



Ruby Valley Trek - 7 Days



Trip Facts

Destination	Nepal
Duration	7 Days
Group Size	2-10
Trip Code	DWTR1
Grade	Moderate
Activity	Ruby Valley Trek
Region	Ganesh Himal Region
Max. Altitude	3,845m Pang sang Pass
Nature of Trek	Home stay/local lodge
Activity per Day	Approximately 4-6 hrs walking
Accommodation	Home stay/local lodge
Start / End Point	Kathmandu/ Kathmandu
Meals Included	All Local Meals (Breakfast, Lunch & Dinner) during the trek
Best Season	Feb, Mar, Apri, May, June, Sep, Oct, Nov & Dec.
Transportation	Kathmandu - Syabrubesi - Dundure Khola - Dhading Bensi - Kathmandu by local transport.

A Leading Himalayan Trekking & Adventure Specialists

TRULY YOUR TRUSTED NEPAL'S TRIP OPERATOR.

An unexplored beauty amidst the Himalayas, Ruby Valley Trek is a package of scenic elegance and cultural and traditional virtue. Lying in between Langtang National Park and Manaslu Conservation Area,...

It is a notice to all our valuable clients who are joining Ruby Valley Trek with us that our journey will begin with a 7-8 hour local bus ride from Kathmandu to Syabrubesi which is included in the package, however, with an additional cost you can book a private jeep. Make sure to attend our official briefing a day before the trek. The primary motive for the meeting is to

give you proper guidance and vital information about the trek. Secondly, we recheck all the equipment for your comfortable journey. We ensure that you have all the supplies needed for the trek. This pre-meeting will give a clear idea about the necessary supplies and challenges you may face during the trek. It will be a kind of motivational seminar for you to be outfitted and energized about the trek.

About the Trip

An unexplored beauty amidst the Himalayas, Ruby Valley Trek is a package of scenic elegance and cultural and traditional virtue. Lying in between Langtang National Park and Manaslu Conservation Area, Ruby Valley trek is much more than just a marvelous landscape. Buddhist monasteries, Hindu temples, serene lakes, exotic floras and faunas, herbal plants, minerals like crystal, ruby, and zinc, the trail offers the best of all. The beauty of the trail is intensified with a glimpse of the amazing Annapurna range, Langtang range, Ganesh Himal range, and Manaslu range. We also traverse through one of the most exquisite Pangsang La Pass, where we get the most distinct view of the Himalayas.

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

Highlights

- 🗨️ Newly opened and unexplored trekking destination close to the capital city of Kathmandu
- 🗨️ Relaxing natural hot spring
- 🗨️ Panoramic close up view of Ganesh Himal, Langtang Himal and Manaslu Himal
- 🗨️ Diverse terrain farmland, green meadow and rocky hills
- 🗨️ Homes to the domestic animals like sheep, yak, goat and ox and exotic animals like musk deer, leopards.
- 🗨️ A dense forest of Rhododendron, pine, oak and bamboo
- 🗨️ Several rivers along with suspension bridges, Georges, waterfalls and stone- driven mills
- 🗨️ Ruby, Crystal, Zinc mines in the mountains
- 🗨️ Unique and rich cultures and traditions of Tamang, Gurung, Brahmin and Dalit people
- 🗨️ Beautiful waterfalls, gorges, stone mills and suspension bridges

What is Included?

- ✔ Kathmandu to Syabrubesi (trek start) and Dundre Khola (trek end) to Dhading Bensi to Kathmandu by local bus.
- ✔ Accommodation: Local lodge/Home stay -6 Nights
- ✔ All Local Meals (7Lunches, 6 Dinners and 7 Breakfasts) during the trek.
- ✔ Government License holder English Speaking Discovery World Trekking experienced and qualified trek leader guide and porter to help trekkers luggage. (2 trekkers:1 porter "9 kg per trekker max limit")
- ✔ Coverage of Guides and Porters, Their meals, insurance, salary, lodging, transportation, flight and other necessary equipment.
- ✔ Langtang National Park entry permit fee.
- ✔ Trekkers Information Management System (TIMS) card fee.
- ✔ Water purification tablets for safe drinking water
- ✔ Snacks (cookies) and Seasonal fresh fruits every day
- ✔ All government, Local taxes and official Expenses
- ✔ 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.
- ✔ Souvenir - A company's T-shirt & Cap

What is Excluded?

