

Gurja Himal Trek - 8 Days

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

Duration 8	Per Person Cost USD 750	Difficulty moderate
Weather -5°C to 20°C	Accommodation Lodge/home Stay	Meals Breakfast, Lunch, Dinner
Religion Buddhism	Transportation Private jeep/ Local bus	Max Altitude 3250m./10725ft.
Region of Nepal West nepal, Annapurna	Ethnic People Magar, Gurung	Daily Activity 05 -06 hours Trekking
Best Seasons Sept, Oct, Nov, March, April May	Geographic Terrain &Mountain, Forest, Village, Rivers	

Highlights

- Gurja Himal: Explore remote villages like Ghalegaun and Bhujung, experiencing the authentic culture of the Gurung and Magar ethnic communities.
- Gurja Himal Base Camp: Trek to the base camp of Gurja Himal for stunning views of the Annapurna and Dhaulagiri ranges.
- Scenic Landscapes: Traverse diverse landscapes, including lush forests, terraced fields, and rugged mountains.
- Rich Biodiversity: Encounter a variety of flora and fauna, including unique Himalayan wildlife and bird species.
- Cultural Experiences: Engage with local communities, participate in traditional ceremonies, and learn about their way of life.
- Off-the-beaten path: Enjoy a peaceful trek away from the crowds, experiencing the region's unspoiled beauty.
- Local Cuisine: Taste traditional Nepali food and regional specialties, experiencing the flavors of the mountains.
- Charming Accommodations: Stay in cozy teahouses and lodges, offering a warm and welcoming atmosphere.

- **Adventure Activities:** Enjoy optional activities like bird watching, nature walks, or exploring nearby villages.
- **Stunning Sunrises:** Witness breathtaking sunrise views over the Himalayas from strategic viewpoints along the trek.
- **Interaction with Locals:** Learn about local traditions, customs, and daily life through meaningful interactions with villagers.
- **Wilderness Camping:** Experience camping in the Himalayan wilderness, surrounded by pristine nature and starry skies.

Weather

Best season for Gurja Himal Trekking

Spring (March to May)

Spring is one of the most popular seasons for trekking the Gurja Himal. During this time, the weather is generally stable and pleasant, with mild to warm temperatures, making trekking more comfortable and enjoyable. One of the highlights of spring trekking is the blooming of rhododendron forests. These flowers and other blossoming flora create picturesque scenery and enhance the trekking experience. Additionally, the clear skies typical of spring offer breathtaking views of the surrounding mountain ranges, ensuring trekkers can fully appreciate the majestic beauty of the Himalayas.

Summer (June to August)

Summer, also known as the monsoon season, brings heavy rainfall to the region, making it a less favorable time for trekking. This season, the trails become muddy and slippery, increasing the risk of accidents and making the journey more challenging. Additionally, the frequent rains can obscure mountain views with clouds and mist, reducing visibility. However, for those who venture out, the landscape is lush and green, and there are fewer trekkers on the trails, offering a more solitary experience.

Autumn (September to November)

Autumn is another peak season for trekking in the Gurja Himal due to its favorable weather. Post-monsoon, the skies clear up, offering unobstructed and stunning views of the snow-capped peaks. Dry and stable weather makes the trekking paths more accessible and safer than during the monsoon season. Temperatures are moderate, creating comfortable trekking conditions during the day, though nights can be more relaxed. This season also coincides with major Nepalese festivals like Dashain and Tihar, allowing trekkers to experience and participate in local cultural celebrations and adding a rich cultural dimension to the trek.

Winter (December to February)

Winter trekking in the Gurja Himal presents a unique set of challenges and rewards. Temperatures drop significantly, especially at higher altitudes, leading to cold conditions that can be harsh for trekkers

unaccustomed to the cold. Snowfall is common, covering trails and making navigation difficult. However, the rewards for those prepared for winter trekking include serene, snow-covered landscapes and a quieter environment due to fewer trekkers. The rising winter air often results in apparent skies, offering some of the best views of the Himalayas. However, being well-prepared for the cold and potentially challenging trail conditions is essential.

January	February	March
-5°C to 5°C	-4°C to 6°C	-2°C to 8°C
April	May	June
1°C to 11°C	5°C to 15°C	8°C to 18°C
July	August	September
10°C to 20°C	10°C to 20°C	8°C to 18°C
October	November	December
4°C to 14°C	-1°C to 8°C	-4°C to 5°C

Trip Overview

Overview

Gurja Himal Trek is Nepal's new and off-the-beaten-path route. Trekkers can explore Nepal's untainted beauty by visiting the solitary (Gurja Khani) near the foot of Gurja Himal at 7,193 meters, with vistas of Dhaulagiri at 8,167 meters from a pass at 3,250 meters. Trekkers can expect friendly interactions with locals and stay in simple guest rooms and teahouses. The best time to trek is in spring and autumn, with winter snowfall possible from December to February.

