



Ghorepani Ghandruk Circuit Trekking - 4 Days



Trip Facts

Destination	Nepal
Duration	4 Days
Group Size	2 - 12
Trip Code	0005
Grade	Easy
Activity	Annapurna Treks
Region	Annapurna Region
Max. Altitude	3,210m at Poon Hill
Nature of Trek	Lodge to Lodge Trekking
Activity per Day	Approx. 4-6 hrs walking
Accommodation	Hotel in Pokhara and Hotel/Lodge/ Tea House during the trek
Start / End Point	Pokhara/ Pokhara
Meals Included	Breakfast in Pokhara Hotel and all Meals (Breakfast, Lunch, Dinner) during the trek
Best Season	Feb, Mar, Apr, May, June, Sep, Oct, Nov & Dec.
Transportation	Kathmandu- Pokhara-Kathmandu by Tourist Bus, Pokhara - Birethanti, syauli bazaar - Pok

A Leading Himalayan Trekking & Adventure Specialists

TRULY YOUR TRUSTED NEPAL'S TRIP OPERATOR.

Just 4 days getaway to Annapurna regions Ghorepani, Ghandruk. Where you can witness unobstructed sunset views over the dramatic mountain scenery. Perfect location for a family trek or a solo...

Its Notice to all our valuable clients who are joining Ghorepani Ghandruk Circuit Trekking with us that our journey begins with a 6-7 hour bus ride from Kathmandu to Pokhara (approx 200 km)which is included in the package, however, if you want to take a domestic flight from Kathmandu to Pokhara (20 mins approx) and also from Pokhara to Kathmandu, we can provide that with an additional flight cost which is not included in the package. Discovery World Trekking would like to recommend all our Valuable clients that they should arrive in Kathmandu a day earlier in the afternoon before the day we departed and start our Ghorepani Ghandruk Circuit Trekking the next day, To make sure that you'll attend our Official Briefing as an important Pre-meeting. The reason we do so is we want to make sure that you get proper mental guidance and necessary information just to have a recheck of equipment and goods for the journey so that if you have forgotten something then we'll provide you with that ASAP.

About the Trip

Just 4 days getaway to Annapurna regions Ghorepani, Ghandruk. Where you can witness unobstructed sunset views over the dramatic mountain scenery. Perfect location for a family trek or a solo trip for those with limited time.

- ✔ Best Price Guarantee
- ✔ Hassle-Free Booking
- ✔ No Booking or Credit Card Fees
- ✔ Team of highly experienced Experts
- ✔ Your Happiness Guaranteed

Highlights

-  Beautiful panorama views of famous mountain range from Poonhill view tower
-  Reach Ghorepani poonhill(3210m)
-  Pretty villages and farmland at Ghandruk,
-  Short and suit for any aged group
-  No fear of Altitude Sickness or Acute Mountain Sickness
-  Views of Annapurna, Dhaulagiri Nilgiri, Hiunchuli and Machhapuchhre

What is Included?

- ✔ Both way transportation service between Kathmandu and Pokhara by Tourist bus.
- ✔ Private transport from Pokhara bus station to your hotel in Lakeside, Pokhara.
- ✔ Two nights accommodation with Breakfast (room with attached bathroom) at "Hotel Crown Himalayas" in Pokhara.
- ✔ Both way Private transportation service from Pokhara to Birethanti (trek start) and Syauli bazaar(trek end) to Pokhara.
- ✔ Accommodation: Three nights room with attached bathroom uleri, Ghorepani and Ghandruk during the trek (Generally Twin Sharing Rom)-3 Nights
- ✔ All Standard Meals (4 Lunches, 3 Dinners and 4 Breakfasts) during the trek.
- ✔ Government License holder English Speaking Discovery World Trekking experienced and qualified trek leader guide and porter to help trekkers luggage. (2 trekkers:1 porter "9 kg per trekker max limit")
- ✔ Coverage of guides and porters meals, insurance, salary, lodging, transportation and other necessary equipment.
- ✔ Annapurna Conservation Area Permit (ACAP) Fee.
- ✔ Trekkers Information Management System (TIMS) card fee.
- ✔ All government, Local taxes and official Expenses
- ✔ Snacks (cookies) and Seasonal fresh fruits every day
- ✔ Assistance in arranging rescue operation in case of complicated health condition (funded by travel insurance).
- ✔ Souvenir - A company's T-shirt & Cap
- ✔ Discovery World Trekking appreciation of certificate after over the successfully trek.
- ✔ Farewell Dinner at the end of the trek

✖ What is Excluded?

