



## **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.)

## **INCLUSIONS**

- Hotel in Kathmandu two or three star category in twin sharing bed and breakfast basis
- Kathmandu sightseeing with city tour guide
- Accommodation in lodge and full board meals during the trekking
- Govt. trained guide and necessary no.of porters with their insurance, salary and meals
- All entry fees TIMS card and entry Permit
- Domestic Flight according to Itinerary
- Sleeping bag and Down jacket for trek necessary equipment's during the trek
- One cultural show and dinner program

## **EXCLUSIONS**

- International Flight major meals in cities
- Airport tax and monuments entrance fees
- All personal expenses such as bar bills, beverage, snacks etc
- Tips to guide and porter and your insurance

URL: <https://sunriseadventuretrek.com>