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Ghale Gaun Trek

URL: <https://nepalbasecamptreks.com/trip/ghale-gaun-trek/>

Trip Code

NBT 021

Destination

Nepal

Activity

Treks

Start / End Point

Kathmandu / Kathmandu

Duration

5

Per Person From

USD 550

Accommodation

Tea House/Home Stay

Region

Annapurna Region Treks

Max. Altitude

(2,150 m / 7,054 ft)

Nature Of Trek

Lodge to Lodge Trekking

Best Season

All Round Year

Activity Per Day

2-7 Hours

Transportation

Express Bus & Tourist Bus

Tea House/Home Stay

Breakfast, Lunch, and Dinner

Challenging

Our "Challenging" trips are ideal for experienced trekkers and adventurers in good physical shape, featuring challenging terrain, long hikes, significant elevation, and remote locations. Wilderness skills are beneficial.

Highlights Of Ghale Gaun Trek

- Experience authentic Gurung culture and traditions in Ghale Gaun and neighboring villages.
- Spectacular panoramic views of the Annapurna and Manaslu ranges.
- Opportunity to stay with local families and experience their hospitality.
- Picturesque trekking routes through lush forests and terraced fields.

- Evening cultural programs featuring traditional Gurung dance and music.
- Taste authentic Nepali and Gurung dishes prepared by locals.
- Chance to explore the biodiversity of the region, including flora and fauna.

Trip Overview

The Ghale Gaun Trek is a new, short hiking path northwest of the vast Annapurna Trekking Trail. It's easy to reach with a short drive from Kathmandu Valley, taking just a few hours. This trek leads to a picturesque village of about two hundred local houses. Taking this trial, you can explore the history, traditions, and community life of the Ghale people.

Starting from Khudi Bridge, a short drive from Besisahar (**about 7 hours from Kathmandu**), this village trek is famous for its simplicity and unspoiled ethnic experience. Upon arrival, you are warmly greeted by the Ghale community with traditional garlands and yogurt rice (Tika). From the village tower, breathtaking panoramic views of the Annapurna II, Annapurna IV, Machhapuchchhre Peak, Lamjung Himal, Himalchuli, Buddha Himal, and Manaslu can be enjoyed.

Are you looking for the best agency offering this trekking trail? Here we are. Nepal Base Camp Trek provides a five-day Ghale Gaun Trek in Nepal—book with us. We are a government-registered company with over deceased of experience. Also, our group of experienced teams ensures your service. Furthermore, we also offer an itinerary customization feature.

Annapurna Ghale Gaun Trek Itinerary

Day 01: Drive from Kathmandu (1300 m / 4265 ft) to Besisahar (800 m / 2,625 ft)

We start our journey from Kathmandu with a scenic drive to Besisahar, where we will spend the night. From Kathmandu, the drive takes around **6 to 7 hours**, passing through picturesque landscapes and enjoying views of the Annapurna and Manaslu mountain ranges. Besisahar is the gateway to the Annapurna region, offering a glimpse of rural Nepalese life and a comfortable stopover before our trek begins.

Trek Distance:

175 km / 109 miles Drive

Trek Duration

6-7 hours by drive

Highest Altitude:

Besisahar (800 m / 2,625 ft)

Meals:

Breakfast, Lunch, and Dinner

Accomodations:

Himalayan Gateway Hotel in Besisahar

Day 02: Short Drive to Khudi (790 m / 2,591 ft) and Trek to Ghalegaun (2,070 m / 6,791 ft)

We begin our trek from Khudi, embarking on a journey towards Ghalegaun. Today the Ghale Gaun Trek offers breathtaking views of the Annapurna and Manaslu ranges, as well as the serene river valleys. Ghalegaun welcomes us with its traditional Himalayan culture and lifestyle. We spend the night here, immersing ourselves in the local traditions and enjoying the hospitality of the Ghale community.

Trek Distance:

Drive: 10 km / 6 miles; Trek: 9 km / 5.6 miles

Trek Duration

1-Hour drive; 5-6 Hours trek

Highest Altitude:

Ghalegaun (2,070 m / 6,791 ft)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Community Lodge in Ghalegaun

Day 03: Trek from Ghalegaun (2,070 m / 6,791 ft) to Ghanpokhara (2,150 m / 7,054 ft)

Today, we explore Ghalegaun further, delving into its rich culture and lifestyle. We then trek to Ghanpokhara, a peaceful and beautiful village perched at 2150 meters. It takes approx. 2 hours to reach Ghan Pokhara from Ghalegaun. You will rejoice in the beautiful sunrise view and surrounding mountains from Ghan Pokhara. We spend the remaining time on the village tour.