- ❑ International Flight.
- ❑ Excess baggage charges (Limit is 9kg per Person)
- ❑ Nepal Entry Visa Fees for multiple Entries on arrival at Tribhuvan International Airport- (15 days - \$25-30, 30 days- \$40-50 and 90 days- \$100-110)
- ❑ Accommodation, all meals at Kathmandu.
- ❑ Lunch and Dinner in Pokhara.
- ❑ Extra night accommodation, Meals in Kathmandu and Pokhara due to early arrival or late departure, early return from the trek.
- ❑ Personal expense such as shopping, snacks, bar bills, bottle or boiled water, shower, Wi-Fi, laundry, telephone call, battery re-charge fee extra porters etc.
- ❑ Personal clothing and gear.
- ❑ Travel insurance.
- ❑ Tips for guide and porters (Recommended by the Culture)
- ❑ Additional costs or delays caused by management out of control like landscape, bad weather condition, in case of itinerary modification with a view to safety concern, illness, change of government policy, political instability raises strike, moment etc.
- ❑ All the costs and expenses which are not listed in "cost includes" will be counted as excludes

🔍 Overview

Ghorepani Ghandruk Circuit Trekking is a short 4 day-long trek in the foothills of the Annapurna to **Ghorepani/Poon Hill and Ghandruk**. Enjoy trekking through stunning mountain scenery and charming Gurung villages through dense rhododendron forests full of wildlife and deep sub-tropical valleys, all set below the Annapurnas with the picturesque fluted peak of Machapuchare (Fish Tail Peak) dominating the skyline.

The highlight of the trek is the sunrise views over the massive Annapurna, Dhaulagiri Nilgiri, Hiunchuli, and Machhapuchhre (6,993m) from the top of **Poon Hill (3,210m/10,531ft)** located above the Ghorepani village. Immerses yourself in nature, beauty, and fascinating culture through one of the most scenic routes in Nepal.

This journey begins with a drive from Pokhara to Berithanti/Uleri. We kick start our trek in Berithanti. We travel through the rice terraces along Modi Khola to Tikhedhunga .as we walk on the stone-paved hiking trails we will pass snow-capped mountains, charming villages, varieties of flora, and fauna. The next day we trek by the banks Modi Khola to Birethanti and climb up Uleri to Ghorepani, we can explore the villages and interact with the people and learn about their life and culture also you'll be rewarded with fantastic views of the Annapurnas, Machhapuchhare, and Hiunchuli as well as the first view of Dhaulagiri. The next morning we make our way to Poon Hill to view sunrise over the snowcapped Himalaya. From Poon Hill, we see a fantastic sight of glaciers, and mountain ranges from Hiunchuli, past Annapurna South to Annapurna I (8,097m/26,566ft) Gangapurna, Khangsar Kang, Annapurna III, and Machhapuchhare. Then we return through the large Gurung village of Ghandruk with a visit to the museum, trek to kimche -syauli bazaar, here our trek finishes and we drive back to Pokhara.

This is an introductory trek into the Annapurna region, very family-friendly and time-friendly perfect for those who want a quick escape from their daily routine and for beginner trekkers who want to gain some trekking experience before going on bigger adventures. Those who have more time and want to go on more exciting trips in the Annapurna region can check out our other packages.

