

Ghandruk Trek - 3 Days

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

Ghandruk Trek Quick Information

Weather

-2°C to 20°C

Duration

3 Days

Difficulty

Easy

Accommodation

Lodge

Meals Included

Breakfast, Lunch, Dinner

Transportation

Private Jeep

Daily Activity

Trekking

Religion

Buddhist

Ethnic People

Gurung and Magar

Region of Nepal

Annapurna

Max Altitude

3210m./10593ft.

Per Person Cost

USD 230

Best Season

Sept, Oct, Nov, March, April & May

Geographic Terrain

Mountain, Village, Forest, 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.

What Makes the 3-Day Short Ghandruk Trek Worth It?

The Ghandruk Trekking adventure begins with a scenic drive from Pokhara to Phedi. This is followed by a hike to Ghandruk, passing through the picturesque village of Dhampus. In Ghandruk, you'll visit a charming Gurung village and explore the local museum. You can enjoy breathtaking views of Annapurna III, Hiunchuli, Annapurna South, and Gangapurna.

The following day, you'll follow the same path to Pothana, spend the night there, then return to Pokhara and get a ride to your accommodation. The trip combines viewing the local customs and culture with stunning mountain views. Day 1: Ghandruk to Pokhara **(1540m) 5 hours** Drive to Nayapul after meeting at your accommodation. Starting in Nayapul and ascending to Ghandruk, the trek begins. See the magnificent Annapurna range, Manaslu, and other mountains while traveling.

You'll visit the Gurung Museum in Ghandruk. From Ghandruk, you may see a variety of mountains, including Annapurna South, Gangapurna, Annapurna II, Hiunchuli, and Fishtail. Lodge overnight stay. The next day, you can enjoy the dawn over the mountains as the sun's first rays touch the Himalayas early in the morning. Afterward, hike to Pothana after breakfast. It would be best to descend to Modi Khola before ascending to the Ghandruk settlement.

Pothana, perched on a ridge, provides magnificent views of the Annapurna range, **Fishtail**, and other peaks. The journey to Phedi then starts. See some beautiful Himalayan vistas and lush green trees while traveling. Your car will be waiting for you when you arrive in Phedi, take you to Pokhara, and drop you off at your accommodation.

3 Days Ghandruk Trek Highlights

- Spend a day away from the city's noise and bustle.
- ideal option for families and elders.
- knowledgeable, amiable, and experienced local trekking guide
- Great for people of all ages and abilities

Weather

Temperature Overview of Ghandruk Village

The temperature in the Ghandruk Village varies with the seasons. So, the temperature variations in this region in all four seasons are described below.

Winter (December to February):

Winter is the coldest season in Ghandruk. The temperatures range from -1°C to 9°C in December, -2°C to 8°C in January, and 0°C to 8°C in February. You might experience light snowfall during the winter months.

Spring (March to May):

This region warms up during spring. In March, temperatures range from 3°C to 12°C. April sees temperatures between 6°C and 15°C. By May, they rise from 9°C to 18°C. It offers the ideal conditions for trekking during the Spring season.

Summer (June to August):

Summer is the warmest period in this region. In June, temperatures range from 12°C to 20°C. July is even warmer, with temperatures from 13°C to 20°C. In August, temperatures remain warm, ranging from 13°C to 20°C. This region receives heavy rainfall during the summer months, making it challenging to trek.

Autumn (September to November):

This region offers perfect temperatures. In September, temperatures range from 12°C to 18°C. October sees a drop to 8°C to 16°C. November continues to cool, with temperatures from 3°C to 13°C. This is the best time for trekking and enjoying mountain views.

January

-2°C to 8°C

February

0°C to 8°C

March

3°C to 12°C

April

6°C to 15°C

May

9°C to 18°C

June

12°C to 20°C

July

13°C to 20°C

August

13°C to 20°C

September

12°C to 18°C

October

8°C to 16°C

November

3°C to 13°C

December

-1°C to 9°C

Difficulty

Trek Difficulty for Ghandruk

The trek to Ghandruk is best suited for beginners. This trek won't present you with multiple challenges as other treks. You will be hiking in the hills and reach an altitude of around **2000 meters**. There are several ascents and descents while you hike up to the village. It would be best if you were physically fit for this trek. Weather is another challenging factor in this trek. The weather in the hills can't be predicted. It can rain in no time, making it challenging to trek.