The journey begins in Beni and can be completed by returning to Pokhara by flight or taking a scenic drive along the Prithvi Highway. This trek offers an immersive cultural and natural experience, showcasing Nepal's pristine beauty.

8 Days Gurja Himal Trekking Day-to-day-Itinerary

Day 1: Fly to Pokhara - Drive to Beni /Darbang

Traveling to Beni from Kathmandu is a journey where we will have a scenic mountain view by flight and

see all the beautiful hills in the region by land journey.

Destination:	Accommodation	Altitude:
20 minutes fly to Pokhara - 70 km drive to Darbang	Homestay in Darbang	(1564m./5161ft.)

Meals
Lunch, Dinner

Day 2: Trek to Lulang

You set off on your journey today in the direction of Lulang, a picturesque settlement situated at a height of 2450 meters. The 7-hour hike offers breathtaking views of the surrounding mountains as it passes through rhododendron and oak forests. At Lulang, check into your guesthouse and take the day off.

Destination:	Accommodation	Altitude:
18km./07 hours walk	Homestay in Lulang	(2450m./8085ft.)

Meals
Breakfast, Lunch, Dinner

Day 3: Lulang to Gurja Khani via Gurja Pass

Your hike today crosses the 3250m-high Gurja Pass, from which you can see the Mountains with your breath taken away. Descend to the village of Gurja Khani, which is 2650 meters above sea level, from the pass. The walk is difficult and lasts for about 7-8 hours. Settle into your Gurja Khani guesthouse and take the day off to relax.

Destination:	Accommodation	Altitude:
18km./07 hours walk	Home stay at Gurja Khani	(2650m./8745ft.)

Meals
Breakfast, Lunch, Dinner

Day 4: Rest day in Excursion base of Gurja Himal.

You might spend today, which is a rest day, discovering the remote settlement of Gurja Khani and its surroundings. Also, you can go on an excursion to the Gurja Himal's base, which is close by and provides breathtaking mountain views.

Destination:

14km./05 hours walk

Accommodation

Home stay in Gurja khani

Altitude:

(2650m./8745ft.)

Meals

Breakfast, Lunch, Dinner

Day 5: Trek to Lulang

You set off on your journey back to Lulang today, crossing the Gurja Pass once more. The 7-hour trek provides breathtaking views of the Mountains. At Lulang, check into your guesthouse and take the day off.

Destination:

18km./07 hours walk

Accommodation

Home stay at Lulang

Altitude:

(2450m./8085ft.)

Meals

Breakfast, Lunch, Dinner

Day 6: Retrace to Darbang

You set out on your walk back to Darbang today to complete your journey. You pass through picturesque landscapes and tiny communities on the 6-7-hour journey. Reach Darbang, the destination of your journey.

Destination:

18km./06 hours walk

Accommodation

Home Stay at Darbang

Altitude:

(2450m./8085ft.)

Meals

Breakfast, Lunch, Dinner

Day 7: Drive to Pokhara

After breakfast, you will bid farewell to Gurja himal and drive towards Pokhara. Overnight in Pokhara.

Destination:

120km./05 hours drive

Accommodation

Hotel Kausi

Altitude:

(850m./2805ft.)

Meals

Breakfast, Lunch

Day 8 : Drive to Kathmandu

After breakfast, you bid goodbye to the precious Mt. Fishtail and Mt. Annapurna. You will catch a tourist bus and head towards Kathmandu. Watching the scenic beauty along the Prithvi Highway, you will reach your hotel in Thamel, Kathmandu, after 6 hours on the road. Overnight in Kathmandu.

Destination:

200km. Drive to Kathmandu(1295m./4273ft.)
(Avg. 06 hrs.).

Altitude:

Meals

Breakfast

Trip Includes

- Tribhuvan international airport transfer (Airport + Hotel + Airport)in Kathmandu .
- Hotel accommodation (Twin share) in Pokhara.
- Lodge /Home Stay (Twin share basis) accommodation during the trekking.
- All meals (Breakfast, Lunch, Dinner) during trek.
- One experienced, first aid trained, fluent English speaking, local language speaking, friendly and government authorized trekking guide and required porters (one porter for two persons).
- Guide/ Porter's food, accommodation, salary, insurance, transportation and equipments.
- Entire overland transportation as per mentioned in the itinerary.
- Annapurna conservation area project (ACAP) and necessary permits .
- Assistance of emergency rescue.
- A trekking map, Duffel bag, Oxygen saturation check up everyday, water purification, first aid kit box, Company t-shirt and trekking completion certificate.
- Government tax and service charge.
- Public Liability Insurance.

