

# Ganesh Himal Trekking



## Trip Overview

The Ganesh Himal Trek is a moderate-level trek in the Langtang and Ganesh Himal region, offering a unique combination of Himalayan vistas, cultural encounters, and less-trodden trails. Trekkers traverse through Tamang and Gurung villages, dense forests of pine and rhododendron, alpine meadows, and remote valleys. The route takes you to sacred lakes, high passes, and the base of Ganesh Himal, providing spectacular views of Ganesh, Manaslu, Himalchuli, Langtang, and Annapurna ranges. This trek blends cultural immersion with nature exploration, giving a serene and off-the-beaten-path experience.

**Total Trip Days:** 19 Days

**Region:** Langtang Region

**Max Altitude:** 4,050 m

**Activity:** Tea House/ Camping

**Difficulty:** Moderate

**Group Size:** Min. 2

## Trip Highlights

- Panoramic views of Ganesh Himal, Manaslu, Langtang, Annapurna, and Himalchuli ranges
- Explore remote Tamang and Gurung villages and experience local culture and traditions
- Trek through pristine forests, alpine meadows, and high-altitude passes
- Visit sacred lakes such as Parvati Kunda, Kalo Kunda (Black Lake), and Seto Kunda (White Lake)
- Base camp experience at Ganesh Himal with breathtaking mountain vistas
- Enjoy hot springs and natural waterfalls along the trail
- Off-the-beaten-path trekking route with minimal crowds
- Camping and teahouse accommodations for a blend of comfort and wilderness immersion

## Itinerary

### Day 1:

Meet, assist upon arrival in Kathmandu airport by our representative and escort to hotel in Kathmandu.

Short briefing at the hotel about the itinerary and the do's and don'ts with a welcome drink for about 15 minutes. Hand over the keys to the respective rooms of the guests.

Overnight at hotel in Kathmandu (No Meals)

### Day 2:

We take an early bus or a jeep from Kathmandu to Syabrubesi. We drive up to the gateway of Langtang Valley, where we get our permits checked and registered. With a scenic drive following the Trisuli Bazaar, Ramche Gaon, and Dhunche, the 7 to 8 hours of the journey is undoubtedly a fun ride. The road is a bit adventurous with narrow paths and rocky paths, but the alluring landscape will leave us in awe. We spend the night in Syabrubesi.

Syabrubesi, being the mid-point to treks and border of China, has all the things you might need for your trek. We can do a little shopping and relish the marvelous ambiance of the small village amidst the green hills.

Overnight at Simple Teahouse Lodge in Syabrubs (B, L & D)

### **Day 3:**

We move ahead from Syabrubesi to Gatlang, a small Tamang village. We follow a narrow and twisty trail to Bahun Dada Pass as we descend to reach Gatlang. We can also opt to reach Gatland through Chawatar. We stop at Chawatar for our lunch. The food is amazingly delicious here as most of the vegetables are freshly picked and organically grown. As we pass through the magnificent Tamang village, rich in its own culture and tradition, we enjoy our first hike of the trek.

Overnight at Simple Teahouse Lodge in Gatlang (B, L & D)

### **Day 4:**

Our stop for today is Somdang. We hike from Gatlang to Parvati Kunda, a natural alpine fresh lake. Named after the famous Hindu Goddess Parvati, also the wife of Lord Shiva, this lake is considered sacred by the local people. With its religious significance, we can also witness the natural beauty of the lake that is such pure and majestic. We follow the trail through lush pine and rhododendron forest to Yuri Kharka. After a delicious meal here, we continue with our hike towards Somdang River via Khurphu Bhanjyang. A few hours walk ahead of hearing, we can see a shutdown mine. Despite being out of function for years, we can take a look around and explore the astonishing beauty of the place. The deep tunnel that was used to extract zinc, copper, tin, crystal and even rubies, has so much to explore even after being closed for years.

Overnight at Simple Teahouse Lodge in Somdang (B, L & D)

### **Day 5:**

With a relaxed morning, we begin our hike from Somdang to Pangsang Pass. Accompanied by dazzling mountains and picturesque landscape, we head to the southwest of Somdang Village to reach Pangsang Kharka. We witness the panoramic and astounding view of Mount Manaslu and Ganesh Himal Range. Many trekkers camp here as the large plain grass field here is wonderfully relaxing and pleasant. As we explore the village, we discover a wide range of medicinal herbs. As one of the untouched trekking routes of Nepal, there are relatively fewer lodges around here. The locals are initiating to build accommodation near the Pangsang Pass. It is recommended to take a tent and foods for snacks this day.