Moreover, you will be hiking in the remote parts of Nepal. It would be best to compromise on your food and accommodation as you won't have the luxury of staying in a star hotel or home. This might disturb your health, and you may fall sick. However, this short trek, which can be completed in **3 or 4 days**, offers the best views of the Annapurna region with the most minor difficulties.

3 Days Ghandruk Trek Itinerary

Day 1: Drive to Kande - Trek to Tolka

Have your meal while admiring the scenery. The trail is pleasant until you reach the lovely settlement of Landruk, after which it descends to Modi Khola at Kyumi before ascending to Ghandruk. Both the Gurung Museum and the **ACAP** visitor center are located in Ghandruk. From Ghandruk, you may see a variety of mountains, including Annapurna South, Gangapurna, Annapurna II, Hinuchuli, and Fishtail. Lodge overnight stay.

Destination:	Accommodation	Altitude:
20 km./01 hour drive to Kande - 14km./05 hours walk	Hotel Namaste or Similar category	(1790m./5907ft.)

Meals

Lunch, Dinner

Day 2: Trek to Ghandruk

Enjoy the dawn over the mountains as the sun's first rays touch the Himalayas early in the morning. Afterward, hike to Pothana after breakfast. You must first descend to **Modi Khola** before ascending to the Ghandruk settlement. The trail travels across rice fields before arriving in Deurali. Continuing the trek will bring you to Pothana. Night at the Lodge

Destination:	Accommodation	Altitude:
14km. Walk to Ghandruk (Avg. 05 hrs.)	Annapurna Guest House or Similar category	(1940m./6402ft.)

Meals

Breakfast, Lunch, Dinner

Day 3: Drive to Pokhara

Have a morning meal while admiring the scenery. Today, we depart from Ghandruk. The trail descends to the Ghandruk welcome gate, at which point we turn right toward **Siwai** and board a public jeep to travel to Pokhara.

Destination:	Altitude:	Meals
60km. drive to Pokhara (Avg. 02:30 hrs.)	(850m./2805ft.)	Breakfast

