



## Ganesh Himal and Manaslu Trekking



### Introduction

Ganesh Himal Manaslu trekking introduce you to a broad spectrum of life in different Nepalese communities and beautiful scenery. Base Camp of Ganesh Himal where there are two lakes – Black and White. Twin waterfalls – Ganga and Jamuna, bring joy to your heart. March or April will be the best month to Visit this area to see the mountainsides red with magnificent Rhododendron blooms. Trail is pass through Gorkha, the birthplace of modern Nepal home of King Prithvi Narayan Shah, who fought many wars to unite the tiny kingdoms spread throughout the land now known as Nepal. This area is also the homeland of the original Gurkha warriors

Ganesh himal Manaslu trekking offers an extraordinary panorama of the Ganesh Himal Massif, Manaslu, and the Langtang Range. Highlights of this journey include not only the mountain views but abundant flora and fauna, magnificent village scenery and the welcoming people of the mid-hills with their captivating customs and traditions. The best season to visit is September to November as well as February through June, and even outside of these times the spectacular attractions and relatively low elevation make it an all-season adventure.

Another attraction of Ganesh Himal Manaslu trekking is Tsum Valley is a sacred Himalayan pilgrimage valley situated in a trans-Himalayan region of Gorkha. This Valley's natural beauty and its pristine culture make this trekking unique. Tsum comes from the Tibetan word 'Tsombo', against the majestic backdrop of the Ganesh Himal, Shringi Himal and Baudha Himal ranges; this serene Himalayan valley is rich in ancient art, culture, and religion. And lined with mani walls made of thousands of stone slabs carved with deities and prayers. The Tsum valley has a long history of Buddhism. Traditionally

Tsum valley was a culturally distinct geographical area called 'Tsum Tso Chuksum.

This trek leads you to around the Manaslu through the Budi Gandaki Valley River, over Larkya La pass, and descend to the Marsyangdi River, you will trek down to Besisahar. Trek end at Besisahar than drive to Kathmandu.

### Trip Guide:

The big mountain scenery of Manaslu and Ganesh is astonishing. There's the two-horned massif of Manaslu (8156m), the circumnavigation of which is a meditation on the wonders of Himalayan geology. There's Ganesh Himal (7406m), named for the serpentine southern ridge that evokes the elephant-headed Hindu god of good fortune. And then there's Himalchuli (7893m), which rises an incredible 7000m from the Marsyangdi River. Nestled in between these Himalayan giants are villages that draw from Hindu and Buddhist influences. Add a sprinkling of butterflies amidst forests from sal to pine, and you'll be convinced you'll catch a sight of the shy red panda. The Manaslu and Ganesh region is poised between past and future – the villages still unfrequented, but already welcoming visitors – now is the time to go for a taste of the unbeaten trail in the next trekker's Mecca.

Manaslu and Ganesh have long been overshadowed by the established trekking regions to either side. But both the 'spirit mountain' and the 'elephant mountain' are so spectacular, and so easily accessible by bus, it's a mystery why it's taken so long for guides and trekkers to discover them. Manaslu lies north of the historic fortress town of Gorkha, from where the last kings of Nepal ventured forth to conquer the rest of the country in the 18th Century. The Manaslu Circuit has recently become a teahouse trek, opening up the misty wood-shingled villages of the Nupri Valley. But hikers are free to explore the many other trails being forged right now. The Tsum Valley trek has beautiful views of the four 7000m peaks of the Ganesh massif, and visitors can experience the distinct Tibetan-influenced culture of the Tsumba people, who prohibit the slaughter of all living beings. No doubt this enhances the protection afforded to such endangered species as the Snow Leopard and the Red Panda.

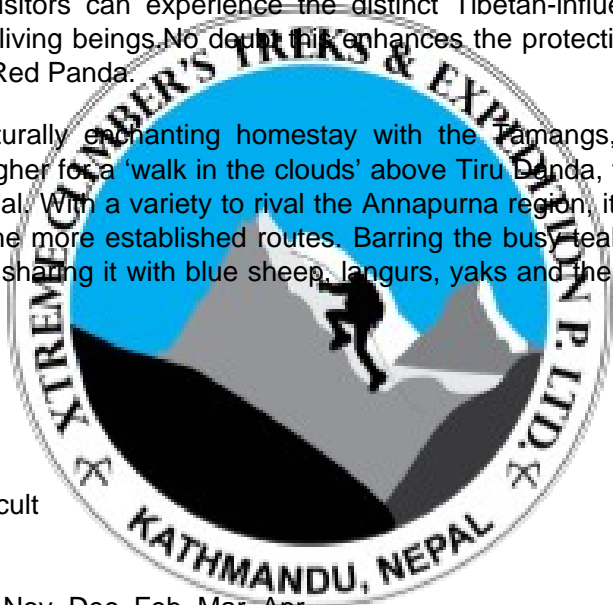
You can also enjoy a culturally enchanting homestay with the Tamangs, the original horse traders of Nepal. The adventurous can venture higher for a 'walk in the clouds' above Tiro Danda, from where gorgeous views stretch from the Annapurnas to Ganesh Himal. With a variety to rival the Annapurna region, it's no exaggeration to say Manaslu time has come. Forget the jams of the more established routes. Barring the busy teahouses, you'll have the trails here mostly to yourself – if you don't mind sharing it with blue sheep, langurs, yaks and the myriad butterflies weaving in and out of the thundering waterfalls

