

# Ganesh Himal Panorama Trek

Trip Code: GHP

Version: GHP Ganesh Himal Panorama Trek



WALK & TREK



GUIDED GROUP



MODERATE



## HIGHLIGHTS

- Classic trekking and camping in style on Nepal's Great Himalaya Trail
- The Pansang La and the beautiful ridge of the Tiru Danda
- Views of the Annapurnas, Manaslu and the Ganesh and Langtang peaks
- A great value holiday with no internal flights - perfect for a first Nepal trek
- FREE sleeping bag and down jacket hire is available for this holiday

## AT A GLANCE

- 11 days trekking
- Max altitude - 4000 metres
- Join at Kathmandu

## ACCOMMODATIONS & MEALS

- All meals included
- 2 nights Hotel with swimming pool
- 1 nights Lodge
- 11 nights Camping

[VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE](#)

# Introduction

Close to Kathmandu and yet rarely visited by Western trekkers, the Ganesh Himal is a region of timeless valleys, quiet trails, sleepy traditional villages, luxuriant forest and carefully tended terraced farmland. Named after the elephant god of Hindu mythology, the Ganesh is crowned on its northern edge by four 7000 metre summits, including Ganesh I (7406m). Traversing this stunning region from west to east, our trek also provides great views of other peaks, including those of the Annapurna and Manaslu massifs and of the Langtang Himal.

With all access provided overland (no internal flights) this super 2-week trekking holiday starts out from Arughat Bazaar in the valley of the Burhi Gandaki. On our first day of trekking we leave behind the well-known Manaslu circuit and head into an area that sees relatively few foreign visitors, hiking between isolated villages, home to people of the Gurung and Tamang ethnic groups. There are no suitable lodges in this beautiful and unspoiled region and as a result this trek is only practicable with a full camping service – a flash back to the way it was everywhere in Nepal just a couple of decades ago. We trek for 11 days through an ever-changing landscape that mixes both forest and farmland, with often surprising views of snow-capped peaks. A couple of relatively short and leisurely days of trekking between Lapagaon and Sertung allow us some free time to make the most of the villages and culture of the Ganesh. Highlighting all that is special about Nepal trekking and with a high point at just 4000 metres, this is the perfect trek for keen hillwalkers making their first visit to this charming Himalayan country.

## Is this holiday for you?

This is a trek at relatively low level which follows a mix of village trails and shepherds' tracks. You can expect to encounter sections of stepped track, as well as rough, rocky, muddy and even icy trails (high up on the shaded westerly edge of the Tiru Danda). There are 11 days of walking, averaging just 4 to 5 hours and covering around 8 to 10 kilometres on most days, with a fair amount of ascent and descent. Generally, the walk is split either side of a leisurely lunch provided on the trail by your trek crew. The trek is also relatively continuous, but there are a couple of occasions when we will reach or next camp in time for a late lunch and will have free time in the afternoon. Since there are no lodges of a good standard in this region, this is a camping trek with a full Nepalese crew. Please note that this is camping in some style, where we provide spacious 2 person tents and thick foam mattresses to ensure you get a really good night's sleep. Also part of the camp set up is a dining tent (complete with table and chairs) where you will eat your meals and relax. The cook and his team have the use of a kitchen tent and there will also be one (or more usually two) toilet tents. Your local crew will set up the camp each evening and take it down again in the morning.

# Itinerary

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Version: GHP Ganesh Himal Panorama Trek

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## DAY 1

**Meet at the group hotel in Kathmandu. Transfers from Kathmandu Airport are provided.**

Your holiday starts at the hotel in Kathmandu. Transfers from Kathmandu Airport are provided. Depending on your arrival time, you may have the opportunity to explore the immediate vicinity of the hotel and get acclimatised to this bustling city. Alternatively, you may prefer to recover from your journey by relaxing beside the hotel pool. Your guide will take dinner with you and will provide an informal briefing about the days ahead.

