Ghandruk Loop Trek: Gurung Villages and Annapurna South in Four Days

Safety plan · last checked on 30 October 2026

Who to call

- Rujan Neupane, licensed trekking guide: +977 984-3808583 (phone and WhatsApp)
- Email: rujanneupane@gmail.com

Emergency in Nepal	Number
Police	100
Tourist Police (English spoken)	1144
Ambulance	102
Fire	101

Fill in before you leave:

Insurance company _____

Policy number _____

Insurer 24-hour emergency number _____

Your embassy in Kathmandu _____

Family contact (name, phone) _____

Warning signs

Altitude sickness (AMS): headache, sickness or no appetite, unusual tiredness, dizziness, bad sleep. Stop going up; rest at the same height until it passes.

Brain swelling (HACE), an emergency: confusion, strange behaviour, stumbling or loss of balance, a severe headache that does not ease, very sleepy. Go down at once, even at night.

Fluid in the lungs (HAPE), an emergency: out of breath at rest, a cough that does not stop, a gurgling chest, much weaker than the others. Go down at once and get help.

The golden rules: walk slowly; never go higher with symptoms; if they get worse, go down. Going down is the best treatment.

Every day on the trail

- Each morning and evening I ask how you feel: your head, breathing, appetite and sleep. Please tell me the truth; a hidden headache can become a problem.
- We drink enough, eat well, and keep the pace slow.
- We decide together, every day, whether to go on, rest or go down.

© 2026 Rujan Neupane · rujans.com. The route notes, writing and photographs are my own work. For your personal use on the trail; please do not copy or republish them.

Conditions change. Latest version: https://rujans.com/trekking/soft-treks/ghandruk-loop-trek/

Helicopter rescue, honestly

A helicopter is for real emergencies, when walking down is not possible or not safe. It is arranged through your insurer. Never let anyone push you into a helicopter you do not need, and never agree to pretend to be ill. If you are unsure, call your insurer's emergency number yourself first.

Risks on this trek

- A road now reaches Ghandruk, and parts of the village are busy with jeeps.
- Many stone steps, up and down.
- The mountains are often in cloud after mid-morning.
- Hot and humid in late spring; leeches in the monsoon.

My card (fill in by hand; it stays on paper)

Name _____

Blood group _____

Allergies _____

Medicines I take _____

Health conditions _____

Emergency contact _____

© 2026 Rujan Neupane · rujans.com. The route notes, writing and photographs are my own work. For your personal use on the trail; please do not copy or republish them.

Conditions change. Latest version: https://rujans.com/trekking/soft-treks/ghandruk-loop-trek/