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Ganesh Himal Trekking



Ganesh himal Trekking is a less roads traveled trek in Nepal with beautiful views of Ganesh himal range, Langtang himal and Annapurna Manaslu Himalayan.This trekking lies northwest from Kathmandu with variety of geographical, cultural and bio-diversity. Gamesh himal trek is populated with people of various communities like Tamang, Gurung and Ghale which lies north, are indigenous people, and Brahmin, Chhetri, Chepang and Dalits lies in south part.

Trip Itinerary:

Ganesh Himal Trekking:

Day 01: Arrival in Airport Kathmandu and transfer to Hotel

Day 02: Sightseeing in Kathmandu in world heritage sites. After breakfast We do sightseeing at Buddhists shrine like Boudhanath stupa and Hindu shrine Kathmandu Darbar square and Pashupatinath Temple.

Day 03: Kathmandu drive to Pairo Bensi via Trisuli Bazar

A 6 hours scenic drive from Kathmandu takes you to Pairo Bensi (800m), where you will camp overnight. Pairo Bensi 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 camping. 6 hrs

Day 04: Pairo Bensi – Kispang 1900m

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.Trekking time: approx 5 hours. Overnight at camping.

Day 05: Kispang – Gonga(2800m)

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. time: approx 6-7 hours. Overnight at camping.

Day 06: Gonga – Rupchet (3600m)

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.Trekking time: approx 5 hours. Overnight at camping.

Day 07: 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.

Day 08: Rupchet - Sing La(4100m) – Larkap(3700m)

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 uphill 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 downhill trek for about one hour to Larkap.Trekking time: approx 5-6 hours. Overnight at camping.

Day 09: Larkap - Pangsang La (3800m)

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! Trekking time: approx 6 hours. Overnight – camping.

Day 10: Pangsang La – Somdang (3200m)

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.Trekking time: approx 4-5 hours. Overnight at camping.

Day 11: Rest day in Somdang

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.Walking: 6 Hours Round Trip

Day 12: Somdang Trek to Gatlang (2500m)

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.Trekking time: approx 6 hours. Overnight – camping.

Day 13: Gatlang – Syabrubesi (1600m)

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.Walking: 5 Hours

Day 14: Syabru bensi to Kathmandu

Today you bid farewell to the stunning mountains of the Ganesh Himal region and drive back to Kathmandu. It will take around 9 hours drive on a wild mountain road.

Day 15: Leisure day Or shopping day in Kathmandu

Day 16: Fly to your home country

Cost Details:

Group size: 2 people minimum

Package cost: 1240 Euro Per person

Cost Includes:

4 nights Hotel in Kathmandu B/Basis

1 guide/1 sherpa/1 cook/kitchen boy/necessary porters

Ganes Himal Trekking permits/

National park fees/ TIMS cards

Food during the trek/ 3 times meal a day

#2 men sleeping tents, Matress

Dining Tent, Kitchen tent and toilet tents,

All kitchen utensils

Insurance for Nepalese staff

Cost Excludes:

Personal Equipments
Lunch & Dinner during your Kathmandu stay
High risk medical Insurance
Alcoholic beverages & telephone calls
Emergency rescue if needed

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