Meals: **D**



### Accommodation

Hotel with swimming pool

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## DAY 2

**Drive to Arughat Bazaar (530m), a large village on the banks of the Burhi Gandakhi River.**

After breakfast in the hotel we board our bus for the drive through the foothills of the Himalaya on the Prithvi Highway. We firstly have to climb up to cross the rim of the Kathmandu Valley, before descending to the banks of the Trisuli River. If we are lucky we may catch a glimpse of one or two snow-capped peaks away to the north. Then, after approximately 3 hours, we cross the Trisuli and head north beside the Thopal Khola to Dhading. Here, the surfaced road runs out and we continue, twisting and turning and gaining quite a lot of height, to the only roadside eatery on this stretch of road. We stop for lunch (dal bhat) before driving on to Arughat Bazaar (530m) where we overnight at a simple lodge above the Burhi Gandaki River. 5 to 6 hours of driving. Clustered on both sides of the river and linked by a suspension bridge, Arughat is the largest settlement in the valley and an important centre for the surrounding region.

Meals: **B L D**



### Accommodation

Lodge

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**DAY 3****Follow the Manaslu trail to Arkhet, then cross the river and trek up to the Lapu Danda (1026m).**

A jeep road is being pushed up the valley of the Burhi Gandaki, but there is very little traffic beyond Arughat. Following this road for the first couple of hours of our trek provides us with a gentle and scenic introduction to the holiday. Arriving at the farming village of Arkhet, inhabited by Magar and Gurung people, we stop at a teashop for some refreshment, before crossing to the east side of the river on a suspension bridge and beginning our exploration of the secret trails of the Ganesh region. We follow a reasonably good footpath for the remainder of the day, with steps in places, through pretty, terraced farmland and with several isolated farms and villages. We also encounter a couple of short sections of new jeep road, as we zig-zag upwards to reach our camp on old field terraces on the Lapu Danda (1026m) with views northwards up the Burhi Gandaki Valley towards the snow-capped peak of Shringi (7161m).

Meals: **B L D**

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	<b>Accommodation</b> Camping		<b>Ascent</b> 775M		<b>Descent</b> 255M		<b>Time</b> 4 - 5 hrs trekking		<b>Distance</b> 12KM
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**DAY 4****Trek via Dhunchet to Lamo Dhunga (1930m).**

Leaving our camp after breakfast, we trek through the fields and between the widespread houses of the village of Manbu. Then, continuing to traverse above the Burhi Gandaki, with a short section on a dirt road (with no traffic), we pass a couple more settlements and isolated farms, before beginning a climb which will take us up to the larger village of Dhunchet (1600m) where we stop for lunch. Look out today for one or two chortens, hung with prayer flags. After lunch, we continue our trek through sparse forest and pretty terraced farmland, again with some sections of stone steps. We reach a more open area with views to the north across the deep valley of the Richet Khola to the village of Yarsa. We set up our camp here on some old terracing that has been replanted with trees at the place known as Lamo Dhunga (1930m). Away to the north-west, we can now see the peaks of Baudha Himal and Himal Chuli (7893m).

Meals: **B L D**

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	<b>Accommodation</b> Camping		<b>Ascent</b> 1075M		<b>Descent</b> 180M		<b>Time</b> 4 - 5 hrs trekking		<b>Distance</b> 8KM
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**DAY 5****Mostly a forest walk today to our camp in a clearing at Nauban Kharka (2710m).**

After breakfast at camp, we continue our journey eastwards and back up into the forest. The trail is

narrow in places and it can be muddy, as we make our way through the trees, keeping a look out for the grey langur monkeys which inhabit this region and for a variety of different forest birds. There are streams to cross and occasional steep sections. We pass an area of terraced fields, but no settlement and once we are in the forest there are a number of small clearings. We gain height steadily throughout the day and finally reach a bigger clearing with several temporary shelters used by local herdsman. This is the place known as Nauban Kharka (2710m) and our camping place for the night. There are great views from here of the distant Annapurnas, including the 'Fish Tail' peak of Machhapuchhre and Annapurna II (7937m). Closer and to the right of those peaks we can also still see Baudha Himal and Himal Chuli.

Meals: **B L D**

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	<b>Accommodation</b> Camping		<b>Ascent</b> 1020M		<b>Descent</b> 230M		<b>Time</b> 4 hrs trekking		<b>Distance</b> 7KM
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## DAY 6

