



## Ganesh Himal Trek

<b>Trip code</b>	
<b>Package name</b>	Ganesh Himal Trek
<b>Duration</b>	15
<b>Max. elevation</b>	4200 m
<b>Level</b>	MODERATE
<b>Transportation</b>	Kathmandu - Syapru besi / Khahare Bazar - kathmandu by private car.
<b>Accomodation</b>	Hotel and Lodge with Tented twin shairng bed basis during the Trek .
<b>Starts at</b>	Kathmandu
<b>Ends at</b>	Kathmandu
<b>Trip route</b>	Kthmandu - Syapru Besi - Gatlang - Somdang - Pangsong pass - Shertung - Hindung - Rajgang - Ganesh Himal Base Camp - Chalise - Jharlang - Darkha - Khahare Bazar - Kathmandu .
<b>Cost</b>	USD 1,890 per person

## Highlights

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- Tamang, Gatlang, Somang and Sethun villages and their culture.
- Experience the Tibetan Buddhism and Shamanist culture of the Tamang villagers
- View of Ganesh Himal, Manaslu, Langtang.
- Un-crowded trek in a wild region yet close to Kathmandu.
- An old-fashioned bivouac trek with a caring team.
- Marvel at the incredible mountain panoramas from the Pansang La Pass (3,842m/12,640ft)

## Overview

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**Ganesh Himal is named after the elephant-headed God “Ganesh” of Good Fortune. The trek is known as an off-the-beaten trail located in the central-eastern region of Nepal.**

Ganesh Himal is named after the Hindu deity of good fortune. The elephant-headed God “Ganesh” prays as the spiritual power of god in Nepal. Ganesh I, Ganesh II, Ganesh III, and Ganesh IV are mountains forming the skyline of the Ganesh Himal Range. Trekking in the Ganesh Himal Base Camp route provides you with the opportunity to explore the exotic view of its flora and fauna, especially during the spring season.

During this season, we can see the striking presentation of barberries, Premolars, orchids, and a variety of ferns giving the exotic view as well as the vibrant smell all around the trekking route. The trekking trail takes you all the way through the emerald hills, beautiful Tamang villages, Terraces filled with golden rice and mustard, natural hot water stream, deep Gorges, glaciers, with forests of blue pine, Spanish oak, and blossoming Rhododendron forest adding beauty to the path.

## Trip Itinerary

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### **Day 1 : Drive from Kathmandu to Syabru Beshi (1503m/4945Ft.) – 7 / 8 hrs drive**

In the beginning of our journey, we head towards north out of Kathmandu early in the morning. We drive through scenic foothills and ridgeline vistas to Syabru Beshi passing through Dhunche. While passing along the road at the bank of Trishuli River we catch a glimpse of Ganesh Himal, terraces and green hills. As we pass through Dhunche we feel as if we are heading towards deep land. You will notice that the roads are a bit narrow and zig zag but you will have an amazing view of the landscape along the trail. After a drive for about seven to eight hours we will reach Syabrubesi. Syabru Beshi is the gateway to the Langtang Valley at the confluence of the Bhote Koshi and Langtang Rivers.

### **Day 2 : Syabru Beshi to Gatlang (2337m/7690ft.) – 5 / 6 hrs walk**

Commencing trek from Syabru Beshi, we follow the zig-zag trail to the west up to Bahun Danda Pass and then down to the Tamang settlement of Gatlang. Gatlang set high on a hillside among terraced fields is a Tamang settlement with unique customs and craftsmanship in a magnificent setting. Above lies Parvati Kunda, popular during Janai Purnima where thousands of pilgrims are attracted to the sacred pond and nearby temple. We can see scenery from view point. The cultural show at Goljung and Gatlang makes our trekking a memorable one. One can visit a Tamang monastery and beautiful Parvatikunda Lake at Gatlang. Overnight at Gatlang.

### **Day 3 : Gatlang to Sompang (3271m/10760Ft) – 6 / 7 hrs walk**

Today, we walk along the graveled but motorable road. The trail ascends through pine and rhododendron forest to a Yuri Kharka before continuing to Khurpu Bhanjyang and then dropping down to the Sompang River. Sompang River is a border between Rasuwa and Dhading districts. While trekking, one can enjoy the spectacular mountain views of Langtang Himal ranges, Ganesh Himal, Paldor peak and many other unnamed mountain and peaks. We will pass through some Tamang villages where we can have a close observation of their culture and tradition. Sompang is also a Tamang village. The hike passes through a scenic valley featuring the 200 m Chukarma Waterfall. There we find zinc mines. The former mine

leaves a lot to be explored and is the site of a 1.4 km tunnel bored into the mountain to extract zinc, copper, tin, crystal and even highly-prized rubies.

