



Ruby Valley Trekking - 8 Days



Trip Facts

Destination	Nepal
Duration	8 days
Group Size	2-35
Trip Code	DWTR2
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, Apr, 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.

Explore the hidden trekking trail in Nepal that not only offers beautiful scenery but gives you insight into the Tamang and Gurung ethnic groups who are known for their rich...

About the Trip

Explore the hidden trekking trail in Nepal that not only offers beautiful scenery but gives you insight into the Tamang and Gurung ethnic groups who are known for their rich culture and tradition!

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

Highlights

-  Newly explored trekking trails
-  Amazing views of the central Himalayas of Nepal
-  Ruby mines in the mountains
-  Unique and rich cultures of Tamang and Gurung people
-  Natural hot spring
-  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 -7 Nights
- ✔ All Local Meals (8 Lunches, 7 Dinners and 8 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 meals, insurance, salary, lodging, transportation and other necessary equipment.
- ✔ Langtang National Park entry permit fee.
- ✔ Trekkers Information Management System (TIMS) card fee.
- ✔ Snacks (cookies) and Seasonal fresh fruits every day
- ✔ All government, Local taxes and official Expenses
- ✔ Water purification tablets for safe drinking water
- ✔ Assistance in arranging rescue operation in case of complicated health condition (funded by travel insurance).
- ✔ Souvenir - A company's T-shirt & Cap
- ✔ Discovery World Trekking's appreciation of certificate after over the successfully trek.
- ✔ Farewell Dinner at the end of the trek

What is Excluded?

- ⊖ International Flight.
- ⊖ 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 nature of expenses such as laundry, telephone call, battery recharge, shopping, laundry, extra porters, beverages etc.
- ⊖ Personal clothing and gear.

- ⑤ Travel insurance which has to cover emergency high-altitude rescue and evacuation compulsory
- ⑥ Tips for guide and porters (Recommended by the Culture)
- ⑥ Additional costs or delays caused by management out of control like landscape, bad weather condition, in case of itinerary modification with a view to safety concern, illness, change of government policy, political instability raises strike, moment etc.
- ⑥ All the costs and expenses which are not listed in "cost includes" will be counted as excludes

Overview

Nepal is not only a land of nature but also a mix of **traditional and cultural diversity**. The Ruby Valley trek lies between the Manaslu Conservation area and Langtang National Park. The valley and the trek got its name because of the Ganesh Himal. This mountain is said to have the deposits of the gem Ruby.

The Ruby Valley trek is an **interesting trek** as it comprises of all kinds of landscape and walking conditions. It mostly includes flatlands, terraced farms, gradual and a steep climb, beautiful scenery of lush green forest, and tall snow-capped peaks. This region is completely inhabited by the Tamang and the Gurungs following Buddhism. Their rich cultures and traditions are very fascinating as we will get to know their lifestyle. Besides culture, stunning views of mountains such as **Ganesh Himal (7,422m)**, **Langtang Lirung (7,227m)**, **Boudha Himal (6,692m)**, and many more are seen.

The trek begins with a long seven-nine hours' drive from **Kathmandu to Syabrubensi** following the **Trishuli River**. The initial start point is **Syabrubensi**, otherwise known as the gateway to Langtang valley, where we head towards Gatlant. From here, you can already start seeing the Buddhist influence from the Tamang and Gurung locals. As we head to Somdang, beautiful scenery of terrain, green meadow, and landscapes are seen. through **the magnificent Pangsang Pass(3,842m/12,604ft)** to Trekking through dense forests of **rhododendron flowers** takes us to the Tamang settlement of **Tipling village (2,087m)**. **Buddhist monasteries** and prayer flags surround the village. The following day, we head towards **Chalish Gaon** where we will be spending a day extra to acclimatize and to explore around. The **Chalish village** is said to have a **sacred natural hot spring**. The locals will be performing their traditional cultural show for our entertainment. After an eventful night, we will continue the trek to Borang crossing many suspension bridges, waterfalls, gorges to finally reaching **Dundre Khola**. The next day we will take the transport back to Kathmandu.

This unexplored trekking trail provides you 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**.

Day to Day Itinerary

Day 1

Drive from Kathmandu to Syabrubensi (1,420 m/4,655 ft)

Itinerary Facts

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

After early morning breakfast, the drive to **Syabrubesi begins**. You head out of **Kathmandu to the highway**, slowly heading towards the north along the main valley road. You will come across many beautiful views of the river, terraced fields, small villages, and snowcapped mountains if the sky is clear. The road takes you to a little busy town called **Dhunche**. While passing along the road at the bank of Trishuli river, you will catch glimpse of **Ganesh Himal**, terraces, and green hills. Passing through Dhunche will make you feel as though you are heading towards deep land. Then continue the drive, we will arrive at Syabrubesi with many things to explore and a **riverside hot spring**.



overnight at lodge



Included meals (Breakfast+Lunch+Dinner).