- ⊖ International flight airfare
- ⊖ Nepal Entry Visa Fees for multiple Entries on arrival at Tribhuvan International Airport- (15 days - \$25-30, 30 days- \$40-50 and 90 days- \$100-110)
- ⊖ Excess baggage charges (Limit is 9kg per Person)
- ⊖ All Accommodation and meals in Kathmandu, before and after we start our journey
- ⊖ Extra night accommodation in Kathmandu due to early arrival or late departure, early return from the trek.
- ⊖ Personal expenses (shopping, snacks, boil bottled water, hot and cold drinks, hot shower, Alcohol, Wi-Fi, telephone call, battery re-charge fee), extra porters etc
- ⊖ Personal clothing and gear
- ⊖ Travel insurance which has to cover emergency high-altitude rescue and evacuation compulsory
- ⊖ 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.
- ⊖ All the costs and expenses which are not listed in "cost includes" will be counted as excludes

Overview

A new trekking route amidst the **Ganesh Himal Range** and **Langtang Range**, Ruby valley trek is a quiet and tranquil trek with a striking panorama of magnificent Himalayas. Ruby Valley trek lies in between Manaslu Conservation Area and Langtang National Park. Along with the majestic view of the Ganesh Range, **Lamjung Himal(6,800m)**, **Langtang Lirung(7,300m)**, **Manaslu(8,163m)**, and several other peaks, we also witness two amazing waterfalls, **Ganga and Jamuna**. Ruby Valley Trek is a package of outstanding scenery with diverse cultures and traditions of Tamang, Chhetri, and Gurung society. Home to diverse species of herbal plants and minerals like ruby, crystal, and zinc, the trail is even more beautiful as we get a glimpse of exotic floras and faunas.

We begin our trek from a ride to **Syabrubesi(1,503m)** from Kathmandu. The road to Syabrubesi is adventurous with narrow and rocky paths. We drive past Langtang National Park, where we slowly start to sight enchanting floras and faunas. We head towards Gatlant(2,337m) via Chawatar. We explore the beauty of the Tamang culture and tradition as we pass through the lush green forests and thrilling suspension bridges. We hike from Gatlant to Parvati Kunda, where we will enjoy the beauty of the sacred Lake. We further trek to Somdang(3,271m) where we will explore the zinc, copper, crystal, and ruby mines. Next, we will traverse through the marvelous **Pangsang Pass(3,842m/12,604ft)** to reach **Tipling(2,087m)**. We will witness a panoramic view of the Himalayas, embellished with diverse terrain farmland, green meadow, and rocky hills. En route to **Borang Village(1,700m)**, we will walk past the Shertung and **Chalish Village**. A blend of Brahmin, Tamang, and Dalit people, we reach **Dundee Khola** through Phercho. we drive to Dhading Besi from Dundre Khola. We drive back to Kathmandu with a memory of the trek such amazing that we will cherish for the rest of our lives.

This unexplored trekking trail provides you with the opportunity to explore some very remote areas in Nepal, giving you a great experience. Discovery World Trekking organizes a fully supportive homestay trekking to assist the local economy and provide the opportunity to experience the great hospitality of local people residing in the **Ganesh Himal region**.

Ruby Valley Trek itinerary is made for trekkers who would like to experience a more adventurous journey in Nepal Himalaya and experience a diversified scenery, geography, and different climate zones of the unexplored beauty of **Ganesh Himal**. We have another various exciting trek packages including from adventurous to relaxing ones. [10 Days Ganesh Himal Trek](#), [16 Days Annapurna Circuit Trek and Tilicho Lake](#), [16 Days Nar Phu Valley Trekking](#), [7 Days Mardi Himal Trekking](#), [Everest Base Camp Trek with Gokyo Lake](#), [Upper Mustang Trek](#), and many more.

