

# Ganesh Himal Singla Pass Trek

Url: <https://www.glorioushimalaya.com/trip/ganesh-himal-singla-pass-trek/>

**Duration**

12

**Max. Altitude**

4,200m

**Difficulty**

Moderate

**Group Size**

Min 2 pax

**Transport**

Local bus and private vehicles

**Meals**

Breakfast, Lunch, Dinner

**Starts At**

Kathmandu

**Ends At**

Kathmandu

**Accommodation**

Hotel, Teahouse

## Overview

**Ganesh Himal Singla Pass Trek** (4200m) 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 this mid-hills with their captivating customs and traditions. The best seasons to visit are 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. The trail begins from Kathmandu and follows the same road route to Bhalche a town on the border between Nuwakot district to the south and Rasuwa district to the north. Bhalche is about 30 Km north of the large bazaar town of Trishuli.

Visitors will get opportunities to observe the inhabitants of these areas, who live in the flat-roofed fortress-like village in this remote area. The journey around these legendary mountains is among the most enjoyable though it is too tough for trekkers.

Check out our fixed itinerary for **Ganesh Himal Singla Pass Trek** or just send us an [email](#) and we'll tailor-make an itinerary based on your requirements.

# Itinerary

## **Day 01: Arrival in Kathmandu (1400m)**

Welcome to the Himalayas! We will be waiting for your arrival at Kathmandu airport terminal. Our airport representative will be holding a company name card (Glorious Himalaya) outside the airport terminal to receive you. You will then be transferred to your respective hotel via a private vehicle (car/ jeep/ van/ bus: depending upon the size of the group). After check-in and some refreshments, you can either rest or stroll down the street of Thamel and familiarize yourself with the neighborhood. In the evening you will meet our office representative for a briefing about our upcoming trip. You will also be invited to a welcome dinner organized by our company which will include a typical Nepali cuisine and a cultural dance. It's probably your first night in Nepal in the Himalayan nation. Overnight at the hotel inclusive of breakfast.

## **Day 02: Drive to Bhalche (1850m) - 7 hrs drive**

After hearty breakfast early morning, we take a private four-wheel vehicle or a local bus early in the morning and advance our journey towards Bhalche Gaon. We exit Kathmandu from Thankot, and pass through Trisuli Bazaar and Betrawati, making a scenic drive along a narrow zig-zag road amid an amazing landscape. We will have our lunch along the way at a local hotel and then continue our journey. After driving approximately 5-6 hours from Kathmandu, we finally reach today's destination Bhalche. Bhalche is also the gateway to Langtang Valley. We will even be able to start our trek on the same day, but after a rough and long drive, spending a night in Bhalche will give us a perfect acclimatization day. We will set up our camp at Bhalche and enjoy a delicious meal.

## **Day 03: Trek to Rupchet (3850m) - 6 hrs walk**

After having a delightful breakfast prepared by our staff, we make a good start of our trek by heading towards Rupchet. The initial part of the trail is a bit uphill with mesmerizing views of Bhalche village on the backdrop. The trail further passes through a high tropical jungle with breathtaking views surrounded by fascinating landscapes. We arrive at Thulo Kharka and stop for lunch. After some minutes of rest, we march further towards beautiful Yak huts and campsite of Rupchet where we get to enjoy spellbinding hillside views and secretive periphery views. Overnight at tented camp with full board meals.

## **Day 04: Trek via Singla Pass (4,200m) to Chalise Gaon (1875m) - 6/7 hrs walk**

Today is a bit challenging part of our overall trek. After a hot breakfast prepared by our staff, we set off for Singla Pass (4200m), climbing all the way to the top of the hill. From the top, we get to enjoy the panoramic mountain views of Ganesh Himal ranges, Langtang ranges, and a part of Annapurna Ranges. After capturing some captivating views, we'll descend all down to Shertung gaon through the high tropical jungle of Himalayan pine forest, rhododendron forest, Oak, and Himalayan Bamboo, while enjoying the amazing wildlife experience. We will also pass many Kharkas (sheep, goat & cow huts). The stunning landscape and Lijyang waterfall are a mesmerizing view of the day. On the way, we'll give a

quick visit to Phyanghyat Gumba (Monastery) before finally arriving at Shertung village. Shertung is a large village inhabited mainly by Tamang. The name Shertung signifies "A place of Gold". Legend holds that the settlement was born after two brothers in search of gold were led here by a dream. Tamang people have their own rich culture to demonstrate to the visitors, namely Jhankri dance (shaman dance) and Gode dance (horse dance), said to have been inherited from Tibetan culture long ago. Practicing Jhankri (Shaman) activity is popular in this region which worships the natural forces and indigenous local deities interwoven with Buddhist and Hindu practices. We'll spend overnight at tented camp with full board meals. (Breakfast, Lunch & Dinner)

### **Day 05: Trek to Neber Gaon (2020m) - 5 hrs walk**

After breakfast, we'll continue our journey walking 30 minutes downhill to Chalish, which is the most splendid hospitality village in the region. Populated mostly by Gurungs, the area is also inhabited by a small portion of Dalit people living together. Our trek further continues to Tatopani (hot springs) where we enjoy half of the day taking bath and have lunch. This is perhaps the best hot springs in the region, but tourist infrastructure is not developed yet, so taking packed lunch from Chalish Village or Shertung village is much better. After lunch, we'll trek up to the pristine Tamang settlement named Neber. Just from the side of the Neber village, you will notice the mesmerizing view of Ganesh Himal soaring right in front of you. Relish in high valley village stays with locals at their house. Overnight at tented camp with full board meals.

