

GANESH HIMAL



COUNTRIES VISITED: **NEPAL**

TRIP TYPE: Trekking

TRIP GRADE: Moderate

TRIP STYLE: Camping

5 Based On 1 Reviews

KG Carbon Footprint

TRIP LEADER: Local Leader

GROUP SIZE: 2 - 10 people

NEXT DEPARTURE: 03 Oct 2024

5 Trees Planted for each Booking

Ganesh Himal trek connects Manaslu region with Langtang regions. We have cultural experiences while visiting traditional villages and meeting the friendly locals. From the passes we see Mount Ganesh Himal, Annapurnas, Fishtail and Himalchuli.

Ganesh Himal mountain range is visible from Kathmandu. Even with its proximity Ganesh Himal region of Nepal is rarely visited by trekkers. This is due to a lack of teahouse lodges so it is a camping style trip. The mountain range is named after the elephant headed god called Ganesh. It has seven summits with four of these over 7,000m.

Ganesh Himal trek, also known as Ruby Valley trek, starts at Arughat on the same trail as the [Manaslu Circuit trek](#). After a few hours our trail crosses Buri Gandaki river on a bridge then heads to the East. We cross Magne Goth pass into the main valley and then exit by crossing Pangsang pass. From there we descend into Syabru Besi where we drive back to Kathmandu. This place is the starting point of our [Langtang & Laurebina La trek](#).

In Ruby Valley we walk on trails through terraced fields between traditional villages. Tamangs and Gurungs live in these friendly villages. Above the villages there are beautiful forests of bamboo, larch and rhododendron. The branches are dripping with lichen, mosses and ferns. From the passes we have wonderful views of the Himalaya. To the North there is Ganesh Himal. To the West there is Annapurna

South and Annapurna 2, Machhapuchhre and Himalchuli.

REASONS TO CHOOSE US

- We are Himalayan trekking specialists having operated trips in Nepal for many years. [Roland Hunter](#) has designed the itinerary from his first-hand experience of this trek.
- Our [AITO Traveller Reviews for Ganesh Himal](#) have a holiday rating of 100%. Based on client feedback we won the 2018 Gold Award as AITO Tour Operator of the Year. Read more about our [Testimonials and Awards](#).
- We use Western-branded tents for our camping treks in Nepal.
- We review weather forecasts for the Ganesh Himal throughout the duration of this trek.
- We send a Thuraya satellite phone on our group treks in Nepal. Your leader will have reliable communications for logistics, planning and group safety.
- We provide the porters with windproof jackets & trousers, crampons, and shelter. We follow International Porter Protection Group ("IPPG") guidelines.
- We provide a range of tasty meals for breakfast, lunch, and supper. We give everyone in the group a chocolate or muesli bar per day. For breakfast, we provide fresh coffee from our Bialetti Moka coffee machine.
- We bring a comprehensive medical aid kit.
- Our team with first-hand knowledge of this trek provides pre-trip support. During high season we have someone from our UK Operations team based in Kathmandu.

WHAT'S INCLUDED

- All internal transport and transfers including airport collections.
- One day sightseeing in Kathmandu with a Nepalese cultural guide and private vehicle including all entry tickets.
- Twin-share rooms at Hotel Tibet or Ambassador in Kathmandu.
- Breakfast only in Kathmandu, all meals included while on the trek.
- Twin share tents while on trek using our Western branded tents.
- Trekking arrangements. Including permits and fees, tents, Nepalese guide(s), porters, and cooks.
- Porters to carry your main bag. The porterage allowance is 15kg.
- Weather forecasts for the Ganesh Himal region during your trek.
- Thuraya satellite phone for organising logistics and medical evacuations. It can also be also used for personal calls at extra cost.
- A trekking map is given to you on arrival in Kathmandu.
- UK-registered charity, Pipal Tree, will plant 5 trees for you in the Gurkha Memorial Forest in southern Nepal.
- Full financial protection for bookings from the UK and internationally (ABTOT). Our Air Travel Organiser's Licence (ATOL) number is 10921. Our Association of Bonded Travel Operators Trust (ABTOT) membership number is 5365).
- Pre-departure support and advice from The Mountain Company. We are available by email, phone, Zoom or face-to-face meetings.

