# GANESH HIMAL TREK



Trip Overview

The Langtang region offers great diversity in an area that is one of the closest trekking regions to Kathmandu.  There are several treks that provide different opportunities for eco-tourism experiences, technical climbing, and mountaineering challenges, trekking to glaciers, and crossing high-altitude passes.  You may choose to trek through beautiful Tamang villages, see the rich culture, and maybe learn a little about their wonderful textile heritage.

Your trek could include visiting sacred lakes, gompas, a cheese factory, or great vantage points that are well worth the climb.  If time allows, shorter treks can be combined. The Langtang area provides opportunities for both teahouse trekking and camping and is a wonderful option if time is limited. Langtang trek is one of the most beautiful sought-after trek routes. It takes about 5-6 hours to drive to Dhunche by local transportation.

Trek starts with a spectacular view of the Ganesh Himal range as you walk through beautiful rhododendron, pine, fir, and alder trees. As you get higher up, the landscape & vegetation will change as you get to walk through oak and alpine rhododendron forest with a magnificent view of Langtang lerung peak and Khang chhembu mountain.

The local history is approximately 4 hundred 70 years old and the origin of the people is mainly Tibetans, who migrated over the Himalaya high pass and settled in various mountainous regions throughout Nepal. Kyanjin Gompa is the last village in this valley. Kyanjin Monastery is pretty interesting with a magnificent view of Langtang Lerung, Khang Chhembu, Dorje Lakpa, Naya Khanga, Yala Peak, and many more. This route follows the Langtang River from Sherpa Gaon and ends at Syabru Bensi.

Gallery





Trip Itinerary

- Day 01 - Drive to Syabrubesi (1460m)
- Day 02 - Trek to Gatlang Gumba(2240m)
- Day 03 - Samdong (3270m)
- Day 04 - Paldor Base Camp (4980m)
- Day 05 - Rest day /excursion day
- Day 06 - Samdong (3270m)
- Day 07 - Pangsang pass (3850m)
- Day 08 - Sherthung (1920m)
- Day 09 - Gyangsang (2350m)
- Day 10 - Kimthang (1750m)
- Day 11 - Deurali (1500m)
- Day 13 - Drive to Kathmandu (1350m)

Cost Includes & Excludes
Includes

- Airport transfers in Nepal
- All relevant surface transfer
- All hotel accommodation with breakfast – can be arrange for you as Himalayan Sunrise has negotiated extra price in some cooperating hotels or you can book it individually
- All meals on trek
- All internal flights (with Goma Air, Tara/Yeti Air or Buddha Air), inclusive Airport Taxes and 15kg free luggage Permit, National Park Entrance/Conservation Fees, personnel insurance
- Guide and porters on lodge trek
- 12 kg free luggage carried by porter
- Quality service and trek equipment
- Oxymeter

Excludes

- International flights
- Sightseeing with entrance fees, guide and vehicle – we can arrange for you comfortable day with experienced city guide
- Additional tours and meals that are not mentioned
- Beverages
- Personal bills
- Insurance (for cancellation, accident, health, emergency evacuation and loss, theft of or damage to baggage and personal effects)
- Excess baggage charge (beyond 12 Kg each)
- Visas

Faqs

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