([Hotel Chhimeki 2nights](#)).
- All food during the trek (Brekfast,Lunch & Dinner).
- Transportation: Comfortable Drive from Kathmandu to Trekking Starting and Ending Point.
- Government license holder English speaking trekking guide.
- Trekking permits: Annapurna Conservation Permit and TIMS card.
- First aid medical box.
- T-shirt, Duffel Bag and Trekking Map with company logo.
- Rescue Management Service.
- All Tax. (10% service charge and 13%VAT)
- Farewell Dinner

## PRICE EXCLUDES

- All kinds of Drinks.
- Visa fee to enter Nepal
- International flight tickets.
- Extra night accommodation and meal costs in Kathmandu due to any change in the scheduled itinerary.
- Porter (1 porter for 2 trekkers with a max load of 17 to 20kg).
- All required trekking gears like sleeping bags and down jacket made available on rent.
- Travel insurance/ Rescue operation costs.
- All personal expenses.
- Tip for guide and porter.

## ITINERARY IN DETAIL

### **Day 1: Drive from Kathmandu to pokhara (by tourist bus or car or flight)**

Our workers will pick you up from your hotel and bring you to the Pokhara Tourist bus stop.

This journey typically takes 6 to 8 hours and offers breathtaking vistas of hills, rivers, rural scenery, terraced fields, and distant mountains. After we reach Pokhara, we will find a hotel and rest for the day.

### **Day 2: Drive from pokhara to Nayapul by car and trek to Ulleri(1960m)**

We will begin our journey by driving a cab or a private car to Nayapul, and from there we will trek to Ulleri. The hike from Nayapul to Ulleri provides breathtaking landscapes as well as cultural encounters. You'll pass through beautiful forests, terraced farms, and small-town communities along the route. The Ulleri Steps, while difficult, give a one-of-a-kind experience and a sense of accomplishment.

### **Day 3: Trek to Ghorepani (Poonhill 3210m)**

The trek to Ghorepani is an exciting adventure with several attractions. This path shows magnificent natural beauty, from the enchanting dawn vistas at Poon Hill to the breathtaking panoramas of the Annapurna and Dhaulagiri mountain ranges. The route also travels through rhododendron woods, scenic vistas, and varied terrains, delivering a remarkable experience rich in spectacular beauty and real cultural contacts.

### **Day 4: Trek to Tadapani (2630m)**

The hike from Ghorepani to Tadapani blends natural beauty, mountain views, and cultural activities to create a memorable Annapurna experience. Tadapani is a lovely town located on a hill with spectacular views of the Annapurna and Machhapuchhre mountain ranges.

### **Day 5: Trek to Ghandruk (2012m)**

Ghandruk hike includes verdant woodlands, terraced farms, and flowering rhododendron forests (during the spring season). This village allows visitors to see traditional residences, visit the Gurung museum, and enjoy local friendliness. It's a pleasant and invigorating experience because of the calm setting and fresh mountain air.

### **Day 6: Trek to Nayapul / same day by taxi Pokhara**

We will now hike to Nayapul on this day. As we make our way down from Ghandruk to Nayapul, you will find stunning vistas of the surrounding mountains, terraced farms, and traditional villages. You'll also get the chance to connect with local communities and learn about their culture and way of life.

Depending on the time of year, you may be able to see traditional residences, meet friendly people, and maybe experience local festivals or festivities. We will then take a car back to Pokhara.

## FAQ

### 1. Is the Ghorepani Ghandruk trek suitable for beginners?

Yes! This trek is perfect for beginners as it has well-marked trails, moderate ascents, and teahouse accommodations. However, a basic fitness level is recommended.

### 2. How cold does it get on the Ghorepani Ghandruk trek?

Temperatures vary by season. In winter (Dec-Feb), it can drop to -5°C (23°F) at Poon Hill, while in spring and autumn, it remains mild (5°C to 15°C / 41°F to 59°F) during the day.

### 3. Do I need a guide for the Ghorepani Ghandruk trek?

As per Nepal's latest regulations, a licensed guide is mandatory for safety and navigation. Guides also enhance the trekking experience with local insights.

### 4. Is Poon Hill sunrise worth the early morning hike?

Absolutely! The Poon Hill sunrise offers breathtaking views of Annapurna, Dhaulagiri, and Machhapuchhre, making it one of the most scenic spots in Nepal.

### 5. Can I do the Ghorepani Ghandruk trek in the monsoon?

Yes, but expect heavy rain, leeches, and slippery trails. The upside is lush green landscapes and fewer crowds, but clear mountain views are less guaranteed.