- [9 days Annapurna Sanctuary Trekking](#)
- [10 day Annapurna Circuit Trekking](#)
- [6 days Ghorepani Poon Hill Trekking](#)
- [16 Days Nar Phu Valley Trekking](#)
- [7 Days Annapurna Base Camp Trekking](#)

Day to Day Itinerary

Day 1

Drive From Pokhara to Nayapul /Birethanti (1039m/3,250 ft) trek to Tikhedunga - Uleri (1,540 m/5,050 ft)

Itinerary Facts

Driving hours	(43km / 26 miles) -2hrs
Highest Altitude	(1,540 m/5,050 ft)
Trek Distance	7 km/ 4.34miles
Trek Duration	3-4 hrs

We start our journey at Pokhara from we enjoy a short drive through the beautiful landscape on the way to Nayapul/Birethanti. we start our trek here. The route follows a pleasantly through the fertile jungle and terraced fields along a rushing river. We walk through **Birethanti village (1,015m)**, then follow the trail through the north bank of the Bhurung Khola, steadily up the side of the valley to **Hille(1,495m)** and after a short climb, we reach **Tikhedhunga(1570m)**. We'll walk along, steep series of stone steps towards **Uleri (2070m)**, a large Magar village.



Overnight at "Hotel Purinima" with attached bathroom.



Included standard meals (Breakfast + Lunch + Dinner)

Day 2

Trek from Uleri (1,540 m/5,050 ft) to Ghorepani (2,860 m/ 9,385 ft)

Itinerary Facts

Trek Distance	11 km / 6 miles
Highest Altitude	2,860 m/ 9,385 ft
Trek Duration	3-4 hrs

After a nourishing breakfast meal, we walk starts from the **large village of Uleri** towards **Ghorepani Poon Hill**. We can take in astonishing views of the snowy peaks of the Annapurnas, Machhapuchhare, and Hiunchuli. Then we ascend more gently through the rhododendron forest to **Nanghethani(2460m)**. After an hour more walking we reach our destination Ghorepani, a spectacular settlement located on a ridgeline. The hillside below the **Ghorepani** is swathed in eight different species of **Rhododendron**, Nepal's national flower.



Overnight at "Hotel Snow Land" with attached bathroom.



Included meals (Breakfast + Lunch + Dinner)

Day 3

Early morning hike to Poon Hill viewpoint (3,210 m/ 10,525 ft) then trek to Ghandrunk (1950m/6398ft)

Itinerary Facts

Trek Distance	13 km / 8 miles
Highest Altitude	3,210 m/ 10,525 ft
Trek Duration	5-6 hrs

Today we have an early start on the day. We ascend to Poon Hill just in time to view the breathtaking sunrise over the Himalayas. We can view a brilliant panorama of mountain ranges from Poon Hill (3210m)of mountains Dhaulagiri I 8167m, tukuche 6920m, Nilgiri 6940m, Annapurna South, Annapurna I (8091 m), Hiunchuli(6441 m) and much more. After enjoying the views, we return to our lodge for a hearty breakfast, and then follow a pleasant forest trail through rhododendron and oak groves to Deurali(2960 m) on a trail that connects the Ghorepani-Tatopani trail at Chitre. The trail descends through rhododendron forests to Banthanti (2606m). after crossing to the north side of the stream the trail goes uphill, and enters a cane field to Bhurung Khola before climbing again through the steep forests for 20 minutes to finally reach Tadapani Then we continue walking through the forest path downhill to Ghandrunk, a Gurung village that we can explore and also visit a museum



Breeze Guest House with attached bathroom



Included meals (Breakfast + Lunch + Dinner)

Day 4

Trek from Ghandruk (1,950m/6,398ft) to kimche -syauli bazaar (1,220 m /4,002 ft) Drive to Nayapul (1,050 m/3,445 ft) –Pokhara (820 m/ 2,690ft)

Itinerary Facts

Trek Distance 8 km/ 4.9 miles

Highest Altitude 1950m/6398ft

Trek Duration 2 hrs

Driving hours 2 hrs

We have reached our final day on the trekking trails. After leaving **Ghandruk** We follow the **picturesque rice fields** and past small villages walking around 2 hrs to reach **kimche-Syauli bazaar**. we say goodbye to the trails and make a return drive through **picturesque countryside** to Pokhara.



Overnight at "Hotel Crown Himalayas" with attached bathroom.



Included meals (Breakfast + Lunch)

 Route Map



Trips Notes

The beginning of the journey towards Ghorepani Ghandruk circuit Trekking

First day is your arrival day in Kathmandu (Tribhuvan International Airport-TIA), Nepal. Second day, we drive to Pokhara. Tourist bus departures around 7 a.m. everyday from Kathmandu. Pokhara is a gateway to start the Ghorepani Ghandruk Circuit trekking.