Day 2

Trek from Syabrubensi (1,420 m/4,655 ft) to Gatlang (2240 m/7355 ft)

Itinerary Facts

Highest Altitude 2240 m/7355 ft

Trek Duration 6 hrs

Syabrubensi being our start point, we inaugurate our **first day** on the trail. Climbing to the west and passing through rural villages and terraced fields we get great scenic views of nature. Trekking at the off beaten path, with our pace, the scenery is indeed **peaceful and spectacular**. Gatlang is an **idyllic settlement** inhabited mainly by people of the Tamang and Gurung ethnicity. The homes are closely connected. Above the village, we can take a side-tour to visit a cheese production center and nearby pond that is considered sacred by locals and a festival site for Hindu pilgrims and the location offers a marvelous **panorama**.



Overnight at Local lodge/home Stay



Included Local meals (Breakfast+Lunch+Dinner).

Day 3

Trek from Gatlang (2,240 m/7,355 ft) to Somdang (3,270 m/10,765 ft)

Itinerary Facts

Highest Altitude 3,270 m/10,765 ft

Trek Duration 6-7hrs

From the **royal Gatlang**, we lead above the village to a pilgrimage area with a pond and Hindu shrine. This sacred area is known as **Parvati Kund** and is especially busy during festivals. Our serene trail then passes through rhododendron (**Nepal's national flower**) and pine forest with occasional open pastures. The forests are often seen to be more colorful and scenic during spring and summer. We then further trek to Khurpu Bhanjyang pass where the views are truly **spectacular**. Descending down into the valley to the west, through a more serene and remote forested area, we **eventually cross** the Somdang River which is the border between the Dhading and Rasuwa districts. We finally reach **Dhading**. Up the valley is a former mining compound that is **no longer in operation**. The collection of riverside lodges a few minutes down from the bridge is our destination.



Overnight at Local lodge/home Stay



Included Local meals (Breakfast+Lunch+Dinner).

Day 4

Trek from Sompang (3,270 m/10,765 ft) to Tipling (1,875 m/6,190 ft) via Pangsang Kharka pass (3,845 m/12,645 ft)

Itinerary Facts

Highest Altitude 3,845 m/12,645 ft

Trek Duration 8-9 hrs

From the **small settlement** of Sompang, we have a climb through more scenic terrain with dense jungle on the way up to a large pasture that is known as Pangsang Kharka. This pass has a wide-open meadow and affords great views of the surrounding territory including the **Annapurnas**, Manaslu and mighty **Ganesh Himal**, and more. We then make our way down through more **thick jungle** as we descend with a broad perspective of the lush valley that we are entering. Eventually, we reach Tipling, a large settlement of mostly Tamang people with Buddhist monasteries and Christian churches as well. The locals are **very friendly** and we will get an insight into their **Tibetan influenced culture**.



Overnight at Local lodge/home Stay



Included Local meals (Breakfast+Lunch+Dinner).

Day 5

Trek from Tipling (1,875 m/6,190 ft) to Chalis Gaon (1,800m/5,960 ft)

Itinerary Facts

Highest Altitude 1,875 m/6,190 ft

Trek Duration 2 hrs

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 Chalish 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

Rest and Relaxation Day at Chalish Gaon

Today, we take a day away from **trekking to acclimatize** and also to truly relax and enjoy the surroundings. We have optional hikes to nearby natural hot springs across the valley with built-up, **riverside pools** where we can soak our cares away. Another option is a hike up to a **spectacular viewpoint** above the villages. Or, just sit back and take in the village life, perhaps interacting with the local people and observing their typical daily schedule. The **local people** will perform their traditional and cultural dances as a form of **entertainment for us**.



Overnight at Local lodge/home Stay



Included Local meals (Breakfast+Lunch+Dinner).

Day 7

Trek From Chalish Gaon (1,800m/5,960 ft) to Percho to Dundure Khola (850m/2805Ft)

Itinerary Facts

Highest Altitude 1,800m/5,960 ft

Trek Duration 6 to 7 hrs.

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 8

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 of the peace in 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**.

