



Ganesh Himal Trekking - 10 Days



Trip Facts

Destination	Nepal
Duration	10 Days
Group Size	2-15
Trip Code	DWT15
Grade	Moderate
Activity	Ganesh Himal Trek
Region	Ganesh Himal Region
Max. Altitude	4,050m Sing la Pass
Nature of Trek	Tea House trekking/Home Stay/Tent
Activity per Day	Approximately 4-6 hrs walking
Accommodation	Selected hotel in Kathmandu, home stay and lodge/Tent during the trek
Start / End Point	Kathmandu/ Kathmandu
Meals Included	Breakfast in Kathmandu and all meals during the trek
Best Season	Feb, Mar, Apr, May, June, Sep, Oct, Nov & Dec.
Transportation	Local Bus & private vehicle (Transportation)

A Leading Himalayan Trekking & Adventure Specialists

TRULY YOUR TRUSTED NEPAL'S TRIP OPERATOR.

a remote trail untouched by modernization, rich in ancient cultures, traditions, and lifestyles. Village of the Gurung, Tamang, and Chettri ethnic groups.

About the Trip

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- ✔ Best Price Guarantee
- ✔ Hassle-Free Booking
- ✔ No Booking or Credit Card Fees
- ✔ Team of highly experienced Experts
- ✔ Your Happiness Guaranteed

Highlights

- 📄 Newly trekking destination close to capital city of Kathmandu
- 📄 Region of valuable zinc, crystal, ruby, tin etc
- 📄 The sacred Parvati lake (Kunda), twin sacred White and Black Lakes
- 📄 Natural hot spring en route to Neber
- 📄 Shimmering close up view of Ganesh Himal, Langtang Himal and Manaslu Himal
- 📄 Respectful hospitality of ethnic communities
- 📄 Diverse terrain farmland, green meadow and rocky hills
- 📄 Homes to the domestic animals like sheep, yak, goat and ox
- 📄 A dense forest of Rhododendron, pine, oak and bamboo
- 📄 Several rivers along with suspension bridges, Georges, waterfalls and stone- driven mills

What is Included?

- ✔ Kathmandu to Balche and Dhading Bensi back to Kathmandu by local bus.
- ✔ Tea House/ Homestay accommodation/Camp including meals Breakfast, Lunch and Dinner during trek.
- ✔ Government License holder Discovery World Trekking experienced and qualified trek leader (guide), assistant trekking guide, (18 trekkers: 1 assistant guide) and porter to help trekkers luggage (2 trekkers: 1porter).
- ✔ Coverage of guides and porters meals, insurance, salary, lodging, transportation and other necessary equipment.
- ✔ Langtang National Park entry permit fee.
- ✔ Trekkers Information Management System (TIMS) card fee.
- ✔ Catering extra dietary requirements
- ✔ All Government and Local Taxes.
- ✔ Assistance in arranging rescue operation in case of complicated health condition (funded by travel insurance).
- ✔ Discovery World Trekking's appreciation of certificate after over the successful trek.
- ✔ Farewell dinner.

What is Excluded?

- ⊖ International Flight.
- ⊖ Excess baggage charges.
- ⊖ Excess baggage charges (Limit is 9kg per Person)
- ⊖ Accommodations, Meals (Breakfast,Lunch and Dinner) in Kathmandu.
- ⊖ Extra night accommodation in Kathmandu due to early arrival, late departure, early return from trekking (because of any reason) prior to the plan scheduled itinerary.
- ⊖ Personal nature of expenses such as laundry, telephone call, battery recharge, shopping, laundry, extra porters, beverages etc.

- ▣ Personal clothing and gear
- ▣ Travel insurance
- ▣ Tips for guide and porters (Recommended by the Culture)
- ▣ Additional costs or delays caused by out of management control, for example, landslide, weather condition, itinerary modifications due to safety concerns, illness, change of government policies, strikes etc.

