

# Ghandruk Family Trek

Url: <https://www.glorioushimalaya.com/trip/ghandruk-family-trek/>

## Duration

9

## Max. Altitude

2,100m

## Difficulty

Easy

## Group Size

2+ pax

## Transport

Car / Jeep / Bus

## Meals

Breakfast, Lunch, Dinner

## Accommodation

Hotel and Local Lodges

## Starts At

Kathmandu

## Ends At

Kathmandu

## Highlights

- Insight into pure Nepalese living lifestyle of village people.
- Adventurous and short family lodges trek in Annapurna region.
- Explore culture and livelihood of countryside peoples.
- Stunning views of Mount Annapurna range from Ghandruk village.
- Visit cultural world heritage sites in Kathmandu valley.

## Overview

**Ghandruk family trek** is one of the famous rural homestay trips in Nepal. This trek is easy and short trekking in the Annapurna region. The trek takes you to a homely peaceful environment and gives immense relief from your hustle city life. It is also very enjoyable and nice for children as a family trek & tour in the mountain region. **Ghandruk family trek** is the most popular for cultural, geographical variety and spectacular views of mountains and stone roofed built villages. Ghandruk village is known as Stone Village and is also called Konda Village in the local language. Glorious Himalaya Trekking is sure

that trekkers enjoy and are happy on the Ghandruk family trek route because of clean stone steps up and downhill, a close view of mountains, and blooming rhododendron flowers on the trail in the spring season.

We organize and offer this trip to those families who want to have unforgettable vacation time with their children/parents in Himalaya Nepal. Trekkers can see various high mountains such as Annapurna South 7219m, Hiu Chuli 6441m, Annapurna III 7555m, and Gandarba Chuli 6248m, Machhapuchre 6993m, Annapurna IV 7525m, Annapurna II 7937m, and more peaks. From the beginning of the march to last June and 1st September to last December is the best season for the Ghandruk family trek but we are always a willingness to design your trip as your desire and timetable.

*Ghandruk family trek* starts from & ends at Pokhara. We will drive about half an hour by car or van to Nayapul. We can drive to Birethati too if you want. Birethati is half an hour's walk from Nayapul. We do follow the right-hand side trail where Modi Khola {stream} coming at Birethati.

Check out our fixed itinerary below or just send us an **email** and we'll tailor-make an itinerary based on your requirements.

## Itinerary

### **Day 01: Arrival Day in Kathmandu and transfer to the hotel - (1400m)**

You will be warmly welcomed at airport by our office representative and then you will transfer to hotel. Our staff will give brief explanation about the program. This day you can stay within the hotel or enjoy night at Thamel, Kingsway especially famous for clubs and bars.

### **Day 02: Kathmandu valley sightseeing tour**

This day, you will visit many cultural heritages, which includes some of the famous world's heritages like Pashupatinath, Swyambhunath, Kathmandu Durbar Square, Bouddhanath stupa and many more. You can do shopping various Nepalese cultural stuffs in this day. And Back to hotel for overnight.

### **Day 03: Drive to Pokhara (850m) - 7 hrs Drive**

After breakfast, we will leave the hotel in the morning time with scenic views along the road to Pokhara via Prithivi highway. It might take approximately 6 hrs to reach Pokhara. We will visit almost all the beautiful places in Pokhara like Davis fall (if we reached in the early), Phewa Lake, etc and overnight at hotel inclusive breakfast.

### **Day 04: Drive to Nayapul and trek to Ghandruk (1940m) - 5/6 hrs walk**

We will leave Pokhara early in the morning either taxi or car to Nayapul. Thus we head towards Ghandruk by trek through Birethati. It might take 4/5 hours to reach Ghandruk through steep hill trail.

From Ghandruk we can see beautiful Machhapuchhre (Fishtail), Himchuli & Annapurna south. We will manage the guest house at Ghandruk.

### **Day 05: Trek to Landruk (1565m) - 3 hrs walk or Tolka (1700m) - 4 hrs walk**

After breakfast, we will have breathtaking views of waterfalls, landscapes, Annapurna South, Himchuli, Fishtail and other mountains. And we will visit the Annapurna conservation office and museum in afternoon. We will continue our walk to steep down till Modi Khola and then climb up steeply about an hour more then we reach to Landruk. Overnight at lodge.

### **Day 06: Trek to Dhampus (1650m) via Bhichok Deurali (2100m) - 5/6 hrs walk**

Early morning we can enjoy the view of Sunrise, Annapurna South, Himchuli, Machhapuchhre & the countryside. After breakfast, we leave Landruk almost flat trails about an hour then Little steep for 20 minutes to reach Tolka. after Tolka trail follows through forest then starts again steep ascends about one & half hour to get Deurali, from where you can see valley of Pokhara. There tea shops are available between Tolka and Deurali. After Deurali trails leads you gradually descend to Dhampus via Pothana.

### **Day 07: Trek to Phedi and drive back to Pokhara (850m) - 3 hrs walk**

This morning will be one of the great morning with views of Annapurnas Himalayas & scenic settlement villages, walk down to Dhampus Phedi (approximately one and half hrs.) and then drive to Pokhara (about 30 minutes}. Overnight at hotel inclusive breakfast.

### **Day 08: Drive from Pokhara to Kathmandu**

After our breakfast, we take a tourist bus drive to Kathmandu or you can take a flight instead. Overnight at the hotel inclusive breakfast.

### **Day 09: Departure from Nepal**

Today is your departure day, we will drop you to the International airport to catch your flight back to your home and pray for your Safe journey.

## **Trip Includes**

- All the airport pick up and drop off by private vehicles.
- 3-nights of hotel accommodations in Kathmandu city inclusive breakfast.