WHAT'S NOT INCLUDED

- International flight to/from Kathmandu.
- Travel & trekking insurance.
- Nepal visa for 30 days.
- Lunch and evening meals in Kathmandu.
- Personal clothing & equipment, please see Appendix for suggested kit list.
- Tips to the trek crew. Each trekker should budget for giving tips into the group fund. This should be in the region of 15,000 Nepalese rupees (approx. £95 or US\$115)
- Other items not listed in "What is included".

ITINERARY

DAY 1: ARRIVE IN KATHMANDU (1,400M)

Arrive in Kathmandu

No meals

Hotel Ambassador in Kathmandu

Flying into Kathmandu on a clear day is in itself an unforgettable experience. The Himalayan peaks are only a short distance north of the capital of Nepal as seen from the plane. After customs, you will pass into the passenger pick-up area outside the building. You will see a Mountain Company signboard. Our representative will be waiting to welcome you to Nepal. After transferring to your hotel we will give you a full trek briefing. The rest of the day will be yours to explore Kathmandu and to make final preparations for the trek. You will hear the Nepalese word for hello 'Namaste', you will never forget that word after this holiday.

DAY 2: SIGHTSEEING IN KATHMANDU

Sightseeing in Kathmandu

Breakfast

Hotel Ambassador in Kathmandu

This is a one day guided sightseeing tour of the Kathmandu Valley. We visit three out of the seven World Heritage Sites. You start off by visiting Patan Durbar Square. Afterwards you drive to the Buddhist stupa at Boudhanath. The last stop of the day at the Hindu shrine of Pashupatinath. The tour is likely to finish around 4pm and the rest of the day is free to further explore Kathmandu.

Three major towns in the valley, Kathmandu, Patan and Bhaktapur. Each place has great artistic and architectural traditions. Kathmandu is the capital and the largest city in the country. Patan, the second largest separated from Kathmandu by Bagmati river. Bhaktapur, the third largest, is towards the eastern end of the valley. Its relative isolation reflected in its slower pace and more medieval atmosphere. In Kathmandu there is a bustle of activity especially in the bazaars and markets. While the city has expanded over the last 10 years it is still possible to see traditional buildings and temples.

DAY 3: DRIVE TO ARUGHAT (570M)

Drive to Arughat (7 hours driving)

Breakfast, Lunch and Dinner

Teahouse lodge

We leave Kathmandu early in the morning by private bus. It is a scenic drive with occasional glimpses of mountain peaks. After exiting the Kathmandu valley we drive along the Pokhara road. We turn off to head North following Buri Gandaki to Arughat Bazaar. After Dhading Besi the road is not hard topped. It is likely to be quite dusty in the bus so it is a good idea to bring a buff or scarf along with you.

DAY 4: WALK TO MANBU (1,300M)

Walking 12km (6 hours)

Breakfast, Lunch and Dinner

Camping

Our trek starts at Arughat and heads north upstream along the Budhi Gandaki river. After about two hours we arrive at Arkhet where we turn off Manaslu Circuit trail. We cross the suspension bridge over the river. After the bridge the trail ascends through woodland and terraced fields. We pass through the small settlements of Baseri and Lapudanda. After about four hours walking we arrive at Manbu where we camp for the night. From the village we see Budhi Gandaki and to the North is the Shingri Himal mountain.