Overview

A trek in the central Eastern region of Nepal, one of the least explored areas of the Himalayas situated in between the most popular trekking destinations Langtang to the east and Manaslu to the west. A trek where you can explore the broad spectrum of cultures and natural sceneries on splendor hidden valley. Named after the elephant-headed Hindu god Ganesh This district offers untouched natural beauty and various wildlife, and views of the Peaks (Ganesh I, Ganesh II, Ganesh III, Ganesh IV), Mount Manasalu, Tibet range, Langtang, and Annapurna. Traveling through the Ganesh Himal area you get an opportunity to capture the picturesque view of mountains, waterfalls, Saint George, dramatic landscape painting, towering cliffs, amazing rock formations. Starting from Balche and ending at Dhading Besi in our 10 Day Ganesh Himal trek itinerary we will traverse through the alpine meadow, reaching to huge glacier under snowcapped mountains

Trek starts from Balche after a short drive from Kathmandu. From Blache, we trek to Singla pass, the highest point of this trek. The trail goes through the Himalayas' thick forest of bamboo, pine, and fir trees. We will see the all-encompassing perspective of Ganesh Himal massif (7,893m), Manaslu (8,156m), Annapurna (8,091m), and Langtang from **Singla pass(4,200m/13,779ft)**. After the Singla pass, the trail descends to the town of Sertung and Chalise. The next day we spent strolling in the remote hills and mountains and unwinding at **the hot spring** on the lap of Ganesh Himal, then we set off to Neber and see the finest landscape from the Ri Gaun of a town at the opposite end called Jharlang .following two days of trekking from Ri Gaun we reach Jyamrung Danda endpoint of this trek. This place gives us the opportunity to find the historical royal residence and see the sunrise see before heading towards the Dhading Besi on Bus from where we return back to Kathmandu

The Ganesh Himal trek is perfect for all ages where you can experience a remote lifestyle with homestay trekking and observe the **spectacular scenery of mountains** and the mix of different ethnic groups nearby whose culture, traditions, and religious practices exclusive to this region.

Day to Day Itinerary

Day 1

Drive from Kathmandu to Balche (1,850 m / 6,105 ft)

Itinerary Facts

Driving Hours 6 to 7 hrs.

We begin our grand adventure after early morning breakfast, going by local transport out of the valley and along the pleasant parkway that heads north. The wonderful view en route incorporates streams, terraced fields, towns, and sights of the mountains on crisp mornings. The underlying segment of the drive is moderately lovely to Trishuli Bazaar. The road then turns rough as it rises to Balche the last goal of our drive.



Overnight at Tented Camp.



Included all standard meals (Lunch, Dinner)

Day 2

Trek from Balche (1,850 m / 6,105 ft) to Rupchet (3850 m/ 12660 ft)

Itinerary Facts

Highest Altitude 3,850 m/ 12,660 ft

Trek Duration 6 hrs

From Balche we start our initial steps on the trekking trail as we climb through a grand area of fields and wilderness. It is a touch of an energizing and testing first day as we move up through wonderful field region, passing ThuloKharka where we stop for lunch before proceeding with our climb to Rupchet, an open region with adjacent herder's safe houses where we can appreciate exceptional perspectives of the encompassing domain and blanketed Himalayan pinnacles.



Overnight at Tented Camp.



Included Local meals (Breakfast+Lunch+Dinner).

Day 3

Trek from Rupchet (3,850 m/ 12,660 ft) to Chalis Gaon (1,800 m/ 5,960 ft) by way of Singla Pass (4,050 mm/13,290 ft)

Itinerary Facts

Highest Altitude 4,050 mm/13,290 ft

Trek Duration 6 to 7 hrs.

We trek along with the high country from Rupchet as we go through late spring pasture land of wild ox, sheep, and bovines. In the end we ascend to a pass with terrific perspectives, Singla Pass, the high point of our trek, with incredible perspectives of the encompassing region including to the west the Annapurnas, Manaslu and forceful Ganesh Himal. From here we proceed through more field glades with incredible perspectives en route of thick timberland with pine, rhododendron (Nepal's national flower), and oak, passing an excellent waterfall and a religious community before reaching the fields of the enchanting towns of Shertung and Chalis Gaon.