What's Included

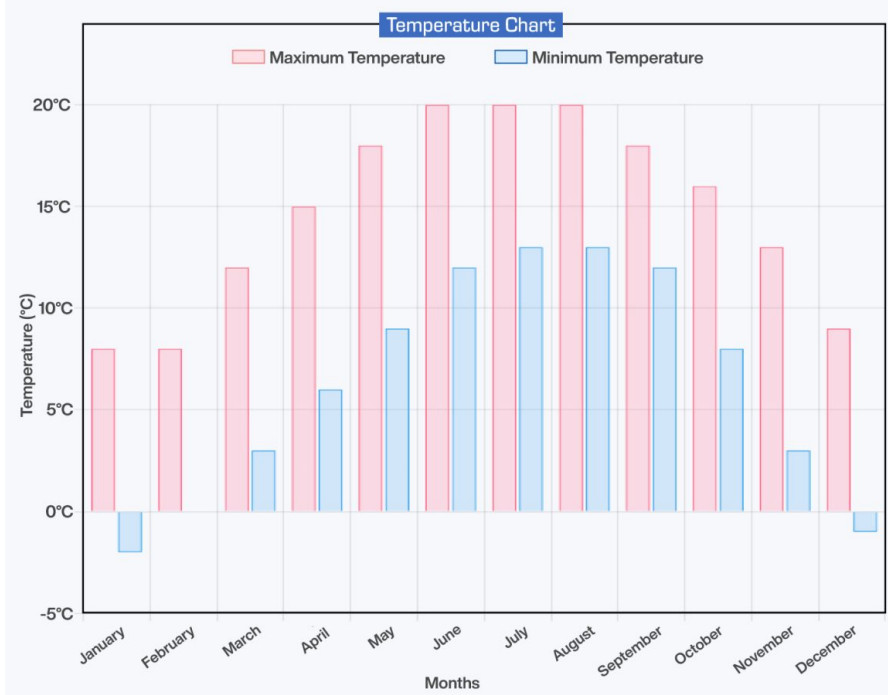
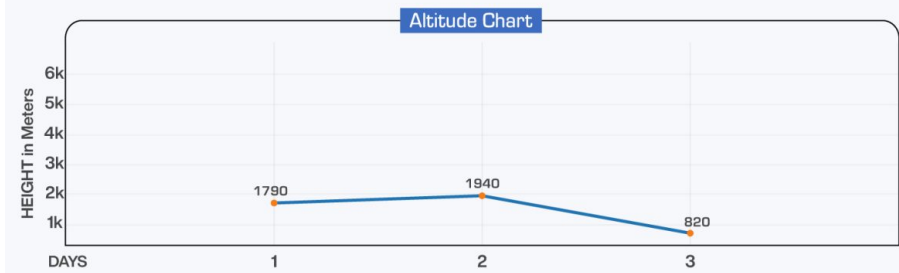
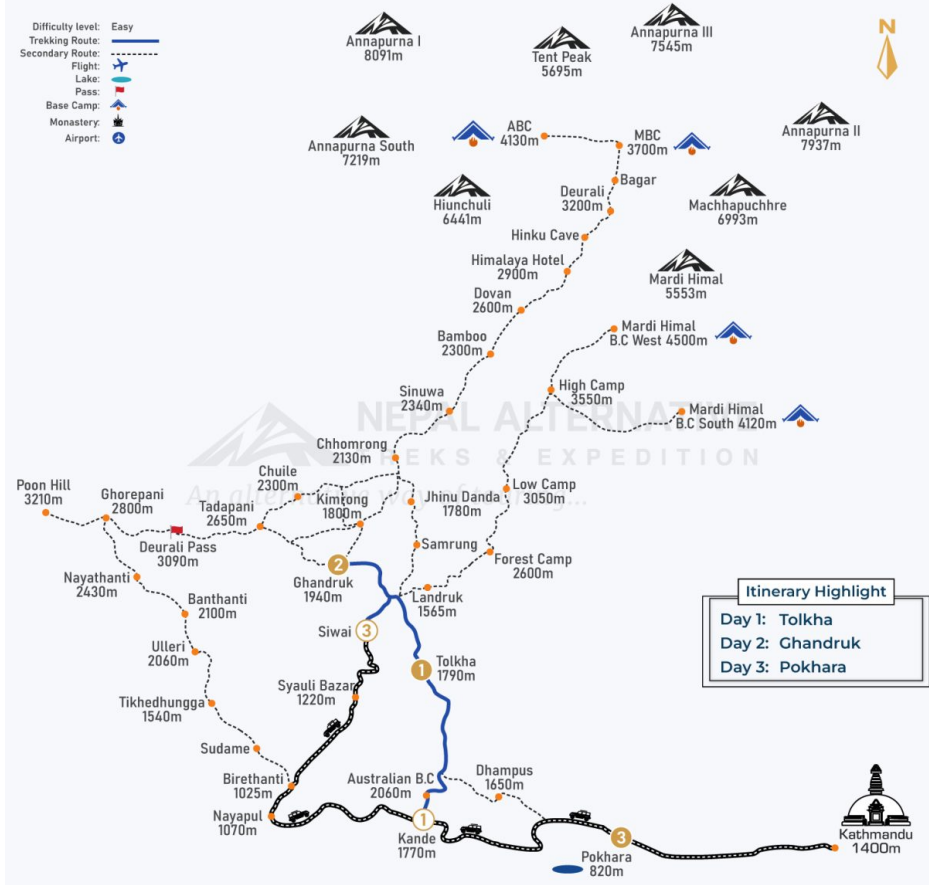
- Pick Up and Drop Off at Hotel in Pokhara before/after Trekking.

- All meals (Breakfast, Lunch, Dinner) during the trekking.
- Lodge accommodation (twin share basis) during the trekking.
- One experienced, well trained, fluent English-speaking, friendly, specialized in Ghorepani trekking route and government authorized trekking guide
- 1 Porter per 2 Trekkers and keep luggage weight under 10kg per person.
- Guide and porters food, accommodation, salary, insurance and transportation .
- Overland transportation as per mentioned in the itinerary.
- ACAP(Annapurna conservation area project) and necessary permits .
- A Trekking map, duffle bag, Oxygen saturation check up everyday, water purification, company t-shirt, first aid medical 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 and Pokhara .
- Hard and soft table drinks such as tea/coffee, coke, fanta, mineral water, alcoholic drinks, laundry, phone bill etc.
- Personal Travel insurance.
- International flight tickets.
- Nepal Tourist Visa
- Tips for guide and porters.(Highly suggested).

