

Ghandruk Ghorepani Circuit Trek - 3 Days

URL: <https://nepalalternativetreks.com/trip/ghandruk-ghorepani-circuit-trek/>

Ghandruk Ghorepani Circuit Trek Quick Information

Weather

-5°C to 18°C

Duration

3 Days

Difficulty

Easy

Accommodation

Lodge

Meals Included

Breakfast, Lunch, Dinner

Transportation

Overland

Daily Activity

Approx. 5 - 6 hours

Religion

Breakfast, Lunch, Dinner

Ethnic People

Gurung, Magar

Region of Nepal

Annapurna Region, Kaski

Max Altitude

3210m./10593ft.

Per Person Cost

USD 230

Best Season

March, April, May, Sept, Oct,
Nov

Geographic Terrain

Mountain, Forest, Village,
Hills, Terrace

Group Discounts Available

No. of Persons	Price per Person
Group Of 1 - 4	USD \$230.00
Group Of 5 - 8	USD \$210.00
Group Of 9 - 12	USD \$190.00
Group Of 13 - 18	USD \$170.00

Note: Our fixed group departure dates, services and price is guaranteed even if the group numbers are 1 person to maximum 18 persons. We will provide a guide cum porter if there is only 1 person to operate the trek and one more assistant guide if group size is above 10 persons. And of course, guide cum porter will carry 10 kg luggage.

Overview of Ghandruk Ghorepani Circuit Trek

The Ghandruk Ghorepani Circuit Trek starts from Pokhara; you drive further to Ghandruk, one of the main settlement areas of the Gurung community. In Ghandruk, you can explore the Gurung culture by visiting the Gurung museum and interacting with the friendly locals. Their warm hospitality makes your stay more pleasant.

From Ghandruk, you trek into the rhododendron forest and stay overnight at Tadapani. Then, your next destination is Ghorepani, another Gurung village. From Ghorepani, the trail takes you to the famous Poon Hill (3210m). This view station is the best place to see the panorama of the Annapurna range. With the first sun rays striking the mountains, the view is an unforgettable moment.

After basking in the beauty of the mountains, you descend to Ulleri and then drive back to Pokhara. This trek is best for your family as it is easy and fun. Also, comparatively shorter than other trekking routes in the Annapurna region, this trek will offer a chance to spend some good quality time with your loved ones.

Ghandruk Ghorepani Circuit Trek Highlights

- Trek to Poon Hill, one of the best viewpoints in the Annapurna region.
- Discover the heartwarming culture of the Gurung community.
- Traverse through lush green forests, terraced fields, and meandering rivers to get the taste of the Annapurna region in less than seven days.
- Enjoy the majestic views of mountains like Annapurna, Machhapuchhre, Hiunchuli, Nilgiri, Mardi Himal

Weather

Best time for Ghandruk Ghorepani Circuit Trek

This circuit trek is a trekking route made by using two trekking routes. Therefore, spring and autumn are the best time for Nepal's Ghandruk Ghorepani Circuit trek. Nepal's climate, temperature, and weather are stable and suitable during this time. However, this trek also can be done during the monsoon season. During the monsoon season, the trail is also uncrowded.

Spring Season (March-May)

Spring is one of the best times for Ghandruk Ghorepani Trek. It has excellent moderate weather and warmer days. After a harsh winter, spring sends rays of brightness to the highlands. Although some chilly evenings may be in early March, the weather returns to normal as the months pass. The cooler temperature makes it easier for trekkers to navigate the steep routes going to the hill station.

Spring brings an end to the long days of darkness, allowing you for some time. You can see the stunning sight of beautiful spring blooms. Due to clear skies and clean visibility, you can see the breathtaking views of majestic peaks, including Annapurna, Dhaulagiri, Machhapuchhre, Gangapurna, and many more.

Autumn Season (September-November)

Ghandruk Ghorepani Circuit trek is more prevalent during the autumn season. During this time, the weather is pleasant and comfortable. The mornings are generally bright and sunny, while the evenings are breezy with wind gusts. However, after the sun goes down, the temperature in the area gradually drops. The weather becomes a bit cool at night, but it is still pleasant.