Overnight in Local Lodge.



Included Local meals (Breakfast+Lunch+Dinner).

Day 4

Rest and Relaxation Day at Chalish Gaon

Chalish Gaon is a tranquil town in an unspoiled setting. Around 100 m above lies Sertung and both great settlements leave us a lot to explore, or simply unwind and appreciate the town's way of life and breathtaking landscape of

encompassing fields and lavish valley underneath. Shertung and Chalise Gaon are occupied mostly by Gurung, Tamang, and Dalit individuals. This is a day away from trekking to genuinely unwind and appreciate the environment. We have discretionary climbs to an adjacent common hot spring over the valley with developed, riverside pools where we can drench our considerations away. Or, on the other hand, simply kick back and take in the town happenings, maybe connecting with the nearby individuals and watching their run of mill day by day plan.



Overnight at Local Lodge.



Included Local meals (Breakfast+Lunch+Dinner)

Day 5

Trek from Chalise Gaon (1,800 m / 5,960 ft) to Rachiya Gaon (1,775 m / 5,875 ft) and nearby Kapur Gaon

Itinerary Facts

Highest Altitude 1,800 m / 5,960 ft

Trek Duration 4-5hrs

We dive through the rich valley beneath Chalise and across a stream. The course winds up on radiant stone strides worked by the Kadoorie Agri Aid Association and British Gurkhas of Nepal. Both associations are dynamics of the area in charge of building many water taps, bridges, and enhanced trails. The trail goes through the alluring village of Tir while in transit to the affable towns of Rachiya Gaon and adjacent Kapur.



Overnight at Local Lodge.



Included Local meals (Breakfast+Lunch+Dinner).

Day 6

Trek from Rachiya Gaon (1,775 m / 5,875 ft) to Lapa Gaon (1,850 m / 6,105 ft) and nearby Khading

Itinerary Facts

Highest Altitude 1,850 m / 6,105 ft

Trek Duration 4-5 hrs

Today we pass through a more extraordinary rural territory. We continue through Laphchya, a charming Gurung village with nearly 30 families living. Cross the Lapa Khola on a box bridge and ascend along a trail surrounded by fields to the walled compound of a newly established hospital in the large town of Lapa gaon with over 400 homes. Above Laphagaon is Khading, one of the largest Gurung settlements in the region. The homeowners are welcoming and are enthusiastic to perform cultural dances with traditional music.



Overnight in Local Lodge.



Included Local meals (Breakfast+Lunch+Dinner).

Day 7

Trek from Lapa Gaon (1,850 m / 6,105 ft) to Ri Gaon (1,550m/5,115ft)

Itinerary Facts

Highest Altitude 1,850 m / 6,105 ft

Trek Duration 5 hrs

After enjoying our breakfast and the tremendous scenery we descend to Chyamchat. The trail continues through local villages, paddy terraces, and jungle to finally arrive at Kutawal for a lunch break. Then we continue via Tawal to Ri Gaon. Ri Gaon is a large settlement of mostly Tamang and Dalit inhabitants.



Overnight in Local Lodge.



Included Local meals (Breakfast+Lunch+Dinner).

Day 8

Trek from Ri Gaon (1,550m/5,115ft) to Phulkharka (1,210m/ 3990 ft)

Itinerary Facts

Highest Altitude 1,550m/5,115ft

Trek Duration 5hrs

Today will be a moderately simple day of climbing. For the most part, The course goes through Bhramin and Dalit towns and lower, fertile landscape with bounteous terraced paddy fields and great, open valley. In the end touch base in Phulkharka Gaon, a substantial Brahmin settlement. We will have a short pause for lunch along the way.



Overnight in local lodge.



Included Local meals (Breakfast+Lunch+Dinner).

