

Ghandruk Trek

Nepal is a beautiful country stretched from flat lowland to the mesmerized Himalayan peaks through the rolling mountains in between. Thus the country is a paradise for mountain trekking and adventure lovers.

This trekking program 'Ghandruk Trek' takes you to the foothills of Annapurna where some of the best trekking trails of Nepal lies such as Annapurna circuit, and Annapurna Base Camp Trekking.

During this Trekking you will enjoy the pristine nature, and magic view of the Himalayan peaks including Annapurna, Machchapuchre, Gangapurna, Hiuchuli and others. Not only nature and mountains but also the culture of Gurung, Magar, and other ethnic community and rural lifestyle also enhance your trek experiences in Annapurna and Ghandruk Trek.

Itinerary in Details:

Day 01: Arrival in Kathmandu (1300 m/ 4265 ft):

At arrival arena you meet with our friendly representative who will be holding a placard to receive you and transfer you to your hotel.

After you complete check-in formality, and taking short rest, we introduce you the market of Thamel – the buzzing tourist hub where you can eat your supper, change money, buy some stuffs from supermarket, or buy trekking gears if you still need any.

You visit our office at Thamel to complete remaining formalities of trekking and meet your guide.

Overnight stay at your hotel.

Delay of any kind will postpone the events for next day according to feasibility.

Day 02: Kathmandu Sightseeing - 4 hrs tour.

Enjoy your first breakfast in Nepal at your Hotel and prepare for delightful city tour. The sightseeing tour involves visiting two religious and cultural important sites of Pashupatinath temple and Boudhanath stupa.

Pashupatinath Temple: Dedicated to the Hindu God Shiva, Pashupatinath temple is one of the most famous Hindu temples in South-Asia. This place is a UNESCO world cultural heritage site. The Bagmati River flowing behind the temple is religiously and spiritually important for Hindus where cremation of dead body takes place. Pashupatinath temple holds the most of prominence during Shivaratri – Shiva's birthday in which thousands of pilgrims gather to celebrate the auspicious day. Other occasional festivities and celebrations take place in the complex regularly.

Boudhanath Stupa: It is one of the biggest Stupas in terms of size and height in Nepal dedicated to Buddhism. The site is peaceful and culturally full with intermixed influence of Tibetan and Sherpa roots. Stupa built in the trading route between Kathmandu and Tibet has four pairs of eyes directed towards all four directions. The Stupa and philosophy around is influenced

by Mahayana Buddhist philosophy. After short tour of city we return to hotel and prepare for the trek. Overnight will be spent at hotel.

Day 03: Drive from Kathmandu to Pokhara (9,00m/ 2952 ft)/ 7 hrs drive:

Early morning you commence your journey with a drive to Pokhara. Pokhara – the beautiful lake city of Nepal nestled in the lap of the majestic Annapurna – is located 200 kilometers west of Kathmandu.

This is a quite long yet scenic and adventurous drive. As you drive out of the Kathmandu valley the road gradually descends to the Trishuli River valley on the other part. The Highway is narrow in breadth, and snake bend in shape thus make the drive thrilling and fun.

After some 100 kms, you stop for couple of hours and make a off trip to Manakamana temple – the most famous Hindu goddess of wish-fulfilling located in the hillock of Manakamana. There is a cable car to climb up and down to the temple and the view is marvelous of the river bed, green hills, and terraced farming field with orange orchard.

After scenic and adventurous drive, arrive at the hotel and rest the remaining evening. You can utilize your rest time exploring around the lakeside or shop around. **Overnight in a hotel.**

Day 04: Drive Kande and Trek to Australian camp (1,950m/ 6397 ft) | 1 hr drive + 2 hrs walk:

After breakfast at your hotel, your east trek starts with approximately an hour drive to Kande. This short drive is fascinating in the valley of Seti River with beautiful farm both sides of the road in Hemja, and then drive uphill to Naudanda and Kande via snake-bend narrow road. From Naudanda and Kande you see beautiful panorama of Annapurna and Fishtail.

From Kande walking begins in the forest where the trail leads through gentle up. Reach Australian camp and check-in to your room.

From the yard or room enjoy the view of majestic mountains including Machhapuchhre (or fishtail 6,998m/ 22959 ft), Hiuchuli (6,441 m/ 21131ft), Annapurna South (7,219 m/ 23684 ft), Annapurna III (7,575 m/ 24842 ft), Annapurna IV (7,535 m/ 24721ft), Annapurna II (7,937 m/ 26040 ft). **Overnight stay at a local Lodge.**

Day 05: Trek to Ghandruk (1,960 m/ 6430ft)/ 6-7 hrs walk:

You start the day with delicious breakfast at your lodge.