The change of season also provides brilliant autumn colors to the forests. Forests at Ghandruk and Poon Hill are filled with striking red and gold leaves. This time of the year offers breathtaking vistas. From Poon Hill, you can see the stunning sunset and sunrise view. Autumn includes significant festivals like Dashain and Tihar. You'll get a close insight into the rich traditions and culture of people living in the hills.

January

-2°C to 10°C

February

-1°C to 11°C

March

2°C to 14°C

April

5°C to 17°C

May

8°C to 16°C

June

10°C to 18°C

July

11°C to 18°C

August

11°C to 18°C

September

9°C to 18°C

October

5°C to 16°C

November

0°C to 13°C

December

-2°C to 11°C

Difficulty

Ghandruk Ghorepani Circuit Trek Difficulty

Ghandruk Ghorepani Circuit Trek can be hard for rookies or new trekkers. You'll be walking for 3 to 5 hours each day. The path can be rocky and uneven, so sturdy walking shoes are necessary. Sometimes, you'll climb many steps, which can be tiring. The highest point of the trek is Poon Hill, which is about 3,210 meters high. This isn't extremely high, so most people don't have too much trouble with altitude sickness. However, as you go higher, you might feel short of breath or more tired.

Weather can also make the trek harder. It can get icy in winter, and there might be snow on the trail. In the monsoon, the path can be slippery and muddy. So, please choose the right time of the year for your trek to make it more enjoyable.

Ghandruk Ghorepani Circuit Trek Itinerary

Day 1: Drive to Ghandruk from Pokhara - Trek to Tadapani

After an early breakfast, you drive to Nayapul. En route, you get to see the stunning views of Pokhara

Valley. At Nayapul, you rest for a while and have snacks and tea. Then, the drive continues, and you arrive at Ghandruk. You explore the serene Gurung village and have lunch there. After lunch, you start your trek and hit the trail.

You walk through the rhododendron forest, enjoying the magnificent views of Machhapuchhre. After trekking for about 4 hours from Ghandruk, you arrive at Tadapani. Overnight in Tadapani.

Destination:	Accommodation	Altitude:
2hrs Drive to Ghandruk – 8km Hike (Avg 3hrs)	Hotel Grand View or Similar category	(2,680 m./8844ft.)

Meals

Lunch, Dinner

Day 2: Trek to Ghorepani

After breakfast, you resume the trek. You begin the walk downhill to the stream with a wooden bridge. Then, you will climb up through the rhododendron forest to Banthanti. You will ascend through a small water foundation, waterfall, and beautiful jungle walk until you reach Deurali. At Deurali, you have lunch and continue the trek, climbing up to the oak forest. You will walk downhill following the forest; you arrive at Ghorepani. Overnight in Ghorepani.

Destination:	Accommodation	Altitude:
14km Hike (Avg 6hrs)	Hotel Super View or Similar category	(2,850 m./9405ft)

Meals

Breakfast, Lunch, Dinner

Day 3: Hike to Poon Hill for Sun Rise view - Trek to Ulleri - Drive to Pokhara

Today, you wake up around 5 a.m. and get ready to hike up to Poon Hill. The route is short. Once you reach the view station, the breathtaking panorama of the mountains, including Annapurna, Dhaulagiri, Machhapuchhre, Gangapurna, and many more, will amaze you. The sunrise over the snow-clad mountains is a view you'll remember for the rest of your life. After enjoying the view, you head back to Ghorepani, have breakfast, and descend to Ulleri via the stone steps. From Ulleri, you can drive back to Pokhara by jeep.