Day 9

Trek from Phulkharka (1,210m/ 3990 ft) to Jyamrung Durbar/Danda (1,550m/5,115ft)

Itinerary Facts

Highest Altitude 1,550m/5,115ft

Trek Duration 5-6hrs

The trail comes to the Ankhu Khola river, passing numerous towns en route. The height of our trek is comparatively lower now and the temperature will be hotter. We stop for a meal break close Rine and then we proceed with tough to Jyamrung Durbar/Danda. This is a historically critical area as it was the previous home of the regional King. The hundreds of years old royal residence can be seen even now. It is a marvelous place to take in the spectacular view of the dawn, and nightfall and general mountain perspectives of the Langtang, Ganesh, and Manaslu ranges.



Overnight at lodge.



Included Local meals (Breakfast+Lunch+Dinner).

Day 10

Trek from Jyamrung Durbar/Danda (1,550m/5,115ft) to Dhading Besi (830 m / 2,710 ft) Drive to Kathmandu (1,350 m/4,450 ft)

Itinerary Facts

Highest Altitude 1,550m/5,115ft

Trek Duration 2-3 hrs

Driving Hours 3-4 hrs

We have come to our last day on the trekking trails. In the wake of dawn, we have breakfast while appreciating the sunrise and afterward climb via Dodke Danda to Dhading Besi which will take us around 2 ½ hours. It is a wonderful climb down through a lovely area of wilderness and prolific fields and charming towns. Then we drive through the pleasant field to Kathmandu. The drive offers a good look at the views of the provincial farmland of Nepal. The transport makes one final climb and we are back in the valley of the divine beings, Kathmandu. The settlement at the chosen Hotel in Kathmandu.



Included Local meals (Breakfast+Lunch)

Trips Notes

Getting there

You will arrive in Nepal, Kathmandu at Tribhuvan International Airport as that is the only international airport. An overnight stay in a hotel in Kathmandu is required upon arrival. The next day we will be traveling to our destination via bus or a local jeep.

Free Transfer

We provide free airport pick up and drop by private vehicle. Upon arrival, you'll be warmly welcomed by our Discovery world trekking crew with a traditional offering of Khada or marigolds garland (symbolizing purity, goodwill, auspiciousness, and compassion), then directly transfer you to your hotel. To make use of this service please submit full flight details of arrival and departure in advance by mail.

Accommodation

The Ganesh Himal Trek 10 days is a long trek with 8 nights at a mountain local lodges that provide basic facility and will make you feel homely with the warm hospitality of the local people. Two nights in Kathmandu is required as you would want to rest before and after the trek and is not included in the package. There is an excellent range of hotels for all kinds of budgets. The accommodation is almost twin sharing basis- bed with mattresses, blanket, and pillows. Hot showers will be available at an extra cost. Discovery World Trekking has good public relations with local service providers in the Himalayas region.

Meals

The meal package in this trek is very convenient. Three meal items of 9 breakfasts, 9 lunch, and 8 dinners are included in the package. The meals will be the best selected from the menu of the lodge which will be fresh, hygienic, tasty, and nutritious. The menu is a combination of traditional local, Asian, and western cuisine. We highly recommend liquids green tea, lemon tea, hot lemon, ginger tea, and garlic soup(must), etc. at high altitude for health benefit. Meals in Kathmandu are not included in the packages, although there is a variety of Nepalese and international cuisine readily available for you to choose from according to our taste.

All personal bills (Alcoholic Drinks, Hot and Cold Drinks) in tea houses/ lodges or in cafe except standard meals mentioned (including Breakfast, Lunch, Dinner with seasonal fruits) are excluded from the package.

Best Season

The weather is one of the most important factors to look at when deciding to trek to The Ganesh Himal Trek. It is best suited to trek during the spring, summer, and autumn. During the winters and monsoon, it becomes difficult to trek due to strong winds, storms, and slippery trails.

January – February

This time is the coldest, especially from early January to early February. The temperature can be extremely cold. Though the day time may be warm and admirable with clear skies, the night time would be extremely cold. It would not be suggested to trek during this time.

March – April

This is the best time of the season to trek in the Ganesh Himal Trek. The weather is very favorable through the trek. Stunning views of the central Himalayan range will be seen. Temperatures may start increasing from the mid of March and with clear skies, snow mountains will be seen at their best. Many trekkers often succeed in their expedition at this time. On the journey, the rhododendron flowers will be blooming at its best with a variety of colors.

