



## TREKKING ITINERARY

### Ghandruk Mid Hills Trek

**DAY 1.** Drive from Pokhara to Phedi - about half an hour. Commence trek to Dhampus (1.750m) - about 3 hours walk

**DAY 2.** Trek to Landruk (1.646m) - about 6 hours walk

**DAY 3.** Trek to Ghandruk (1.952m) - about 4 hours walk

**DAY 4.** Trek downhill to Naya Pool (1.130m) - about 5 hours walk. Drive back to Pokhara - about 1,5 hours and transfer to your hotel.

#### TREKKING TIPS

TREKKING TIME	4 days
DIFFICULTY	Easy to Moderate
BEST SEASONS	Spring & Autumn
HIGHEST POINT	2.100m, Deurali
ACCOMMODATION	Mountain Lodges / Camping

#### CONTACT

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