Destination:	Altitude:	Meals
3hrs Downhill hike – Drive to Pokhara (Avg. 2:30 hrs.)	(820m./2706ft.)	Breakfast, Lunch

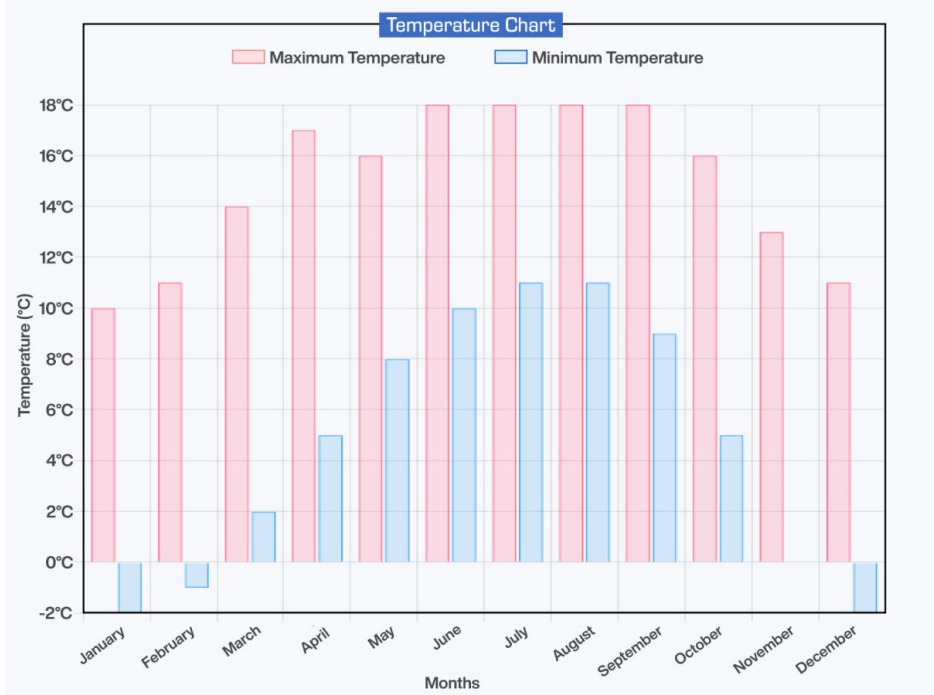
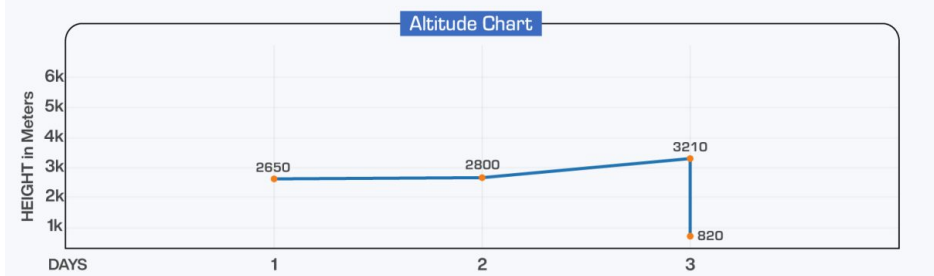
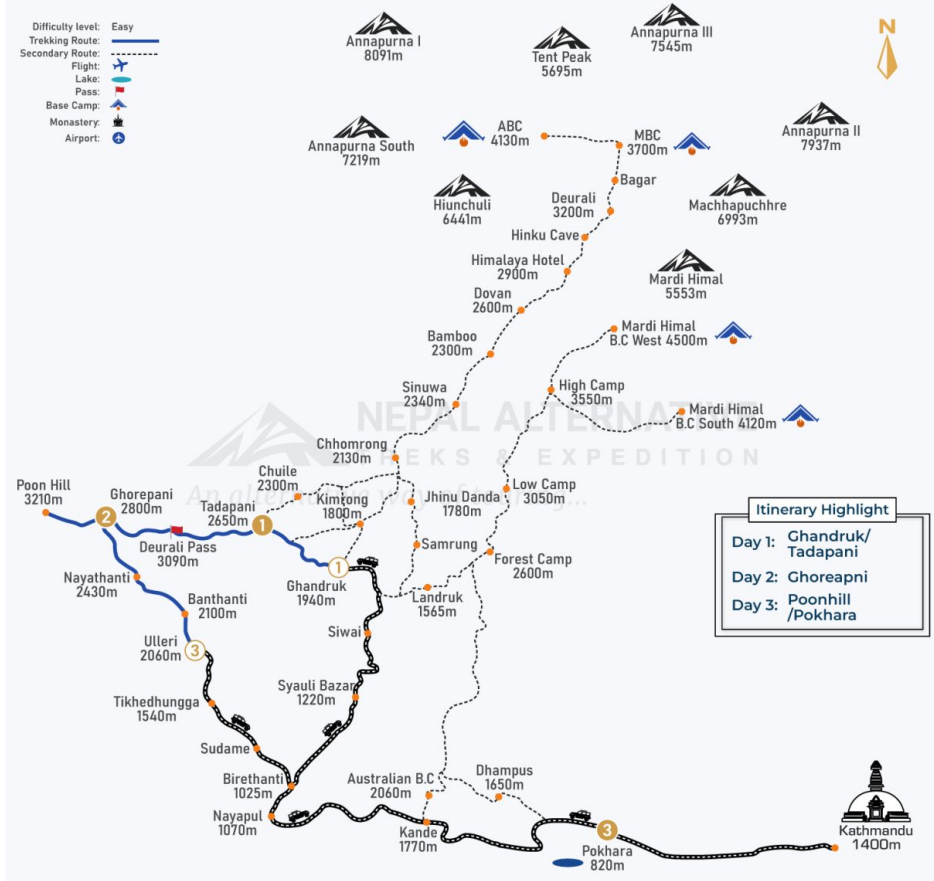
What's Included