Trek Distance:

3-4 km / 2-2.5 miles

Trek Duration

2-3 Hours

Highest Altitude:

Ghanpokhara (2,150 m / 7,054 ft)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Community Lodge in Ghanpokhara

Day 04: Trek from Ghanpokhara (2,150 m / 7,054 ft) to Khudi (790 m / 2,591 ft), then Drive to Besisahar (800 m / 2,625 ft)

After a delightful village tour of Ghanpokhara, we trek back to Khudi today. Along the way, we pass by scenic waterfalls, caves, and the Khudi Hydro Electricity Project construction site. The trek downhill takes about 4 to 5 hours, and we conclude at Khudi, where we start our journey. From Khudi, we drive back to Besisahar for an overnight stay, reminiscing about the memorable experiences of the trek.

Trek Distance:

10 km / 6.2 miles; Drive: 10 km / 6 miles

Trek Duration

4-5 Hours

Highest Altitude:

Khudi (790 m / 2,591 ft)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Himalayan Gateway in Besisahar

Day 05: Drive from Besisahar (800 m / 2,625 ft) to Kathmandu (1300 m / 4265 ft)

On the final day of our Ghalegaun trekking adventure, we return to Kathmandu by road. The scenic drive takes approximately seven hours, offering one last opportunity to enjoy the landscapes of rural Nepal. Upon reaching Kathmandu, if time permits, you can explore the city or indulge in some last-minute shopping before concluding our journey.

Trek Distance:

175 km / 109 miles Drive

Trek Duration

6-7 hours by drive

Highest Altitude:

Kathmandu (1300 m / 4265 ft)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

International Guest House in Kathmandu

Inclusions In the Ghalegaun Trek Price

- 1 Nights Hotel accommodations (star***3) with breakfast in Kathmandu
- 4 Nights Lodge accommodations (twin sharing on trek)
- Meals at your choice (Breakfast, Lunch & Dinner) with 3 cup of tea or coffee per day
- Trekking Permits (National Park Permit) and Local Community Entrance Fee
- An experienced English-speaking Govt. certified guide depending on size of group
- Equipment: Sleeping bag, jackets, Walking/Trekking Poles and Duffel bag
- Snacks: Chocolate Energy Bar and Coconut Cookies, Seasonal fresh fruits deserts every day
- Kathmandu to Ghale Gaun Trekking Route Map /Adventure/Achievement Certificate
- 1 porter for each 2 trekkers
- Emergency Helicopter service paid by your Travel Insurance company and Service Charges.

Exclusions In the Ghale Gaun Trek Price

- Deserts(cakes, bakes and pies),Additional size of Pots Hot Drinks
- Bottled drinks, Boiled water, Electronic device re-charge, Hot shower, On the trekking Wi- Fi
- Personal expenses any type, Travel insurance and evacuation insurance.
- Tipping for Guides and Porters appreciated if you satisfied with our services during the trek

Group Discounts Available

No. of Persons	Price per Person
1 - 2	USD 590
3 - 5	USD 570
6 - 9	USD 550
10 - 14	USD 530
15 - 20	USD 510
20 - 30	USD 480

Trip Information

Trekking Route

The trek to Ghale Gaun usually begins from Besisahar or Khudi, which is accessible from Pokhara. From Besisahar, you will hike through picturesque villages and terraced fields, pass places like Khudi and Bhujung, and finally reach Ghale Gaun.

Once you explore Ghale Gaun and enjoy its cultural richness, you can return via the same route or take a different path for a change. Some trekkers decide to continue deeper into the Annapurna region, re-locking back to Besisahar or extending the journey to include nearby villages such as Ghanpokhara. Returning gives you more time to appreciate the area's natural beauty and diverse cultures.

Why Should You Trek to Ghale Gaun?

The beauty of Ghale Gaun

Ghale Gaun offers stunning views of the Annapurna and Manaslu mountain ranges. You will pass through many picturesque villages and terraced fields. The lush greenery surrounding these villages adds a layer of natural beauty. Together, this also helps to add the scenic beauty to your trekking journey. You can enjoy panoramic views of majestic peaks from the village towers like Machhapuchchhre, Lamjung Himal, Himalchuli, Buddha Himal, and Manaslu.

