

## Ganesh Himal Trekking - 13 Days

Ganesh himal trekking is regarded as the short and easy trek near from the Kathmandu valley ideal for family outing. It is also comparatively cheaper than other trekking sites offering the endless opportunities to explore. The amazing landscapes, greeneries along with snow capped mountains including Manapathi, Manasalu, Annapurna range, Fishtail, Langtang range and Tibetan range will surely make you feel delighted and re-energized.

We start our trek from Betrawati, 5 hours drive from Kathmandu and heading towards Ganesh Himal trekking route following Kispang, Gonga, Rupchet and Sing la Pass. Sing la Pass is famous for offering the incredible views of mountain ranges. We will be accompanied by natural vegetations, rhododendron forests and farming by local Tamang and Sherpa people. Jaisali Kunda is the beautiful Mountain lake located at an altitude of 4000 meters from where the scenic views of Paldor Himal can be viewed. After trekking through several ups and downs, villages, beautiful landscapes we head towards syabrubesi trekking couple of days through Somdang and Gatlang. Here in Gatlang, we visit the Gompa Monastery to learn and explore about Buddhist culture. Finally we stay overnight at syabrubesi and head back towards Kathmandu next morning.

Ganesh himal trek is an ideal trekking site to experience with your family. It is recommended to trek with family as it is easier, cheaper and equally magnificent. We are sure you will have a great holiday time with your family.

## PRICE INCLUDES

- Airport / Hotel / Airport pick up & transfer by private car / van
- Four nights accommodation with breakfast at a 3-star category hotel in Kathmandu
- Kathmandu city tour as per the above itinerary
- Meals (breakfast, lunch, dinner, tea & coffee) prepared by our expert cook
- Twin sharing tented accommodation during the trek
- An experience guide (trained by Ministry of tourism), required number of porters, their food, accommodation, salary, insurance, equipments
- All necessary permits and TIMS fees
- Trekking equipment (two men tent, dining tent, kitchen tent, table with chairs, kitchen utensils, and other necessary equipments during the trek)
- All surface transfer to/from Kathmandu by bus/jeep
- duffel bag, down jacket and sleeping bag during Manaslu Trek
- T – Shirt (yours to keep)
- Safe drinking water, boiled/iodine tablets.
- First aid medical kit bag.
- All government and local taxes.
- Office service charge.

## PRICE EXCLUDES

- Lunch and dinner in Kathmandu
- Travel insurance
- International airfare
- Nepal entry visa: you can obtain a visa easily upon your arrival at Tribhuvan International Airport in Kathmandu. (a multiple-entry tourist visa good for 30 days can be obtained by paying US \$ 40 or equivalent foreign currency. Similarly, multiple-entry tourist visas for 90 days can be obtained by paying US \$ 100. Please bring 2 copies of passport-size photos.)
- All cold drinks such as: alcoholic beverages, mineral water, Coke, Fanta, juice, etc.
- Hot showers during the trek
- Personal shopping and laundry
- Personal trekking equipments
- Tips for trekking staff and driver (Tipping is appreciated and expected)

## ITINERARY IN DETAIL

### Day 1: Arrival in Kathmandu airport (1345meters)

Our airport representative will be receiving you at Tribhuvan International airport, Kathmandu and s/he will be displaying an icicles adventure treks and tour signboard outside the airport terminal. You will be then transferred to your respective hotel in our private tourist vehicle

### Day 2: Sightseeing around Kathmandu valley

After a hearty breakfast, your sightseeing trip will start. You will have a private vehicle and a professional tour guide at your disposal. Today we will visit some heritages listed below Pashupatinath: Pashupatinath Temple is one of the most significant Hindu temples of Lord Shiva in the world, located on the banks of the Bagmati River. Though you are not allowed to go inside the temple as it is strictly for Hindus only, you can clearly see the temple and the activities from the eastern bank of the Bagmati River. It is a square two tiered pagoda temple built on a single tier pinth which is famous all over the world. Boudhanath: Boudhanath is one of the holiest Buddhist sites in Kathmandu. It was built in 5th century with four pairs of eyes of Lord Buddha in four cardinal directions keeping an eternal watch over the people and their doings. You will find Buddhist pilgrims from Tibet going round the stupa spinning the prayer wheels.

