

## Ganesh Himal Trekking

**Ganesh Himal Trekking** lies in the central-north region of Nepal Himalayas, and one of the most isolated and least explored area so far. Very small number of foreigners have explored in recent years. The name 'Ganesh' comes from the famous Hindu deity – the God of fortune and well being – with elephant head. Ganesh IV or known as Pabil Peak has similar resemblance of elephant head with the ridge like a tusk.

This region offers truly untouched natural splendor, wild and friendly inhabitants with distinctive cultural heritages, and magnificent views of the peaks.

During the trek, you can observe diverse cultural practices, walk pass many small village lined in the ridges and valleys, and enjoy walk in the dense forest and beautiful meadows. Since the region is less visited by foreigners, it offers real smell of the Nepali mountain lifestyle and real natural grandeur. *Ganesh Himal* is camping trek (or you sleep in Tented camp since no hotels/lodges are available) but few nights you stay at the local house to experience the local. Our company has a village development project in the area so you have a chance to take experience it and take part in various projects.

### Itinerary in Details:

#### **Day 01: Arrival in Kathmandu (1,300 m/4265ft):**

Arrival in Kathmandu. Meet with our friendly representative at the arrival terminal of only International airport. And, then you will be transferred to your hotel.

You check-in at your Hotel and then after short rest you can go to explore market area of Thamel – where you can eat your supper, change money, buy some stuffs from supermarket, or buy trekking gears – if you need to do.

Later we take you to our office for the trip briefing.

Overnight at your hotel.

*Delay of any kind will postpone the events for next day according to feasibility.*

#### **Day 02: Kathmandu Sightseeing - 4 hrs tour.**

You start the day with delicious breakfast served at your Hotel. The sightseeing involves tour of two religious and cultural sites of Pashupatinath temple and Boudhanath stupa.

**Pashupatinath Temple:** It is one of the most celebrated Hindu temples in South-Asia. The temple is devoted to Lord Shiva. This place is a UNESCO world cultural heritage site. The Bagmati river flowing besides the temple is religiously and spiritually significant for Hindus where cremation of dead body takes place. Pashupatinath temple holds the most of prominence during Shivaratri – Shiva's birthday and thousands of pilgrims gather in the night to celebrate the day.

**Boudhanath Stupa:** It is one of the biggest Stupas in terms of size and height in Nepal and located in east of Kathmandu in the ancient trade route between India-Nepal and Tibet. The site is peaceful and culturally filled with intermixed influence of Tibetan and Sherpa roots. Stupa built in the trading route between Kathmandu and Tibet has four pairs of eyes directed towards

all four directions. It is believed to be influenced by Mahayana Buddhist philosophy. After short tour of city we return to hotel and prepare for the trek. Overnight will be spent at hotel.

**Day 03: Kathmandu – Satdobato (1,500 m/4921ft) – 7 hrs drive:**

Enjoy your breakfast at the Hotel and get set for the long drive to start your dream trip. Drive is long for the day – yet enjoyable – in the mountain landscape with beautiful farming terraced field, river bed, brief view of the Himalayan peaks. We drive to Trishuli Bazar – a famous trade town in the trade route of India-Tibet in ancient period – and then after crossing the famous Trishiuli river bridge – you enter into rough and bumpy road to Satdobato, your night stay place. It is well established village with high school, and a health post and people of mixed culture live here.

**Overnight in the camp.**

**Day 04: Trek Satdobato to Bhalche (1,950 m/ 6397ft) – 5 hrs walk:**

Enjoy the morning breakfast prepared by our expert crew in your camp and start the first walking day with gradual uphill walk. You then walk steep to reach the small village of Kisping where you will stop for lunch. This small town has people of mixed culture as well with a Hindu temple across the river, and Buddhist Monastery.

After Lunch, you continue uphill gradually – this word can be tricky to you since Guide's flat or gradual can make you to feel up and up – to Bhalche village where we set up camp for your night stay.

Today's walk is an impressive one through farm terraces, dotted Tamang villages, and beautiful waterfall.

Our campsite is beautiful spot with open and wide ground surrounded by Buddhist prayer flags and village view on the other side. **Overnight in Camp.**

**Day 05: Trek Bhalche to Gonga (2,900 m/ 9514ft) – 6 hrs walk:**

You are slowly gaining altitude, and today you climb quite a height. You walk to Thulo chour – beautiful open ground in the middle of the jungle with temporary hut of villagers who come here to collect bamboo to make basket – for lunch. You walk in the deep forest of pine and rhododendron crossing some small streams on your way to reach Bhalche. You can encounter some wild animals like Himalayan langur, and can see majestic view of the Langtang Mountains. **Overnight in Camp.**

**Day 06: Trek Gonga - Rupchet (3,660 m/ 12007ft) – 4 hrs walk:**

Today your overnight stay is at an elevation of 3660 m in Rupchet – the highest point to sleep during the trip and the Base Camp of Sing-La Pass (4,200 m/13779ft). You gain significant height during the day as well as you gain almost 800 m/2624ft.