May – June

This is also the perfect time for trekking right before the rainfall. Nepal starts its rainfall from the end of June till mid-August. The season of spring and summer makes the trek much more enjoyable.

July – August

The rainfall hits its peak during this time. Due to rainfall, it would not be advisable to trek during this season as the difficulty would arise. The trails would be very slippery. Having to trek by ridges and descending down the trails would

make it risky.

September – October

This is also one of the perfect seasons for the Ganesh Himal trek. This season is the peak of tourists due to the favorable weather. As the monsoon slowly ends, a perfect trekking climate sets itself. The temperature goes up to 20 degrees in the day time and falls down to 5 degrees during the night time. This season is when trekkers enjoy trekking the most, with a clear sky, and an amazing view of the mountains. It is highly recommended as it's the best time for the Ganesh Himal trek, usually between mid-September to end. Tourists in this season are also attracted by the main festival of Nepal; Dashain and Tihar.

The weather in the Himalayas is so unpredictable and the temperature may change quickly from day to night.

November – December

As winter slowly begins, snow falls begin in the Ganesh Himal Region and it eventually tough to trek. Nights will start to get colder. November is the busy season as it is the clearest month with sparkling days. The daytime temperatures are very stable and constant and due to this, the view of the clear blue sky and the mountain is phenomenal. From December, the temperature starts to get cold, and begins to snow.

Acclimatization

In this trek, we will be acclimatizing at Chalis Gaon. During this extra rest day, we have options for hiking, exploring the village, and learning the culture and lifestyle of the locals. Altitude sickness is commonly faced by many trekkers and will need immediate treatment and shouldn't be left ignored. Our trekking leader and guide have extensive first aid training and well-experienced in the Himalaya we urge to inform your group leader and guide at first signs of the symptoms, we guarantee your health will be in reliable hands. Your trek leader or guide will suggest precautions. The best way is to take your time and drink plenty of water at least 4 liters a day. If it is severe the only cure for altitude sickness is to descend immediately. Please note that your group leader has the ultimate responsibility to decide or stop your ascent based on your overall condition. It is essential to keep in mind that some are more vulnerable than others.

Trip Grade: Fitness level, Medical, and Health

The Ganesh Himal trek is a slightly challenging yet rewarding trek. The hiking will be from 5 to 7 hours a day depending on the destination, taking regular breaks where we admire the mountain views. The trek routes involve long climbs, steep descents, and a steep forward trail in the rocky paths and the forests as well. To go on such treks, the fitter, the more comfortable and enjoyable the journey will be. If you have experience or enjoy trekking, this may be an advantage for you. This trek is not recommended to those who suffer from sensitive medical conditions such as heart or lung disease.

Trekking group/single

The group will be generally 2 to maximum up to 12 paxes on the trek. The group of twelve and above will be accompanied by a leader and supported by an assistant guide and porters. We also organize a single private trek in Annapurna based on your own holiday time frame. This will be led by one of our highly competent and well-experienced guides.

A typical day on the trek

A day of trekking will be rewarded with a unique experience providing to trek leisurely with plenty of time to enjoy the scenery, take photos, and explore the local village. During the trek, you are accompanied by an experienced, friendly, and qualified expert guide along with porters to carry out your baggage. You need to take your small regular day pack on hiking days. The day starts with an early morning cup of tea. Each morning after packing our bags and having a wholesome breakfast, we set off on the day's walk around 7 am -8 am, depending on the duration and nature of the day's walk. After trekking 3 to 4 hours, lunch will be served around midday on the route to the next destination and we continue after an hour rest. The afternoon walk is generally shorter being only 2 to 3 hours when we reach our overnight lodge we snack on the prepared extra dietary snacks, then after dinner, we will have free time to explore nearby places. Dinner is provided around 6 to 7 pm. In the evening before going to bed, we discuss each group member's hiking experience of that day. And the guide will brief the next day trip plan. After completing the trip briefing we enjoy fun and games and entertainment. Trekkers love learning the Nepalese language from our Discovery World Trekking crews, playing cards, talking to and chatting with the crew members, reliving the day adventure, or reading books before heading off to bed for a well-deserved sleep.

