



Earthbound Expeditions

Ghorepani Ghandruk Circuit Trek

10 days, from US\$897 per person

Duration

10 days

Start and end

Kathmandu

Accommodation

Teahouses

Getting there

Fly to Pokhara

Grade

Easy to moderate

On the trail

4 to 6 hours a day

Meals

All meals on the trek

Max altitude

3,210 m

Best season

Mar to Apr, Oct to Nov

Group size

Up to 12

Contact us

Phone

+977 9851017772

Email

earthboundnpl@gmail.com

Office

G.P.O. Box 5801, Thamel, Kathmandu, Nepal

WhatsApp

+9779851017772

Website

enepaltrekking.com

Ghorepani Ghandruk Circuit Trek Overview

The full anticlockwise circuit through the Annapurna foothills: sunrise on Poon Hill, the forest ridge east to Tadapani, and the descent to the Gurung village of Ghandruk, with no section walked twice.

Trek overview

A five-day circuit on the ridges west of Pokhara, walked anticlockwise so that you finish somewhere new rather than returning the same way. You climb the Bhurungdi valley to Ghorepani at 2,874 m, reach Poon Hill at 3,210 m at sunrise, then cross east over the Deurali ridge to Tadapani and descend through forest to Ghandruk. You stay in teahouses every night, and there are no passes or glaciers.

A full circuit

Most Poon Hill itineraries turn back at Ghorepani and descend the same staircase they climbed. This trek does not. Completing the circuit through Tadapani and Ghandruk adds two walking days and includes the whole second half of the region: the mossy ridge forest east of Deurali, the Gurung heartland, and close views of Annapurna South above Ghandruk. It is the longer and more complete of the two treks we offer in this area.

Who this trip is for

This trek is for people who want a real Himalayan trek but have a week and a half rather than three weeks. It suits first-time trekkers, families with children who enjoy walking, and anyone who does not want to sleep at high altitude. It requires strong legs rather than acclimatisation: there are two long sections of stone steps, and the highest overnight stop is 2,874 m.

Crowds on Poon Hill

Poon Hill is busy. In late October and early April, a few hundred people gather on the hill at sunrise, and the last fifteen minutes of the climb is a line of headtorches. The view of Dhaulagiri and the Annapurnas at sunrise is worth it, and later the same morning, the ridge east of Deurali is quiet.

Itinerary

Day	Route	Hours	Distance	Altitude
1	Arrive Kathmandu	–	–	1,400 m
2	Kathmandu valley, fly to Pokhara	–	–	830 m
3	Drive to the road head, walk to Tikhedhunga	3–4 hrs	9 km	1,540 m
4	Ulleri staircase to Ghorepani	6–7 hrs	12 km	2,874 m
5	Poon Hill at dawn, over Deurali to Tadapani	6–7 hrs	12 km	3,210 m
6	Tadapani down to Ghandruk	3–4 hrs	7 km	1,940 m
7	Walk out to Kimche, drive to Pokhara	2–3 hrs	6 km	830 m
8	Pokhara, free day	–	–	830 m
9	Fly or drive to Kathmandu	–	–	1,400 m
10	Fly home	–	–	–

Day 1

Arrive in Kathmandu

A member of our team will meet you at the airport and take you to your hotel. If you arrive early, you have time to walk into Thamel and explore the shops and shrines. In the evening, we meet to go through the route day by day, check your boots and answer your questions.

Altitude: 1,400 m On foot: None, arrival day Night: Hotel, Kathmandu Meals: Dinner

Day 2

Kathmandu Valley sightseeing and fly to Pokhara

In the morning, you visit the historic sites of the valley: the hilltop stupa at Swayambhunath, the riverside ghats at Pashupatinath and the carved courtyards of Patan. In the afternoon, a twenty-five-minute flight takes you west to Pokhara, at 830 m beside a lake, with the Annapurnas rising above the far shore.