Day to Day Itinerary

Day 1

Kathmandu to Syabrubesi (1503m/4945Ft)

Itinerary Facts

Driving Hours (122 km/75.8 miles) –7- 9 hrs.

We commence our journey to **Ruby Valley** through a drive **till Syabrubesi**. We drive to Langtang National Park, 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 pleasant ride. The road is a bit adventurous with narrow 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 rest and relax here as we prepare for our hike the next day.



Overnight at the best possible lodge/hotel



Included standard meals (Breakfast + Lunch + Dinner)

Day 2

Trek from Syabrubesi (1,503m/4,945Ft) to Chawatar (lunch) to Gatlang (2,337m/7,690ft)

Itinerary Facts

Highest Altitude 2337m/7690ft

Trek Duration 5- 6 hours

Our destination for today is a small **Tamang village** called **Gatlang**. With **enthusiasm**, we begin our first hike of the trek. We follow a narrow and twisty trail to Bahun Dada Pass as we descend to reach Gatlang. We can also opt to reach Gatlang 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**, we witness the **richness** of the local culture and tradition. We stay at Gatlang with the Tamang people. Their hospitality and food, without a doubt, is the best experience we'll be getting.



Overnight at Home stay/local lodge



Included local meals (Breakfast + Lunch + Dinner)

Day 3

Trek from Gatlang (2,337m/7,690ft) to Parvati Kund, Yuri Kharka (lunch) to Sompang (3,271m/10,760Ft)

Itinerary Facts

Highest Altitude 3,271m/10,760Ft

Trek Duration 6-7 hours

We begin our hike from **Gatlang to Pravati 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 will realize, that as we trek further ahead, the habitat and lodges decrease. We will also come across very few tourists on the trail. We follow the trail through lush pine and **rhododendron forest** to Yuri Kharka. After a **delicious meal** here, we continue with our hike towards the Sompang River via **Khurphu Bhanjyang**. A few hours walk ahead of hear, 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**. We will spend the night at **Sompang Valley** with silence such great that you'll forget the reality of **sounds for a moment**.



Overnight at Local lodge/home Stay



Included Local meals (Breakfast + Lunch + Dinner)

Day 4

Trek from Somdang (3,271m/10,760Ft) to Pangsang Pass (3,842 m /12,604ft) - Tipling (2,078m/6,835Ft)

Itinerary Facts

Highest Altitude 3,842 m /12,604ft

Trek Duration 6 to 7 hrs.

Waking up amidst the mountain, we enjoy a delicious breakfast in **Somdang**. Today we traverse through the **Pangsang La Pass**, which is demanding yet very exciting. Accompanied by stunning mountains and spectacular landscapes, 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. As we explore the village, we discover a wide range of medicinal herbs. 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. We further descend to **Laptung village** passing through dense fir forests and rhododendron that adds up to the beauty of the route. We rest at Tipling after a long day. Tipling is a small village, but it ensures to give us the memory of a **lifetime with its beauty**.



Overnight at Local lodge/home Stay



Included Local meals (Breakfast + Lunch + Dinner)

Day 5

Trek from Tipling (2,078m/6,835Ft) to Chalis Gaon (1,800m/5,960 ft)

Itinerary Facts

Highest Altitude 2,078m/6,835Ft

Trek Duration 2hrs

The trek today will be a short and relaxed day as we trek our way to the **sister villages** of Shertung and Chalis Gaon. First, we descend down through the serene jungle and cross a tributary and then make a contour to the splendid village of **Chalish Gaon** which is an idyllic setting. About 100 m above Chailsh Gaon is **Shertung village** and both magnificent settlements leave a lot to explore, or just relax and enjoy the spectacular scenery of surrounding fields and lush valley below. Shertung and Chalish Gaon are inhabited mainly by **Gurung, Tamang**, and Dalit people.