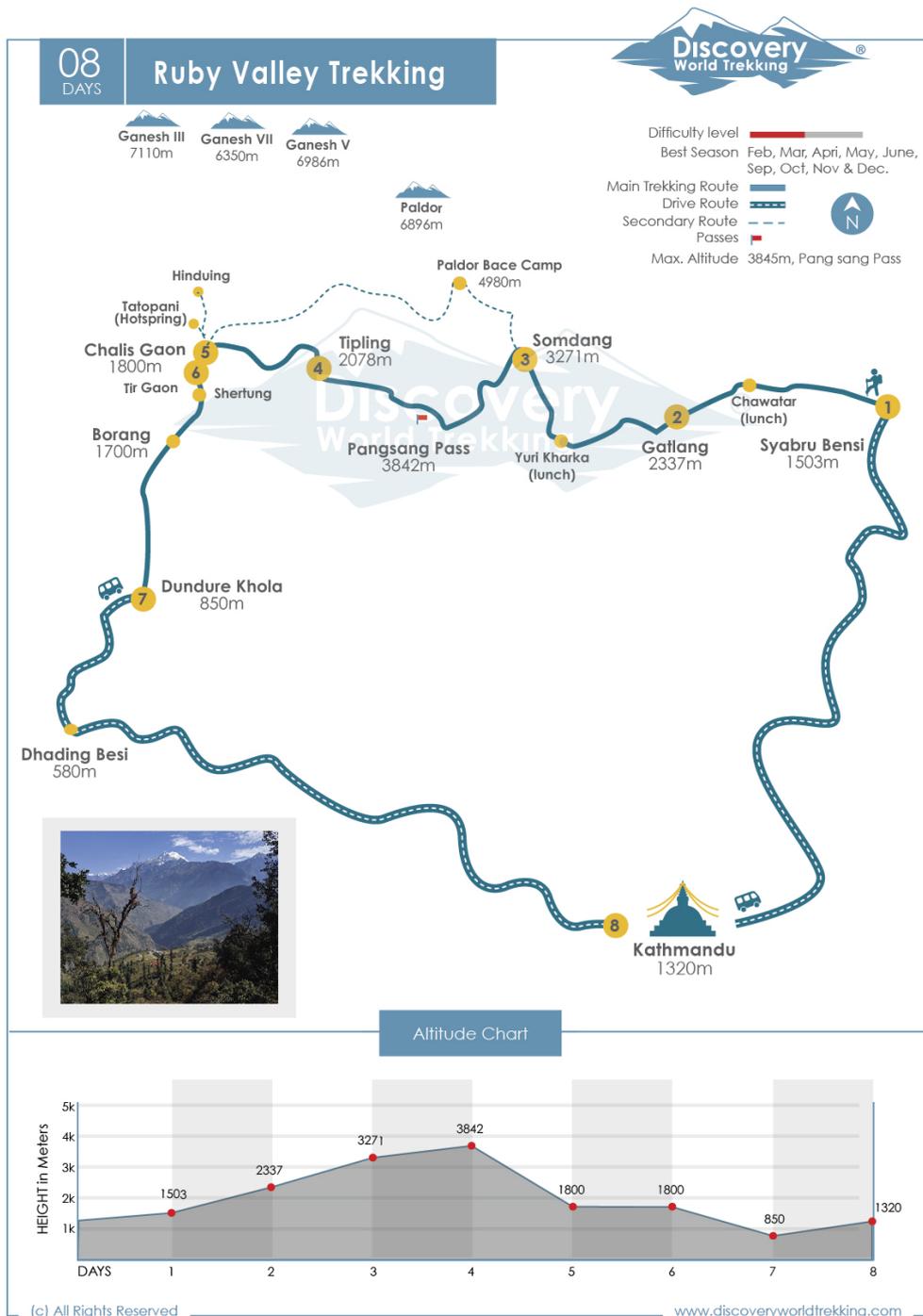


Overnight at your own selected hotel at Kathmandu.



Included meals (Breakfast+Lunch).

Route Map



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!

When you're new to any place, it's really hard to find places and many tourists have complained about the expensive taxi fare so, **Discovery World Trekking provides 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

8 Days Ruby Valley trek includes **Seven 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 **8 Breakfasts, 8 Lunch, and 7 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 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 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 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 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 Ruby Valley 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 **25 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 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.

All Personal Bills (Alcoholic Drinks, Hot and Cold Drinks) in tea house/ Lodges or in cafe except Standard Meals(Breakfast, Lunch, Dinner with seasonal fruits) are excluded from Package

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 at 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 Ruby Valley 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

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 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 Ruby Valley 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** 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 Ruby Valley trek, electricity for the camera and mobile battery recharge is available by paying at 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 at an extra cost. A water purification pill is suggested for 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

This trip grade is ranked moderately difficult as it entails the risk of high altitude trekking, potential altitude sickness, and other unforeseen events including sudden climate changes.

Travel insurance is a significant part of our booking condition for **The Ruby Valley Trek**. All the members of trekking must provide a copy of their comprehensive travel insurance policy certificate to Discovery World Trekking. The policy must cover medical and emergency repatriation inclusive of helicopter rescue and evacuation expenses at high altitude for trekking members.

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. 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/Rs) 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 a traveler's cheque, 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 four percent or more depending upon the bank.

How Much Luggage can I take during Ruby Valley Trek?

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 the Discovery World Trekking store for free.**

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 gears, 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 Ruby Valley 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 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 in 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
01 Jan, 2021 - 08 Jan, 2021	\$820 \$355
03 Jan, 2021 - 10 Jan, 2021	\$820 \$355
05 Jan, 2021 - 12 Jan, 2021	\$820 \$355
08 Jan, 2021 - 15 Jan, 2021	\$820 \$355
12 Jan, 2021 - 19 Jan, 2021	\$820 \$355



Discovery World Trekking

Paul Gurung (CEO/Founder)

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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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