The rest of our time in Kathmandu is free for further exploration and some last-minute shopping in Thamel area near by your hotel. Overnight at Hotel. Overnight at hotel (Breakfast, Included)

### Day 3: Kathmandu (1350m) drive to Betrawati 5hrs drive

A scenic drive from Kathmandu takes you to Betrawati where you will camp overnight. Betrawati is a small village next to Trishuli river. Enjoy your first night in your tent, under the stars next to the river bank. . Overnight at Tented Camp. (Breakfast, Lunch and Dinner Included)

### Day 4: Betrawati - Kispang (1900m) 5hours Walk

You wake up in the outdoors and get ready for the first walking day of your trek. Today you have an uphill walk for about 3 hours to the village called Satdobato and then gradual uphill walk for another 2 hours to your camping site call Kispang. Enjoy your walk through villages of mixed ethnic groups living together and enjoy the stunning rural scenery on this day. Overnight at Tented Camp. (Breakfast, Lunch and Dinner Included)

### Day 5: Kispang - Gonga (2800m) 6-7 hours walk

this morning you have a hard starter with a 3 hour ascent. This is followed by more gradual uphill through rhododendron forest, which is the national flower of Nepal. If you are here in Spring you will see the blooms; stunning trekking! Tonight you camp at Gonga, from where you can see Langtang Lirung and Gosainkunda Mountain ranges. Overnight at Tented Camp. (Breakfast, Lunch and Dinner Included)

### Day 6: Gonga - Rupchet (3600m) 5 hours walk

another uphill walk for about 5 hours through rhododendron forest takes you to Rupchet. Tonight you stay in an alpine area with stunning views of the Langtang mountain range from the door of your tent. Overnight at Tented Camp. (Breakfast, Lunch and Dinner Included)

### Day 7: Rest day in Rupchet

Today is for resting to let your body acclimatize. If you feel great, then it's also a chance for some exploring.  
Overnight at Tented Camp.(Breakfast, Lunch and Dinner Included)

### **Day 8: Rupchet – (Sing La 4100m) - Larkap (3700m) 5-6 hours walk**

Get your camera ready for the spectacular mountain views from Sing La (pass), from where we can see peaks over 8,000 metres. From Rupchet we trek steeply up hill for 2 hours to Sing La pass from where you will have a incredible views of Ganesh Himal, Manaslu, Annapurna range, Fishtail, Langtang range, Gosainkunda range, Tibetan range and more. After the pass you have a down hill trek for about one hour to Larkap. Overnight at Tented Camp.(Breakfast, Lunch and Dinner Included)

### **Day 9: Larkap - Pangsang La (3800m) approx 6 hours Walk**

this morning you have a good uphill walk to Pangsang La and the trail levels out through the rhododendron forest. You can enjoy a full day of mountain views while walking from Larkap – this is a great day of trekking! Overnight at Tented Camp.

### **Day 10: pangsang La – Somdang(3200m) approx 4-5 hours walk**

Early in the morning, after having breakfast, we will set up downhill and level walk. The Rhododendron, Pine and other vegetations will be with us throughout the whole day. We can also have good looks of Ganesh and Paldor Himal. We will be at Somdang, a small Tamang Village, till the evening. Overnight at Tented Camp.(Breakfast, Lunch and Dinner Included)

### **Day 11: Rest day in Somdang(3200 m). Pangsang La Pass(3800m), Jaisali Kunda(4000m) 6 Hours Round Trip**

We take a rest day today or those who are interested to walk around can go to place from where East side of Ganesh is easily seen. You can also walk up to the height of 4000meters with beautiful Mountain lake called Jaisali Kunda to have the beautiful views of Paldor Himal (5928 meters) from Lari mine (4110 m). This alpine place is full of vegetation. Our day hike would be about 6 to 7 hours with several ups & down. Overnight at Tented Camp.(Breakfast, Lunch and Dinner Included)

### **Day 12: Somdang Trek to Gatlang (2500m) approx 6 hours walk**

you being the morning a fairly level trail and then you head uphill through Khurpe Banjyang saddle (3600m). From here it is downhill into Gatlang, where you camp the night. In Gatlang there is a small holy lake and it's a good chance to learn about sacred lakes in Nepal. Overnight at Tented Camp.(Breakfast, Lunch and Dinner Included)

### **Day 13: Gatlang –Syabrubesi(1600m) 5 Hours Walk**

Our last day of the trek, we come to a Gompa (small monastery) where we can visit inside and learn the art & the culture of Buddhism, we again walk the trail which is known as the pilgrimage trail uses by the pilgrims. This beautiful trail leads along a lot of mani walls and small chorten which has been built by the pilgrims themselves. The colorful village is an enjoying sight of spot to cross. We keep on walking and now have the steep descent; we come at the river which we follow till Syabrubesi. Today we walk about 7 hours, climbing up about 100 meters and getting down about 1300 meters We stop at Syabrubesi where few lodges are available but we camp at a nice place at Syabrubesi

for the night. Overnight at Tented Camp.(Breakfast, Lunch and Dinner Included)

**Day 14: Syabrubesi - Kathmandu approx 9 Hours drive**

today you bid farewell to the stunning mountains of the Ganesh Himal region and drive back to Kathmandu on a wild mountain road.(Breakfast, Lunch and Dinner Included)