Overnight at Local lodge/home Stay



Included Local meals (Breakfast + Lunch + Dinner)

Day 6

Trek From Chalish (1,800m/5,960 ft) to Percho to Dundure Khola (850m/2,805Ft)

Itinerary Facts

Highest Altitude 1,800m/5,960 ft

Trek Duration 6-7 hours

A final day before we leave back to **Kathmandu**, we enjoy all the wonderments of this trail. After a **pleasant breakfast**, We hike further ahead to Bortang village then descend to Lishne **Khola from Borang**. We continue our trek towards Phercho, where we have our lunch. After a few hours of walking, we reach Dundre Khola. Through the entire trail, we pass through suspension bridges, and picturesque glimpses of **Ankhu Khola** and **Chyamchyat** as well as Ri village. A village with a blend of Brahmin and Tamang as well as **Dalit people**, we witness the beauty of **Nepalese culture**. Despite the diversity, the people **work as a team** and make us feel at home with their **hospitality**.



Overnight at Local lodge/home Stay



Included Local meals (Breakfast + Lunch + Dinner)

Day 7

Dundre Khola - Dhading Besi – Kathmandu (1,310m /4,323ft)

Itinerary Facts

Driving Hours 6 to 7 hrs.

Today we conclude our trek to Ruby Valley. We descend to **Dundre Khola** where we will find a local jeep to **take us back**. Through a curvy road, we head towards **Dhading Besi**. Traversing through **Ankhu Khola** and **Kimdang Phedi Village**, we will enjoy the drive back home. As we return, we see the increasing settlements, which will make us nostalgic for the peace we immersed in the trail. We take another bus from Dhading to Kathmandu from where we will escort you back to your hotel. 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.