Overnight at Camp in Pangsang Pass (B, L & D)

### **Day 6:**

We start the day early and enjoy the sun rays kissing the blanket of mountains surrounding us. After a delicious breakfast amidst the chilly breeze of the mountains, we begin our hike. We descend to Laptung village

passing through dense forests. The amazing fir trees and rhododendron adds up to the beauty of the route. We halt for Lunch at Tipling and then follow the trail towards Shertung and Chalish. Shertung, known as a place of gold, has a beautiful history. Getting to know it by exploring the village and interacting with the locals will make the story worth it. Chalish, on the other hand, is a nearby village with its own fascinating story. These are the only two villages in this region which are still not developed yet. However, the locals and the tourism committee of the place ensures to provide its visitors with basic meal and a place to rest.

Overnight at Simple Teahouse Lodge in Chalish (B, L & D)

### **Day 7:**

Unlike the classic Everest or Annapurna trek, this trek route has fewer trekkers coming in for treks. With a calm atmosphere and a very few passersby, we walk immersing fully in nature. Moving ahead from Chalish to Hindung, also known as Gomba danda, we witness the untouched beauty of the trail. The raw and unblemished beauty of the trail will make us fall in love with the place. Hindung, a small Tamang village with a countable inhabitant, is renowned for its crystal and rubies. If we visit on the right season, we will also be able to spot Yarsagumba, a famous medicinal herb, in the surrounding highlands.

Overnight at Simple Teahouse Lodge/ Camp in Chalish (B, L & D)

### **Day 8:**

We lead to a peculiar climb on this day. We ascend a higher elevation to reach Thulo Dhunga. With numerous hidden wonders, the trail encompasses many wild floras and faunas. As we walk through the path, we may spot exotic animals like wild musk deer, wild boars, jharal, langur and leopard. We also witness magnificent waterfalls on the way to Thulo Dunga. We halt hither for the night and relax in the serene aura of the isolated village.

Overnight at Camp in Thulo Dhunga (B, L & D)

### **Day 9:**

Today will be an exciting day as we hike to Nojet Kharka, the base camp of Ganesh Himal. The trail will, without doubt, amaze us with every turn we take. The view of the snowy mountains, the serene aura of the place and a little bit of adventurous trail, we will surely have a fun time walking this route. We reach Nojet Kharka, where we will set-up our camp for the night. The lush green field is immensely enchanting, which will accommodate us in relaxing physically and mentally.

Overnight at Camp in Nojet Kharka (B, L & D)

### **Day 10:**

Today we stroll around the Base Camp and hike ahead to get an outstanding view of the Ganesh Himal range. We hike further to a ridge in the northeast towards Dobra Danda. We witness an astounding view of the snow-capped mountain. The range of Ganesh Himal so close and so beautiful will leave us speechless. The sight is unconditionally spellbinding. From the top, we can see two small lakes dazzling in front of the blanket of the mountains. The lakes namely Kalo Kunda(Black Lake) and Seto Kunda(White Lake) are an enigmatic factor of this place, that will awe-struck us. The lake is considered sacred by the people is also believed to have spiritual powers. Visiting the place, we witness the positive aura of the lakes ourselves.  
Overnight at Camp in Nojet Kharka (B, L & D)

### **Day 11:**

We hike back from Base Camp to Hindung the same route we ascended. Walking back the same route with a reversed perspective, the journey back will be equally enjoyable. We walk the serene trail accompanied by stunning mountain views and a distinct landscape. As we walk amid the dense forest, we will reach Hindung, where we will halt for the night.  
Overnight at Simple Teahouse Lodge in Hindung (B, L & D)

### **Day 12:**

Today will be a relaxing day of our trek as we spend a good hour in the hot spring en route to Racyat and Kapur Gaon. We move south from Hindung to reach a built-up riverside hot spring. With a bathing pool and three taps, we will immerse in the warm water and soothe ourselves physically and mentally. As we trek ahead, we follow stone steps built by Kadoorie Agri Aid Association and British Gurkhas of Nepal. We traverse through Tir, and we finally reach Racyat and Kapur village.  
Overnight at Simple Teahouse Lodge in Racyat and Kapur Village (B, L & D)

