

Ganesh Himal Trek

Standard Itinerary

Ganesh Himal Trek Itinerary:

Day 01: Kathmandu

Arrival in Kathmandu airport 1310m Meet and Greet by Himalayan Nepal Trek Member and direct transfer to hotel in Kathmandu on BB plan.

Day 02: Satdobato

Drive from Kathmandu to Satdobato 1500m 7 hour. Overnight tented camp.

Day 03: Bhalche

Trek from Satdobato to Bhalche 1950m 5 hours. Overnight tented camp.

Day 04: Gonga

Trek from Balche to Gonga 5/6 hours 3000m. Overnight tented camp.

Day 05: Rupchet

Trek from Gonga to Rupchet to Shing-La Base Camp 3600m 5/6 hours. Overnight tent.

Day 06: Shing La Base Camp

Trek from Rupchet to Shing La Base Camp via Sing La Pass 4600m 7/8 hours. Overnight at tent.

Day 07: Borang

Trek from Shing La Base Camp to Borang 1800m 5/6 hours. Overnight at tent.

Day 08: Jharlang

Trek from Borang to Jharlang 1700m 5/6 hours. Overnight at tent.

Day 09: Kintang Phedi

Trek from Jharlang to Kintang Phedi 1200m 6/7 hours. Overnight at tent.

Day 10: Jyamrung

Trek from Kintang Phedi to Jyamrung 1550m 6/7 hours. Overnight tent.

Day 11: Dhading Besi

Trek from Jyamrung to Dhading Besi, then drive back to Kathmandu 160km. Evening farewell dinner with Nepali culture restaurant with a dance program. Overnight at hotel on BB plan.

Day 12: Departure

Departure from Kathmandu to your onward destination our representative will assist you to the airport for your further destination ahead.

Includes and Excludes

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- 2 Times airport pick up and drops (domestic and international) Car, Van, Hi-ace, or Coaster in a standard private vehicle.
- 3 Times food per day during the trek. Breakfast, Lunch, and Dinner including tea or coffee.
- 2 Night 3* star label hotel in Kathmandu on BB plan (on twin sharing basis).
- Drive by public van from Kathmandu to Sat Dobato 87 km guest and guide (optional: private vehicle as per participant's preference).
- Drive from Dhading Besi to Kathmandu 160 km by public van or bus guest and guide (optional: private vehicle as per participants' preference).
- Staff transportation Kathmandu/Sat Dobato /Dhading Besi/Kathmandu.
- Fully camping serves north face tent for guest, dining tent, kitchen tent, toilet tent, mattress, kitchen equipment camping, and kitchen crew, etc.
- Twin-sharing accommodation during the trek (guest house/Tea house/lodge).
- Experienced English-speaking local guide (Trained and licensed holder by the government of Nepal) in other languages as per the participant's preference.
- Necessary Porter: Porter carries 25kg only.
- All Government local Taxes Lang Tang national park entry fee and TIMS card).
- First aid and equipment for a porter for the extreme adventure route.
- Guide and porter salary as per the company policy and government rules.

- Duffel bag during the trek.
- Company t-shirt.
- Route map.
- Staff's medical insurance during the trek.

Excludes

- Lunch and Dinner in Kathmandu
 - Participants trek equipment and any personal expenses such as alcoholic beverages, phone, battery charging, hot shower, hot/mineral water, and laundry.
 - Emergency rescue and travel Insurance (most required factor in high altitude trek).
 - Trip cancellation cost, loss, damage, and personal effects.
 - Entrance fees for temples, monasteries, and museums during sightseeing and trekking.
 - Tips and gratuities for the staff.
 - Additional overnight stays cost at any place (due to any reason) except for mentioned itinerary.
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