

Annapurna Foothills Hike

3 days · Moderate: steep village steps and repeated ascent/descent · Request a quote

A three-day walk from Pokhara through Ghandruk and Landruk, combining village stays, terraced hillsides and time in the Annapurna foothills.

Overview

Explore two Annapurna foothill villages on a three-day journey beginning and ending in Pokhara. The outline uses a road transfer toward Ghandruk, a walking day across the valley toward Landruk, and a shorter final walk before the return transfer. It is a village-and-landscape experience rather than a base-camp trek or high-pass crossing.

The local [Annapurna Rural Municipality guide to Ghandruk](#) describes its Gurung heritage, village museums and connections with other Annapurna trails. Its [Landruk guide](#) places the neighboring village within the same cultural and mountain setting. Visits should respect people's homes, work and religious spaces; a cultural performance or private-house visit is not assumed included.

Although the trip is short, the path between the villages involves substantial steps, descent and climbing. Treat it as a moderate walking journey and discuss knee problems, balance, fitness and the daily pace before choosing it. A vehicle-supported village stay with shorter walks may be a better alternative for some travelers.

The exact trailhead, road connection and lodge determine the walking hours and elevations. The numbers shown are rounded planning figures; Ghandruk accommodation is broadly around 1,940–2,050 metres and Landruk around 1,600 metres. The guide and organizer must confirm the selected route, overnight places and current access before issuing the final itinerary. Mountain views depend on visibility and are not guaranteed.

Day-by-day itinerary

Day 1: From Pokhara to Ghandruk's village paths

Meet in Pokhara and travel toward the road access point selected for Ghandruk. Confirm the pickup time, vehicle and trailhead in the final proposal. Road conditions determine how far the vehicle can sensibly continue and therefore how much walking the day includes; do not rely on a fixed drive time copied from another season. Walk into Ghandruk and settle into the agreed lodge or homestay. Depending on arrival time, take a gentle village circuit or discuss a museum visit where open. Keep to public paths and ask before entering courtyards or photographing residents. This afternoon is intended for the village and its setting, not an extra summit excursion. Review the following day's descent and climb with the guide, including the pace, breaks and what you will carry. Overnight elevation is approximately 2,000 metres, depending on the actual accommodation.

Pokhara → Ghandruk · Approximately 1–3 hours, depending on roadhead and optional village walk · Highest visited: 2050 m · Overnight: 2000 m · Ghandruk village lodge or homestay; room and facilities confirmed in proposal · As specified in the written proposal

Day 2: Descend and climb between Ghandruk and Landruk

Leave Ghandruk on the guide-approved route toward Landruk. The villages face one another across the valley, but this is not a level walk: the route descends toward the river crossing before climbing the opposite hillside. Take the steps at a sustainable pace and allow regular breaks. The guide should confirm the current crossing and trail condition before departure. The day's interest is in the changing view of the valley, terraced hillsides and the approach to another village. Keep the camera accessible without letting stops put pressure on anyone to hurry later. Arrive in Landruk with time to settle into the lodge and take a short local stroll if desired. A quieter afternoon is equally valid. Discuss the next day's walking section and vehicle connection before dinner, especially if weather or road conditions have changed.

Ghandruk → Landruk · Approximately 4–6 hours including ordinary rest stops; route and pace dependent · Highest visited: 2050 m · Overnight: 1600 m · Landruk village lodge or homestay; facilities confirmed in proposal · As specified in the written proposal

Day 3: A final foothill walk and return to Pokhara

After breakfast, follow a short agreed village or terrace-path walk before meeting the return vehicle at the confirmed road connection. The walking section can be shortened if the group needs an easier morning or current access requires a different pickup. A longer ridge walk is not part of this base outline and should not be added casually to meet a photograph or viewpoint expectation. Travel back to Pokhara and finish at the agreed drop-off point. Collect any stored luggage and allow time to rest. The return time depends on the final pickup location and road conditions, so keep onward flights or long-distance transfers for a separately planned connection. Pokhara accommodation is not included in the base two-night walking outline unless added to the proposal. Consider a free day afterward for the lake, a museum or simply a slower pace. The maximum elevation on the final vehicle route is left unconfirmed until its exact road connection is selected.

Landruk → Pokhara · Approximately 1–2 hours; adjustable to the agreed pickup point · Pokhara hotel by separate arrangement; not included in base two-night outline · As specified in the written proposal

Your quotation

The written quotation for your dates identifies included services and separate expenses. Confirm guiding, permits, transport, accommodation and meals, as well as insurance, personal costs and disruption arrangements before booking.

Practical information

This three-day outline starts and finishes in Pokhara; travel from Kathmandu, Pokhara hotel nights before or after the walk, and onward flights are additional unless explicitly listed. Keep the final evening flexible instead of booking a tight same-day connection.

Approximate planning elevations: Ghandruk village and selected walking sections about 1,940–2,050 metres, Ghandruk overnight around 2,000 metres, Landruk overnight around 1,600 metres, and Pokhara around 820 metres. These rounded values must be checked against the actual lodge and route. The itinerary does not include Poon Hill, Annapurna Base Camp, a high pass or an unlisted hilltop extension.

The Ghandruk–Landruk day includes a descent toward the Modi Khola and a climb to the next village. Walking times are indicative moving-and-break ranges for planning, not a guaranteed pace. Road access, trail changes, weather and the group's condition can require a different transfer point or revised stage. Review an appropriate alternative with the organizer.

The operator must confirm the current permit and guiding requirements for the exact itinerary using [NTNC conservation-area information](#) and [Nepal Tourism Board TIMS guidance](#). Ask who arranges documents and which fees are included. Lodge rooms, bathroom facilities, meals, porter services and transfers require written confirmation. No price, private bathroom or particular mountain view is implied by this outline.