Both way Tourist bus for Kathmandu- Pokhara is included in the package. The flight/private transportation is provided at an extra cost.

Don't Worry, We'll Pick You!

Discovery World Trekking provides free airport arrival and departure transfer on any flight for the Ghorepani Ghandruk Circuit Trek package. You will be received from our representative crew from Discovery World Trekking regardless of the flight you take holding a pamphlet of your name and our company name with a warm-hearted welcome with either a khada or a marigold garland and you'll be escorted to your hotel with all comfort possible.

Accommodation Details During The Trek

4 Days **Ghorepani Ghandruk Circuit trek** includes **three nights** lodge to lodge stay at a mountain and **two nights** in Pokhara hotel where we use the best available lodge and select the best accommodation in trekking. We provide **three nights** twin sharing room with a private attached bathroom at **uleri**, and **Ghorepani** and **Ghandruk**. |

We spend **two nights hotel** in Pokhara, accommodation with attached bathroom, TV, 24 hours hot water, power, and laundry facility.

For solo trekker -a single private room with attached bathroom in the available lodge, single private accommodation in other places of the itinerary.

Two nights of **Hotels in Kathmandu** before and after the trek is required which is not included in the package. Kathmandu has a wide range of hotels for all budgets and your interest. **We prefer your choice.**

Hot showers, Wi-Fi will be available at an extra cost in possible places.

The Meals

Our trek is all over high elevations near the **world's highest peak** which means your body needs enough carbohydrate, protein, nutrition as food is fuel for the body to hike on such humongous Himalayan trails. |The meal on this trek is very convenient but not as in cities.

There will be **4 Breakfasts, 4 Lunch** and **3 Dinners** will be provided in the trek.

Some of the **popular menu items are** -

Four breakfasts - (Oatmeal, Corn Flakes, French toast with Jam, Butter, Cheese, and Honey Tibetan bread or Chapati Local tsampa porridge, Hashed brown eggs, Varieties of eggs (Omelets) Pancakes Muesli Breads Fruits and Vegetables Hot drinks like varieties of teas and coffees Hot chocolates, etc)

Four lunch - (Dhal, Bhat & Tarkari (Dal Bhat power 24 hours) Tibetan Bread Various Soups items Sherpa Stew Steaks Sandwiches Momo (dumplings) Macaroni dishes Tenduk Spaghetti Noodles Thukpa Pasta Vegetable curry Potatoes items Vegetable and salad Pizza (Tomato, Mushroom, Mixed) Snakes (Papad, Prawn) Desserts items (Rice Pudding, Apple pie), etc)

Three dinners - (Dhal, Bhat & Tarkari Tibetan Bread Various Soups items Sherpa Stew Steaks Sandwiches Momo (dumplings) Macaroni dishes Tenduk Spaghetti Noodles Thukpa Pasta Vegetable curry Potatoes items Vegetable and salad Pizza (, Tomato, Mushroom, Mixed) Snacks (Papad, Prawn) Korean Raman Desserts items (Rice Pudding, Apple pie), Hard Drinks Steaks, etc.) are available on the menu during the trek.

The best selected from the menu of the lodge which will be fresh, hygienic, tasty, and nutritious. The menu is a combination of traditional local, Asian, and western cuisine almost everywhere but as we go up close, the menu list will be shorted. We highly recommend liquids green tea, lemon tea, hot lemon, ginger tea and garlic soup(must), etc. at high altitude and also the fresh vegetable items for health benefit. Tho plenty of non-veg items will be available we won't recommend any of them because the meat in such places is not hygienic and healthy during the trek.

We highly encourage to avoid dairy and cheesy items and strongly suggest not to consume Alcoholic drinks, caffeinated items, hot chocolates as experts suggest to avoid such items during such high elevation treks.

Note

- Lunch and dinner at Pokhara shall not be provided by the company.