DAY 5: WALK TO LAMODHUNGA (2,200M)

Walking 7km (5 to 6 hours)

Breakfast, Lunch and Dinner

Camping

From Manbu the trail traverses and ascends to Dunchet village where we are likely to have lunch. Dunchet village is a large village with traditional stone houses. It has a village square in the centre where they have meetings and socialise. After the village the trail climbs on stone steps through fields to enter the forest. We walk towards a large rock called Lamodungha. We will camp in a clearing near this rock. From here there are views of the eastern face of Himalchuli.

DAY 6: WALK TO NAUBAN KHARKA (2,800M)

Walking 9km (5 to 6 hours)

Breakfast, Lunch and Dinner

Camping

From camp the trail ascends through a forest of bamboo, larch and rhododendron. After crossing several streams we enter a clearing at a place called Nauban Kharka. We camp here for the night. There are views of Annapurna South and Annapurna 2, Fishtail and Himalchuli.

DAY 7: WALK OVER MYANGAL BHANJANG (2,975M) AND MAGNE GOTH (2,800M) TO KHADING

Walking 9.5km (6 to 7 hours)

Breakfast, Lunch and Dinner

Camping

After about an hour from camp we reach Myangal Bhanjang. This pass is at an altitude of 2,975m. We

descend through forest and enter Myangal Kharka. We get views of Ganesh Himal range and Paldor to the East. We also see these mountains from the second pass called Magne Goth at an altitude of 2,800m. From here we descend through forest and clearings down to Khading village.

DAY 8: WALK TO RACHYAT (1,780M)

Walking 5.5km (5 hours)

Breakfast, Lunch and Dinner

Camping

From Khading we descend to the river and cross a suspension bridge to the other side of the valley. After the bridge we have a short climb followed by contouring on a path above the river. We pass through Lapchet village and then descend to another river. After crossing the suspension bridge we walk up to Rachyet village.

DAY 9: WALK TO NEBER (2,020M)

Walking 5.5km (6 hours walking)

Breakfast, Lunch and Dinner

Camping

From Rachyet we ascend the trail through forest to the school at Timla. As we cross the ridge there are good views of Ganesh Himal mountains. The trail traverses high above the river and passes through Tirigaon. Beyond this village the trail is on a stone path along the steep mountain side as we head North to Neber. This village is a friendly place where we stay two nights with time tomorrow to explore the area.

DAY 10: DAY WALK FROM NEBER (2,020M)

Breakfast, Lunch and Dinner

Camping

Today there are several options for day walks to explore the area. We can go for a walk across the valley to visit Hindung village. The other option is to follow the trail north up the valley beyond Neber for good views of Ganesh Himal.

DAY 11: WALK TO SHERTUNG VIA CHALIS (1,920M)

Walking 5.5km (5 hours)

Breakfast, Lunch and Dinner

Camping

We say our goodbyes to the villagers of Neber. On leaving we descend to Tatopani where it is well worth

having a dip in the hot springs. From Tikka Danda we descend to the suspension bridge and then ascend to Chalis village. The April 2015 earthquake damaged many of the villages in this region. The Mountain Company and our supporters have helped in a project to rebuild the school in Chalis. After a visit to the school we ascend on stone steps to Shertung where we camp for the night.

DAY 12: WALK TO MARMELUNG KHARKA (3,200M)

Walking 7.5km (7 hours)

Breakfast, Lunch and Dinner

Camping

From Shertung the trail descends to cross Adho Khola followed by a steep ascent to Kamigaon. After this village we pass through Tipling and ascend to Laptung. We follow the trail on stone steps through forest and we camp at one of the clearings at Marmelung Kharka.

DAY 13: WALK TO PANGSANG LA (3,850M)

Walking 7km (4 hours)

Breakfast, Lunch and Dinner

Camping

From camp the trail continues through beautiful forest. After a couple of hours we arrive at the cheese factory. We pass through a kani stone entrance with several chortens and this marks the summit of Pangsang La. There are several buildings at the pass including a porter shelter. We will camp here and in the afternoon explore the area.