### Cross the Myanghal Bhanjyang and descend to Lapagaon (1700m).

We have a couple of ridges to cross today, as we continue to trek eastwards across the grain of the country. It takes approximately an hour, walking on steps and amongst mixed woodland, to reach the first of 2 passes, the Myangal Bhanjyang (2975m) which is marked by prayer flags. Beyond this pass, the trail descends a little through stands of spruce, maple and giant rhododendrons, to emerge into a clearing where there are a number of seasonal dwellings roofed with rough-cut planks. There is a small timber-cutting operation in place here, associated with the rebuilding of earthquake-damaged houses lower down in the valley. The views now include the snow-capped peaks of the Ganesh Himal and the smaller but quite prominent peak of Paldor (5928m). After a certain amount of up and down (Nepali undulation) we reach a second high point with a clearer perspective on Ganesh III (7130m), IV and V, as well as Paldor. Trending southwards from Paldor, the long ridge of the Tiru Danda is also prominent. Descending, we come out of the forest and take lunch on pleasant stream-side pasture. From here, it's a long descent on a steep and at times stepped trail into the valley of the Lapa Khola, with impressive views of terraced fields. The school playground at Lapagaon (1700m) is an obvious landmark as we approach the village. We will camp here or at a smaller school 20 minutes further on through the village.

Meals: **B L D**

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	<b>Accommodation</b> Camping		<b>Ascent</b> 480M		<b>Descent</b> 1500M		<b>Time</b> 5 hrs trekking		<b>Distance</b> 11KM
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## DAY 7

### Descend to the river, cross 2 bridges and hike back up to Borang (1625m).

We are now at the heart of the Ganesh and our aim is to make the most of our time in the villages of this



special place. So, we will have just a short walk today, with the afternoon free for exploration at Borang (1625m). After breakfast at camp, we set off through the outlying house of Lapagaon and begin a short and steep descent to the river, mostly on stone steps. We then cross 2 new and impressive suspension bridges in close succession, the second of them spanning the Akhu Khola which flows southwards into the Burhi Gandaki below Arughat. Beyond the river, we trek up through forest on steps to a pair of tea-shops which provide a convenient place to stop for a cold drink or a cup of tea. We then continue, through tidy terraced fields of millet and barley, to the village of Borang where we set up camp on the volleyball pitch below the school. We can still see the summit of Ganesh IV to the north, although the rest of the range is obscured by the steep valley sides.

Meals: **B L D**

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	<b>Accommodation</b> Camping		<b>Ascent</b> 525M		<b>Descent</b> 615M		<b>Time</b> 3 hrs trekking		<b>Distance</b> 6KM
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## DAY 8

### Trek to Sertung (1900m) and optional afternoon visit to Phyangchet Monastery.

The traditional trail through these valleys, used for generations by mule trains and local people, has been widened and graded for use by 4WD vehicles during the last couple of years. There is no reasonable alternative to our walking on this 'jeep road' for the greater part of today's journey. There is, as yet, no traffic. Leaving the village behind and heading northwards, we reach a first highpoint and turn abruptly towards the east again, with great views of the Ganesh peaks. From here, we follow the track through picturesque terraced fields with plenty of opportunity to meet the local farming folk. There are a couple of spurs to cross, each of them marked with chortens and prayer flags and each of them offering a new and exciting vantage point. We may also be lucky enough to meet one of the many pony-trains which are still used to bring supplies into this valley. We arrive at the thriving settlement of Sertung (1900m) in time for lunch and set up our camp in the village itself. In the afternoon, there is the option to hike up (30 minutes or so) to Phyangchet Monastery which is on a trail leading more directly towards the Sing La. Note that the original monastery has been damaged by the 2015 earthquake and a robust timber construction has taken its place. Additionally, the village itself is an interesting place to explore. The people living here are mostly Tamangs who follow a religion which mixes elements of Hinduism and Buddhism along with shamanistic beliefs.

Meals: **B L D**

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	<b>Accommodation</b> Camping		<b>Ascent</b> 615M		<b>Descent</b> 330M		<b>Time</b> 3 hrs trekking		<b>Distance</b> 6KM
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## DAY 9

## Trek via Tipling to Marmelung Kharka (3000m).

We head out eastwards across terraced fields, then descend on a rough path to the Adha Khola. Ahead of us is a steep hillside (300 metres of ascent) which we negotiate by way of a stepped and zig-zagging trail to reach a chorten and mani-wall at the entrance to the metal-working village of Kamigaon. The many small workshops are evident as we pass through this village and continue, gaining height steadily, to Tipling (2300m). There are shops here and a couple of simple tea-houses, where we can stop for a coffee or a coca cola. Where the houses run out, we stop again for lunch and then continue, still heading eastwards and passing a group of 3 old chortens, towards an obvious forested ridge. In this area we may once again encounter local people carrying roughly-hewn timber back down into the valley. Ascending into the forest, we pass a large clearing and possible camping place at 2800 metres and continue to the grazing area of Marmelung Kharka at 3000 metres, where we set up camp. There are a couple of stone shelters here and views of the twin peaks of Ganesh IV and Ganesh III.

