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## GHOREPANI GHANDRUK CIRCUIT TREK

### Overview

Ghorepani Ghandruk trekking is in the Annapurna region, these two are separate villages. It is located in northern-central Nepal's Dhaulagiri Zone, part of the Myagdi District and Kaski District. Ghorepani Ghandruk Trek is perfect for families and first-time visitors who want to experience the magnificent Himalayan views without going too high in altitude. Gorgeous views of mountains, easy trekking trails, no possibility of altitude sickness, visiting some picturesque villages, etc. are some reasons for publicity of Ghorepani Ghandruk Trek. Ghorepani is a village which includes itself in the Annapurna conservation project (ACAP). During the season it is home to 33 different kinds of rhododendrons. The Poon hill trek is also popular with the name Annapurna Panorama Trek. Panorama views include Annapurna Massif, Dhaulagiri I and II, Tukucho peaks and other Annapurna Himalaya Ranges. There is also a more fantastic view of the sunrise as well as sunset from Poon hill (3,210m). Another main attraction of this trek is the bustling heritage village of Ghandruk, with its relatively prosperous Gurung population. The village is located at the foothills of Himalayan giants Annapurna, Hiunchuli and Machhapuchhre (Fishtail). We will be able to experience a wonderful scenic view of the village and mountains. The rhododendron forest, terrace slopes, paddy fields surrounding the village and cool breeze is your refreshment here.

### Itinerary

#### **Day 1: Drive to Nayapul and Trek to Tikhedhunga.**

First, you'll be driving up to Nayapul early in the morning. Your guide will pick you up and after 1 hour of drive from Pokhara you'll reach Nayapul. The trek starts from Nayapul and you'll reach Tikhedhunga (1,520m).

**Destination:** Tikhedhunga

**Altitude Gain:** 1520

**Duration:** 5

**Accommodation:** Lodge

## **Day 2: Trek from Tikhedhunga to Ghorepani.**

You'll be walking through a dense forest of rhododendrons as we go higher. The trek will be a little longer today.

**Destination:** Ghorepani

**Altitude Gain:** 2874

**Duration:** 6

**Accommodation:** Lodge

## **Day 3: Visit Poon Hill and Descend to Tadapani.**

The next day you'll be trekking early in the morning to catch the sunrise view. It takes about 1 hour to reach Poon Hill (3,210m) where you will be able to witness the actual Panorama view. The best sunrise view and Annapurna mountain's view will leave you speechless. After that, you get back to the hotel and then trek slowly down to Tadapani(2100m).

**Destination:** Tadapani

**Altitude Gain:** 2100

**Duration:** 6

**Accommodation:** Lodge

## **Day 4: Trek to Ghandruk.**

Following the days, the next day you'll be descending down the trails of stone paths, entering different lush forests towards Ghandruk. The nicely situated village will be perfect for your tiring tour. You can enjoy the greenery and snow-capped mountains. You'll be spending a night here at lodges with proper accommodations.

**Destination:** Ghandruk

**Altitude Gain:** 2012

**Duration:** 3

## Day 5: Drive to Pokhara.

At the end of the trek, you'll be descending stone stairs and stone paths. On this day we will be trekking for 1-2 hours to Syauli Bazar. After that, we take a vehicle and drive back to Pokhara. The drive will be about 3 hours.

**Destination:** Pokhara

**Altitude Gain:** 822

**Duration:** 4

## Includes

- Three meals a day during the Trekking (Breakfast, Lunch and Dinner).
- Accommodations in Tea House during the Trekking.
- Drop to trek destination from Pokhara to Nayapul.
- Trekking Guide and a porter (Sharing by two clients) with Insurance, food, accommodations.
- Proper First Aid kit.
- Trekking permit (Conservation fee).
- A TIMS card (Trekking Information Management System) is like a permit.
- The company's duffel bag will also be provided. (If needed).
- All essential official fees.

## Excludes

- International Airfare.
- Your travel insurance.
- Excess baggage charge (weight limit 9 kg per person).
- Nepal visa fee.
- Any kind of drinks during the trek.
- Other items of personal expenses like hot shower, battery charge, telephone, porter, etc.
- Tips for the Guide and Porter(expected).
- Travel insurance that covers emergency high-altitude Heli – rescue and evacuation and health care costs (compulsory).
- Additional costs or delays due to circumstances beyond our control like bad weather conditions, itinerary modification for safety, government policy changes.