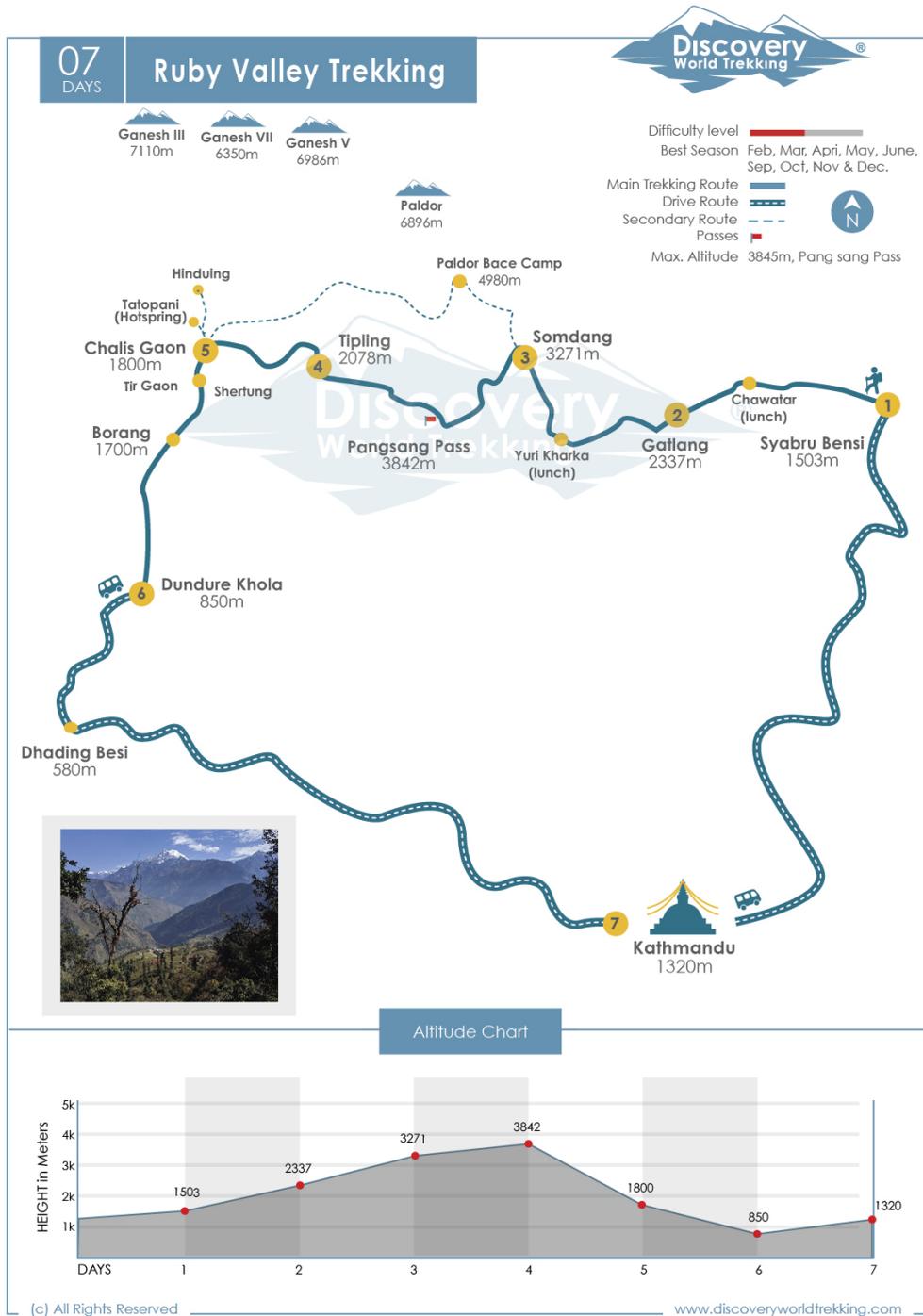


Overnight at your own selected hotel at Kathmandu.



Included Local meals (Breakfast + Lunch)

Route Map



Altitude Chart

Day	Altitude (meters)
1	1503
2	2337
3	3271
4	3842
5	1800
6	850
7	1320

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Trips Notes

How you'll start your journey towards Ruby valley trek?

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. Our trek begins from Syabrubesi approximately 8/9 hours drive from Kathmandu.

Local Transportation (Kathmandu to Syabrubesi and Dunder khola to Kathmandu) and is included in a package, the private jeep is available at an extra cost

Don't Worry; We'll Pick You Up!

We provide free airport arrival and departure transfer on any flight for **Ruby Valley Trek package**. You will be received from our representative crew from Discovery World Trekking regardless of the flight you take holding a pamphlet of your name and our company name with a warm-hearted welcome with either a khada or a marigold garland and you'll be escorted to your hotel with all comfort possible.

Accommodation Details During The Trek

7 Days Ruby Valley trek includes **Six nights** home stay/ Local lodge to lodge stay at a mountain where we use the local lodges that provide basic facility and will make you feel homely with the warm hospitality of the local people.

Two nights of Hotels in Kathmandu before and after the trek is required which is not included in the package. Kathmandu has a wide range of hotels for all budgets and your interest. We prefer your choice.

Hot showers, Wi-Fi will be available at an extra cost in possible places.

The Meals

The trek is over higher elevations, which means your body needs enough carbohydrates, protein, nutrition for the body to hike on such humongous Himalayan trails. The meal in this trek is very convenient, not like that in cities, but we make sure you get the entire supplements through your complete trek.

We will be providing you with **7 Breakfasts, 7 Lunch and 6 Dinners** during the trek.

The local food will usually be fresh, hygienic, tasty, and nutritious. We highly recommend consuming enough liquids, green tea, lemon tea, hot lemon, ginger tea, and garlic soup (must) at high altitude and fresh vegetables for health benefit.

Though plenty of non-veg items will be available, we won't recommend any of them because the meat in such places may not be healthy during the trek. As suggested by experts, it is best to avoid alcohol, caffeinated drinks, hot chocolate, dairy, and cheesy items in such high elevation treks.