DAY 14: WALK TO VIEWPOINT AND THEN TO SOMDANG (3,270M)

Walking 9.5km (4 to 5 hours)

Breakfast, Lunch and Dinner

Camping

On a clear day there are panoramic views from Pangsang La. It is well worth walking to the viewpoint located about 150m above the pass. The view sweeps from Langtang in the East to Ganesh Himal to the North and Annapurnas and Manaslu to the West. After returning back to camp we start the descent of the pass through forest and arrive at Somsang.

DAY 15: WALK TO GATLANG (2,240M)

Walking 9.5km (6 to 7 hours)

Breakfast, Lunch and Dinner

Camping

After Somdang we have one more pass to cross called Kurphudanda at 3,710m. From here we descend on a trail and a jeep track to the large village of Gatlang.

DAY 16: WALK/ DRIVE TO SYABRU BESI (2,380M)

Walking 4km (2 hours)

Breakfast, Lunch and Dinner

Teahouse lodge

It is a short walk to the roadhead at Chillime and then we drive to Syabru Besi where we stay in a lodge for the night.

DAY 17: DRIVE TO KATHMANDU

Drive to Kathmandu (7 hours)

Breakfast and Lunch

Hotel Ambassador in Kathmandu

After breakfast we leave Syabru Besi by private vehicle. This is a long drive although these days the road is hard topped all the way to Kathmandu. We pass through the rural landscape of villages and locals working in the fields. We follow the Trishuli river to the south and pass through Dhunche. We descend to Trishuli river and drive onto Trishuli Bazaar. As this is at a low elevation of 540m it will be hot and humid. We enter the Kathmandu valley to the North past Shivapuri Nagarjun National Park.

DAY 18: FLY BACK HOME

Fly home

Breakfast

Transfer to Kathmandu airport for the flight back home. End of trip.

DATES & PRICES

2024

Dates	Trip Leader	Price	Single Supplement: Room/ Tent	Availability
03 Oct 2024 to 20 Oct 2024	Local Leader	US\$2,495pp	US\$200pp / US\$175pp	2 Left to Guarantee
24 Oct 2024 to 10 Nov	Local	US\$2,495pp	US\$200pp / US\$175pp	2 Left to

Dates	Trip Leader	Price	Single Supplement: Room/Tent	Availability
2024	Leader			Guarantee

2025

Dates	Trip Leader	Price	Single Supplement: Room/Tent	Availability
06 Mar 2025 to 23 Mar 2025	Local Leader	US\$2,550pp	US\$200pp / US\$195pp	2 Left to Guarantee
27 Mar 2025 to 13 Apr 2025	Local Leader	US\$2,550pp	US\$200pp / US\$195pp	2 Left to Guarantee
02 Oct 2025 to 19 Oct 2025	Local Leader	US\$2,550pp	US\$200pp / US\$175pp	2 Left to Guarantee
23 Oct 2025 to 09 Nov 2025	Local Leader	US\$2,550pp	US\$200pp / US\$175pp	2 Left to Guarantee

PRACTICAL INFORMATION

A Typical Day On Trek

TYPICAL DAY ON CAMPING TREK IN NEPAL

We provide a comfortable experience on our camping style treks. Our team works hard to support you so that you can relax and enjoy [trekking in Nepal](#). We provide personal tents, mess tent, kitchen tent and toilet tent(s). The camp will be set up and dismantled by the trek crew. We bring along a cook and kitchen helpers to provide the meals.

The day starts with an early morning mug of tea brought to your tent by one of the trek crew. Before heading for breakfast you pack your overnight gear into your duffel bag. During breakfast the trek crew pack away the tents. The porters arrange their loads and set off on the trail in the cool of the morning. After breakfast, between 7am and 8am, we start walking.

The pace of the trek is moderate as there is plenty of time in the itinerary to reach the camp for tonight. There will be plenty of time to enjoy the scenery, take photos and explore the local villages. Lunch will be around midday at a spot by the side of the trail. Our cooks prepare lunch for us and the food is usually ready by the time the group arrives.