#### **Day 4 : Somdang to Pangsang Pass (La) (3842m/ 12640Ft) – 3 / 4 hrs walk**

Leaving Somdang, we gently trek uphill passing through beautiful jungle and mesmerizing surrounding landscapes including Langtang ranges mountain. We walk along the trail which moves through villages, forests and terraces. It is a viewpoint southwest of Somdang village with a broad panorama of the surrounding terrain. To the north lies the soaring peaks of Manaslu and the Ganesh Himal Range. The large meadow is graced with a giant entry gateway and is a sensational location for camping and trekking in the breathtaking scenery. The whole Ganesh Himal region is blessed with abundant herbal plants. At past, herbs were taken to Tibet along an ancient trade route and exchanged for salt, livestock, wool and turquoise. This pass is known as one of the most beautiful and the best magnificent mountain views point to have almost in 270 degrees Langtang ranges, Ganesh Himal ranges, Manaslu ranges and bit of Annapurna ranges mountains. As this is off the beaten path, we cannot find tea house in each location we stay so we highly recommend to have own tent.

#### **Day 5 : Pangsang Pass to Shertung (1875m/ 6188Ft) – 5 / 6 hrs walk**

On the following day, we descend to Tipling. Tipling is a large village that host two Buddhist gombas and both a Protestant and Catholic church. The houses are made of wood, tin and stones. The trail we follow is quite descent at first and then it climbs up for some distance. En route, we cross forests covered with bamboo, pine, rhododendron and waterfalls. Along a ridge top to the east is a gomba and cremation ground for both Buddhists and Christians lined with colorful flags. The majority of the people here are Tamang. Tamang people have their own rich culture to show for the visitors Jhankri or shaman dance, ghode or horse dance, said to have been brought from Tibetan culture long ago. Jhankri (shaman) activity is robust in this territory with the worship of natural forces and indigenous local deities interwoven with Hindu and Buddhist practices. Holy Chyamra danda, Fyanchyat monastery and Sajyat are the main holy attractions of the village. Spectacular mountain views of Lapsang Karpo, Ganesh Himal (Yangri) as well as Ganesh II and III can be seen from this village. People living here have their distinct life style and they are involved in making goods from bamboo sticks. We can see farming terraces where farmers grow potatoes, wheat, barley, buck wheat, maize and green vegetables. People of this area welcome the trekkers with their local culture.

After descending and crossing the Adha Khola on a box bridge, we ascend to the sister villages of Shertung and Chalise. The name Shertung means 'Place of Gold'. According to a legend, two brothers in search of gold were led here by a dream and thus the settlement was born. Now we have to climb down steeply until we cross a suspension bridge over Gorkhen Khola. After we cross, the trail goes uphill up to Shertung Chalise.

#### **Day 6 : Chalise to Hindung (2420m /7425Ft) – 5 / 6 hrs walk**

From Chalise the trail goes downhill up to Menchet Khola and crossing this stream we trek steep up and then gradual up to reach Hindung. We can also have a quick visit to "Tin Kanya" a Hindu temple which passes thorough small but beautiful village. Continuing our trek to Khar Khola we then gently trek up to Pasabar danda taking about an hour walk. We can have a view of Tribeni river "mixed of three rivers".

Hindus and both Buddhist believe it as a holy river. Just at the right edge of the Tribeni river Lord Shiva's statue with little one stoned shrine has built. Especially in Magesakranti (January) festival local gather and celebrate by singing, dancing and meeting friends and relatives as well as neighbors village kith and ken. From Pasabar danda trek gently goes uphill and reach at Kalbarang (just the small kharka name but no village or human settlement). Then we continue our walk to the hill edge and dense jungle. There is a chances of rock fall from top of the hill due to inhabitant of wildlife so be careful while walking. Finally we reach at Hindung. Hindung is a pretty big village mainly inhabited by Tamang. The main occupation is farming and the farmers grow potatoes, millet, barley, maize, beans and other vegetables. It is a Tamang village of around 550 inhabitants. Crystals and rubies are harvested in areas to the north and yarsagumba is hunted in the surrounding highlands. We find mani walls and prayer flags in some part of the villages. One thing to be noticed is that it is the last village we will pass while trekking to Ganesh Himal Base Camp.

### **Day 7 : Hindung to Rajgang Kharka 3780m – 5 / 6 hrs walk**

Commencing trek from Hindung, we will have an ascending trail up to Rajgang Kharka. We will rarely find terraces on the way. The route is flat as well. We pass through the forests of rhododendron and local vegetation. These forests are the nestling place of various species of birds and wild animals. Rajgang Kharka is surrounded by beautiful forests and grassland. Except winter season the local people bring domestic animals especially sheep for grazing. Overnight at Rajgang Kharka.