The walk is in the forest at first and you reach to the villages after some hour walk. You reach Tolkha (1,840 m/ 6036ft), a beautiful village of Magar and Gurung ethnic community. To reach the next destination Landruk, a village inhabited by mostly Gurung and few Brahmins, the trail is gradual descending passing through terraces and few dotted settlements.

From Landruk the trail to Ghandruk is steep downhill to the river Modi and then steep uphill again. Ghandruk is one of the most famous settlements of Gurung ethnic community who primarily serves in the Gurkha army. Since the view of the Annapurna South, Himchuli, and

Machapuchhre (fishtail) is magnificent, it is easy accessible, close to the city like Pokhara, this is famous tourist destination. There are many lodges, Gurung museum and traditional houses made of stone slabs with narrow alley are attractions of the village with the close up view of the Himalayan peaks. **Overnight stay at local Lodge.**

Day 06: Short Trek and Drive to Pokhara | 1.5 hrs walk and 2 hrs drive:

Enjoy your delicious breakfast with view of the Annapurna South (7,229 m/ 23717ft), Hiunchuli (6,441 m/ 21131ft), Annapurna III (7,755 m/ 25442ft), and Fishtail (6,997 m/ 22956 ft). After breakfast you walk short to Ramche from where you drive back to Pokhara.

Once you reach Pokhara, check in to Hotel. Rest for a short while. Later in the afternoon you go for half day sightseeing tour of Pokhara. Evening enjoy the time in Lakeside.

Overnight at the hotel.

Day 07: Explore Pokhara

Today you explore Pokhara in brief and rest of the day to relax in luxury. Pokhara has minimum touring place. You first go for the boating in Fewa Lake – 5 Square Km lake is beautiful with a magnificent view of mountains both in distant and in water as reflection. Later visit Gupteshwor cave, and Devi's Fall (Patalo Chango). Cave and the waterfall located opposite to each other. You can visit Tibetan Refugee settlement Camp adjacent to the cave after this. You can firsthand see how they weave carpet and know about their life in Nepal from information center.

Return back to your Hotel, enjoy lunch and chill out rest of the time on your own.

Overnight at the hotel.

Day 08: Drive Pokhara to Kathmandu/ 7 hrs drive:

Drive back to Kathmandu. You are driving the same highway as you enter to Pokhara and the Mustang region. Alternatively you can talk with us if you want to fly one way back which is highly recommended. Arrive Kathmandu and **Overnight in a hotel.**

Alternatively you can fly from Pokhara to Kathmandu which offers splendid view of the Himalayan peaks and as short as 25 minutes flight.

Day 09: Cultural Tour of Kathmandu City / 4 hrs:

After breakfast at your Hotel, we take you to the mysterious Kathmandu city tour. This historical, cultural and spiritual city unveils the social and historical mysteries to visitors. You will walk through the narrow lanes of the ancient Kathmandu – the center of power – that includes markets of Ason, Glass beads market at Indrachowk, oldest supermarket at New Road, Kilagal, and Hidden Stupas inside the family courtyard.

Visit of Kathmandu Durbar Square – the administrative quarter of Malla Kings (fourteenth to eighteenth century), and Shah Kings who ruled Nepal from 1768 until 2008. The most unique experience in the square is the visit to the temple of the living goddess “Kumari”.

After the tour, return back to your Hotel. If you are staying in Thamel, you can hang around this bustling tourist market and enjoy shopping. **Overnight in Hotel.**

Day 10: Departure Day:

As per your flight schedule, you will be transferred to the international airport of Kathmandu three hours prior to the flight time and your wonderful trip in the majestic Himalayan region ends here.

Cost Includes:

- ✓ Airport Pick up and Drop with friendly representative
- ✓ 3 star standard hotels with breakfast in Kathmandu
- ✓ 3 star standard hotels with breakfast in Pokhara (Nepal’s 3 star hotel can be bit different than other international standard)
- ✓ Tea house (Lodge) accommodation during the trekking in twin sharing basis
- ✓ All meals (Breakfast, Lunch & Dinner) during the trekking
- ✓ Tea Coffee (3 times a day)
- ✓ A professional trekking guide, Porter (Helper) and assistant guide above 5 pax.
- ✓ Air ticket (Kathmandu-Pokhara).
- ✓ All food, drinks, Lodge, salary, Insurance, medical equipment, all transport for Trekking Staff.
- ✓ Private transfer (Pokhara - Kande | Ghandruk Besi – Pokhara)
- ✓ Transfer from Kathmandu - Pokhara - Kathmandu
- ✓ Kathmandu Cultural and Historical sightseeing with a Tour guide, Private transportation, and entrance fee.
- ✓ Trekking Permit (TIMS).
- ✓ Annapurna Conservation Area Permit (ACAP).
- ✓ Down Jacket, a sleeping bag, Fleece liner, and a duffel bag.
- ✓ All government taxes

Cost Excludes:

- ✓ Any bar bills (alcoholic drinks, mineral water, or cold drinks), cigarettes, client’s personal insurance, and any kind of unforeseen expenses
- ✓ Lunch and Dinner in Kathmandu and Pokhara
- ✓ Tips for Guide, Porter, and Driver (tips not mandatory but highly expected.)