Ghandruk Trek Route Map



Additional Trip Information

Best Season to trek to Ghandruk

You can trek to Ghandruk any time of the year. It is a **short 2- 3 day trek** that doesn't reach a higher altitude. You will be hiking just around **2000 meters**. This popular trek is ideal for spending a short vacation. Despite being feasible to trek all year long, Spring and Autumn are the best seasons to hike to the beautiful village of Ghandruk. During these seasons, you can witness the best views of the Annapurna region and its mountain ranges.

The trekking trails turn colorful as Nepal's national flower, the Rhododendron, blooms during Spring. The skies get clear, allowing you to witness the panoramic views of the Himalayas. It is one of the peak times for trekking in Nepal. The temperature is moderate, and the weather is stable during spring. Likewise, autumn offers conditions similar to spring. The weather is stable, and the temperature is suitable for trekking in the hills. During Autumn, the clear views of the Himalayas add beauty to this scenic trek. Moreover, Autumn is the festive season in Nepal. You can experience different festivals when you trek towards Ghandruk.

Despite being an off-season, the beautiful village of Ghandruk attracts numerous visitors during Summer and Winter. It is a relatively easy trek as compared to other treks. The trails might be slippery, or they may receive snowfall, making it challenging during the winter. Likewise, the summer rain can hinder your hike, making the paths slippery. However, this trek is short and accessible for everyone and can also be trekked during the off-season.

Food and Accommodation For Ghandruk Trek

Ghandruk is one of the most popular short-distance trekking distances in Nepal. You can also reach the charming village of Ghandruk by road. Due to its road accessibility, you will have multiple options for food and accommodation when you trek in this region. In the context of accommodation, your stay will be at a Guest House or a Tea house. These tea houses and guest houses will provide you with a decent room compared to other treks. You may have basic amenities in your room. You will have the option of a hot shower, an attached bathroom, and internet access, but you will be charged an extra few dollars for it. Daal Bhaat will be your staple meal during this trek.

It is a high-calorie food that gives you enough carbs and protein for this trek. You will be provided with three meals per day. Your breakfast options include items like Bread Jam, Toast, Cereals, Pancakes, Boiled eggs, Tibetan Bread, Tea, Coffee, etc. You will have similar options for Lunch and Dinner. Some standard options for lunch and dinner are **Daal Bhaat**, **Dhindo**, Pizza, Pasta, Macaroni, Noodles, Thukpa, etc.

Local Gurung culture and tradition in Ghandruk

The Ghandruk village is the home to the Gurung community. Gurung people are the natives of the Annapurna region. While you trek toward the Ghandruk village, you will pass through different paddy fields, suspension bridges, and picturesque villages before you reach Ghandruk. You can experience the local people's warm hospitality and innocent nature. These Gurung people hold a long history of culture and tradition, which can be reflected in their daily lifestyle. They have their language, customs, and

history.

When you trek to Ghandruk, you can see the Gurung people wearing their traditional “**Gurung Dress.**”. The Gurung males wear traditional garb, which consists of a robe that ends at the knee and a waistcoat. The Gurung women wear accessories like Beaded necklaces and earrings. You can easily spot the difference in their clothing. You can also witness the traditional Gurung dances like Ghatu and Sorathi. Ghatu is performed during the festive season, whereas Sorathi is performed during the harvest time.

Additionally, there is a **Gurung Museum in Ghandruk Village**. During your visit to the museum, you can collect information about its history, culture, and way of life. Buddhism is the most followed religion by the Gurung community. The Buddhist Stupa, Prayer flags, and monasteries decorate the entire village. **Ghandruk Monastery** is a popular worshipping place for Buddhist Pilgrims. These people also celebrate festivals like Dashain and Tihar. You can see the traditional style of buildings while you visit the charming village. Tourism is the main occupation of local people, as most locals run guest houses or homestays. However, agriculture comes second in the context of occupation as local crops, like rice, millet, maize, potatoes, etc., are grown to serve authentic local food to visitors.