After you enjoy your breakfast in your camp, start the day with walking uphill in the deep forest of pine and rhododendron. You can view the Himalayan peaks of Langtang and peaks from Tibet as well. It is short walk though tough due to altitude. You reach Rupchet for lunch where we camp for overnight as well.

Late afternoon is free and easy day for you. You can rejoice with the great Himalayan charm of Tibetan range, and Gosaikunda range. **Overnight in Camp.**

**Day 07: Rupchet - Shing La Pass/Top (4,200 m/14074ft) - Sertunga Kharka (2,440m/8005ft) – 6 hrs walk:**

To be blessed by the Sunrise view from the Sing-La top, you may decide to start the day in the early morning. It is about two hours steep up to the top from your camp.

You can view the magnificent Himalayan peaks from Ganesh Himal range including Ganesh main also Ganesh I or Yangra Peak (7,422 m/ 24,350 ft), Ganesh II (7118 m/ 23,353 ft), Ganesh III (7,043 m/ 23,107 ft), and Ganesh IV or Pabil Peak (7,104 m/ 23.307 ft). Mansiri range where higher than 8000 m peak Mt. Manaslu (8,163 m/ 26,781 ft) – and eighth highest mountain peak of the world – is situated, Annapurna massif, Langtang range, and the peaks from Tibet.

After you savor the scenic grandeur from this top, you climb down long way down – almost 2000 m/6561ft descend – to the valley. Today is the hardest day of the trek as well as the height point you reach of entire trek. **Overnight in tented Camp** in Shertung Kharka.

**Day 08: Sertunga Kharka - Shertung village (2,000 m/ 6561ft) – 3 hrs walk:**

You approach now to the village life again after few days in the wilderness. With short walk of some 10-15 minutes from the Kharka – a word used to denote the camp for domestic animals such as buffalo, cow, sheep – you reach to terraced field with possible crops like maize, wheat, barley, potatoes growing depending upon season. You can view the Ganesh Himal range throughout the walk. It is primarily descending day. You reach to the village of Tamang people in Shertung for the night stay. **Overnight in Camp.**

**Day 09: Trek Shertung Village – Jharlang Phedi (1,450 m/ 4757ft) – 6 hrs walk:**

With couple hours easy walk and descending you reach to Borang village – another village of Tamang people. You continue to the village of Jharlang through farming fields and crossing the bridges glancing the view of Ganesh Himal. It is an awe-inspiring walk in the mountainous terrains of Nepal Himalayas. You reach Jharlang to camp in the yard of Church – locals are adopting Christianity in recent years and resigning their ancient religion. **Overnight in Camp.**

**Day 10: Trek Jharlang - Kintang phadi (1,000 m/ 3280ft) - 6 hrs walk:**

Your trek after breakfast continues in the up and down hill of the mid-hill mountain of Nepal. Enjoy great views of the mountains as you walk through friendly small villages – where local

folks greet you warmly. You expose with farming in traditional way. Before you reach to the camp site, you come across with natural hot spring where you can take bath. Walk along the beautiful scenery of the river Netrawati and reach Kintang phedi – a small valley with mixed culture where the river Netrawati and Kintang river conjoin. We set up the camp near the riverside. **Overnight in the tented camp.**

#### **Day 11: Trek Kintang Phedi – Serabensi Jyamrung (7,00 m/ 2296ft) – 6 hrs walk:**

It is gradual down, smaller sections of uphill and mostly gentle flat for today to walk. It would be easy walk following the Netrawati river – the river originates from Ganesh Himal glacier. You walk through beautiful rice field and terrace. You reach Khaahre Baazar which is a shopping town for the local living in surrounding area, then walk easy way to Serabensi Jyamrung for overnight stay at the local house.

Our company has a village development project here. We stay at the local house and get involved in the daily local lifestyle. **Overnight in the house accommodation.**

#### **Day 12: Jyamrung (Sharabensi) Exploration Day:**

You explore, experience, and enjoy the family you are living with, and the surrounding village. You can participate in various activities here such as teaching at our school project, helping in health project in the village or similar. You can go for fishing or swimming in the fresh water river as well. And we show you all the social project we have done for the locals. **Overnight in the house accommodation.**

#### **Day 13: Jyamrung (Sharabensi) walk to Sukaura – Back to Kathmandu – 6 hrs drive:**

We cross the river by hanging bridge and take private 4WD jeep to Kathmandu. Half part of the road to Dhading Bensi – district headquarter of previous administrative division which is changed now into municipality – is bumpy and from here it is black topped and comfortable. You join the Kathmandu – Pokhara highway from Malekhu. Arrive Kathmandu and mingle yourself in the city life again. **Overnight in a hotel.**

#### **Day 14: Cultural Tour of Kathmandu City / 4 hrs:**

After breakfast at your Hotel, we take you to the mysterious Kathmandu city tour. This historical, cultural and spiritual city unveils the social and historical mysteries to visitors. You will walk through the narrow lanes of the ancient Kathmandu – the center of power – that includes markets of Ason, Glass beads market at Indrachowk, oldest supermarket at New Road, Kilagal, and Hidden Stupas inside the family courtyard.