Communication on trek

There is mobile phone coverage on most of the routes, but this service may not be reliable, depending on which network

you use. Upon your request, we can provide you with a separate local SIM card with good access for talking to family and surrounding friends through your cell phone. Although Some days at high altitude, there is no mobile network facility.

Extra personal expenses on trekking

Discovery World Trekking tries to provide all extra expenses excluded from the package. Meals and accommodations in Kathmandu will have to be arranged by self. Trekkers will have to bring personal spending money with them to cover costs of accommodations in Kathmandu, visa process, travel insurance policy purchase, beverages, snacks for the trek, tips to the trekking crew members, souvenirs, etc. We recommend bringing cash (dollars) which can be changed to rupees here.

Electricity and battery recharge, water on the trek

Throughout the lodges at The Ganesh Himal trek, electricity for the camera and mobile battery recharge is available by paying a price at all lodges. Most of the lodges have hydroelectricity and some of them have used solar panels. Water during the trek, you can buy either packed mineral water from local lodges and en route shop or filling boiled water with an extra cost. A water purification pill is suggested for drinking water.

Insurance Policy

Trekking in The Ganesh Himal Trek requires slightly proactive and reactive preparedness. The high mountains are not a place to visit casually as serious sickness and other casualties are supposed to have unexpectedly happened. Make sure you have insured against this incident before starting the trek. Travel insurance is also a part of the booking condition for an adventure trek in Nepal. To join in The Ganesh Himal trek, at a minimum, a comprehensive travel insurance policy is must cover medical and emergency repatriation with inclusively helicopter rescue and evacuation expenses for trekkers at high altitudes. We can do recommendations of the insurance company in case of our help needed but we do not involve in the sale of the insurance policy. Trekker is refused to be participated in The Ganesh Himal Trek, with improper policy or without a travel insurance policy. In case of emergency circumstances of our valued client, the company put forward the travel documentation processing to an insurance company based on your prior information submission details in order to assist in arranging rescue operations and transfer to the hospital for treatment. You are requested to send the details of insurance information after you have booked the trek. Make sure your insurance company accepts the cost incurred for mountain rescue service even at the highest elevation of the trek.

Passport and visa

All foreigners except Indians, require a visa to enter Nepal. Visa is available on arrival at the Tribhuvan international airport. Visa can be extended at the central immigration office www.immigration.gov.np The visa application will require at least a passport of 6 months' validity, and a passport size photo. The current cost of the visa fee is the US \$40 for 30 days which have to be paid in cash.

Citizens of China and the SAARC countries will receive a free visa. There are certain countries (Nigeria, Ghana, Zimbabwe, Swaziland, Cameroon, Somalia, Liberia, Ethiopia, Iraq, Palestine, and Afghanistan) that may not receive a visa on arrival and so you will have to contact your local Nepalese embassy.

Money exchange

You can exchange most foreign currencies through the banks and through the money exchanges. Money exchangers are also legitimate. You might be able to also exchange small amounts of cash at the hotel you are staying. Money exchange facilities are available in Kathmandu. Money changers or Money exchangers in Kathmandu are found all over Thamel. The going rate is normally displayed in the front of the stores on a board. The official currency of Nepal is the Nepali Rupee (NRP). Its symbol is often displayed as Rs. The government of Nepal has banned the import, export and use of 500 and 1000 Indian Rupees in Nepal. You should ensure you are not carrying these notes on arrival in Nepal as they will be confiscated and you may be fined. Despite having the security advantage of traveler's cheque, many hassles problems like a lengthy process and high rate of commission may take place during the processing at banks. You can withdraw cash (in Rupees only) from one of many ATMs in Kathmandu (if you card is linked to the International Cirrus System), or by exchanging your travel cash at a bank in Kathmandu, the service fee charge will impose on around four percent or more depending up on the bank. There is a day transaction limit on cash withdrawing if you use the bank. Please note that most establishment banks in Asia will not accept foreign currency notes that are old, torn or faded and they can be very difficult to exchange or extra fees added when exchanging at banks. Please ensure that you have new, clean notes.