Not included

- Hotel accommodation and meals in Kathmandu.
- Hard and soft table drinks such as tea/coffee, coke, fanta, mineral water, beer, desert, hot shower, hot water, battery charge, laundry, phone bill, bar bill etc.
- Personal Travel insurance.
- Tips for guide and porters .(Highly suggested).

Group Discounts Available

No. of Persons	Price per Person
Group Of 2 - 4	USD \$850.00 PP USD \$750.00PP
Group Of 5 - 8	USD \$830.00 PP USD \$730.00PP
Group Of 9 - 12	USD \$810.00 PP USD \$710.00PP
Group Of 13 - 16	USD \$790.00 PP USD \$690.00PP
Group Of 17 - 20	USD \$760.00 PP USD \$660.00PP
Group Of 21 - 24	USD \$740.00 PP USD \$640.00PP

Additional Trip Information

Cost for Gurja Himal Trekking

The cost for the Gurja Himal Trekking can vary based on several factors, including the duration of the trek, the type of accommodation, guide and porter services, permits, and personal expenses. Here's a breakdown of the typical costs:

Trekking Permits

For trekking in Nepal, you'll need specific permits. The Annapurna Conservation Area Permit (ACAP) costs USD 30 per person required to enter the Annapurna Conservation Area. The Trekkers' Information Management System (TIMS) card costs USD 20 per person if trekking with a guide or USD 10 per person if trekking independently.

These permits can be obtained at the Nepal Tourism Board offices in Kathmandu Pokhara or through registered trekking agencies. Keep these permits with you at all times, as you'll need to show them at various checkpoints along your trek.

Guide and Porter Fees

Hiring a guide for trekking in Nepal is highly recommended. Guides typically charge between USD 25 and 30 per day. The price depends on their experience. It also depends on their language skills. They are crucial for navigating the trails. They offer insights into the local culture. They also show the customs.

They also ensure your safety throughout the trek. Porters can also carry your things. This lets you enjoy the trek without a heavy backpack. Porter fees range from USD 20-25 per day, and they can carry up to 20-25 kg of weight.

Accommodation

Teahouses or lodges provide most lodging. They are on popular trekking routes in Nepal. Teahouses are simple but cozy. They offer rooms with twin beds and shared bathrooms. Prices range from USD 5 to 10 per night at lower altitudes.

They are USD 10 to 15 per night at higher altitudes. The cost usually includes a simple meal (dal bhat) and a warm bed for the night. Suppose you prefer a more luxurious stay. Some teahouses offer attached bathrooms. They also have hot showers for an extra cost.

Meals

Meals in teahouses are hearty. They are filling. They typically have rice, lentils, veggies, and sometimes meat. The cost of meals varies depending on the altitude and remoteness of the area. On average, the budget is around USD 3-5 for breakfast, USD 4-6 for lunch, and USD 5-8 for dinner. It's wise to carry snacks and energy bars for quick bites along the trail. They can cost an extra USD 5-10 per day.

Transportation

You usually get to the start point of your trek by bus or jeep from Kathmandu. Transportation costs vary by distance and mode. They typically range from USD 20-30 per person one way. If your trek starts in a more remote area, you may need to hire a private vehicle, which can be more expensive.

Miscellaneous

It would be best if you had travel insurance for trekking in Nepal. It covers emergency evacuation. It also covers medical expenses and trip cancellations. The cost of travel insurance varies by the provider and coverage. But it generally ranges from USD 100 to 150. You can rent equipment in Kathmandu and Pokhara.

It includes sleeping bags, down jackets, and trekking poles. The fee is negligible. Budget around USD 1-10 per day per item for rental. Also, budget USD 5-10 per day for personal expenses. These include hot showers. You can charge electronics and use Wi-Fi. Teahouse accommodation may not include these services.

By considering these factors, trekkers can plan a budget that suits their preferences and needs for the Gurja Himal Trekking.

Frequently Asked Questions

Is it possible to do the Gurja Himal trekking independently?

While it is feasible to go trekking alone, it is advised to do so in order to secure your safety and to help you find your way around the path.

How long is the Gurja Himal trekking?

The trekking route begins and ends in the town of Beni, and it takes about 7 days to complete.

What kind of gear do I need for the trekking?

During the trek, you'll require a good pair of trekking shoes, warm clothing, a rain jacket, a bag, and other items..

What kind of wildlife can I see during the trekking?

When walking, you might see a variety of birds, monkeys, and other wildlife, including the rare snow leopard.

Is it safe to do the Gurja Himal trekking?

Certainly, trekking is normally safe, however it is advised that you heed the safety advice and instructions of your porter or guide and take the appropriate measures to avoid altitude sickness.

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