- Pick Up and Drop Off at Hotel in Pokhara before/after Trekking.
- Lodge (Twin share basis) accommodation during the trekking.
- All meals (Breakfast, Lunch, Dinner) during the trek.
- One experienced, fluent English-speaking, friendly, and government-authorized trekking guide and required porters
- 1 Porter per 2 Trekkers and keep luggage weight under 10kg per person.
- Guide/ Porter's food, accommodation, salary, insurance, and transportation etc.
- Overland transportation as mentioned in the itinerary.
- Annapurna conservation area project (ACAP) and necessary permits .
- A trekking map, duffle bag, Oxygen saturation checkup every day, company T-shirt and trekking completion certificate, etc.
- Assistance for emergency rescue evacuation.
- Government tax and service charge.
- Public Liability Insurance.

What's Not included

- Hotel accommodation and meals in Kathmandu/ Pokhara .
- Hard and soft table drinks as tea/coffee, coke, fanta, mineral water, alcoholic drinks, laundry, phone bill, hot water, hot shower and bar bill etc.
- Personal Travel insurance.
- International Flight Tickets.
- Nepal Tourist Visa
- Tips for guide and porters .(Highly suggested)

Ghandruk Ghorepani Circuit Trek Route Map



Traveler Reviews

We are very happy with the care and support we received from your guide and porters

Overall, We are very pleased with your service and would most definitely recommend your company to others. Your guide and porters were very helpful and effective and we have absolutely no complaints about all 3 of them. We are very happy with the care and support we received from your guide and porters. They are very nice, sincere, entertaining and helpful. If we come to Nepal again, we would definitely use your services. Keep up the good work !!!

Rating: 5/5

Nimarta Srinarala and the group

Sydney, Australia

Impressed with the Guide Samir & Porter Krish during Ghorepani circuit trek

The trek was absolutely fantastic, both Guide (simbir) and Porter (krish) did everything they could to made our trip great the food all along the way was great and we were able to set our own pace for walking which was also really good. we have really great time with Nepal Alternative treks,

Rating: 5/5

Lisa Pascoe

Osaka- shi, Japan

Additional Trip Information

Why Should You Trek to Ghorepani Circuit Trek?