Altitude: 830 m On foot: Easy walking, 2–3 hrs Night: Hotel, Pokhara Meals: Breakfast, Lunch, Dinner

Day 3

Drive to the trailhead and trek to Tikhedhunga

An hour and a half by jeep from Pokhara to the point where the road is in good condition, somewhere between Nayapul and Hile. The walking then begins, following the Modi river past the checkpoint at Birethanti, through rice terraces and villages where the footpath is also the main street. This is an easy half day.

Altitude: 1,540 m On foot: 9 km, 3–4 hrs Night: Teahouse, Tikhedhunga Meals: Breakfast, Lunch, Dinner

Day 4

Trek to Ghorepani via Ulleri

This is the only demanding day. More than three thousand stone steps climb to the Magar village of Ulleri. After that, the gradient eases and the trail winds up through Banthanti and Nangethanti into rhododendron forest. In late March and April, the forest is in red flower all the way to Ghorepani.

Altitude: 2,874 m On foot: 12 km, 6–7 hrs Night: Teahouse, Ghorepani Meals: Breakfast, Lunch, Dinner

Day 5

Hike to Poon Hill and trek to Tadapani

Get up in the dark for the forty-five-minute climb to Poon Hill at 3,210 m, where Dhaulagiri, Annapurna South and Machhapuchhre turn gold at sunrise. Return to the lodge for breakfast, then walk east over the Deurali ridge and down through mossy forest full of birds to Tadapani. From here, the circuit leaves the Poon Hill route.

Altitude: 3,210 m at Poon Hill On foot: 12 km, 6–7 hrs including Poon Hill Night: Teahouse, Tadapani Meals: Breakfast, Lunch, Dinner

Day 6

Trek to Ghandruk

A short, steep and scenic morning: the trail descends through oak and rhododendron forest beside the Kimrong stream, past Bhaisi Kharka, and out of the trees onto the terraces above Ghandruk. You arrive by lunchtime, leaving the afternoon free for the Gurung museum, the stone lanes of the village and the views of Annapurna South.

Altitude: 1,940 m On foot: 7 km, 3–4 hrs Night: Teahouse, Ghandruk Meals: Breakfast, Lunch, Dinner

Day 7

Trek to Kimche and drive to Pokhara

Watch the sunrise on Annapurna South from the village, then walk down the last stone steps to the road at Kimche. From there, it is a couple of hours by jeep back to Pokhara, where you have a free hot shower and dinner beside the lake.

Altitude: 830 m On foot: 6 km, 2–3 hrs Night: Hotel, Pokhara Meals: Breakfast, Lunch, Dinner

Day 8

Free day in Pokhara

The day is free. Most people have a late start and then take a rowing boat on Phewa Lake, visit the Sarangkot viewpoint at sunrise if they feel up to it, see the mountain museum, have a massage, or go paragliding, for which this valley is one of the best places in the world.

Altitude: 830 m On foot: Optional 2–3 hrs Night: Hotel, Pokhara Meals: Breakfast

Day 9

Return to Kathmandu

A twenty-five-minute flight, or the longer road journey along the Trishuli river if you would like to see the countryside. In the evening, you have a farewell dinner with your guide.

Altitude: 1,400 m On foot: None, flight day Night: Hotel, Kathmandu Meals: Breakfast, Dinner

Day 10

Departure

We take you to the airport. If your flight is late in the day, we will store your bags and suggest parts of the old city you did not see on day 2, or a good café where you can relax.

Altitude: 1,400 m On foot: None, departure day Night: No overnight Meals: Breakfast

What's included

- Airport transfers & ground transport
- Licensed English-speaking guide
- Accommodation throughout the trip
- All permits & conservation area fees
- Meals as per the itinerary

Not included

- International flights
- Travel & rescue insurance
- Personal trekking gear
- Tips & personal expenses
- Nepal entry visa (on arrival)

Packing list

Baggage weight limit

Your porter carries a maximum of 20 kg, shared between two trekkers, and there is no airstrip weight limit on this trek. Many people pack too much for this circuit: it is five days, every lodge has a hot shower, and you can wash a shirt at Ghorepani and have it dry by Ghandruk. We provide the duffel bag and the sleeping bag, and anything you leave behind is stored free at our office in Kathmandu or Pokhara.

