



Ganesh Himal Trek - Itinerary

1. Day 1: Arrival in the Kathmandu [altitude 1340 m] at the Tribhuvan international airport (TIA)

After you arrived at the Tribhuvan International airport, a representative of Sunrise Adventure Trek picks you up and takes you to your hotel in Kathmandu. At evening we provide you short briefing about the trip.

2. Day 2: Drive to Trishuli (600m/ 2000ft.) and then trek to Salangkhu Khola (3 hours)

On the next day, after having breakfast we drive to Trishuli for about 3 to 4 hours. This drive offers you the scenic environment surrounded by lush green forests. After reaching at Trishuli, we start our trek to Salangkhu Khola. Trek takes us through forest trail with some rare settlements of local people from unique cultures and traditions. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

3. Day 3: Trek from Salangkhu Khola to Balche Village (2020m/ 6627 ft.), (4 to 5 hours)

Trekking from Salangkhu Khola, first take us through Kalawale village during which we pass by the beautiful “Tamang” village. Here we get a chance to explore their culture and daily living style. It takes about 4 to 5 hours to reach Balche Village. This includes the nice walk through terraces and local living settlements of “Tamang” people. During the trek we get to observe the small monastery along with small holy river of Hindu people. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

4. Day 4: Trek from Balche Village to Gonga (2800m/ 9186ft.), (5 to 6 hours)

We start the trek from Balche Village, and pass by the beautiful forests along with beautiful stream rivers. We walk forward to Thulo Chaur, a ground between the middle of the jungle. During the trail we also get to observe the amazing views of stunning mountains like Langtang Lirung and Gosaikunda. Dense bamboo forest, temporary huts and some Himalayan monkeys are other things to observe on this trail. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

5. Day 5: Acclimatization in Gonga

Today, we take a rest in Gonga and explore the village. Gonga offers the unique cultures of people with different traditions and ways of living life. Furthermore, we can enjoy the natural environment of Gonga with spectacular mountainous views and wild habitats. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

6. Day 6: Trek from Gonga to Singla (4600m/ 15091 ft.), (5 to 7 hours)

Walking through the rhododendron forests we reach to Rupchet in few hours. Then we climb up on the Singla Pass (4600m). From Singla Pass we get to observe the spectacular views of mountains like Langtang Lirung, Boudha Himal, Macchapuchre, Annapurna South, Annapurna II and Him Chuli which is very

amazing. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

7. Day 7: Trek from Singla to Serthung Village (2050m/ 6725ft.), (5 to 6 hours)

Today we descend down while we pass by the beautiful pine and bamboo forest. Walking continuously for some hours leads us to the amazing “Tamang” village. Serthung is a Tamang village. Here we explore the cultures and traditions of Tamang community along with their daily lifestyle. To reach Serthung Villages first we pass by “Sertunga Kharka”. During this trek we get to see the amazing views of Ganesh Himal ranges, Annapurna, Manaslu and many Tibetan ranges. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

8. Day 8: Trek from Serthung Village to Laba (1750m/ 5741 ft.), (5 to 6 hours)

After having the breakfast we descend down through beautiful rhododendron and pine trees. After this we pass the Barang village and reach to the Ankhukhola. We cross the Khola and walk along the trail continuously. Walking for some hours the trail takes us to the biggest Tamang Village called “Laba” at 1750m. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

9. Day 9: Trek from Laba to Mongeythanti (3700m/ 12139 ft.), (5 to 6 hours)

Today first of all we climb over the hill and then descend down through the forests. Descending down through the forest trail offers us amazing pines and oaks trees. With In 5 to 6 hours of walk we reach Mongeythanti for overnight. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

10. Day 10: Mongeythanti to Dumchet Village (2100m/ 6889 ft.), (5 to 6 hours)

Walk through the same beaten path with beautiful views of green forests and mountains along the trekking ways from Mongeythanti to Dumchet. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

11. Day 11: Dumchet Village to Budigandaki

We take a gradual walk of 2 to 3 hours from Dumchet Village to Budigandaki River. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge or camping.

12. Day 12: Budigandaki to Arughat (576m/ 1893ft.)

Walking along the bank of Budigandaki takes us to Arughat where we stay overnight today. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

13. Day 13: Back to Kathmandu

From Arughat, we drive back to Kathmandu for 5 to 6 hours via Prithvi Highway. After we reached at Kathmandu, the company offers you the evening dinner with cultural program.

14. Day 14: Departure/ Farewell

Now, the departure date arrives. A representative from Sunrise Adventure Trek takes you to the Airport before 3 hours of you departing time. Or you can join another adventures trip with Sunrise Adventure Treks in Nepal or outside the country. We are always here for operating your trip. Have a safe flight!

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>