- 2-nights hotel accommodations in Pokhara city inclusive breakfast.
- 1 day Kathmandu sightseeing tour guided by a city tour guide with private transport.
- 4 nights of local lodges accommodations during the trek in the mountain region.
- An experienced and government certified guide for the hike.
- Supporting porter to carry your luggage for the trek. (1 porter for 2 guests)
- All the essential ground transfers by tourist bus, jeep, and car.
- All necessary trekking permits and paperwork for the trek.
- Rain protection duffel bag and sleeping bag to use for the trek.
- First aid medicine for the trek.
- Trip achievement certificate.
- Nepalese cuisine farewell dinner at a typical restaurant with a cultural dance performance.

## Trip Exclude

- Nepal travel visa and international flights.
- Entrance fees for Kathmandu sightseeing.
- Any other costs that are not mentioned in the cost include section.
- Your travel insurance.
- Alcoholic beverages, cold drinks, mineral bottled water, use of WIFI, hot shower and charging while on the trek.
- Tips to trekking guide and porter.

## Checklist

What you should bring depends largely upon where, when and how you are trekking. The main stress while trekking is on keeping warm and dry while still being lightweight. At altitudes above 3,000 meter, you will need warm clothing at all times, while at lower altitudes, you will need to keep warm only in the evenings.

And for lower altitudes, fleece jackets are adequate, while at higher altitudes down jackets are advisable.

Waterproof, windproof jackets and pants, well broken in footwear, head cover is also recommended. Good hiking shoes, a pair of sandals, sleeping bags, down jacket, sunglasses, warm woolen hiking socks, lightweight warm gloves, drinking water bottle, water purification tablets (which is highly recommended) a Swiss army knife, torchlight, sun block cream, toiletries, one quick drying towel, first aid kit and a very good route map are other things that come very handy. You also need a camera to take home memories of the trip. Please find the details trekking gear checklist below.

### Trekking Gear Checklist

#### Head

- Bandana or headscarf, also useful for dusty conditions.
- Warm hat that covers your ears (wool or synthetic)

- Headlamp with extra batteries and bulbs.
- Sunglasses with UV protection
- Prescription sunglasses (if required)

## **Upper Body**

- Polypropylene shirts (1 half sleeve and 2 long sleeves)
- Light and expedition weight thermal tops.
- Fleece wind-stopper jacket or pullover.
- Waterproof shell jacket (preferably breathable fabric)
- Down jacket
- Gore-Tex jacket with hood, waterproof and breathable

## **Hands**

- 1 pair of lightweight poly-liner gloves.
- 1 pair of lightweight wool or fleece gloves.
- 1 pair of mittens, consists of 1 Gore-Tex over mitt matched with a very warm polar-fleece mitt liner (seasonal)

## **Lower Body**

- Non-cotton underwear briefs.
- 1 pair of hiking shorts.
- 1 pair of hiking trousers.
- 1 pair of lightweight thermal bottoms (seasonal)
- 1 pair of fleece or woolen trousers
- 1 pair of waterproof shell pants, breathable fabric

## **Feet**

- 2 pairs of thin, lightweight inner socks.
- 2 pairs of heavy poly or wool socks.
- 1 pair of hiking boots with spare laces (sturdy, soles, water resistant, ankle support, "broken in")
- 1 pair of trainer or running shoes/sandals
- Cotton socks (optional)
- Gaiters (winter only), optional, "low" ankle high version

## **Sleeping**

- 1 sleeping bag (-20 degrees)
- Fleece sleeping bag liner (optional)

## **Rucksack and Travel Bags**

- 1 medium rucksack (50-70 liters/3000-4500 cubic inches, can be used for an airplane carryon)
- 1 large duffel bag
- A small daypack/backpack for carrying your valuables should have good shoulder padding
- Small padlocks for duffel-kit bags

- 2 large waterproof rucksack covers (optional)

## **Medical**

- Small, personal first-aid kit. (Simple and light)
- Aspirin, first-aid tape, and plasters (Band-Aids)
- 1 skin-blister repair kit
- Anti-diarrhea pills
- Anti-headache pills
- Cough and/or cold medicine
- Anti-altitude sickness pills: Diamox or Acetylzolamide
- Stomach antibiotic: Ciprofloxacin, etc. Do not bring sleeping pills as they are a respiratory depressant.
- Water purification tablets or water filter.
- 1 set of earplugs
- Extra pair of prescription glasses, contact lens supplies.

## **Practical Items**

- 1 small roll of repair tape, 1 sewing-repair kit
- 1 cigarette lighters, 1 small box of matches
- 1 compass or GPS (optional)
- 1 alarm clock/watch
- 1 digital camera with extra cards and batteries
- Large Ziplocs
- 2 water bottles (1 ltrs. each)
- 1 small folding knife
- Binoculars (optional)
- 4 large, waterproof, disposable rubbish sacks.

## **Toiletries**

- 1 medium-sized quick-drying towel
- Toothbrush/paste (preferably biodegradable)
- Multi-purpose soap (preferably biodegradable)
- Deodorants
- Nail clippers
- Face and body moisturizer
- Female hygiene products
- Small mirror

## **Personal Hygiene**

- Wet wipes (baby wipes)
- Tissue/toilet roll
- Anti-bacterial hand wash

## **Extras/Luxuries**

- Reading books

- Trail map/guide book
- Journal and pen
- iPod
- Travel game i.e. chess, backgammon, scrabble, playing cards (to help you pass the time at teahouses or camps)
- 1 modest swimsuit
- Voltage converter
- Plug adapter (2 round pegs to 2 flat pegs)
- Lightweight pillowcase (in case if your teahouses do not provide you)

## Contact Us, Head Office

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