### **Day 06: Trek to Lapa Gaon (1850m) - 5 hrs walk**

After breakfast, we'll walk about 2 hrs to reach all the way up to Timla Pass (2850m) and have a look at the majestic Ganesh Himal ranges and also the Langtang Himal ranges. The mesmerizing view of the surrounding landscape and its unique flora and fauna is truly amusing. Another charm of the trek is passing through the dense Himalayan alpine jungle. As the trek trail is not well marked in this area, trekking with an experienced local guide is highly advisable. Water is available in this area, though the tea house has not been built yet. After enjoying the silent serenity of the trek, and walking downhill on a bit slippery trail, we'll arrive at Lapchat Gaon, a charming Gurung village with around 30 roofs. Further crossing the Lapa Khola on a bridge we will ascend along a trail surrounded by fields to the walled compound of a newly built local hospital of the large town of Lapa gaon with over 400 homes. Lapa gaon is a big settlement of Tamang people where you'll have ample opportunities to absorb about Tamang culture. The village has at least a couple of local guest houses and villagers are initiating to build more lodge for the tourists. Simple dormitory shelter and simple food, yet good enough for a night halt. Overnight at a tented camp with full board meals.

### **Day 07: Trek to Ri Gaon (1550m) - 5 hrs walk**

Today is quite an easy walking day. After breakfast, we pass through Brahmin and Dalit village as well as paddy terraces, having a more wide view of the valley. We will have lunch along the way and finally, arrive a big settlement of Brahmin people called Phulkharka. In the evening we'll have a delicious meal prepared by our crew for dinner and spend the night at a tented camp.

## **Day 08: Trek to Phulkharka (1210m) - 5 hrs walk**

Today is quite an easy walking day. After breakfast, we pass through Brahmin and Dalit village as well as paddy terraces, having a more wide view of the valley. We will have lunch along the way and finally, arrive a big settlement of Brahmin people called Phulkharka. In the evening we'll have a delicious meal prepared by our crew for dinner and spend the night at a tented camp.

## **Day 09: Trek to Jyamrung Durbar / Danda (1550m) - 6 hrs walk**

Today is another interesting day of our trek. We trek to Ankhu Khola's side and pass several villages along the way. During summer this low valley walk will be a bit hotter. We will have our lunch at Ringne river side and continue our trek uphill to Jyamrung Durbar/ Danda. Jyamrung Durbar has the historical significance where the king of the Jyamrung used to live. The remains of the centuries-old palace can still be seen. Another significance of this place is that this is the best spot for the sunrise, sunset, and the great mountain views of Manaslu ranges in the west, and Ganesh Himal and Langtang range to the east. This might also be the main reason why this place was chosen to build the palace. Overnight at tented camp with full board meals.

## **Day 10: Trek to Dhading Besi and drive back to Kathmandu - (1400m) 3 hrs walk**

We can start our day with a great view of the sunrise. We are also at the end of our trek. After breakfast, we'll walk down 3 hours to Dhading Besi, enjoying the mesmerizing surrounding views. Dhading Besi is the headquarter of The district which is relatively a hotter place. Taking our lunch in a local hotel at Dhading Besi, we end our trek and drive back to Kathmandu via Prithivi highway along the Trisuli River. We climb up from Naubise and enter Kathmandu via Thankot. You will then be transferred to the hotel. Overnight at a hotel inclusive breakfast.

## **Day 11: Sightseeing in Kathmandu valley**

Today you will have a guided tour to many cultural heritages in the Kathmandu Valley. This includes world-renown Syambhunath Stupa(monkey temple), Boudhanath Stupa, Pashupatinath, and Kathmandu Durbar Square. All these sites carry a lot of historical, cultural, and spiritual significance which has also been recognized by UNESCO as world heritage sites. You would not want to miss this experience while in Nepal. You can also buy souvenirs of various Nepalese cultural stuff to gift your loved ones. After our successful valley tour, we will get back to the Hotel. In the evening we will celebrate dinner together for successfully completing our trip organized by our company, which includes Nepali cuisine and cultural dance. Overnight at hotel inclusive breakfast.

## **Day 12: Departure to your destination**

It's finally time to bid goodbye to this Himalayan nation. We will drop you at the international airport at least 3 hours prior to your actual flight schedule. At Glorious Himalaya, it was a wonderful opportunity to serve you that reflects on the time spent together. We pray for your Safe journey and hope to see you

again someday.