Head and eyes

- Sun hat with a brim, and a warm hat for the early morning on Poon Hill
- Buff or neck gaiter
- Category 3 sunglasses
- Headtorch and spare batteries, because day 5 starts in the dark
- SPF 50 sunscreen and lip balm with sun protection

Clothing

- Two or three merino or synthetic base layers, not cotton
- One fleece, and a light down or synthetic jacket for the evenings
- Waterproof jacket and trousers that pack small
- Two pairs of trekking trousers
- A change of clothes for the evening, as you can shower every night on this route

Hands and feet

- Light gloves for the early morning climb
- Trekking boots with ankle support, which must be broken in before the trek
- Three pairs of wool trekking socks
- Camp shoes or trainers for the evenings
- Microspikes, only if you are travelling in January or February

Bags

- Duffel bag for the porter, 20 kg maximum. We provide one
- Daypack, 25 to 30 litres, with a rain cover
- Dry bags or thick liners, because the forest stays wet after rain

Sleeping

- Sleeping bag rated to -10°C. We provide one
- Silk or cotton liner, for warmth and hygiene
- Earplugs. Teahouse walls are thin plywood, and Ghorepani is busy

Health

- Personal first aid kit: blister plasters, tape, painkillers and rehydration salts
- Any regular medication, in its original packaging
- Water purification: tablets, a filter or a SteriPen
- Hand sanitiser and wet wipes
- A knee support if you have had knee pain on descents

Documents and money

- Passport valid for six months, and two photocopies
- Four passport photographs for permits
- Travel insurance certificate showing trekking cover to 4,000 m
- \$150 to \$250 in small rupee notes. The reliable cash machines are in Pokhara