All Personal Bills (Alcoholic Drinks, Hot and Cold Drinks) in tea house/ Lodges or in cafe except Standard Meals(Breakfast, Lunch, Dinner with seasonal fruits) are excluded from Package

Best Time To Trek Ghorepani ghorepani ghandruk circuit trek

The weather is one of the most important factors to look at when deciding to trek to Ghorepani ghandruk circuit trek cause no one is beyond nature. People trek 12 months of the year up to **Ghorepani ghandruk circuit trek** but certainly, there is ups and downs in every season, It is best suited to trek during the spring and the autumn as the sky is crystal clear from dusk till dawn, the rainy weather stops and thick sun-blocking clouds also fades.

The Magic of clear azure skies provides the most spectacular vistas. With added those breathtaking views, Tho during the winters and monsoon, it becomes a bit challenging to trek due to heavy snowfall, cold temperature but that's what excites many trekkers. Although trekking is possible throughout the year each season has different advantages and attractions and advantages offer for trekking in the Annapurna region. The temperature in the mountains also depends according to the altitude range – the higher the altitude, the lower the temperature. In brief, below are the detailed information about the climatic condition of every quarter of months.

March-May - Spring

Destination towards the Ghorepani Ghandruk circuit in Spring (**March-May**) is a season in which mountain lovers and travel enthusiasts come to the Ghorepani Ghandruk circuit in a very large number. In this season, the climate is mild, the rainfall is quite low and the trekking conditions are perfect. The mean daily temperature in the Ghorepani Poon hill is between **5 to 15 degrees C**. Lower regions along the trek are even warmer making it pleasant for any nature lover. Trekking season begins after March in the spring. By April, the trek route throughout the Himalayas will be rewarded with different full blossom rhododendron of red, pink, and white even at an elevation of over 3,000 meters. The temperature starts rising from **mid-March up to mid-May**. The weather is cool at this time. The sky is very clear and you can enjoy the clearest views of the mountains.

June to August -Summer

If you are coming to trek the **Ghorepani Ghandruk circuit** in between July to August, you are signing up for summer. Summer season falls in the month of June, July, and August. Summer is the month of the **hottest temperature** and therefore has the most pleasant trekking conditions compare to other months. But the monsoon that coincides with the summer means that you have to be more careful with your preparation as the trekking trails might be wet and slippery. It usually rains during this **season. Monsoon** generally begins around the end of June and continues up to the second week of August. The temperature during the days usually ranges from **15°C to 25!** and gets relatively colder **at night (5°C to 15?)** mornings are usually clear with clouds building up during the afternoon and disappearing again at night. Though the rain may cause some problems. various plants bloom during this season, the valleys will be a green and totally different view than during other seasons.

September to November -Autumn

Autumn (**September, October, November**), like Spring, is a season that invites travelers around the world to trek in the Ghorepani Ghandruk circuit. Moderate temperatures, mild wind, and low precipitation make **Autumn a season** of wonderful trekking conditions. This is a favorite among tourists with the most favorable weather and perfect climate condition.

The sun shines brightly the skies are clear you get a superb view of mountains and the temperature is perfect for the daytime trek. you can enjoy spectacular starry skies since the sky is clear at night. The monsoons will be over by early September and the weather ranges from mild to warm days. Daytime temperatures can reach up to **20c in high** altitudes, the nights are colder with temperatures that may go down **around 5c**. the greens that grew during monsoon fade to golden/amber proving a spectacular contrast against the crystal blue skies, grains are ripening in the enclave. The environment is clean and the lowlands are lush. The biggest festivals of Nepal like **Dashain, Tihar** also fall during these seasons. It is also a busy season, the clearest month, with the crisp and sparkling sky. The daytime temperatures at this month are usually the most stable, from mild to cool conditions the humidity is also pretty dry with very cold nights

December to February- Winter

Winter (**December - February**) treks in the Annapurna region are as popular as the Spring or Autumn treks. The places along the Ghorepani Ghandruk circuit trek can be cold during the winter but that's what excites most trekkers. The temperature of the Ghorepani Ghandruk circuit trek itself can be as **low as 5 degrees 10C** which tempts trekkers to visit this region in pleasant climatic conditions. The coldest time is from December through early February, after late February, the climate gradually gets warmer Temperatures to get cold dropping to **-5 degree C** at high altitudes. daytime is pleasantly and relatively warm with sunshine. Despite being cold the skies are usually very clear, mountain

views are at their best. with snowy caps, it might snow and the ground will be snow the trails are the least busy at this time.it may not be the best season for beginners but experienced trekkers will have no problem.

