

Ganesh Himal and Ruby Valley Trek - Itinerary

1. Day 1

Arrival in the Kathmandu [altitude 1340 m] at the Tribhuvan international airport (TIA)

2. Day 2

Drive from Kathmandu to Syabrubesi, (1503m/ 4931 ft.), 6 to 7 hours. – B.L.D

3. Day 3

Drive from Syabrubesi to Chawatar and then trek to Gatlang, (2238m/ 7342 ft.), 5 to 6 hours trek and 1 hour drive. – B.L.D

4. Day 4

Trek from Gatlang to Parvati Kunda, Patvati Kunda to Yuri Kharka and again from Yuri Kharka to Somdang, (3271m/ 10731 ft.), 6 to 7 hours. – B.L.D

5. Day 5

Trek from Somdang to Pangsang Pass at 3842m/ 12604 ft. within three and half an hour. – B.L.D

6. Day 6

Trek from Pangsang Pass to Tupling, from Tupling to Shertung and from Shertung to Chalish, (1875m/ 6151 ft.), 5 to 6 hours. – B.L.D

7. Day 7

Trek from Chalish to Hindung or Gomba Danda, (2402m/ 7880 ft.), 4 to 5 hours. – B.L.D

8. Day 8

Trek from Hindung to Thulo Dhunga, (3337m/ 10948 ft.), 4 to 5 hours. – B.L.D

9. Day 9

Trek from Thulo Dhunga to Base Camp/ Nojet Kharka, (3691m/ 12109 ft.), 6 hours trekking. – B.L.D

10. Day 10

Acclimatization day at Base Camp – B.L.D

11. Day 11

Trek back from Base Camp to Hindung, 7 to 8 hours Trek. – B.L.D

12. Day 12

Trek from Hindung to Hot spring and again from Hot Spring to Rachyat Gaon/ Kapur Gaon, (1500m/ 4921 ft.), 5 to 6 hours trek. – B.L.D

13. Day 13

Trek from Rachyat to Lapa and from Lapa to Khading Gaon, (2025m, 6643 ft.), 4 to 5 hours trek. – B.L.D

14. Day 14

Trek from Khading Gaon to Magne Goth, (2950m/ 9678 ft.), 4 hours walking. – B.L.D

15. Day 15

Trek from Magne Goth to Lapu Danda, (1250m/ 4101 ft.), 5 to 6 hours trek. – B.L.D

16. Day 16

Trek from Laphi Danda to Ganga Jamuna, (950m/ 3116 ft.), 5 to 6 hours trek. – B.L.D

17. Day 17

Trek from Ganga Jamuna to Tripurasundari, (850m/ 2788 ft.), 5 to 6 hours trek. – B.L.D

18. Day 18

Drive from Tripurasundari to Kathmandu, drive 5 to 6 hours.

19. Day 19

Derparture/ Farewell!! – B (Note: B.L.D, Plan Including / B: Breakfast, L: Lunch & D: Dinner.)

[URL: https://sunriseadventuretrek.com](https://sunriseadventuretrek.com)