Meals: **B L D**

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	<b>Accommodation</b> Camping		<b>Ascent</b> 1430M		<b>Descent</b> 360M		<b>Time</b> 5 - 6 hrs trekking		<b>Distance</b> 9KM
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### DAY 10

## Ascend to the Pansang La (3850m) and camp there.

We are now on an important trail (used by the local people travelling out of this region and over to Langtang and beyond). The trail climbs steeply away from Marmelung Kharka and meanders through impressive forest with many rhododendrons and older, gnarlier trees festooned with lichen. This is another place where we should be on the look-out for grey langur monkeys. We pass a prayer-flagged ridge (a short distance to the left of the trail as we ascend) and reach an open area known as Pansang La Bottom (3600m) where we can look back to see Himal Chuli and Manaslu rising above the Chungar Danda (which we had crossed on Day 6). There is a new jeep road linking Tipling with the Pansang La, but we are able to avoid this almost completely as we continue our ascent to the open area at the Pansang La, arriving in the late morning. After lunch at camp, there is plenty of time to do some exploration. Just a short distance north of the pass, on the crest of the Tiru Danda, the views open out even more, extending from the Annapurnas in the west to the peaks of the Langtang and Tibet. There are some simple shelters and a recently constructed tea-house at the pass and if it is cold we will be able to eat our dinner around the stove in one of the buildings.

Meals: **B L D**

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	<b>Accommodation</b> Camping		<b>Ascent</b> 900M		<b>Descent</b> 50M		<b>Time</b> 3 hrs trekking		<b>Distance</b> 4KM
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### DAY 11

## Trek south on the Tiru Danda to a camp at Gokchet (3660m) below the Sing La.

Above the pass to the south is a viewpoint (with a stone seat) at a little over 4000 metres and this is a great place from which to watch the sunrise for those who are hardy enough to get up at 5am. Then, after returning to our camp for breakfast, we set off southwards along the Tiru Danda; a spectacular walk which is undoubtedly one of the highlights of the holiday. Shortly after leaving the Pansang La, we pass below our early morning viewpoint and skirt through rhododendron forest to reach an area of open moorland with views to both sides of the ridge. Then, it's back into the forest on the west side of the ridge and here, in this shaded area, we may find cold and icy conditions. Climbing back up onto the narrow and spectacular crest of the ridge, we find a suitable place to eat our packed lunch (there is no water on the ridge, hence the packed lunch), before dropping down again to the west and traversing via forested areas and open grazing grounds to the stone hut and level pasture at Gokchet (3660m). Directly below the Sing La, this is a fantastic camping place with far-reaching views.

Meals: **B L D**

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	<b>Accommodation</b> Camping		<b>Ascent</b> 510M		<b>Descent</b> 700M		<b>Time</b> 5 - 6 hrs trekking		<b>Distance</b> 9KM
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### DAY 12

## Cross the Sing La (4000m) and descend to Gongam Bhanjyang (2900m).

We start our ascent to the Sing La (4000m) directly from our camp. Once again, on this shaded side of the ridge, we may encounter some icy sections, as we climb steeply on a rough track to the ridge-line. It's a little over 300 metres of ascent to the level grassy area below the pass and this will take around an hour and a half. Once there, we can relax and admire the views and take some photographs. If the weather is clear and it's not too cold we are likely to spend some time here, before continuing easily to the pass proper. Looking towards the east from the Sing La, and as we descend, we will be able to pick out the location of the Laurebina La and the Thare Danda ridge route leading north from Kathmandu into Langtang. Descending now, our undulating trek takes us through forest and open areas. Shortly beyond the pass, we meet a slightly more well-defined trail coming up from Borang and then begin a continuous descent from the ridge on a trail which is stepped in places. Then, continuing through pine forest, with a lunch stop en route, we reach the isolated farm and excellent camping place at Gongam Bhanjyang (2900m).