The weather in the Himalayas is so unpredictable and the temperature may change quickly from day to night.

Physical Condition & Experience Requirements

4 days **Ghorepani Ghandruk circuit** trekking is an easy grade trek in the Annapurna region. The hiking is generally 4 to 5 hrs a day, taking regular breaks to capture the stunning mountain views. Trek routes on Ghorepani Ghandruk circuit trekking are fairly ascent, decent, and straightforward following well-established trails but this is a high mountain journey that has to walk along the **remote trails in the Himalaya**. Trekkers who are able to hike 4 to 5 hours a day at a reasonable pace with a light day pack can take part in this trek. Some days may require longer waking hours. So you must be reasonably fit and prepared for long days.

Trekking at higher altitudes is physically demanding than trekking in the lower altitudes. To join trekking, all participants should be in good health condition with normal physical fitness and have a positive attitude, self-confidence, and strong determination. It is very important to make sure you are as healthy as possible before starting the trek. Participants with pre-existing medical conditions such as heart, lung, and blood disease should inform us before booking the trek.

Trekking group /single

We organize a group as well as a private trek. The price of group discount is applied with having your own paxes at your group and price will be the same whether group joining or private touring. We are able to lead and handle any size of the participants in a group. There will be a group leader Guide, a porter for every two trekkers, and an assistant guide for a group of 12 or above trekking members.

A typical day in Ghorepani Ghandruk Circuit Trek

Every day will be rewarded with a unique experience of trekking, enjoying the scenery, taking photos, and exploring the local villages. During the trekking, we are accompanied by experienced, friendly, and qualified expert Sherpa's sharing of information and historical facts about the places as we trek. We will also be accompanied by the porters who carry our luggage. However, we will be carrying our small regular day bag pack of necessary items. The day starts with an early morning hot cup of tea/coffee. After packing our bags and gorging on a wholesome breakfast, we set off on the day's walk around 7 AM to 8 AM, depending on the duration and nature of the day's walk. After trekking for three to four hours, lunch will be served around midday on the route to the next destination and we continue after about an hour of rest. The afternoon walk is generally shorter; about two to three hours. Once we reach our overnight lodge/tea house/tent, we snack on the extra dietary food. We will have free time to explore nearby places. Dinner is served around 6 PM to 7 PM. After dinner and before going to bed, we indulge in friendly conversations and discuss the experience of that day. The expedition leader/guide will brief us about the next day's plan. After this briefing, we enjoy onboard games like monopoly, cards, and watch available mountaineering documentaries. Most of the foreigners indulge in light and fun learning of Nepalese language from our crew or read books before heading off to bed for a well-deserved sleep.

Communication on trek

On the **Ghorepani Ghandruk circuit Trek**, the use of internet service will be available at the lodges with some extra service charge. You can contact your family and friends via the lodges, but once we reach high altitudes communication will be through the phone for safety proposes. We'll communicate all our valuable clients through our leader at least once a day to make sure you're fine, safe, feel right, and have everything up there. You'll always be connected to **Kathmandu's DWT office** for any kind of help during the trek. Also, depending on the kind of network you use, there will be a signal but not very strong before the high altitude. At your request, we can provide you with a separate local sim card (Most of the places have wifi service available with an extra cost) for good access to connect.

Normally Wi-Fi works every part of the trek in lodge/lodges which will be provided with an extra cost.

Electricity and battery recharge, water on trekking

Throughout the lodges at the Ghorepani Ghandruk circuit, electricity for the camera and mobile battery recharge is available with an extra cost in all lodges. Most of the lodges have hydroelectricity and some of them have used solar panels. Water during the trek, you can buy either packed mineral water from local lodges and en route shop or filling boiled water at an extra cost. A water purification pill is will be provided to make water drinkable.

You shouldn't drink water from the river, tap, well up there cause it might not be drinkable as it seems.