The Ghorepani Circuit trek is perfect for anyone who loves nature and beautiful views. Beginners can also enjoy this short trek as the trail demands average fitness. You'll hike through green forests, see vibrant flowers, and spot some wildlife. You can see the fantastic views as the first sunlight touches the Himalayas and some of the tallest mountains in the world. From Poon Hill, you can see a comprehensive view of the mountains, which is why trekkers from all over come here. The Ghorepani Circuit trek lets you experience the local culture. You'll pass through small villages where friendly people live.

Preparation For Ghandruk Ghorepani Circuit Trek

You don't need to prepare much for the short trek to Ghandruk Ghorepani Circuit. Since it's a short-distance hike with easy access, you don't have to plan the trip in advance. There is no need for heavy exercise or months of workouts. Regular activities and a healthy diet are enough to complete the trek.

It would help to have excellent health, average physical condition, and a positive attitude for this trek. You must check the weather and temperature before you go. You must bring all the necessary items for the trip to avoid difficulties. Walking a short trail before the actual trek can help you prepare for the

rough terrain of Ghandruk. It would help to walk at your own pace, enjoying the view.

Is Travel Insurance Required For Ghandruk Ghorepani Circuit Trek?

It would help to have your travel insurance for the Ghandruk Ghorepani Circuit Trek. Without it, it would have been complicated for us to cooperate with you, and you might not have been able to do this circuit trek because you have to trek at higher altitudes. Similarly, it has a lot of benefits. It helps you if you have any injuries, medical expenses, repatriation expenses, rescue missions, property loss, etc., make sure you check it properly.

Meals and Accommodation

For Ghandruk Ghorepani Circuit Trek, our accommodation is very secure and comfortable, too. Likewise, we adjust these things according to our consumers' wishes. So you will be able to get the best facility there. Likewise, the meals and accommodations we provide here to our consumers are of top quality. Similarly, we provide lodges or teahouses with twin-sharing accommodation during the trek.

Our package includes three daily meals: breakfast, lunch, and dinner. Dinner and lunch include authentic Nepali Daal-Bhat (rice and lentils), seasonal vegetables, spinach, and pickles. If you do not like it, you can choose any item from the wide range of menus the lodges offer.

Tea houses and lodges serve Nepalese, Asian, and Continental food and pizzas. The food is prepared hygienically, but the taste of Western food might not meet your expectations as minimal resources are available. We usually suggest eating vegetarian food to avoid falling ill.

Required Permits for Ghorepani Ghandruk Circuit Trek

If you're considering trekking the Ghorepani Ghandruk Circuit in Nepal, you'll need to get a couple of permits first. These permits ensure trekkers' safety and help protect the area's environment and culture. The first permit you need is the TIMS card. This card is required for all trekkers in Nepal. It helps keep track of where you are in case of emergencies.

The second permit you must get is the Annapurna Conservation Area Permit (ACAP). This permit is required because the Ghandruk Circuit is part of the Annapurna Conservation Area. The permit helps support the conservation of this beautiful region.

Climate and weather During Ghorepani Ghandruk Circuit Trek

The climate and weather of Nepal are different from place to place. Similarly, it's usually hot during the summer and cold during the winter. But you will find a moderate climate here throughout the year. Likewise, avoid rainy seasons for the trek. However, you will find a suitable environment for the trek during the spring and autumn seasons. If you decide to trek here during this time of the year, you can travel with clear visibility and enjoy your time here. However, it is open throughout the year. Annually, a lot of trekkers come here to enjoy their free time. But, it is safer if you do it during the on seasons.

Safety and security Protocols For Ghorepani Ghandruk Circuit Trek

The safety and security of your trekkers are essential to us. So, we try our best to ensure that our trekkers are safe and secure during the trek. Similarly, we take complete care of our consumer and their property. Similarly, our trips constantly operate by watching every area of our travel. So, you can enjoy trekking with us at the Ghandruk Ghorepani Circuit trek.

Frequently Asked Questions

What is the role of your guides?

Our licensed guides speak fluent English, and most of them even speak additional local languages like Sherpa, Tamang, or Gurung. They are extensively trained in handling any crisis and accidents along with managing accommodation and have good experience in the safe operation of treks.