After lunch we continue the walk and on most days we arrive to camp by mid afternoon. Some of the trek crew would have gone ahead of the group to set up camp and to put up the tents. On arrival to camp you will get a hot drink and biscuits. In the evening our cook will provide a three course meal in the mess tent around 6pm.

After supper the leaders will discuss the plan for the next day. Afterwards people might stay in the mess tent chatting about the day's events or playing cards. After a tiring day most people head to their tent quite early for the night. Tomorrow is likely to be very similar as today! The only difference is that if we are crossing a high pass or climbing to a summit we leave camp earlier in the morning.

You can read more about our [Camping Treks in Nepal](#) on our Blog. This article explains the advantages of camping versus teahouse lodge treks. It also describes what the campsite set up is like and more about the food provided by our cooks.

Food provided on Camping Trek

FOOD PROVIDED ON CAMPING TREK IN NEPAL

While on a camping style trek in Nepal we provide tasty and nutritional food. We make sure there is more than enough quantity to go around as trekkers will be hungry after a long day on the trail. Over the years we have worked on increasing the variety of the menus. We have expanded the list of ingredients provided to the cooks so they have more to work with. Also in 2015 we purchased two food dehydrators with a vacuum sealing machine. We dehydrate a large number of different vegetables in Kathmandu before departure. This has transformed the quality of food especially on longer treks to remote areas.

For breakfast we provide porridge or cereal, toast or chapatis and eggs. There will be hot drinks including tea, herbal teas, hot chocolate and coffee. We provide fresh coffee from our Bialetti Moka coffee machine.

For lunch we stop at a convenient spot with water at the side of the trail. The cook and kitchen walk ahead of the group in the morning and lunch should be ready shortly after our arrival. After lunch we have time to relax before starting to walk again in the afternoon.

On arrival at camp in the afternoon you have biscuits and a hot drink such as tea or coffee. Around 6pm we serve a three course meal in the mess tent. The starter is often soup with popcorn or poppadoms. We have a range of main dishes and carbohydrates including rice, potatoes or pasta.

We cater for a variety of dietary requirements. Our meals are suitable for vegetarians. If there is a meat dish then we also provide vegetarian options as standard. During booking we find out if you have any dietary needs and agree upon meal plans before departure. If you have any questions about the food provided please get in touch with us to discuss further.

Communications

COMMUNICATIONS

We bring a Thuraya satellite phone for logistical, safety and personal use. Personal calls charged at £4 (US\$5 or €4.50) per minute and £2 (US\$3 €4.50) to send and receive SMS text.

Kit List

KIT LIST FOR GANESH HIMAL TREK

This is the mandatory kit list for the safety of everyone in the group and to ensure a successful trek. You must have the following items tailored for Ganesh Himal trek. The group leader will check your gear in Kathmandu before departure for the trek.

As a reminder, the weather on this trek will vary season to season and day to day as you ascend to higher elevations. At the start of the trek you will experience hot conditions with temperatures up to 25 Celsius. You experience the coldest temperatures in Pangsang La pass at an altitude of 3,850m. Overnight lows here will be down to around -5 Celsius.

You should bring a rucksack or backpack for gear required during the day. Your pack should contain items such as warm clothes, jacket, camera, water bottles, personal first aid kit and snacks. The weight limit is 5kg. A porter will carry the rest of your personal equipment packed in a duffel or kit bag. The weight limit for your duffel bag is 15kg. Please mark your bag on the outside for easy identification.

Print the kit list and tick items off as you pack them then weigh your kit bag before you come on trek.

Footwear

- Walking Boots. A pair of water repellent boots with ankle support. Boots must be in good condition, the best approach is to get new boots and break in before the trek. Over the years we have had several boots fall apart so you should also bring trail shoes as a backup.
- Trail shoes. Used around camp and as a replacement if your walking boots fall apart!
- Sandals. Enclosed sandals are best to protect your feet during river crossings. Required for river crossings as well as two trekking poles.
- Walking socks.