Visit of Kathmandu Durbar Square – the administrative quarter of Malla Kings (fourteenth to eighteenth century), and Shah Kings who ruled Nepal from 1768 until 2008. The most unique experience in the square is the visit to the temple of the living goddess “Kumari”.

After the tour, return back to your Hotel. If you are staying in Thamel, you can hang around this bustling tourist market and enjoy shopping. **Overnight in Hotel.**

### **Day 15: Departure Day:**

As per your flight schedule, you will be transferred to the international airport of Kathmandu three hours prior to the flight time and your tour ends here.

### **Cost Includes:**

- ✓ Airport pick up & Drop off with representative.
- ✓ Nepal's 3-star level hotel accommodation with breakfast in Kathmandu.
- ✓ English speaking licensed and experienced Trekking Guide and porter to carry your luggage and other camping equipments/cooking utensils. (If you are in a group with more than 5 trekkers then assistance guide will be provided)
- ✓ Guide, cook, Kitchen staff, Sherpa, porters and other necessary staffs for the tented camping trek.
- ✓ All Camping Gears (Two men tents, dining tent, kitchen tent, toilet tent, down jacket, sleeping bag, matrices, torch light, water bottle etc)
- ✓ Hot & Cold drinks. (Tea, coffee, hot milk, hot chocolate & Juice.).
- ✓ All meals in the trekking (Breakfast, Lunch & Dinner.)
- ✓ Accommodation in Tented Camps and lodges or Home stay as available/required during the trekking
- ✓ 4 wheel jeep (Kathmandu - Satdobato || Sukaura - Kathmandu)
- ✓ TIMS (Trekking Information Management System)
- ✓ All food, drinks, Lodge, salary, Insurance, Medical, Equipment, land transport etc for trekking staff.
- ✓ Down jacket, Down Sleeping bag, and Duffel bag.
- ✓ Sightseeing with guide, transport and entry permits in Kathmandu.
- ✓ All taxes and Services charge.

### **Cost Excludes:**

- ✗ Any bar bills (alcoholic drinks, mineral water, and cold drinks), cigarettes, client's personal insurance, any kind of unforeseen expenses etc
- ✗ Lunch and Dinner in Kathmandu.
- ✗ Gratuities to guide, porters and driver (Not mandatory but expected as customary thank you for the service)
- ✗ International air ticket and Visa fee
- ✗ Travel insurance that must include emergency helicopter evacuation

### **What to bring**

This list outlines the required things to bring during the trekking tours. There are various selections and brands that you can choose as per your interest. All required trekking equipments can be bought or even hired easily at a reasonable price in Kathmandu.

### *General*

- 1) Down sleeping bag (you can borrow with us if required).
- 2) Duffel or Rucksack bag (you can borrow with us if required).
- 3) Daypack
- 4) Down Jacket (you can borrow with us if required).
- 5) Fleece liner (you can borrow with us if required).
- 6) Walking poles (Walking poles are optional but recommended, and you can borrow with us if required).
- 7) Water bottle with purification tablets.
- 8) Hand wash liquids.
- 9) Lip guard.
- 10) Sun-block cream.
- 11) Toiletry kit. Be sure to include toilet paper stored in a plastic bag, hand wipes, and liquid hand sanitizer, towel, soap, etc.

### *Upper Body - Head / Ears / Eyes*

- 1) Cap and ears covering hat.
- 2) Glacier glasses
- 3) Head torch.
- 4) Ear-muffs and neck warmer is another piece of gear for extra warmth (optional)

### *Hand*

- 1) Hand gloves (One light pair and One warmer pair)

### *Body*

- 2) T-shirts – few.
- 3) Light and weight thermal tops and warm thermal top.
- 4) Light jacket and vest.
- 5) Wind and rain jacket.
- 6) Shirts and warm shirts.

### *Lower Body – Legs*

- 1) Long and short hiking pants.
- 2) Lightweight and warm long underwear.
- 3) Rain and windproof trousers and warm trekking trousers.

### *Feet*

- 1) Thin and thick socks.
- 2) Trekking boots, light shoes, and sandal.
- 3) Trekking Gaiters.

### *Medicines and First Aid Kits*

(Our guide will carry first aid kit bag during the trek. We still recommend you to bring your personal first aid kit as you feel it necessary).

- 1) Headache and fever medicine.
- 2) Ibuprofen for general aches and pains.
- 3) Burnt cream.
- 4) Immodium or Pepto Bismol capsules for upset stomach and diarrhea.
- 5) Diamox (commonly prescribed as Acetazolamide). Please discuss with us before starting to take this medicine.
- 6) Antibiotics.
- 7) Blister treatments such as moleskin, hand plants and-aids, some waterproof tape, anti-infection ointments, etc.

### *Miscellaneous*

- 1) Passport and extra passport photos (2 copies).
- 2) Durable wallet/pouch for travel documents, money and passport.
- 3) Pocket knife.
- 4) Bandanas.
- 5) Favorite snack foods and energy bars
- 6) Paperback books, cards, mp3 player. Avoid players with moving hardware as it may not function. Remember, keep these items lightweights
- 7) Binoculars.
- 8) Camera.

**All garments should be kept dry using waterproof stuff sacks or large puncture resistant plastic bags.**