## Trip Includes

- All the airport pickups and drop-offs by private vehicles.
- 3 nights of hotel accommodation in Kathmandu city inclusive breakfast.
- 8 nights of local guest house and camping accommodations while on the trek.
- 1 day Kathmandu sightseeing tour including city tour guide and private transport.
- All the essential long and short-range ground transfers by jeep and bus.
- Full board meals (Breakfast, Lunch, Dinner) during the trek.
- All the necessary camping gears like two men tent, dining tent, kitchen tent, Toilet tent, kitchen equipment, mattress etc.
- An experienced and license holder trekking guide for the trek.
- Supporting porters to carry your loads for the trek. (1 porter for 2 guests)
- All the essential trekking permits and entrance fees for the trek.
- Glorious Himalaya Trekking company rain protection duffel bags and sleeping bags to use for the trek.
- First aid medicine for the trek.
- Government taxes and company service charges.
- Nepalese cuisine farewell dinner in Kathmandu with a cultural dance show.

## Trip Exclude

- International airfares and Nepal entry visa.
- Lunch and Dinner in Kathmandu Hotel.
- Items of a personal nature such as alcoholic drinks, cold drinks, laundry, hot shower during the trek.
- Tips for the trekking crews.

## Checklist

### Trekking Gear Checklist

#### Head

- Bandana or headscarf, also useful for dusty conditions.
- Warm hat that covers your ears (wool or synthetic)
- Headlamp with extra batteries and bulbs.
- Sunglasses with UV protection
- Prescription sunglasses (if required)

## **Upper Body**

- Polypropylene shirts (1 half sleeve and 2 long sleeves)
- Light and expedition weight thermal tops.
- Fleece wind-stopper jacket or pullover.
- Waterproof shell jacket (preferably breathable fabric)
- Down jacket
- Gore-Tex jacket with hood, waterproof and breathable

## **Hands**

- 1 pair of lightweight poly-liner gloves.
- 1 pair of lightweight wool or fleece gloves.
- 1 pair of mittens, consists of 1 Gore-Tex over mitt matched with a very warm polar-fleece mitt liner (seasonal)

## **Lower Body**

- Non-cotton underwear briefs.
- 1 pair of hiking shorts.
- 1 pair of hiking trousers.
- 1 pair of lightweight thermal bottoms (seasonal)
- 1 pair of fleece or woolen trousers
- 1 pair of waterproof shell pants, breathable fabric

## **Feet**

- 2 pairs of thin, lightweight inner socks.
- 2 pairs of heavy poly or wool socks.
- 1 pair of hiking boots with spare laces (sturdy, soles, water resistant, ankle support, "broken in")
- 1 pair of trainer or running shoes/sandals
- Cotton socks (optional)
- Gaiters (winter only), optional, "low" ankle high version

## **Sleeping**

- 1 sleeping bag (-20 degrees)
- Fleece sleeping bag liner (optional)

## **Rucksack and Travel Bags**

- 1 medium rucksack (50-70 liters/3000-4500 cubic inches, can be used for an airplane carryon)
- 1 large duffel bag
- A small daypack/backpack for carrying your valuables should have good shoulder padding
- Small padlocks for duffel-kit bags
- 2 large waterproof rucksack covers (optional)

## **Medical**

- Small, personal first-aid kit. (Simple and light)

- Aspirin, first-aid tape, and plasters (Band-Aids)
- 1 skin-blister repair kit
- Anti-diarrhea pills
- Anti-headache pills
- Cough and/or cold medicine
- Anti-altitude sickness pills: Diamox or Acetylzolamide
- Stomach antibiotic: Ciprofloxacin, etc. Do not bring sleeping pills as they are a respiratory depressant.
- Water purification tablets or water filter.
- 1 set of earplugs
- Extra pair of prescription glasses, contact lens supplies.

### **Practical Items**

- 1 small roll of repair tape, 1 sewing-repair kit
- 1 cigarette lighters, 1 small box of matches
- 1 compass or GPS (optional)
- 1 alarm clock/watch
- 1 digital camera with extra cards and batteries
- Large Ziplocs
- 2 water bottles (1 ltrs. each)
- 1 small folding knife
- Binoculars (optional)
- 4 large, waterproof, disposable rubbish sacks.

### **Toiletries**

- 1 medium-sized quick-drying towel
- Toothbrush/paste (preferably biodegradable)
- Multi-purpose soap (preferably biodegradable)
- Deodorants
- Nail clippers
- Face and body moisturizer
- Female hygiene products
- Small mirror

### **Personal Hygiene**

- Wet wipes (baby wipes)
- Tissue/toilet roll
- Anti-bacterial hand wash

### **Extras/Luxuries**

- Reading books
- Trail map/guide book
- Journal and pen
- iPod
- Travel game i.e. chess, backgammon, scrabble, playing cards (to help you pass the time at teahouses or camps)

- 1 modest swimsuit
- Voltage converter
- Plug adapter (2 round pegs to 2 flat pegs)
- Lightweight pillowcase (in case if your teahouses do not provide you)

## Contact Us, Head Office

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