Most of the established banks in Asia will not accept foreign currency notes that are old, torn or faded. Please ensure that you have new, clean notes

Luggage

The weight limit for your luggage ,Porters will be assigned to carry your luggage .Two people will be assigned one porter , combined luggage should not exceed more than 18 kgs.We never overload our porters. but a should carry your own knapsack or backpack (with your valuables or anything important) on your own. Only carry what the essentials,You can leave any excess baggage either at your hotel or at Discovery World Trekking store for free.

Safety

Discovery World Trekking guarantees our valuable client's safety, security, and satisfaction. Safety is the utmost important concern for us. For the trek, we will be carrying all the necessary gear, equipment, and first aid kits. Our leaders and guides have vast knowledge and have extensive first aid training. If a trekker falls sick due to the altitude, it is entirely up to the trekker to decide if he/she will further continue, as health is very important. In case of emergency, the rescue helicopter will always be ready to bring you back from the higher elevation. During the trek, every group will be together so that everyone is safe and won't wander off alone.



Equipment Checklist

Equipment lists for The Ganesh himal Trek

It is recommended to carry the basic clothing and accessories needed for the trek. The followings are suggestions that should be brought, although we understand that our clients have their own preference of clothing. Porters will be carrying the main luggage which should not exceed more than 20kg. Equipment can be hired in Kathmandu as well.

Head

- Sun hat or scarf
- Winter hat or insulating hat or a wide-brimmed hat
- Headlight with extra batteries

Face

- Sunscreen
- Sunglasses with UV protection
- Face/body wipes

Hands

- Lightweight gloves
- Heavyweight winter gloves

Body

- Hiking shirts
- Long sleeved shirt
- Hooded rain jacket
- Fleece jacket
- Lightweight cotton pants
- T-Shirt (bring lightweight wool)
- Polypropylene underwear
- Down jacket (available for rent in Kathmandu)

-  **Sweater**
-  **Waterproof jacket and pants**

Footwear

-  **Hiking Boots**
-  **Thick wool socks (Take an extra pair of thick light socks)**

Essential gear

-  **Backpack or daypack (Size depends on whether you take porter or not)**
-  **Thermal bottle**
-  **Water purification**
-  **Trekking pole**
-  **Sleeping bag (-15 degree bag is best in the high altitude trekking)**

Toiletries

-  **Medium size drying towel**
-  **Toothbrush**
-  **Toothpaste**
-  **Deodorant floss**
-  **Biodegradable bar soap**
-  **Nail clippers**
-  **Small mirror**

Personal accessories

-  **Money**
-  **Watch**
-  **Cell phone**
-  **Camera**

Extra items

-  **First aid kit**
-  **Extra passport photos and photocopies of passport**
-  **Notebook and pen**
-  **Binoculars**

 **Join Upcoming Trips**

The given prices are per person basis and fixed in which the International flight cost has excluded. In addition, trek cost includes and excludes details is applied. The dates schedule is fixed, 100 percent guaranteed and confirmed to departure trekking. We are flexible to organize trek in your own departure trek date. We organize private and group trek. For this, trekker can send us message submitting your own departure trek date.

Departure Dates	Price
05 Mar, 2021 - 14 Mar, 2021	\$900 \$440
09 Mar, 2021 - 18 Mar, 2021	\$900 \$440
12 Mar, 2021 - 21 Mar, 2021	\$900 \$440
16 Mar, 2021 - 25 Mar, 2021	\$900 \$440
19 Mar, 2021 - 28 Mar, 2021	\$900 \$440



Discovery World Trekking

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Location: Saat Ghumti Chowk, On the way to Kaldhara Marg, Near to the International Guest House, Kaldhara, Thamel, Kathmandu, Nepal. [Opening hours – 8 Am to 7 Pm]

24 Hrs. Emergency Call

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Quick Questions? Email Us

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Talk to an Expert

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