Extra personal expenses on trekking

Discovery World Trekking tries to provide all extra expenses excluded from the package. Meals and accommodations in Kathmandu are up to our clients themselves as all kinds of hotels/lodges (**both luxury & budget**) can be booked easily online or even we can do it on request. All our valuable clients will have to bring personal spending money with them to cover costs of meals and **accommodations** in Kathmandu, visa process, travel insurance policy purchase, beverages, snacks for the trek, hot and cold drinks, tips to the trekking crew members, souvenirs, etc. We recommend bringing **cash (dollars)** which can be changed to rupees here cause during the trek only **Nepalese currency** is accepted.

Travel insurance

This trip grade is ranked easy with no risk of potential high altitude sickness. However, this mountain journey is not for usual visits, and other unforeseen or unexpected events may face such as injury, illness, flood, landslide or sudden climate changes, etc. Travel insurance is a significant part of our booking condition for the Ghorepani Ghandruk Circuit Trek. All the members of trekking must provide a copy of their comprehensive travel insurance policy certificate to Discovery World Trekking. The policy must cover medical and emergency repatriation inclusive of helicopter rescue and evacuation expenses at high altitude for trekking members. Trekking members are kindly requested to send their detailed insurance information once they book for trekking. In case of emergency situations, we will be using the insurance policy and informational documents you sent us. This will help us arrange a quick and effective rescue operation, transfer for emergency medical help, etc. Please ensure that the insurance company includes the cost incurred for mountain rescue service at the highest elevation of the trekking.

Passport and visa

All foreigners except Indian nationals must have a valid visa to enter Nepal. Visa is available on arrival at Tribhuvan International Airport upon entry in Kathmandu, Nepal, and at Nepal borders of India and Tibet. Visa can be easily extended to the central immigration office. www.immigration.gov.np Visa application requires a passport with at least 6 months until expiration and one passport-size photo. The current cost of visas for 30 days is US\$50(to be paid in cash) for 30 days that is required to make in cash. Other currencies are also accepted although rates may differ. Other nationalities should check entry requirements. visitors are requested to specify return flight tickets, time intended to stay in Nepal. we recommended you schedule at least 1-2 days extra at the end of the trip just in case there is a delay. If no delay occurs we can arrange additional activity for your time in Nepal To help calculate the exact dates of these crossings we have found the website www.timeanddate.com to be very useful. The children under the age of 10 will get a free visa. Please be advised to check the current regulation. Visa regulation can change without prior notice. Citizens of china as well as citizens of the South Asian Association for Regional Cooperation (SAARC) countries (Bangladesh, Bhutan, India, Maldives, Pakistan, and Sri Lanka) get a free visa. countries not entitled to get a visa upon arrival are Nigeria, Ghana, Zimbabwe, Swaziland, Cameroon, Somalia, Liberia, Ethiopia, Iraq, Palestine, and Afghanistan If you are a citizen of one of these countries, please contact your local Nepalese embassy.

Money exchange

Nepali Rupees (NPR/Rs) is the local currency.

(1 USD = ~ Rs.100 NPR).

We can exchange most of the foreign currencies through local banks and legitimate money exchanges in Kathmandu and all over Thamel. Small amounts of cash can also be exchanged at the hotel.

The ongoing rate of exchange is visibly displayed. The government of Nepal has banned the import, export, and use of 500 and 1000 Indian Rupee note in Nepal. You should ensure that you are not carrying these notes on arrival in Nepal as they will be confiscated and you may also be fined.

Despite having the security advantage of a traveler's cheque, we prefer cash exchange to avoid hassles like a lengthy process and a high rate of commission at the banks. You can withdraw cash (in Rupees only) from one of the many ATMs in Kathmandu and Thamel itself. There are quite a several ATMs that are open around the clock. The maximum withdrawal amount is 35,000 Rupees for a 500 Rupees processing fee if you are using your foreign card. If you use the money exchange facility at banks and financial institutions the service fee charge imposed is about four percent or more depending upon the bank. Please note that most of the established banks in Asia will not accept foreign currency notes that are old, torn, or faded. Please ensure that you have new, clean notes

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How Much Luggage can I take during ghorepani ghandruk circuit Trek?

The weight limit for your **luggage, Porters** will be assigned to carry your luggage. Two people will be assigned one

porter, combined luggage should not exceed more than **18 kgs**. We never overload our porters. but a should carry your own knapsack or backpack (with your valuables or anything important) on your own. Only carry what the essentials, You can leave any **excess baggage** either at your hotel or at the Discovery World Trekking store for free.

