

Ganesh Himal Trek



Introduction

Ganesh Himal Trek, an exclusive trek full of natural glories and Magnificence. The journey is filled with wild and lush landscapes. Also the charming villages along with the stunning views of glaciers and snow capped mountain make this trek even more interesting. This trek spreads over the central eastern region of Nepal. Even though the trail is popular among the tourist yet it is very remote and isolated. Regardless, the trail is very popular due to its beauty which has stolen the hearts of the visitors. Ironically, the Ganesh Himal partitions the **Langtang and Annapurna ranges**. The name, “Ganesh” comes from the name of a Hindu deity – elephant headed **Lord Ganesha**. He is regarded as a god of good fortune. The uncanny resemblance of the Himal with an elephant’s head gave it the name of Ganesh. Ganesh Himal Trek is an enchanting trek. As it offers spectacular views of mountains like **Ganesh Himal, Langtang, Boudha Himal, Hiunchuli and many other peaks of central Himalaya** which is truly beautiful. Ganesh Himal Trek is a mix of untouched natural splendor, wilderness and friendly local inhabitants. The terraced farmlands, lush forests, meadows and charming villages makes this journey more wonderful. Meanwhile the views of mountains in Ganesh range throughout the way looks stunning. Besides the few villages with the majestic views of mountain adds wilderness to this journey. During the trek you pass through dense forests too. These forests are home to a different types of species of flora and fauna. Moreover, trek starts from Syabru Besi after around six hours drive from Kathmandu. The trail goes through some villages like Gatlang, Somdang to Tipling via Pangsang La. The Pangsang La pass offers some spectacular views of mountains in Ganesh Himal range with other neighboring ranges. And the trail further goes to Borang and ends at Kintang Bensi. Its a perfect opportunity to interact with the local people. Hence, you can also observe different ways of life and culture through them. Afterward we cross two high passes in the region namely **Shing La and Pangsang La Pass**. Therefore, these passes offer some enchanting views of

mountains in Ganesh Himal region. So, what are you waiting for? Get ready to climb up the rocky stairs, walk along the terraced fields, cross jungle and suspension bridges to admire the natural beauty of Ganesh Himal Region. **Himal Eco Treks** is here with this beautiful trekking package to make your journey a memorable experience.

Trip Facts

Trip Duration	12 Days
Trip Grade:	Moderate
Best Season	Feb to May & Sept to December. March and April recommended for Rhododendron.
Per Day Hiking:	5-7hrs
Elevation	4420msl, Jaisuli Kunda
Accommodation	Hotel and Camping
Transportation	Tourist bus and hiking

Cost Includes

- Accommodation for nights spent at the hotel in Kathmandu inclusive of breakfast at the hotel.
- All the road transport along with pick up and drop at the airport upon your arrival and departure.
- Kathmandu Sightseeing tour inclusive of the entry fees, a travel guide and a private vehicle.
- Breakfast, lunch and dinner during the trek.
- Accommodation in guesthouses throughout trek.
- A guide and a porter to assist you throughout your journey.
- All Nepali staff insurance
- Permit fees of Ganesh Himal Region.
- Fees to be paid for Trekkers Information Management System - TIMS. (Note: You are required to bring two passport size photo for this purpose)
- All other government fees and taxes.
- First aid safety kit with basic medicines essential.
- All necessary trekking gear

Itinerary Details

1. Arrival Day

As you arrive in Kathmandu, your guide will pick you up and escort you to the hotel for check in. You will be informed about your plans further. Overnight at a hotel in Kathmandu.

2. Kathmandu Sightseeing Tour and trek preparation

After breakfast, we take a tour to Kathmandu valley which includes sightseeing of cultural heritages i.e. Pashupatinath temple, Swayambhunath, Boudhanath stupa and Bhaktapur Durbar square. After sightseeing, we check our equipment requirements for the trek and make necessary preparation for the trek. Overnight stay at the hotel in Kathmandu.

3. Drive to Syabrubensi(1500msl)

Early in the morning, we head towards Syabru bensi. After thirty kilometres drive, we arrive at the pristine villages on the banks of Trishuli river. At Syabru bensi, we can get a glimpse of mountains like Mt. Annapurna, Mt Manaslu, Ganesh Himal and other ranges in the Lantang region of Nepal. Overnight at a guesthouse in Syabru bensi.

4. Syabru bensi to Gatlang(2238msl)

Today, we start our trekking journey and continue walking towards Gatlang. We walk for around six hours through Tamang villages like Goljung and terraced fields to Gatlang. On our way, we visit a popular Tamang monastery and stunning Parvatikunda Lake. Overnight at a teahouse in Galtang.

5. Gatlang to Somdang(3270msl)

We walk along a gravelled road enjoying the views of spectacular mountains surrounding us. As we move ahead, we appreciate the views of mountains Langtang Himal ranges, Ganesh Himal, Paldor peak and many other peaks. As we pass the Tamang villages on the way, we feel lively and homely. It is also an opportunity to know as unique culture, lifestyle and tradition of people in that region. Overnight at a camping in Somdang. Somdang is a village popular for the zinc mines.

6. Acclimatization day/ Hike up to Jaisuli Kunda(4420msl)

We spend our day exploring Somdang village. We visit the Lari mine nearby and hike up to Jaisuli Kunda to see the pond. The views of the mountains in Langtang region from Jaisuli Kunda(Jageshwori Kunda) is amazing. In the evening, we drop down to Somdang and stay at the camping.

7. Somdang to Tipling(1890msl) via Pangsang Pass(3830msl)

Today is an exciting day of our journey as we cross the Pangsang pass which is the highest point of our trekking journey. We start early in the morning and continue our walk to Pangsang Kharka. It is a famous vantage point that lies southwest to Somdang village. The point offers panoramic views of mountains and dramatic terrain surrounding the valley. We will be blessed with the 270 degree views of peaks like Langtang ranges, Ganesh Himal, Manaslu range and a part of Annapurna ranges. The surrounding regions of Ganesh Himal is also popular for the rare herbal plants used in treatment of various diseases. Leaving the pass, we descend down to Tipling. Tipling is a large village and has two Buddhist gombas and a church. Overnight at a camping in Tipling.

8. Tipling to Borang(1800msl)

Today, we descend down from Tipling village to Adha Khola and cross a bridge over the river to Shertung village. It is a small village whose literal meaning is village of gold. We cross Ayui village and move ahead to Borang. Overnight at a camping in Borang.

9. Borang to Kintang Bensi(1670msl)

Today we descend down to Lishne Khola and start climbing up for around two and half hours. We pass farmland and terraces along our way to Jhorlang village. The village is inhabited by the Tamang people. We will lower down from Borang and reach Lishne Khola in about 2 and half hours. From Lishne Khola, we will take the climb and continue the trek for about four hours. We will pass through the farmland and terraces to reach Jhorlang village which is inhabited by Tamang ethnics. We further continue our walk to Kintang Bensi. We take sharp descend and pass several small settlements to Kintang Bensi. Overnight at a camping in Kintang Bensi.

10. Kintang Bensi – Kathmandu

We leave Kintang Bensi and drive back to Kathmandu via Trishuli river admiring the countryside landscape of Nepal. Overnight at a hotel in Kathmandu.

11. Free Day in Kathmandu

Today is your leisure day in Kathmandu. You can either rest or stroll across the valley for shopping or anything else as per your preference. You can also opt for sightseeing tour to Patan and Bhaktapur if interested. In the evening, you will be treated with an authentic Nepalese cuisine as a farewell dinner. Overnight in the hotel.

12. Departure Day

Your guide will transfer you to the airport for your journey ahead.