### Facts

- Altitude: 5550m<
- Duration: 27 days
- Grade: Moderate / Difficult
- Group: 2 - 15
- Country: Nepal
- Best Season: Sep, Oc, Nov, Dec, Feb, Mar, Apr
- Start/Ends: Kathmandu (Capital of Nepal)
- Accommodation: Hotel in Kathmandu on BB plan / Mountain lodge (tea house) in Trekking.
- Transportation: Private/Local bus
- Meals Includes: Breakfast and welcome or farewell dinner in Kathmandu / Full board in Trekking (Breakfast, Lunch & Dinner).

### Itinerary

- **Day 1** : Arrive in Kathmandu. Meal includes: Breakfast/Dinner
- **Day 2** : Kathmandu to Syabrubesi (8 hours drive. Meal includes: Breakfast/Lunch/Dinner
- **Day 3** : Syabrubesi to Gatlang (2270m) 6 hours. Meal includes: Breakfast/Lunch/Dinner
- **Day 4** : Gatlang to Somdang (3271m) 7 hours Meal includes: Breakfast/Lunch/Dinner
- **Day 5** : Somdang to Pangsang Kharka (3850m) 4 hours Meal includes: Breakfast/Lunch/Dinner
- **Day 6** : Pangsang to Tipling (1875m) 6 hours Meal includes: Breakfast/Lunch/Dinner
- **Day 7** : Tipling to Badarang (1530m) 5 hours Meal includes: Breakfast/Lunch/Dinner
- **Day 8** : Pangsang Bhanjyang - Singla Kharka Meal includes: Breakfast/Lunch/Dinner
- **Day 9** : Singla Kharka - Kharsa Gaon Meal includes: Breakfast/Lunch/Dinner
- **Day 10** : Kharsa Gaon - Lapa Gaon Meal includes: Breakfast/Lunch/Dinner
- **Day 11** : Rest day Meal includes: Breakfast/Lunch/Dinner
- **Day 12** : Lapa Gaon - Myangal Bhanjyang Meal includes: Breakfast/Lunch/Dinner



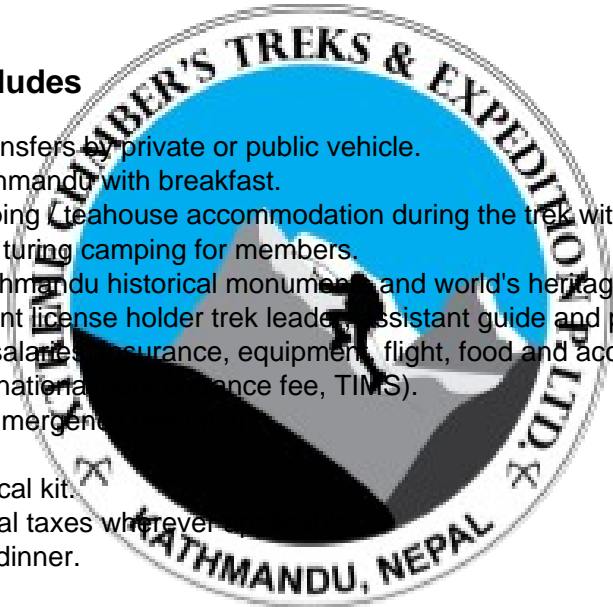
- **Day 13 :** Myangal Bhanjyang – Dhunchet Gaon Meal includes:Breakfast/Lunch/Dinner
- **Day 14 :** Dhunchet- Machha khola Meal includes:Breakfast/Lunch/Dinner
- **Day 15 :** Machha Khola - Jagat Meal includes:Breakfast/Lunch/Dinner
- **Day 16 :** Jagat - Deng Meal includes:Breakfast/Lunch/Dinner
- **Day 17 :** Deng - Ghap Meal includes:Breakfast/Lunch/Dinner
- **Day 18 :** Ghap - Lho Gaon Meal includes:Breakfast/Lunch/Dinner
- **Day 19 :** Lho Gaon - Sama Gompa Meal includes:Breakfast/Lunch/Dinner
- **Day 20 :** Sama Gompa - Manaslu Base Camp Meal includes:Breakfast/Lunch/Dinner
- **Day 21 :** Sama Gompa - Samdo Meal includes:Breakfast/Lunch/Dinner
- **Day 22 :** Samdo - Dharmasala Meal includes:Breakfast/Lunch/Dinner
- **Day 23 :** Dharmasala - Bimtang Via Larkey pass Meal includes:Breakfast/Lunch/Dinner
- **Day 24 :** Bimtang - Dharapani Meal includes:Breakfast/Lunch/Dinner
- **Day 25 :** Dharapani - Bahudanda Meal includes:Breakfast/Lunch/Dinner
- **Day 26 :** Bahudanda - Besisahar Meal includes:Breakfast/Lunch/Dinner
- **Day 27 :** Drive to Kathmandu Transfer to Hotel Meal includes:Breakfast/Lunch/Dinner
- **Day 28 :** Transfer to Kathmandu Tribhubhan Airport for finale departure back to hometown.