### **Day 8 : Rajgang Kharka to Kalo Seto Kunda (Black and White Lake) Ganesh Himal Base camp 3691m – 6 / 7 hrs walk**

Leaving Rajgang Kharka, we continue our trail to Kalo Seto Kunda. The trail is narrow and moves mostly uphill and leveled path somewhere. We walk along the trail covered with forests for a few hours. Towards the ending the trail moves along the land where we rarely find any trees. We will find alpine grass here due to high altitude. The lakes are frozen during winter season.

### **Day 9 : Rest day at the Base Camp**

We will have our first and last rest day at Ganesh Himal base camp. At this day, we can simply take a rest or have an excursion in and around Kalo Seto Kunda (Black and White Lake). At Kalo Seto Kunda there are two lakes of holy significance. The surface of Kalo or Black Lake is covered with black stones. On the contrary the surface of Seto Kunda or White Lake is covered with white shining stones. From here we can enjoy the majestic views of Ganesh Himal, Paldor Himal and many others.

### **Day 10 : Ganesh Himal Base Camp to Rajgang Kharka 3380 – 6 / 7 hrs walk**

At the very early part, we trek along the descent and narrow path where we will find alpine grass on both sides. We have to walk for about six to seven hours today. We have to walk along the descent and narrow path where we will find alpine grass on both sides. Overnight at Rajgang Kharka.

### **Day 11 : Rajgang Kharka to Chalise (2000 m) – 6 / 7 hrs walk**

Leaving Rajgang Kharka, we continue our walk up to Chalise. The trail moves downhill all the way to Chalise. While trekking we pass forests till Hindung and after crossing it we find a few Tamang villages.

Chalise is the most friendliest and hospitable village of the area. Overnight at Chalise.

## **Day 12 : Chalise to Jharlang – 7 / 8 hrs walk**

The early part of our trail is gently up until we arrive at small ridge. From here, we can enjoy spectacular view of Ganesh Himal, farming terraces, waterfall and several villages at a distance. Now, we climb down the ridge and cross farming terraces and local villages. After we take lunch at Borang, our trail turns downhill and uphill respectively to Jharlang. It can be best described as Tamang village with its mixed culture.

## **Day 13 : Jharlang to Darkha – 7 / 8 hrs walk**

Commencing trek from Jharlang we walk through an ascent path. After crossing landslide nearby Jharlang, we begin our trek through ascent path with views of Ganesh Himal, Manaslu. Our trail passes through beautiful jungle, waterfall, farming terraces and villages. Darkha is the first Brahmin village on this trek. From here we can enjoy the view of Aankhu stream at some distance. Overnight at Darkha.

## **Day 14 : Darkha to Khahare Bazaar – 7 / 8 hrs walk**

On the very last day of our trek we descend up to Darkha Phedi. Then our route moves along the river bank until we reach Khahare. Khahare Bazaar is a big market with lodges, tea shops, big school and other important buildings. This place is famous for magnificent views of farming terraces. After walking about seven to eight hours we reach Khahare Bazaar.

## **Day 15 : Drive from Khahare Bazaar to Kathmandu by bus /private vehicle – 7 / 8 hrs drive**

After breakfast we drive from Khahare Bazaar to Trishuli Bazaar and then to Kathmandu. The road till Dhading besi moves through unpaved road and then we drive along the well paved road until we reach Kathmandu. It can be best defined as scenic journey due to the beautiful views of rivers, hills, terraces, forests and villages.

## **Inclusions**

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### **What is included?**

Domestic airports pick up and drop in Kathmandu as per program by private car

Camping+lodge (whereas possible) trek with all meals (breakfast, lunch and dinner prepared by our cook) and accommodation in tent/lodges.

Services of an experienced English speaking trekking guide, cook, kitchen helpers and porters.

Food, salary (allowance), insurance, equipment and transportation for cook, assistance, porters etc.

First aid kit bag box including oximeter to check pulse rate and oxygen level everyday to save from higher risk of altitude.

All equipment for camping (tent, mattress, kitchen tent, kitchen utensils, toilet tent etc)

Sleeping bag and down jacket if necessary.

All applicable government taxes and service charges.

Langtang National Park fee and TIMS.

kathmandu to Syapru Besi & Khahare Bazar - Kathmandu drive by private Car .

## **What isn't included?**

Any meals, accommodation and sightseeing in Kathmandu (if required please let us know and as per your budget requirement we would be very happy to arrange the same)

Bottled drinks (mineral water, any cold drinks, and alcoholic drinks).

Personal travel insurance against sickness, injury, accidents, damage or loss of goods.

Liability for extra expenses caused by illness, accidents or situation beyond our control.

Expenses of personal nature such as laundry, telephone, bar bill, tips for driver, guide and porter, etc.

Medical and emergency evacuation charges.

Respective expenses if one returns earlier from the trip due to sickness or emergency purpose.

Personal equipment for Sunglasses, Sun hat, normal trekking boot, plastic trekking boot etc.

Any other services or optional activities not mentioned above in the included list.

Any kind of tips for guide and Porters with other staff.

## **Complimentary**