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 Time To Ruby Valley Trek

The weather is one of the most important factors to look at when deciding to trek to The Ruby Valley 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 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 Ruby Valley 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 in 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 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 Ruby Valley trek, usually between mid-September to end. Tourists in this season are also attracted by the main festival of Nepal; Dashain and Tihar.

November – December

As winter slowly begins, snow falls begin in the Ruby Valley 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.

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

Acclimatization

The trek consists few days at over 3500m for acclimatization, where there is a significant risk of being affected by altitude sickness, also called acute mountain sickness. Altitude sickness is preventable but can be fatal if the symptoms are ignored. Our trip itinerary is designed for slow and steady ascending so the body can adapt to the new altitude. All our trekking leaders and guide have extensive first aid training and well-experienced in the Himalayas. We urge you to inform your group leader and guide at first signs of the symptoms. We guarantee that 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. Also, your group leader has the definitive response to determine whether you can proceed the trek based on your health conditions.

Trip Grade: Fitness level, Medical, and Health

The Ruby Valley trek is **an easy and rewarding trek**. The hiking will be from **4-6 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

We organize **a group as well as a private** trek. The price of **group discount** is applied with having your own paxes at your group and price will be the same whether group joining or private touring. We are able to lead and handle any size of the participants in a group. There will be a group leader Guide, a porter for every two trekkers, and an assistant guide for a group of 12 or above trekking members.

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

On the Ruby Valley Trek, the use of internet service will be available at the lodges with some extra service charge. You can contact your family and friends via the lodges, but once we reach high altitudes communication will be through the phone for safety purposes. **We'll communicate all our valuable** clients through our leader at least once a day to make sure you're fine, safe, feel right, and have everything up there.

You'll always be connected to **Kathmandu's DWT office** for any kind of help during the trek. Also, depending on the kind of network you use, there will be a signal but not very strong before the high altitude. At your request, we can provide you with a separate local sim card (Most of the places have wifi service available with an extra cost) for good access to connect.

Normally Wi-Fi works every part of the trek in lodge/lodges which will be provided with an extra cost.

Extra personal expenses on trekking

Discovery World Trekking tries to provide all extra expenses excluded from the package. Meals and accommodations in Kathmandu are up to our clients themselves as all kinds of hotels/lodges (both luxury & budget) can be booked easily online or even we can do it on request. All our valuable clients will have to bring personal spending money with them to cover the costs of accommodations in Kathmandu, visa process, travel insurance policy purchase, beverages, snacks for the trek, hot and cold drinks, tips to the trekking crew members, souvenirs, etc. We recommend bringing cash (dollars) that can be changed to rupees here cause during the trek as only Nepalese currency is accepted.

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 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 in drinking water.

You shouldn't drink water from the river, tap, well up there cause it might not be drinkable as it seems.

Travel insurance

Trekking in the Ruby Valley 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 unexpectedly happen. 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 Ruby Valley trek, at a minimum, a comprehensive travel insurance policy is a must to cover medical and emergency repatriation with inclusively helicopter rescue and evacuation expenses for trekkers at high altitude.

We can recommend insurance companies to help you but we don't directly get involved in the sale of an insurance policy. Members can be refused to be included in the trekking based on insufficient, improper, or absence of travel insurance policy. Trekking members are kindly requested to send their detailed insurance information once they book for trekking. In case of emergency situations, we will be using the insurance policy and informational documents you sent us. This will help us arrange a quick and effective rescue operation, transfer for emergency medical help, etc. 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. Please ensure that the insurance company includes the cost incurred for mountain rescue service at the highest elevation of the trekking.

Before you buy travel insurance (Don't just believe them what they say on their website) make sure you call them and recheck if they have Helicopter-rescue and evacuation up to 6000m according to your trekking height.