**Note:** The above itinerary can be tailor made as per client's request, we can make the itinerary shorter/Longer by cutting or adding days, People who have longer time can add the White Water Rafting, Jungle safari tour in Chitwan National park, Paragliding and Zeep Flyer in Pokhara and other extra activities so feel free to write us on [info@xtremeclimbers.com](mailto:info@xtremeclimbers.com) for further details.

## Cost Includes

### Full Board Service Includes

- All airport/hotel/land transfers by private or public vehicle.
- Accommodation in Kathmandu with breakfast.
- Entire necessary Camping /teahouse accommodation during the trek with all meals included
- VE-25 North face tents during camping for members.
- Sightseeing around kathmandu historical monuments and world's heritage sites with professional city guide.
- Experienced government license holder trek leader, assistant guide and porters including
- Xtreme Climbers staff salaries, insurance, equipment, flight, food and accommodation.
- All necessary permits (national park entrance fee, TIMS).
- Thuraya SAT Phone (Emergency use only)
- Radio Walki Talki
- A comprehensive medical kit.
- All government and local taxes wherever applicable.
- Welcome and farewell dinner.



## Cost and payment details

The cost is depending on group size, affected due to the requirement of number of guides and porters, requisite of Hotel in Kathmandu, method of land/air transport. The itinerary is changeable and modifiable as per needs and time frame of trekkers. Cost will be re calculated if the itinerary is changed or modified. Additional activities may be added as per trekkers request with appropriate additional cost. For Total Tour cost **EMAIL US**, we will send you within 24 hours as your requirements.

## Why we don't include cost in our website?

**NOTE:** To provide you service in reasonable cost and attempt to address your each requirement **Xtreme Climbers** desired to provide you with some information which directly affects the cost and also helps us breakdown the cost. That is why we have decided to clarify our customers that due to the following reasons mentioned below we have not included the cost of each package in the company website.

1. Climbing season: The climbing permit royalty cost for mountain will be different during Spring and Autumn season. Normally most of the climbers climbs Himalayas in the Spring season. Climbing permit during Autumn will be 50% less than the spring season.



2. The cost of the trip depends on Number of persons joining in group for High expedition or Mountain Climbing including number of climbers, non-climber, base camp supporters, medical doctors, The number of climbing Sherpa guides, high altitude porters, kitchen crew, mode of transport you prefer and many other factors can affect the cost of the trip. Alpine climbing guide as well as the category of the hotel accommodation and the facilities that you aspire in the mountains affect the cost.
3. We operate the High Expeditions, Peak Climbing in full arrangement package and basic arrangement service (full board or base camp service) which directly affects the expedition cost.
4. Request numbers of oxygen, mask regulators and the brands the clients require
5. The itinerary may be changed after reaching an understanding between the agency and the client. Other activities could be added or reduced as per the client's request before processing the trip. Price for reduced activities could be deducted and additional activities could be added in mutual understanding.
6. Either you want to operate this expedition as international group joining basics of Xtreme Climbers or individual (private arrangement) expedition.
7. Type of high camp food that clients require. Any specialized food that has to be ordered from foreign countries will be costlier compared to the one available here.
8. Either any of the climbers intend to attempt any world records? If so, do they require special services or equipment?

Due to the reasons mentioned above we would like to discuss with our client directly before offering the cost. So please feel free to drop your queries in [info@xtremeclimbers.com](mailto:info@xtremeclimbers.com) or login to [xtremeclimbers.com](http://xtremeclimbers.com) for any information about your selected package.

## Cost Excludes

### Full Board Service Excludes

- Nepal visa fee (\$40 and two passport photographs are required).
- International Flight.
- Excess baggage charges.
- 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.
- 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.