What are the chances of catching altitude sickness on Ghandruk Ghorepani Circuit Trek route?

You have low chances to get AMS on this trek as this is a low elevated easy trek. You may have chances to feel a bit while climbing to Poon hill but it won't be high risk as you will sleep overnight under 2800m.

Can we change money along the trek? Can we pay by credit card or foreign currency?

No, you won't be able to change money along the route. We recommend changing money at Thamel or Pokhara. Credit cards and foreign currency are not accepted along the route. You should take enough cash from Kathmandu/Pokhara.

What is the weight limit for porters?

Usually, we arrange one porter for two trekkers, and one porter carries weights up to 20 kilograms. Hence, each trekker's luggage should weigh only up to 10 kilograms. However, if your essentials weigh more than that, we can provide you with a personal porter with some additional costs.

How can drinking water be managed in the mountain?

Bottled plastic water is readily available at USD 1 per liter along the route. However, we recommend you carry your own water bottles. You can fill them with filtered or boiled water and purify them using chlorine or iodine. We shall provide water purification drops and tablets.

What documents do we need to bring for Ghandruk Ghorepani Circuit trek?

You need to submit the following documents, and all the documents should be sent via email :

- A copy of passport,
- Passport-sized photos,

- Flight details,
- Copy of travel insurance (it has to cover Heli rescue and medical evacuation) and other documents required to claim it.

Where can we hire trekking gear in Nepal?

Plenty of shops around Thamel, Kathmandu, and Lake Side, Pokhara sell and rent all the necessary gear for trekking, mountaineering, and peak climbing. These shops have various goods based on their brand and price.

Do we need to tip my porter and guide?

It is not mandatory to tip the porters and guides. It ultimately depends on your choice. As your porter and guide play a big role in the success of your trip, from guiding and carrying your necessities to being mindful of your safety, your tips reflect gratitude towards them.

Can you communicate with friends and family back home while on trek?

Yes, it is possible to communicate with friends and family at home while on trek. There are mobile networks, internet data, and Wi-Fi available. For mobile network and internet data, you will require a Nepalese SIM-Card. You can buy a SIM-Card from local distributors easily with some fees.

What is the trek from Ghandruk to Ghorepani?

Trekking through Tadapani village, the Ghorepani Poon Hill is about 19 km away from Ghandruk village. It takes around 7-8 hours to complete the hike. The path goes through a beautiful village and green forests.

What is the Speciality of Ghandruk?

Ghandruk provides breathtaking panoramic views of Annapurna South, Machhapuchhre, Gangapurna, Hiuchuli, and other snow-capped peaks. You can witness stunning sunrise and sunset vistas from various viewpoints around Ghandruk.

How many kilometers from Ghorepani to Tadapani?

The distance from Ghorepani to Tadapani is 10.7 kilometers.

Cancellation Policy

We understand that plans can change willy-nilly. However it is our responsibility to ensure fairness and transparency among our customers regarding our cancellation policy. So we kindly request all travelers to carefully review the cancellation and refund policy before confirming their trip.

After your trip starts, we cannot provide a refund for any voluntary withdrawal, cancellation, or early departure by the traveler. This means ***the full amount paid to us will not be refunded after the trip***

has begun. Likewise, if during the trip, any services such as accommodation, sightseeing, meals, transportation, etc. included in the itinerary/trip are not used by the customer, no refunds or reuse will be provided to whatever portion remains unused on the trip.

Also, please note that **last-minute cancellations are non-refundable.** You have to understand that many trip arrangements such as accommodation, transportation, permits, guides, and operational logistics are confirmed and pre-booked. Thus, cancellations made at the last minute create non-recoverable costs for the company and so do for our clients. In addition, cancellations made shortly before the departure date or after the trip has started will be considered as last-minute cancellations and will not be eligible for any refund.