Meals: **B L D**

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	<b>Accommodation</b> Camping		<b>Ascent</b> 460M		<b>Descent</b> 1200M		<b>Time</b> 4 - 5 hrs trekking		<b>Distance</b> 7KM
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### DAY 13



## Descend through forest and then farmland to Kipsang Pokhari (1790m).

A final, not too difficult, day of trekking, as we return to civilization in the form of the villages on the north side of the Salakhu River. To begin with we pass through a picturesque mix of forest, looking out for langur monkeys and for some of the many bird species that this area is home to. There are some impressive stands of rhododendron and in spring these offer up a riot of colour. Descending steadily, we pass an isolated tin-roofed monastery at Bhalche and stop for lunch after around 4 hours in an idyllic spot overlooking the valley. After lunch, a final, steep hour of descent takes us through the villages of Nyuchet and Upallthok to our final camping place of the trip adjacent to the sacred pool of Kipsang Pokhari (1790m). Note that in dry weather, the 'pool' is little more than a marshy area. We will no doubt have a party with our local crew tonight to thank them for all of their hard work.

Meals: **B L D**

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	<b>Accommodation</b> Camping		<b>Ascent</b> 250M		<b>Descent</b> 1370M		<b>Time</b> 5 hrs trekking		<b>Distance</b> 11KM
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### DAY 14

## Drive back to Kathmandu, where we check in at the group hotel.

After breakfast at camp, we board our vehicles for the 6-hour drive (including stops) back to Kathmandu. The first 15 kilometres of the road (to the bridge over the Trisuli) is unsurfaced and slow-going; taking an hour and a half. Thereafter the road is a little better, following the river southwards to Trisuli Bazaar and reaching a low point close to Devighat (500m) where we rejoin the Prithvi Highway. We then follow the Pokhara to Kathmandu road on its long and sinuous ascent up to the rim of the Kathmandu Valley. We arrive in Kathmandu in the middle of the afternoon, check in at the group hotel and then have some time for relaxing or for independent sightseeing before heading out to one of the Thamel restaurants for a celebration dinner.

Meals: **B L D**

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	<b>Accommodation</b> Hotel with swimming pool
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### DAY 15

## Your holiday ends after breakfast. Transfers to Kathmandu Airport are provided.

Your holiday ends after breakfast. Transfers to Kathmandu Airport are provided. To extend your holiday in Nepal, why not pre-book a day's sightseeing tour in the Kathmandu Valley, or a multi-day excursion to the wildlife reserve at Chitwan. Contact our office for details.

Meals: **B**

# Extensions

When booking your holiday, you will be able to 'add an extension option'. Once we have received your booking we will contact you to discuss additional services required for the extension and to take any additional deposit.



## Kathmandu Tour - Nagarkot and Bhaktapur

The Kathmandu Valley contains the cities of Patan, Bhaktapur and Kathmandu itself, all of which were once independent kingdoms. An exploration of the valley's historic and cultural sights is an excellent way to begin or end your adventure in Nepal. Highlights of this tour includes a very early drive up to Nagarkot on the Kathmandu Valley rim, the perfect place to watch a Himalayan sunrise. This is followed by a tour of the UNESCO World Heritage Site of Bhaktapur, renowned for its temples and traditional buildings.

1 day from  
**US\$175** per person



## Chitwan Jungle Extension

The jungles of southern Nepal are an interesting counterpoint to trekking in the foothills or the high Himalaya. Tiger Tops Tharu Lodge provides a relaxing and comfortable base for a wildlife safari and cultural village experience. During two days of wildlife viewing in the Chitwan National Park 'buffer zone' - the interface area between visitors and the animals that live at Chitwan - you will be accompanied by expert guides on safaris by jeep by boat and on foot.

**3 days from**  
**US\$1,680** per person

# Holiday Information

## What's Included

- A professional and qualified Nepalese tour leader
- Kathmandu Airport transfers
- All land transport involved in the itinerary
- Accommodation as described
- All meals
- Full trekking service including all equipment (excluding personal equipment)
- Once on trek the group will be assisted by porters and a local guide
- FREE Sleeping bag and down jacket hire is available for this holiday on request

## What's not Included

- Travel Insurance
- Nepalese Visa
- Tips for porters and other trek staff
- Miscellaneous expenses - drinks and souvenirs etc.

## Joining Arrangements & Transfers

The group will meet at the hotel in Kathmandu.

Transfers are provided from/to Kathmandu Airport for all clients arriving on Day 1 of the Land Only itinerary and departing on the last day of the Land Only itinerary.

Hotel contact details and an emergency number will be provided with your booking confirmation.