Clothing

- Waterproof and Windproof jacket (with hood) and trousers (goretex or similar). For use if it rains or snows during the trek and in windy conditions.
- Trekking trousers. (eg. Mountain Hardwear Mesa V2 or The North Face Paramount Peak).
- Long sleeve tops or shirts (not cotton).
- Micro fleece.
- Mid to heavyweight fleece or synthetic/ primaloft top.
- Sleeveless/ gilet or body warmer type fleece / synthetic top. This will help keep your core warm while not bulking when layering up. Gilet used in combination with base layers, other fleeces and down jacket. This provides the most warmth and insulation.
- Thermals or base layer for top & bottom (merino wool or synthetic).
- Fleece or synthetic leggings. Worn around the camp or added as a layer when the temperatures start to drop higher up.
- Medium weight down jacket.

Head and Gloves

- Fleece gloves.
- Warm mittens and/or gloves.
- Wool or fleece hat.
- Sun hat.
- Bandana or scarf (eg. Buff Headwear).
- Head torch. Bring extra batteries.
- Sunglasses. The lenses need to be Category 4 rated. They should have side protection or wraparound design.

Personal equipment

- Sleeping bag. Overnight lows down to -12 Celsius. It is possible to rent a bag from Shonas Rental in Kathmandu.
- Fleece or silk liner for your sleeping bag. A liner protects your sleeping bag from getting dirty. Also helps by adding extra insulation to keep you warm at night.
- Sleeping mat (eg. Thermarest). On trek we provide everyone with a foam mat. We recommend two layers for insulation and comfort. We also provide everyone with a pillow.
- Day pack. Recommended size is around 40 litres. You need to have enough space to carry water bottles, camera, snacks and extra clothing and climbing gear. The pack should have a good waist belt. It is also a good idea to bring a rain cover to keep the contents dry.
- Trekking poles (Black Diamond with "Flick Lock" are best). Two poles are mandatory for your safety. These will be helpful on steep sections of the trail and river crossings. Also for walking on snow or ice higher up.
- Stuff sacks for keeping your gear dry and organised. Or even better are fold dry bags such as from Exped.
- Two water bottles. Nalgene wide mouth bottles are the best. You may use a hydration pack lower down but the tube will freeze in the cold so ensure you still have two water bottles.
- Pee bottle. Recommended as means you do not have to get up to find the toilet tent at night! For men you can use an old water bottle. For women take a look at SheWee.
- Sunscreen and lip salve with a high SPF.
- Water purification tablets (Pristine, Biox Aqua or Aqua Mira).
- Favourite snack food.
- Books and cards etc.
- Camera with spare batteries and memory cards.
- Insurance certificate.
- Earplugs (optional).
- Baby wipes (optional).
- Hand sanitizer. Keep this in your day pack for use after a toilet break during the trek or before eating any snacks. We provide sanitizer for use before meals.

Travelling

- Duffel bag for your personal gear on the trek. Will be carried by a porter. Rugged and waterproof made of a plastic material. Size 100-120 litres. Eg. Mountain Equipment 100l or Rab 120l. Bring a small

combination padlock to secure the bag.

- Travel clothes. You will need casual clothing for air travel days and time spent in Kathmandu.
- Toiletry bag with soap, travel towel, toothbrush etc. We provide toilet paper while on trek.

Personal first aid kit

We provide a [comprehensive group first aid kit](#). Please bring personal medications and other items you might use such as:

- Any personal medications.
- Blister treatment (Compeed patches are the best)
- Rehydration powder (eg Dioralyte).
- Analgesics (paracetamol, ibuprofen and aspirin).
- Plasters and zinc oxide tape.
- Throat lozenges.