### **Day 13:**

We begin our trek early in the morning after a pleasant breakfast. En route to Khading village, we traverse through Lapchyat village. A small Gurung village with a handful number of people, Lapchyat offers much more. Despite being a petite place, the warm hospitality of the local people and the astounding scenery makes the trek a great one. Moving ahead, we cross the Lapa Khola on a box bridge and walk uphill from there. We reach Lapa gaon, the largest Gurung village in the region. We further move to Khading village, where halt for the night as we interact with the locals and get to know about the mysterious trail in depth.  
Overnight at Simple Teahouse Lodge in Khading Gaon (B, L & D)

### **Day 14:**

With a lot of enthusiasm, we start our trek through a pleasant trail from Khading Gaon. We traverse through blue pine forest and terraced fields following scattered rhododendron garden. The trail has steep uphill yet is surprisingly beautiful as we pass through enigmatic settlements and farmlands. We finally reach Magne Goth, where we stay for the night. Nearby Magne Goth, we witness a large boulder where ruby extraction takes place. We can stroll around the area and enjoy the depth and mysteries of the isolated village.

Overnight at Simple Teahouse Lodge in Magne Goth (B, L & D)

### **Day 15:**

Spending a night in Magne Goth, we prepare for our hike today. We reach the Gorkha district after a few hours of walk. The trail today is mostly downhill as of which the day finishes early. We should be careful not to stress our knees and ankle too much though. Passing through dense forest and witnessing the bewildering panorama of the mountains, we enjoy the trail to our fullest. We walk ahead to a small village of Dhonjet; leading to Katunje. We hike ahead to Manabu from where we re-enter Dhading district. Following the trail, we reach Laphu Danda, a small Brahmin village. The place is so beautiful with massive plain lands and a blanket of snow-clad mountains. We get a glimpse of Mount Manaslu, Himalchuli, Shringi peaks and the ultimate Ganesh Himal range.

Overnight at Simple Teahouse Lodge in Lapu Danda (B, L & D)

### **Day 16:**

We head towards Ganga Jamuna witnessing the excellent view of Mount Manaslu and various other dazzling mountains. Following the trail through the lush green fields, we head to Baseri. With greenery surrounding us, we will enjoy our hike as we ascent to Dandagaon. The atmosphere of this place is so beautiful that we will immerse in the tranquillity and satisfaction. After a few hours of walking, we reach the glorious twin waterfalls Ganga Jamuna where we stay overnight. With its religious significance, Ganga Jamuna also offers a great spot for camping. We will get a magnificent view of Langtang range, Ganesh Himal, Shringi Himal, Manaslu range, Lamjung Himal, Himalchuli, Annapurna range from here.

Overnight at Simple Teahouse Lodge in Ganga Jamuna (B, L & D)

### **Day 17:**

As we come to an end of our trek, the trail also gets easier. We hike ahead from Ganga Jamuna to reach Tripura Sundari. We traverse through Brahmin villages, paddy fields and a lot of flat fields. Along our journey, we enjoy enthralling grassy hills, gorgeous waterfalls, rhododendron and pine forests, and small isolated villages with enigmatic cultures and traditions. We get an

outstanding glimpse of Mount Manaslu as we bid farewell to the place. We also witness the Akhu River, which is one of the most pleasant sights of our trail. Our final night will be here at Tripura Sundari.

Overnight at Simple Teahouse Lodge in Tripura Sundari (B, L & D)

### **Day 18:**

We conclude our trek today with a bus ride back to Kathmandu from Tripura Sundari. On our way back, we enjoy a final glimpse of the mountains. A journey filled with wonders, we bid farewell as we leave the amazing Ganesh Himal region. We will escort you back to your hotel after reaching Kathmandu. We can manage a tour around the city as per your request. You can visit several world heritage sites around the city. As beautiful as the mountains, the culture around the city is a must-see before you call it an end to your vacation.

Farewell Dinner at a local restaurant with a cultural program

Overnight at hotel in Kathmandu (B & D)

### **Day 19:**

Free till departure and later, transfer to the International airport to connect the flight to onward destination.

## **Route Map**



# 19 Days — GANESH HIMAL TREKKING



## ALTITUDE CHART