Frequently Asked Questions

How long is Ghandruk from Pokhara?

The distance from Pokhara to Ghandruk is around 55 Kilometers. The trip from Pokhara to Ghandruk takes 4 hours. It is a mixture of black-topped roads and off-roads. The roadway from Nayapul to Ghandruk is entirely off-road, around 20 km.

Is Ghandruk worth visiting?

Yes, It's a gorgeous spot to visit close to Pokhara, with outstanding hospitality, stunning views of the dazzling Himalayas, and a unique culture. You can witness the best views of mountains like Machhapuchhre, Annapurna, and Hiunchuli. You can climb from Nayapul, Kaski, or Pokhara to the Gurung Village in six to seven hours. It also offers the shirt trek in the Annapurna region.

Why is Ghandruk famous?

Ghandruk offers a magnificent sunrise, sunset and a grand view of the Annapurna peak. The Ghandruk trip is well-known for its attractive Gurung culture, charming settlement, unique geography, and breathtaking vistas of the Annapurna (7219 m), Machhapuchhare (6993 m), and Himchuli mountains (6411 m). Moreover, it is a hill station near Pokhara.

Can I experience snowfall in Ghandruk?

The chances of experiencing snowfall in Ghandruk are rare. The beautiful Gurung village of Ghandruk is at an elevation of 2000 meters, which is relatively low for consistent snowfall. However, you may experience light snowfall during the Winter months. If you're looking for a snowfall, you can go on an

Annapurna Base Camp Trek or Annapurna Circuit Trek.

Does it snow in Ghandruk in December?

On average, there is a 4% chance of rain or snow in Ghandruk in December. On a typical day, we receive 0.66 in (16.7 mm) precipitation from rain or snow. Some could refer to it as flurries to convey how much that is.

Can we go to Ghandruk by car?

Definitely!! Private transportation is available from Pokhara to Ghandruk. The best option is to charter a Scorpio or Bolero vehicle. Don't forget to purchase TIMS CARD and ACAP Permits from the Nepal Tourism Board or a local agency as well.

What is the major religion of the local people in Ghandruk?

The primary religion of the local people in Ghandruk, a village in the Annapurna region of Nepal, is Hinduism. The Gurung community, which primarily resides there, also practices Tibetan Buddhism. These two religions coexist harmoniously, shaping the cultural and spiritual life of the village.

What animals are found in Ghandruk?

In this alpine region of Ghandruk, you may see animals such the Himalayan Thar, Kasturi deer, Jharal and snow leopard, blue sheep, wild fox, Danfe, Monal, and golden eagle. Along the road leading to Annapurna, a herd of Himalayan Thar, blue sheep, and Jharal can be observed grazing in the autumn.

How far is Ghandruk to ABC?

The distance from Ghandruk to Annapurna Base Camp (ABC) is approximately 37 kilometers. This trek typically takes 3-4 days, passing through picturesque villages, lush forests, and stunning mountain scenery, making it a popular route for trekkers in the Annapurna region.

What is the longest trail in Ghandruk?

The longest trail in Ghandruk is the Mardi Himal Trek Segment 1, stretching from Kande to Australian Camp and Forest Camp. This trail is approximately 13.5 km long, offering trekkers a scenic and adventurous route through the beautiful landscapes of the Annapurna region.

Do I need a permit to Trek Ghandruk?

Yes, you will need two permits for the short trek in the Annapurna region. Trekkers Information Management System(TIMES) Card and Annapurna Conservation Area Permit (ACAP) are the two permits you will need to trek in this region. You can get it from the Nepal Tourism Board office or any trekking

agency in Nepal.

How much does a Ghandruk cost?

Generally, the trek to Ghandruk cost around \$200 - \$500. However, it depends on your tour packages, itinerary, and expenditure. It is considered one of the shortest and budget-friendly treks in Nepal. Also, you can get a cheaper package traveling in groups.

Which peaks are visible from Ghandruk?

From Ghandruk, you can see several prominent peaks, including Annapurna South, Hiunchuli, and Machapuchare (Fishtail). These majestic mountains offer stunning views, making Ghandruk a popular destination for trekkers and nature enthusiasts in the Annapurna region.

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

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