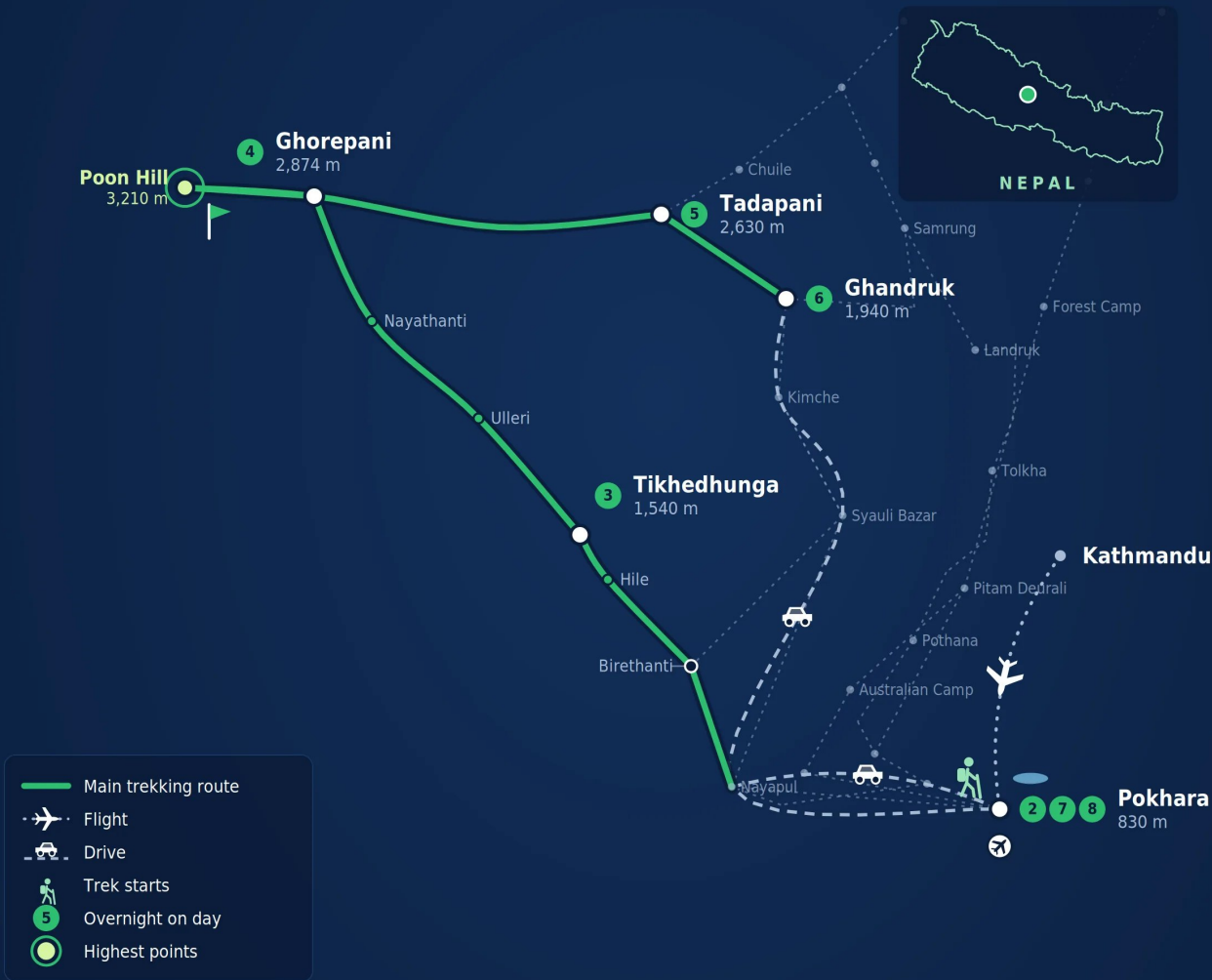
For this trek

- Trekking poles, which are essential. The circuit involves long stone staircases both up and down
- A camera you can operate in the dark, for the sunrise on Poon Hill
- Leech socks if you are trekking close to the monsoon season
- Binoculars. The forest between Deurali and Tadapani has many birds

Route map

Ghorepani Ghandruk Circuit Trek

10 days | Highest point 3,210 m | Easy to moderate



Altitude by day



Optional extras

A night at Jhinu and the hot springs

\$110, +1 day

Continue from Ghandruk to Jhinu Danda and down to the natural hot pools beside the Modi river. After five days of stone steps, this is a very welcome addition.

Paragliding over Pokhara

\$95, 1 morning

Half an hour in the air from Sarangkot, facing the whole Annapurna range. Day 8 is already free, and Pokhara is one of the best places in the world for paragliding.

Mardi Himal high camp

from \$420, +4 days

Join the ridge east of Ghandruk and climb to 3,580 m below Machhapuchhre. A good next step if you would like to go higher after this circuit.

Chitwan jungle safari

from \$390, +3 days

Look for rhinos, sloth bears and possibly a tiger in the lowland forest, between Pokhara and Kathmandu on the return journey.

Two more nights in Pokhara

\$120, +2 days

Two extra nights by the lake at the end of the trip. Many travellers wish they had added them.

Single room

\$130

A room to yourself for all six hotel nights, and for the teahouse nights wherever the lodge has one available, which on this route is usually the case.

Luxury lodge upgrade in the Annapurna foothills

Price on request

Mountain Lodges of Nepal runs lodges in the Annapurna foothills at Dhampus, Landruk, Ghandruk, Majgaon, Tomijong and Birethanti. Where this route stops in one of those villages, we can book the lodge in place of the teahouse: a private room with its own bathroom, a garden and a good dinner.

Higher on the route there are only teahouses, so those nights stay the same. We confirm availability for your dates before you book.

Photos, videos and reviews of this trip: enepaltrekking.com/ghorepani-poon-hill-trek