We'll recheck everything (Luggage, equipment, etc.) in our briefing before we start our journey from our Office.

Ghorepani Ghandruk Circuit Trek Safety

Discovery World Trekking guarantees our **valuable client's safety, security, and satisfaction**. **Safety** is the utmost important concern for us. For the trek, we will be carrying all the necessary gears, equipment, and first aid kits. Our leaders and guides have vast knowledge and have extensive first aid training. If a trekker falls sick due to the altitude, it is entirely up to the trekker to decide if he/she will further continue as health is very important. In case of emergency, the rescue helicopter will always be ready to bring you back from the higher elevation. During the trek, every group will be together so that everyone is safe and won't wander off alone.

Equipment Checklist

Equipment list for Ghorepani Ghandruk trekking

Depending on the season you wish to go trekking you may have to make adjustments to clothing and equipments however these are the necessities list we prepared keeping your comfort and utility in mind. We never recommend our clients to bring over equipments which are not necessary for the trek.

Head

-  Sun hat or scarf
-  Winter hat or insulating hat or a wide-brimmed hat
-  Headlight with extra batteries

Face

-  Sunscreen
-  Sunglasses with UV protection
-  Face/body wipes

Hands

-  Lightweight gloves
-  Heavyweight winter gloves

Body

-  Hiking shirts
-  Long sleeved shirt made of synthetic fibre
-  Hooded rain jacket
-  Fleece jacket
-  Lightweight cotton pants
-  T-Shirt (bring lightweight wool)
-  Polypropylene underwear

 Down jacket (available for rent in Kathmandu)

 Sweater

 Waterproof jacket and pants

Footwear

 Hiking Boots that been worn in

 Thick wool socks (Take an extra pair of thick light socks)

Essential gear

 Backpack or daypack (Size depends on whether you take porter or not)

 Thermal bottle

 Water purification

 Trekking pole

 Sleeping bag (-15 degree bag is best in the high altitude trekking)

 Toiletries (toilet papers, toothpaste, toothbrush)

Toiletries

 Medium size drying towel

 Tooth brush

 Toothpaste

 Deodorant/ floss

 Bio degradable bar soap

 Nail clippers

 Small mirror

Personal accessories

 Money

 Watch

 Cell phone

 Camera

Extra items

 First aid kit

 Extra passport photos and photocopies of passport

 Notebook and pen

 Binoculars

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The given prices are per person basis and fixed in which the International flight cost has excluded. In addition, trek cost includes and excludes details is applied. The dates schedule is fixed, 100 percent guaranteed and confirmed to departure trekking. We are flexible to organize trek in your own departure trek date. We organize private and group trek. For this, trekker can send us message submitting your own departure trek date.

Departure Dates	Price
15 May, 2021 - 19 May, 2021	\$670 \$310
18 May, 2021 - 22 May, 2021	\$670 \$310
21 May, 2021 - 25 May, 2021	\$670 \$310
23 May, 2021 - 27 May, 2021	\$670 \$310
26 May, 2021 - 30 May, 2021	\$670 \$310



Discovery World Trekking

Paul Gurung (CEO/Founder)

Mailing Address: Post Box: 21576, Kaldhara Marg, Thamel, Kathmandu, Nepal, Kaldhara Marg, Thamel, Kathmandu, Nepal

Phone: [+977 1 4252366](tel:+97714252366)

Mobile: [+9779840055491](tel:+9779840055491)

E-Mail: info@discoveryworldtrekking.com

Skype: discovery1120

Phone: [+977 1 4252366](tel:+97714252366)

Location: Saat Ghumti Chowk, On the way to Kaldhara Marg, Near to the International Guest House, Kaldhara, Thamel, Kathmandu, Nepal. [Opening hours – 8 Am to 7 Pm]

24 Hrs. Emergency Call

[+977 9851054143](tel:+9779851054143)

or [+977 9840055491](tel:+9779840055491)

Quick Questions? Email Us

info@discoveryworldtrekking.com

Talk to an Expert

[+9779840055491](tel:+9779840055491)  

