

Trip Name : Ganesh Himal Trek

Starting Point	Drive in KTM-Trishuli Bazaar
Ending Point	Drive out Arughat-KTM
Type	TeaHouse/Camping Trek
Grade	Medium-Hard
Duration	18 Days
Daily Walk	5-6 hours
People in Group	Minimum 2 and Maximum 12
Best Time	March to May and September to November
Max. Elevation	4545 mt.

Trip Highlights:

- Free of complications of a flight
- The untouched and wild natural beauty
- Different culture of Tamang, Lama, Newar and Brahmin-Chhetri Societies
- The adventurous Sing La Pass (4,545m/14,912ft)
- Spectacular views of Langtang Ri and Ganesh Himal
- Visit of the three Lakes, three passes and Ruby Valley
- The great countryside, terrace farming and beautiful landscapes
- Impressive vegetation and flowers en-route

Trip Details:

The Ganesh Himal region lies towards the north of Kathmandu Valley. The Ganesh Himal trail offers the spectacular views, untouched and wild natural beauty passing through the dense forest and meadows with small villages and the unspoiled Tamang culture. The mountain is named after the elephant-headed Hindu God of Fortune-Ganesh. The Ganesh Himal can be seen from Kathmandu when the sky is clear. Ganesh Himal is a sub-range of the Himalayan mountain range consisting of several peaks over 7000 meters with uninhabited foothills running down to the south and west. The Ganesh Himal Range Peaks (Ganesh I, Ganesh II, Ganesh III and Ganesh IV) stand out as the 'Great Himalayan Chain' forming the skyline. This great Himalayan massif is situated between the valley of the Budi Gandaki in the west and Bhote Koshi in the east. In March and April, the mountainsides are red with the magnificent rhododendron blooms. Ganesh Himal trekking route is situated within an easy distance from Kathmandu and liked by many trekkers although it is not as popular as Annapurna and Everest region. The Sing La Pass (4,545m/14,912ft) offers an excellent view of the massif Ganesh Himal, Langtang and Annapurna from its top.

The Ganesh Himal trek can be customized from camping to home-stay style ranging from a week to three. Here we are offering an itinerary that includes the Ganesh Himal exploration trip with three passes, three Kunda (Lakes) and Ruby Valley.

Weather in the Ganesh Himal region:

Trekking in the Ganesh Himal region is possible throughout the year however the best times to trek considered are spring and autumn. The spring season starts from the beginning of March to end of May and the autumn season starts from the beginning of September to end of November. The winters are very cold and summers are wet. The days are sunny and warm but the nights are cold and can fall to freezing in higher elevations. Trekking in late winter (Jan and Feb) is more difficult over the high passes as they are closed because of the ice/snow blockade. April and early May is a good time to see the trees bursting into bloom,

with Rhododendrons, adding a spectacular splash of color to the landscape.

High Altitude Warning:

Altitude sickness is a serious concern in the Ganesh Himal region that can affect even young and healthy people. The only medicine to high altitude sickness is to descend, descend and descend. Headache is the most common symptom and there are other signs of Acute Mountain Sickness (AMS) for different people but include fatigue, dizziness, loss of appetite, nausea or vomiting, difficulty in walking and rattling breath.

We are very much concerned of your safety and our guides are aware of such situations how they should be dealt with.

Experience Required:

We have categorized Ganesh Himal trekking as medium-hard trek and are suitable for passionate trekkers who have courage to walk at least 5-6 hours each day. You might even need to walk 6 to 7 hours or more on some days. However, if you have passions, good health with average physical fitness and self confidence, the Ganesh Himal trek can be completed successfully. Regular exercising and jogging for some weeks prior to the trip is a good idea to enhance your strength and stability. If you have any previous hiking experience, that would be an asset. It is important that you consult with your doctor before making decision for this trek if you have any medical problems in the history. Participants with pre-existing medical conditions such as heart, lungs or any other serious disease should inform Trekking Encounters before booking the trek.

How We Make This Trip Responsible?

Trekking Encounters promotes Responsible Tourism and strictly follows the responsible travel guide lines.

Cost Includes:

- All kind of trekking permits
- Three meals (B/L/D) a day on trekking from teahouse/lodge and at our own kitchen
- Accommodations at teahouse/lodge/tents in the mountains
- Group leader, Cook and kitchen crew for camping period
- Necessary porters
- Staff insurance, salary, food, accommodation and their transportation
- Kathmandu-Trishuli Bazaar and Arughat/Gorkha-Kathmandu overland transfers by public bus [*Private vehicle available on request and extra*]
- First aid kit box
- Emergency co-operation service

Complimentary:

- A Trekking Encounters T-shirt
- A farewell Nepali dinner with live culture program

Cost Excludes:

- Hotel and meals in Kathmandu
- Bar and beverages bills, bottled water
- Nature of personal expenses
- Personal cloths and equipment such as sleeping bag, jacket, boots etc.
- Insurance for accidental, medical and evacuation
- Tips to the staff
- International Airfare and Taxes

Add-Ons:

Kathmandu City Tour

Activity: Cultural tour to the World Heritage Sites.

Major sites: Swoyambhunath, Boudhanath, Pashupatinath, Kathmandu/Patan/Bhaktapur Durbar Square and Changunarayan Temple.