Threat and risk assessment

RISK ASSESSMENT FOR GANESH HIMAL

You should be aware trekking in a developing country involves a risk of personal injury or death. You must accept these risks and be responsible for your own actions and involvement. Adventure travel requires an open and flexible attitude. You may experience extreme conditions and unpredictable weather. There could be last-minute changes to the itinerary beyond our control. The ability to work in a team is an important aspect of our trips.

We have performed a threat and risk assessment for our Ganesh Himal trek. Our trips have a degree of risk. This is part of the attraction of adventure travel and why so many people choose to join this type of holiday. By identifying the hazards we assess the level of risk. We have control measures in place to reduce this happening or to reduce the impact.

Our risk assessment is available to clients on request. We have listed below a summary of the significant risks and hazards identified by us:

- Falls and trips resulting in physical injury eg. slipping on ice or falling off the path.
- Altitude illness including but not limited to AMS, HACE, and HAPE.
- Getting lost or becoming separated from the group.
- Severe bad weather and conditions when camping.
- Climatic injuries (dehydration, sunburn, heat exhaustion, hypothermia, or heat stroke). Please note during the months of April and October it will be hot and humid at lower altitudes on the trek.
- Crossing a river with no bridge resulting in drowning and/ or a fall.
- Rockfall and landslides.
- Snow and ice avalanches.
- Lightning strike.
- Wildlife, pack animals (e.g. donkeys or horses), or stray dogs. Pack animals can knock people off the path. Dogs can attack and bite. Discuss rabies vaccination with your doctor.
- Earthquake.
- Risk of fire in the hotel or lodge.
- Endemic local diseases. Discuss vaccinations with your doctor before departure.
- Physiological injury. Such as heart attack, appendicitis, hernia, toothache, etc. in a remote area.
- Road traffic accidents.
- Contaminated food and/ or water.

This trip visits a remote area. You are away from the usual emergency services and medical facilities. Evacuation for a serious injury requiring hospitalisation could take up to several days. This delay could impede your ensuing recovery. Helicopters are the usual means of evacuation. They are not always available or hindered by poor weather and flying conditions.

Weather and conditions

WEATHER AND CONDITIONS FOR GANESH HIMAL TREK

Ganesh Himal trek has a wide range of temperatures. This depends on the season, altitude and time of day. Below 3,000m the nights will be cool around 5 Celsius. During the day temperatures sometimes rise to 25 Celsius. At higher altitudes temperatures range from about 15 Celsius to -5 Celsius.

The trekking season in Nepal is late September to May. October and November is generally recognised as having the best weather. Spring is a popular time of year with warmer weather than in Autumn. Also there is the advantage of seeing spring flowers and rhododendrons in bloom.

We have chosen the dates for optimal conditions on the high passes. By late March in the Spring season the weather is warmer and the snowline is higher. This decreases the chance of snow blocking the Pangsang pass. In the Autumn season we organise the trek during October and November. The conditions on the trail over the passes should be fine with no snow.

We have written a blog article [When is the best time to go trekking in Nepal Himalaya?](#) This has information about the weather and conditions in Spring and Autumn seasons. It also explains the differences between the trekking regions of Nepal.

ACCOMMODATION

CAMPING IN NEPAL



We use both Mountain Hardwear Trango 3.1s and Quechua tents for our camping treks in Nepal.

HOTEL AMBASSADOR IN KATHMANDU

We have used [Hotel Ambassador](#) in Kathmandu for our groups since it was rebuilt in 2017. Since then we have received positive feedback on their service and location. This is our first choice hotel for trekking groups in Kathmandu. Rooms are well appointed with a reliable supply of hot water for use in the shower. The windows have double glazing so it keeps the rooms very quiet. They serve an excellent breakfast buffet from 7am to 10am. A sundowner on their rooftop bar and restaurant called Foreign Affairs is a must do!

Notes downloaded on: 02-05-2024