## Meal Plan

All meals included in the holiday price from dinner on Day 1 to breakfast on Day 15.

## Food & Water

### Drinking Water

It is not recommended to drink untreated water from the taps. If you are on a trekking or cycling holiday, water is supplied to fill up your individual bottles. This will be boiled, filtered or provided in large jerry cans or 5 litre bottles. Additionally you should take purification tablets or a filter bottle (such as a [Water-To-Go bottle](#)) to treat your water when in towns or where water is not supplied. We do not encourage the purchasing of single use plastic bottles.

Our camping holidays in Nepal are accompanied by an experienced and well trained trek cook and his team of assistants. Breakfasts will include porridge or cereals and sometimes eggs, with tea, coffee and hot chocolate. Lunches are generally prepared on the trail and can include cooked or tinned vegetables, rice, chips, freshly made Tibetan bread, as well as tinned tuna, meats or cheese. On occasion this can be augmented by noodle soup. Dinners always start off with soup, followed by a locally inspired main course such as rice, dal and spicy vegetables, or a more international dish like pasta with a tomato sauce or pizza and chips. Dessert can be tinned fruit with custard or rice pudding or cake with custard. The emphasis is on providing a high-carbohydrate and largely vegetarian diet, which we have found to be easily digestible at high altitude. During this trek there will be very few opportunities to purchase snacks and drinks from simple shops and tea houses. All meals while on trek and also while staying at your Kathmandu hotel are included in the trip price.

## Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your meals with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

## Group Leader & Support Staff

The group will be led by a professional and qualified Nepalese tour leader, assisted by an experienced team including Sherpa guides and porters.

## Altitude

This holiday involves going to high altitude. During the course of your trip you will reach altitudes in excess of 3500 metres. This is not something that you should worry about; the human body is quite capable of adapting to a very wide range of altitudes, but it is important that we follow some simple rules in order to acclimatise successfully. Before coming on this holiday you should read the advice on [trekking at high altitude](#). You can also talk to one of our trekking experts if you have any concerns about altitude.

## Spending Money

Approximately £150 to £200 (or equivalent in US dollars, Euros etc.) changed into local currency, should be allowed for miscellaneous expenses including porter and trek crew tips, drinks etc. It is not necessary to obtain local currency prior to departure. Sterling, US Dollars and Euros are equally acceptable for exchange in Nepal. Please note: Scottish and Northern Ireland bank notes are not accepted in Nepal. We recommend that you carry your travel money in the form of cash, since you will exchange the majority of this on the day of your arrival in Kathmandu. If you prefer not to carry all of your spending money in cash, it is possible to withdraw money from ATMs in Kathmandu using your debit or credit card. During the trek there are few opportunities to purchase anything.

## Guidance on Tipping

Tipping is the accepted way of saying thank you for good service. Normally the tips are given at the end of the trek and this is best done as a group. Your Nepali tour leader will advise the group on an appropriate level of tipping. Most groups will hand out the tips with a bit of ceremony (or sometimes a party) on the last evening, to mark the end of the holiday. As a guide, we recommend that each group member contributes around £80 (in rupees) to these tips. At the end of their trek many people also like to donate various items of equipment to the porters and trek staff who work so hard to make the trip a success. Boots, gloves, hats, scarves and even socks are always warmly received by the porters, whilst technical clothing and equipment such as head-torches and trekking poles is highly prized by the Sherpa team. Your tour leader will make arrangements for a fair distribution (possibly by raffle) amongst the trek crew. Please note that you will have the opportunity to tip your tour leader separately (and additionally) during dinner on the final evening of the holiday.

## Baggage Allowance

Your main item of luggage should be a sturdy kit bag, duffle bag or similar. This will be carried during the trek by porters or pack animals and must weigh no more than 15kg. If you are picking up a sleeping bag and down jacket from KE in Kathmandu, you need to factor in the weight of these items (around 3kg) and allow space in your bag for them. You should also take on your holiday a daypack of approximately 30 litres capacity. It is possible to leave items not required on trek at the hotel in Kathmandu. For your international flights, please check the baggage allowance with your airline.

## Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in the 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status so you are free to proceed with your international flight booking and other travel arrangements.



# General Information

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## Passport & Visas

**The information that we provide is for UK passport holders.**

A passport with 6 months remaining validity at the end of your stay is generally required, and you should have at least 2 blank pages for each country that you visit.

For other nationalities, please refer to your own Government website for the latest information.