Also, if you trek the Ghale Gaun during the spring season, the blooming rhododendron forests are another beauty you can experience., adding vibrant colors. Imagine how beautiful it can look: the blooming flowers backdrop of the snow-capped mountains. Adding more, the diverse flora and fauna also help to add natural beauty to the trek. Overall, the clear skies and crisp mountains help enhance your trekking journey to Ghale Gaun.

Rich Culture of Ghale Gaun

The cultural richness of Ghale Gaun is a significant highlight of the trek. You get to experience the traditional lifestyle and hospitality of the Ghale people. The village is known for its warm welcomes, where locals greet you with Tika. If you want to profoundly understand their culture, immerse yourself in their traditional dances, music, and festivals. Furthermore, staying at the homestays allows you to interact closely with them. Thus, it will enable one to understand and learn about their community and customs while enjoying food.

Also, the Ghale Ghau has successfully preserved its tradition. During your stay here, you can see many ancient architecture, providing profound insights into their life. With several cultural landmarks, you can visit traditional houses, temples, and community halls. Here, you can learn more about the history and practices of the Ghale community. If you want to understand the Ghale people profoundly, opt for this short and newly developed trekking route in Nepal.

Best Time For Annapurna Ghale Gaun Trek

The best times to embark on the Ghale Gaun Trek are during the spring (March to May) and autumn (September to November) seasons.

Spring (March to May)

This season offers mild temperatures and clear skies, making it ideal for trekking. Also, you will see the blooming rhododendrons and other wildflowers. This adds scenic beauty to the trek. However, you can encounter crowded trails.

Autumn (September to November)

It is another ideal season due to the stable weather and clear visibility. The post-monsoon period ensures lush landscapes and unobstructed views of the Annapurna and Manaslu ranges. The cultural festivals during this time also provide a unique experience of local traditions and festivities.

Avoid trekking during the monsoon season (June to August) due to heavy rains, slippery trails, and the risk of landslides. Winter (December to February) can be quite cold, especially at higher elevations, but it is still possible if you prepare for lower temperatures.

Meals and Accommodations

During the Ghale Gaun Trek, you'll stay in traditional homestays or teahouses. These places offer simple yet comfortable accommodations with clean rooms and shared bathrooms. Some places might have small guesthouses that provide more amenities, but the real charm of the trek is in experiencing the authentic homestay atmosphere. Staying in these places also allows you to enjoy the warm hospitality of the local Gurung people.

Meals during the trek are delicious and nutritious Nepali cuisine. You can choose from options like bread, omelets, pancakes, and tea or coffee for breakfast. Lunch and dinner typically feature local dishes such as Dal Bhat (rice and lentil soup), vegetables, and momo (dumplings). If you have specific dietary needs or preferences, it's a good idea to let your trekking agency or hosts know beforehand so they can accommodate you.

Equipment Checklist

- Trekking Boots
- Backpack (30-40 liters)
- Sleeping Bag (rated for -10°C)
- Trekking Poles
- Warm Jacket (down or synthetic)
- Rain Jacket
- Base Layers (thermal tops and bottoms)
- Trekking Pants
- Fleece Jacket
- Hat (warm and sun hat)
- Gloves (insulated and lightweight)
- Socks (multiple pairs)
- First Aid Kit
- Water Bottles or Hydration System (2 liters)
- Water Purification Tablets
- Headlamp (with extra batteries)
- Sunglasses (UV protection)Sunscreen (high SPF)
- Personal Hygiene Items (toothbrush, toothpaste, biodegradable soap, toilet paper)
- Snacks (energy bars, nuts, dried fruits)

Frequently Asked Questions

Is the Ghale Gaun Trek safe?

Yes, the Ghale Gaun Trek is generally safe. However, always follow your guide's advice and stay on marked trails. Also, be aware of changing weather and altitude sickness.

Do I need a guide or porter for the trek?

It is possible to trek independently. However, we recommend you to hire a guide or porter. They help in navigation, carrying gear, and cultural insights. They also assist in your safety and provide emergency assistance.

How difficult is the Ghale Gaun Trek?

The Ghale Gaun trek is of moderate difficulty. It requires a reasonable level of fitness but no technical climbing skills. Regular cardio and leg-strengthening exercises will help.

Do I need any permits for the trek?

Yes, you need a TIMS (Trekking Information Management System) card. You can obtain this permit in Kathmandu or Pokhara. Always carry it with you during the trek.

Is travel insurance necessary for the trek?

Yes, travel insurance is essential. It covers trekking activities, including high-altitude trekking and emergency evacuation. Make sure it includes coverage for medical emergencies and trip cancellations.

Address

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