- ✓ Travel insurance that should cover emergency evacuation in case of need
- ✓ Anything that is not mentioned in Inclusion

What to bring

This list outlines the required things to bring during the trekking tours. There are various selections and brands that you can choose as per your interest. All required trekking equipments can be bought or even hired easily at a reasonable price in Kathmandu.

General

1. Four seasons Sleeping bag (Optional/we can provide one if you need it but is to be returned after the trek)
2. Duffel or Rucksack bag & suitcase (Optional/we can provide one if you need it but is to be returned after the trek)
3. Daypack
4. Down Jacket (Optional/we can provide if you need one but is to be returned after the trek)

Upper Body - Head / Ears / Eyes

1. Sun hat
2. Warm wool or synthetic hat that cover your ears.
3. Goggles or sunglasses for sunbeam, dust and wind
4. Headlamp
5. Some people like ear-muffs; These are optional; a good hat, balaclava, and hooded jacket should really be sufficient, but this is a personal choice for some people (optional).
6. A neck warmer is another piece of gear for extra warmth if you feel you will need it (optional).

Hand

1. Gloves(not too warm and not light)

Core Body

1. T-shirts
2. Shirts
3. Fleece jacket or pullover.
4. Fleece Wind-Stopper jacket (optional).

5. Waterproof (preferably breathable fabric) shell jacket.
6. Women sports bras, Synthetic, no cotton!

Lower Body – Legs- Feet

1. Nylon hiking shorts - Quick drying type, not cotton!
2. Underwear, stay away from cotton (4).
3. Lightweight long underwear - capilene or other synthetic.
4. Soft shell pants - synthetic, full zip from top and bottom preferable.
5. Trekking pants, preferably that zip on/off at the knees so they double as shorts..
6. Cotton pants (loose jeans/khakis).
7. All clothing should be kept dry using waterproof stuff sacks or large puncture resistant plastic bags.
9. Two pairs heavy weight socks to be worn over liner socks preferable for cold season.
10. Two pairs light weight socks, a good option for the lower / warmer parts of the trail.
11. light to medium weight water proof hiking/trekking boots.
12. A pair of light trekking shoes or sneakers. Good for around the camp/lodges and in Kathmandu.
13. A pair sandals (Optional).

Medicines and First Aid Kits

(Please note our guide will also carry the first aid kit bag during the trek. However we still recommend you to bring your personal first aid kit as well)

1. Extra Strength Excedrin for altitude related headaches.
2. Ibuprofen for general aches and pains.
3. Immodium or Pepto bismol capsules for upset stomach or diarrhea.
4. Diamox (commonly prescribed as Acetazolamide) 125 or 250mg tablets for altitude sickness. Please discuss with us before starting to take this medicine.
5. One small personal sized first-aid kit with blister treatments such as mole skin, band-aids, some waterproof tape, anti-infection ointments, etc. Your guides will have more extensive medical gear, but you should have the basics for general use.

Miscellaneous

1. Passport and extra passport photos (4 copies).
2. Airline ticket (Please make a copy and leave on at our office in KTM just in case if you need to change the date of your).
3. Durable wallet / pouch for travel documents, money & passport.

4. Lip balm. At least SPF 20, 2 sticks. A string taped to the stick is helpful, to hang around your neck and some are now being sold with a cord already attached. Handy as it avoids you from having to stop and look for it.
5. Sunscreen. SPF 40 is recommended and should be relatively new since it loses its' effectiveness over time.
6. Pocket knife or small Swiss Army type.
7. Water purification Iodine tablets or Polar-pure crystals.
8. Toiletry kit. Be sure to include toilet paper stored in a plastic bag, hand wipes, and liquid hand sanitizer, towel, soap, etc.
9. Two bandanas.

Optional

1. One pair adjustable trekking poles. Although these are listed as optional, these can be of great assistance to people who may think of themselves and generally clumsy or with bad knees, ankles, etc, especially when going downhill
2. Favorite snack foods
3. Paperback books, cards, mp3 player (there are a couple of stops where you could recharge. Avoid players with moving hardware as it may not function. Remember, keep these items light weight
4. Binoculars
5. One light weight point & shoot camera or 1 large SLR. Digital cameras are ok, but you must keep the batteries warm when not in use
6. Hydration bladder with drinking tube and tube insulator
7. A pee bottle for men and pee funnel for woman, some swear by them to avoid that chilly late night trip
8. One small stainless steel thermos

All garments should be kept dry using waterproof stuff sacks or large puncture resistant plastic bags.