**It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates** (see *Health & Vaccinations below*), **and visas for your holiday**. Please ensure that you check the [FCDO](#) for the latest advice for **each country visited** before travel.

### Visa Nepal

All nationalities require a visa. The visa process is partly automated and the fee is \$30 for 15 days, \$50 for 30 days, \$125 for 90 days. The visa is FREE for children under 10 years. The visa allows multiple re-entry. Payment must be made in cash and USD, GBP or Euros are accepted.

Part of this on-arrival visa process involves filling in a 'Tourist Visa Application Form' and you can simplify the procedure at Kathmandu Airport by filling this form in online (**within 15 days of travelling**) at [this link](#). This generates a receipt which you present (hard copy or saved on your phone) on arrival. This should allow you to go straight to the cashier to pay for your visa and has the potential to save you time in the visa queue.

Whilst these are not now needed for the visa process, we recommend that you travel with at least 2 spare passport photographs.

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## Trekking Permits - what do we need from you ?

Mount Everest Marathon (MEM). Everest Monasteries Trek (EVP). Ganesh Himal Panorama Trek (GHP). Lamjung Himal Trek (LHT). Middle Hills Arun River to Dudh Kosi (MHT). Highlights of Dolpo - Tarap to Phoksumdo (DNB). Dolpo to Mugu Trek (DTM). Around Manaslu Trek (MAN).

For each of these holidays, we need your passport details and we need to send through to Nepal ahead of your departure a scan of the information pages of your passport and a scan of a passport-style photograph of yourself. Please send these scans to us once your holiday is guaranteed.

In addition, for Conservation Area treks and other treks requiring Special Permits - DNB, DTM, MAN - you will be required on arrival in Kathmandu to provide your passport (with your visa) for presentation at the Nepal Tourism Board. Your passport will be returned to you by your tour leader at dinner.

## Health & Vaccinations

### Vaccinations

You should contact your doctor or travel clinic to check whether you require any specific vaccinations or other preventive measures. On holidays to more remote areas you should also have a dentist check up. You should be up to date with routine courses and boosters as recommended in the UK e.g. diphtheria-tetanus-polio and measles-mumps-rubella, along with hepatitis A and typhoid. In addition you should check whether any specific vaccinations are needed to the regions that you are travelling to. A good online resource is [Travel Health Pro](#).

### Malaria

Malarial prophylaxis is not usually required for trips in the mountains, however if you are visiting rural and remote low lying areas then they might be necessary.

### Dengue Fever

Dengue fever is a known risk in places visited. It is a tropical viral disease spread by daytime biting mosquitoes. There is currently no vaccine or prophylaxis available and therefore the best form of prevention is to avoid being bitten. We recommend you [take precautions to avoid mosquito bites](#).

### Severe Allergies

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips. You will need to carry your own treatment for the allergy with you, as 'adrenaline auto-injectors' are not carried as standard by KE leaders and staff. You should inform your leader on arrival of your allergy, and let them know where you keep your adrenaline pen.

### Currency

The unit of currency in Nepal is the Nepalese Rupee.

### Preparing for your Holiday

It makes a lot of sense to spend some time before coming on a trekking or climbing trip getting some additional exercise. The fitter you are, after all, the more enjoyable you will find the experience. For this trip you need to be aerobically fit and also comfortable with walking for around 5 to 6 hours each day. We would suggest that you adopt a weekly exercise regime. Regular walking in hilly country is the best preparation for a trip of this nature, but running, cycling and swimming are also good for developing better stamina. Whatever your chosen method of training, before departure, we suggest that you try to fit in a number of long walks in hilly country.

## Climate

October-December and March-May are the best times to visit Nepal. These months either side of the monsoon are neither too hot nor too cold, offering the best conditions for trekking. At either of these periods you will encounter a wide range of daytime temperatures during your trip, from approximately 25°C in Kathmandu to around 10 to 15°C at 3000 metres and around 5 to 8°C at 4000 metres. The 'real feel' temperature in the middle of the day will be much warmer than this in the sun. At night in the rarefied air the temperatures plummet. You can expect to experience overnight temperatures at 3000 metres of around freezing and at 4000 metres of minus 7 or 8°C. Extended periods of rain or snow are very unlikely outside of the monsoon period but short lived storms can and do occur.

## Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's '[Travel Aware](#)' campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that before travel, all KE clients visit the official UK Government website at [travelaware.campaign.gov.uk](http://travelaware.campaign.gov.uk) and read the FCDO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: [www.travel.state.gov](http://www.travel.state.gov) for essential travel advice and tips.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates directly from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

## Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

## Books

- Lonely Planet Guide to Nepal. Lonely Planet
- Rough Guide to Nepal. Rough Guides
- Trekking and Climbing in Nepal. Steve Razzetti.
- Manaslu- Trekkers and Visitors guide - Cicerone Press.
- Field Guide to Birds of the Himalayas. Bikram Grewal
- Portraits of People:Nepal Himalayas. Eric Valli
- Nepal: Lonely Planet Pictorial. Richard l'Anson
- The High Himalaya. Art Wolfe

## Maps

### **Manaslu and Ganesh Himals GHT Map 1:125,000 Himalayan Maphouse**

Contours at 80-metre intervals, with spot heights and relief shading, Trekking routes are clearly marked  
An index of settlements also lists peaks and passes. Available from stanfords.co.uk

## Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our [Travel Insurance](#) page for further information and to get a quote.

# Equipment Information

## Equipment List

The following checklist should help you with your packing. As a general rule, you should always try to

keep the weight of your equipment to a minimum. The packed weight of your kit bag while trekking should be no more than 15 kgs.

### **You must bring the following items:**

- Hiking boots
- Gaiters
- Trekking trousers
- Waterproof overtrousers
- Travel clothes
- Baselayer shirts
- Baselayer leggings
- Casual shirt and/or T-shirts
- Fleece jacket or warm jumper
- Waterproof jacket
- Sunhat
- Warm hat
- Sunglasses
- Warm and waterproof gloves or mittens
- Headtorch and spare batteries
- Sun protection (including total bloc for lips, nose etc.)
- Water bottles 1 Litre x2 (we encourage re-filling water bottles rather than single use plastic)
- Water purification tablets
- Washbag and toiletries
- Antibacterial handwash
- Small towel
- Selection of dry bags (to keep your kit bag contents dry)
- Daypack approximately 30 litres
- Sleeping bag (comfort rated -10°C)\*
- Warm jacket (down)\*
  - Basic First Aid Kit including: antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), painkillers, plasters and blister treatment, insect repellent, and re-hydration salts (Dioralite).
- Small padlock (to lock your kit bag)

### **The following items are optional:**

- \*\*Thermarest or similar camping mat
- Trainers or similar for camp use
- Shorts
- Sleeping bag liner
- Swimwear
- Trekking poles (strongly recommended)
- Camera
- Pen-knife (remember to pack sharp objects in hold baggage)
- Reusable cloth bag for shopping (to avoid plastic bags)

### **Notes**

\*FREE sleeping bag and down jacket hire is included in your KE holiday booking on request.

Please make all requests at least 4 weeks prior to the trip departure date. Please note all hire / rental equipment is issued in Kathmandu. Please remember to allow room in your kit bag for these items.

**\*\*Foam mattresses are provided. Taking an additional Thermarest or similar mattress is optional.**

The Nepalese are still traditional and conservative in the way they dress. Therefore to avoid embarrassment on both sides we recommend that you respect this and do not wear revealing clothing or sleeveless tops while visiting Nepal. Shorts are acceptable, but they should reach to just above the knee and be modest and for women it is preferable to wear trousers or a trekking skirt.

## Land Only Information

The LAND ONLY dates and prices are for the itinerary starting at the hotel in Kathmandu. Transfers are provided from/to Kathmandu Airport for all clients arriving on Day 1 of the Land Only itinerary and departing on the last day of the Land Only itinerary.

## Flight Inclusive Information

The FLIGHT INCLUSIVE dates and prices are based on UK flights from London to Kathmandu. Outbound flights will usually depart from the UK in the evening, arriving mid-afternoon on the following day (Day 1 of the Land Only itinerary). Return flights will depart Kathmandu usually in the morning of the last day of the itinerary, arriving in the UK later the same day.

# Why Choose KE

## Why KE

Trekking through an accessible and yet rarely-visited region, between Manaslu and the Langtang, this is a full service camping-based holiday and one which offers a taste of Nepal at its most authentic. With 30 years experience of working in this welcoming Himalayan kingdom, KE is No.1 when it comes to Nepal trekking! Including all meals and services, this holiday also represents great value for money.

**Please Note** This document was downloaded on 04/07/2025 and the trip is subject to change