Duration: Full/Half day.

Frequency: Tour can be organized in any day and at your suitable time.

Cost: US\$ 50 per person. Group discounts available.

Ground transfer: Included by a private vehicle as per group size (Car/Van/Bus).

Guide: English Speaking City Tour Guide included. Additional language Guides are also available on demand.

Meals: Not included.

Entrance fee: Applicable and not included.

Mt. Everest Flight

Activity: Mount Everest sightseeing flight.

Duration: One hour.

Frequency: Everyday in the morning between 6am to 9am.

Cost: US\$ 224 per person. Group discounts available.

Ground transfer: Included by a private vehicle. Two persons minimum needed.

Airport tax: Included.

Airline: Buddha Air, Simrik Airlines and Yeti Airlines.

Jungle Safari in Chitwan National Park

Activities: Jungle safari on elephant-back, jungle walk, canoe ride, jeep drive, experience of Tharu culture.

Accommodation: Resorts, Hotels and Lodges.

Transportation: Private Car included (Kathmandu/Pokhara-Kathmandu).

Meals: Included.

Duration: 3 days and 2 nights.

Cost: Starts from US\$ 225 per person.

Jungle Safari in Bardia National Park

Activities: Jungle safari on elephant-back, jungle walk, boat ride, jeep drive.

Accommodation: Jungle lodges.

Transportation: Not included.

Meals: Included.

Duration: 4 days and 3 nights.

Cost: Starts from US\$ 475 per person.

Bird Watching in Koshi Tappu Wildlife Reserve

Activities: Bird watching, boat ride and wildlife viewing on jeep drive.

Accommodation: Resorts, Tented camps.

Transportation: Not included.

Meals: Included.

Duration: 3 days and 2 nights.

Cost: Starts from US\$ 480 per person.

Rafting in Nepal

Trishuli River: 2/3 Class – 1 Day – 17 Kilometers – Cost starts from US\$ 30 per person.

Seti River: 3 Class – 2 Days – 32 Kilometers – Cost starts from US\$ 80 per person.

KaliGandaki River: 4 Class – 3 Days – 56 Kilometers – Cost starts from US\$ 140 per person.

BhoteKoshi River: 4/5 Class – 2 Days – 18 Kilometers – Cost starts from US\$ 85 per person.

- **Cost includes:** Top quality Rafting equipment, Highly trained Crew, Well organized camping, Hygienic food.

- **Transportation:** Bus transportation included and depends.

Bungy Jumping / Canyoning / Paragliding / Ultralight Flight

We can check and deliver information and cost as per your interest received for Bungy Jumping, Canyoning, Paragliding and Ultralight Flight. Bungy and Canyoning can also be customized together.

Shopping Tours

Package available on demand.

Shopping items: Pashmina items, Paubha/Thangka, Woolen Carpets, Root Art, Ceramics, Shaligram (Holy Rocks), Masks of deities, Khukuri, Tea, Spices, Garments and Knitwear, Musical Instruments and Music, Glass Ornaments, Jewelry and Gems, Metal Wares, Sculptures, Wood Carvings, Rudraksha (Rosary), Incense, Natural Buttons, Fiber Products, Wood Game Boards, Fancy Hats, Bamboo Crafts, Bags and Accessories, Leather Articles, Lokta Paper and items made by Lokta, Nepali Dolls, Home Decors, Books and Maps and innumerable other unique items which are found nowhere else.

Trip Itinerary:

Day 01 : Drive (72km) from Kathmandu to Trishuli Bazaar and trek to Salangkhu Khola (550m/1,804ft).

Day 02 : Trek Salangkhu Khola to Bhalche Village (1,850m/6,069ft).

Day 03 : Trek Bhalche Village to Rupchet (2,850m/9,350ft).

Day 04 : Trek Rupchet to Pang Sang Pass (3,850m/12,631ft) crossing over Sing La Pass (4,545m/14,912ft).

Day 05 : Trek Pang Sang Pass to Chalise Gaon (1,674m/5,492ft).

Day 06 : Trek Chalise Gaon to Gomba Danda (2,402m/7,880ft).

Day 07 : Trek Gomba Danda to Thulo Dhunga (3,337m/10,948ft).

Day 08 : Trek Thulo Dhunga to Nojet Kharka (3,691m/12,110ft).

Day 09 : Rest day at Nojet Kharka (View Point) for exploration and acclimatization.

Day 10 : Trek Nojet Kharka to Kharka (3,900m/12,795ft).

Day 11 : Trek Kharka to Ganesh Kunda (3,500m/11,483ft). This is a Ruby area.

Day 12 : Trek Ganesh Kunda to Tatopani (1,250m/4,101ft). Enjoy with Natural Hot spring.

Day 13 : Trek Tatopani to Lapa Gaon (1,850m/6,069ft).

Day 14 : Trek Lapa Gaon to Magne Goth (2,950m/9,678ft) crossing over Magne Goth Pass (2,936m/9,633ft).

Day 15 : Trek Magne Goth to Dunchet Village (1,519m/4,983ft).

Day 16 : Trek Dunchet Village to Budigandaki.

Day 17 : Trek Budigandaki to Arughat Bazaar.

Day 18 : Drive from Arughat (Gorkha) to Kathmandu.