

# Ghandrung trek

## Detail Itinerary

**01:** Arrive Kathmandu. Meet assist and transfer to hotel. Overnight at hotel.

**02:** AM – Half day sightseeing tour of Pashupatinath and Boudhanath

PM – Half day sightseeing tour Kathmandu city and Soyambhunath.

### **03: Kathmandu – Pokhara**

Have early breakfast and drive to Pokhara (200km). have lunch on the way and arrive Pokhara in the late afternoon. Rest of the day you are at leisure for exploring the area or boating on Lake Fewa or getting prepared for Ghorepani trekking. Overnight at hotel.

### **04: Drive to Nayapul (approx. 1 hr drive). Start trek to Ghandruk (1940 mt) – 5 to 6 hrs walk.**

Leave for Nayapul (New Bridge) and head to Birethanti. The journey will take about 2 hours over the hill to Chandrakot where we alight to start walking. Cross the river at Birethanti and head left along the gentle slope to Tikhedhunga where we cross the Bhurungdi Khola to start the long steep climb to Ulleri where we find a lodge to spend a night.

### **05: Trek Ghandruk / Landruk (1565 mt) – 4 to 5 hrs walk**

The trek from Ghandruk to Landruk is the steepest part of the entire trek. The descent from Ghandruk to Kyumi at the bank of Modi khola is almost 70 degrees vertical. Then have to climb up to Landruk which is almost equally steep but shorter. Though a straight line distance between the two villages would not be more than 500 meters, it will take approx. 4 to 5 hours to reach from Ghandruk to Landruk.

### **06: Trek Landruk / Pothana (1900 mt) – 4 to 5 hrs walk**

The early morning view from Landruk is pretty gorgeous. We could see another show of the beautiful Annapurna shrouded by clouds towards the north. Towards the south, we could see the beautiful hills and the Modi river valley.

The trek from Landruk is pretty easy for the first hour, somewhat steep for the next two or three (till Deurali) and a gentle downhill to Pothana through the forests for two more hours. Pothana is a small town with 10 or 12 lodges and offer the best-so-far view of the Machhapuchre.

**07: Trek Pothana / Phedi (approx. 2 hrs walk) and drive to Pokhara (approx. 30 min drive).**

The remainder of the trek is gradual downhill through the village of Dhampus to Phedi. It takes about two hours to reach Phedi. Dhampus is the exit point of the ACAP region and foreigners need to check out here. Phedi is connected to the highway by a graveled road with some jeeps offering a ride to Pokhara and it is in the Bhupi Sherchan Highway (Pokhara to Baglung). From here drive back to Pokhara. Stay at hotel.

**08: Pokhara**

Half day sightseeing tour in Pokhara covering Devi's Fall, Seti Gorge, Bendebasini temple and local market.

**09:** Drive back to Kathmandu. Evening Nepalese cultural program followed by farewell dinner. Overnight at hotel.

**10:** Transfer to airport for departure flight.