Still, the company will use their discretion in setting the conditions for the refunds, therefore, few of the conditions mentioned are subject to change. The company holds every right to cancel the trips booked by the customers before it is guaranteed to run or an official agreement is signed. A trip is guaranteed to run once it has two fully paid travelers unless minimum numbers state otherwise.

Unfortunate circumstances such as unforeseen natural disaster, canceled flights, strike, industrial action, wars, riots, quarantine, government intervention, weather, the deteriorating health condition of a group member, etc. could lead to cancellation of trips. In such cases, the customer can either ask to get back the 90% of the total trip cost paid to the company (13% Government Tax will be deducted) or reuse the cost in an alternative trip with the same price, immediately, in the following season of the same year.

The company will require a written notice in case of any cancellation. Please ensure the date of the trip cancellation is the date on which the written cancellation is received by the company. If you cancel the trip anytime prior to the departure date of the actual trip, 90% of the total cost is reusable for a year or refund.

Trip Amendment

First and foremost, please note that all the amendment conditions are applied to the trips listed on this site only. Below are a few notes to take about the amendment fees in case of any changes during, while, or after the booking:

If the company receives a request on the booking amendments at least 60 days prior to the trip, a total of USD 50/person is charged to the customer. However, if the customer's request for a booking amendment in less than 60 days before the trip departure, then the charges will be as per the cancellation policy mentioned above. In case of any changes in the price of the trip during the procedure of booking and the amendments, the new cost will be applied to the trips. Please note that these changes might not be applied by the company, but can be levied upon the company by the third parties i.e. the hotels or the service providers working with the company.

Any changes, amendments, or additions in aggregation to the trips you have booked, for example, hotels, transfers, additional days, etc. will account for no additional fee.

Health Conditions

Nepal Alternative Treks places the highest priority on the safety and well-being of all travelers. We need to ensure the traveler's well-being and health condition at the time of booking. While travelers can participate without medical documentation, those with chronic illnesses or long-term medical conditions

must obtain a doctor's consent before joining the trip. This is to ensure their health is not badly affected during the adventure and that they can safely enjoy the journey.

The company will not be responsible for any type of mishaps and will not bear the medical and evacuation expenses on behalf of the participant. Therefore, we request our clients to consult their doctors for a thorough checkup and vaccination before booking a trip with us. In addition, clients with specific health needs or concerns should inform the Company in advance. This allows us to provide guidance and, if required, arrange additional services to make the trip safer and more comfortable. If needed, clients may also request additional services related to the length of the trip or stay in the country of travel.

Weather and other unfavorable conditions

Clients should be well aware of the unpredictability of the weather conditions in the mountainous regions. The unfortunate weather conditions, especially in the Everest, Jomsom, and Kanchenjunga regions, can sometimes lead to unfavorable circumstances that include delay or cancellation of flights. The Company will cover the expenses of accommodations and food in the departing location until the arrangement of flights is done. However, the Company holds every right to reroute the original trip or transports which will be in favor of the situation without any addition in the cost. Please note that the company will not be responsible for any missed international flights, losses caused by Altitude Sickness, or any other unpredictable circumstances, and the participants will have to pay all the charges incurred. Nonetheless, the Company will connect and assist you to make the necessary alternative arrangements, but, the additional charge will be covered by the customers themselves.

Regardless of stating every condition and information about the trips on the website and brochures of the Company, we will not be responsible for the unforeseeable situations that may arise before or during the trips. The Company will, however, try its level best to give prior notice about it and take alternate strategies to deal with it. These booking conditions may only be waived in special circumstances, and in writing, by a letter from the Chief of the Company. Note that all the legal agreements set up and signed between the client and the Company shall be subjected to and governed by the Nepalese law.

Note: All the Terms and Conditions mentioned are prepared as per the laws of the Government of Nepal and is governed by them. Therefore, only the head of the Company gets to intervene and holds the authority to make any amendments.

Address

Nepal Alternative Treks & Expedition

Post Box No: 8169,
House, Raniban Marg
136/205, Nagarjun, 01, Kathmandu 44600, Nepal