Passport and visa

All foreigners except Indian nationals must have a valid visa to enter Nepal. Visa is available on arrival at Tribhuvan International Airport upon entry in Kathmandu, Nepal, and at Nepal borders of India and Tibet. Visa can be easily extended to the central immigration office. www.immigration.gov.np; Visa application requires a passport with at least 6 months until expiration and one passport -size photo. The current cost of a visa for 30 days is US\$50(to be paid in cash) for 30 days that is required to make in cash. Other currencies are also accepted although rates may differ. Other nationalities should check entry requirements. visitors are requested to specify return flight tickets, time intended to stay in Nepal. we recommended you schedule at least 1-2 days extra at the end of the trip just in case there is a delay. If no delay occurs we can arrange an additional activity for your time in Nepal To help calculate the exact dates of these crossings we have found the website www.timeanddate.com to be very useful. The children under the age of 10 will get a free visa. Please be advised to check the current regulation. Visa regulation can change without prior notice. Citizens of China, as well as citizens of the South Asian Association for Regional Cooperation(SAARC) countries (Bangladesh, Bhutan, India, Maldives, Pakistan, and Sri Lanka), get a free visa. countries not entitled to get a visa upon arrival are Nigeria, Ghana, Zimbabwe, Swaziland, Cameroon, Somalia, Liberia, Ethiopia, Iraq, Palestine, and Afghanistan If you are a citizen of one of these countries, please contact your local Nepalese embassy.

Money exchange

Nepali Rupees (NPR) is the local currency.

(1 USD = ~ Rs.100 NPR).

We can exchange most of the foreign currencies through local banks and legitimate money exchanges in Kathmandu and all over Thamel. Small amounts of cash can also be exchanged at the hotel.

The ongoing rate of exchange is visibly displayed. The government of Nepal has banned the import, export, and use of 500 and 1000 Indian Rupee note in Nepal. You should ensure that you are not carrying these notes on arrival in Nepal as they will be confiscated and you may also be fined.

Despite having the security advantage of traveler's cheques, we prefer cash exchange to avoid hassles like a lengthy process and a high rate of commission at the banks. You can withdraw cash (in Rupees only) from one of the many ATMs in Kathmandu and Thamel itself. There are quite a several ATMs that are open around the clock. The maximum withdrawal amount is 35,000 Rupees for a 500 Rupees processing fee if you are using your foreign card.

If you use the money exchange facility at banks and financial institutions the service fee charge imposed is about 4% or more depending upon the bank.

During the trek, there are no banks and money exchange services so you should exchange your money in Kathmandu only, depending on how much personal expense you require as in the Himalayan region people only accept Nepalese Currency

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

How Much Luggage can I take during the Trek?

The weight limit for your luggage is **9 kg per trekker**, Porters will be assigned to carry your luggage, two people will be assigned with one porter, and combined luggage should not exceed more than **18kg. We never overload our porters.** But you should carry your own knapsack or backpack (with your valuables or anything important) on your own. Only carry what are essentials, you can leave any excess baggage either at your hotel or at the Discovery World Trekking store for free and it'll be completely safe.

We'll recheck everything (Luggage, equipment, etc.) in our briefing before we start our journey from our Office.

Ruby Valley Trek 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 trek

It is recommended to carry the basic clothing and accessories needed for the trek. The followings belongings are suggested that should be brought, although we understand that our clients have their own preference for clothing, we have listed some useful clothing during the trek. Porters will be carrying the main luggage, which should not exceed more than 18kg (one porter will carry two people's luggage, 9 kg for each). Equipment can be bought in Kathmandu at a reasonable price.

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
28 Nov, 2020 - 05 Dec, 2020	\$650 \$360
02 Dec, 2020 - 09 Dec, 2020	\$650 \$360
05 Dec, 2020 - 12 Dec, 2020	\$650 \$360
09 Dec, 2020 - 16 Dec, 2020	\$650 \$360

Departure Dates

Price

12 Dec, 2020 - 19 Dec, 2020

\$650 \$360



Discovery World Trekking

Paul Gurung (CEO/Founder)

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Phone: [+977 1 4252366](tel:+97714252366)

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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or [+977 9840055491](tel:+9779840055491)

Quick Questions? Email Us

info@discoveryworldtrekking.com

Talk to an Expert

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