

Ganesh Himal Trek - 6 Days

URL: <https://nepalalternativetreks.com/trip/singla-pass-ganesh-himal-trek/>

Ganesh Himal Trek Quick Information

Weather

-5°C to 22°C

Duration

6 Days

Difficulty

Moderate

Accommodation

Camping/ Home Stay

Meals Included

Breakfast, Lunch, Dinner

Transportation

Bus/Jeep

Daily Activity

06 hours walk

Religion

Buddhist, Christian

Ethnic People

Tamang, Gurung, Ghale

Region of Nepal

Ganesh Himal Region, Ruby Valley

Max Altitude

4000m./13200ft.

Per Person Cost

USD 650

Best Season

Sept, Oct, Nov, March, April & May

Geographic Terrain

Mountain, Hills, Forest, Village, Terrace, Waterfall

Group Discounts Available

No. of Persons	Price per Person
Group Of 1 - 4	USD \$650.00
Group Of 5 - 8	USD \$630.00
Group Of 9 - 12	USD \$610.00
Group Of 13 - 18	USD \$590.00

Note: Our fixed group departure dates, services and price is guaranteed even if the group numbers are 1 person to maximum 18 persons. We will provide a guide cum porter if there is only 1 person to operate the trek and one more assistant guide if group size is above 10 persons. And of course, guide cum porter will carry 10 kg luggage.

Ganesh Himal Trek Overview

Ganesh Himal Singla Pass Trek is perfect for those seeking an alternative to the more well-known experiences. ***The Singla Pass is about 4200 meters above sea level.*** This off-the-beaten path takes you through the pristine Ganesh Himal region, and along the way, you can witness stunning natural scenery, charming mountainside settlements, and friendly Highlanders.

Also, **On 6 Days Singla Pass Ganesh Himal Trekking, you can witness many different types of plants and animals.** The route begins in Kathmandu and goes all the way to Balche. A small town called Balche is situated on the northern and southern limits of the Rasuwa District and the Nuwakot District, respectively. Balche, roughly 30 km north of Trishuli, has a sizable bazaar.

Along the way, **trekkers can interact with local ethnic communities such as the Tamang, Gurung, and Ghale.** This provides insights into traditional lifestyles and customs, enhanced by stays in local homestays and tea houses where trekkers can savor authentic Nepali meals and hospitality.

Highlights Of Ganesh Himal Singla Pass Trek

- One of the top trekking routes in the heart of Nepal is this one.
- There is abundant plant and animal life, stunning village settings, and the kind people of the mid-hills.
- Sing La Pass (4050m), Pangsang Pass (3850m), and Mangni Pass are all crossed.
- Views of the Ganesh Himal, Langtang, Boudha Himal, Hiunchuli, and other snow-capped summits are breathtaking.
- Experiencing a wide variety of spectacular wildlife and birds, including over 300 bird species and unique animals like the
- Snow Leopard, Red Panda, Himali Thar, Wild Yak, Musk Deer, and Wild Boar.
- Tamang people's traditional and historical experiences.

Weather

January

-5°C to 10°C

February

-3°C to 12°C

March

0°C to 15°C

April

3°C to 18°C

May

5°C to 20°C

June

8°C to 22°C

July

10°C to 23°C

August

10°C to 22°C

September

8°C to 20°C

October

5°C to 18°C

November

0°C to 15°C

December

-3°C to 12°C

Difficulty

Trek difficulty Singla Pass Ganesh Himal Trekking

The Singla Pass Ganesh Himal Trek presents a moderately challenging adventure in the Nepalese Himalayas. Spanning approximately 12-14 days, this trek navigates through diverse landscapes ranging from lush forests to high alpine terrain. At its peak, Singla Pass reaches around 4,600 meters (15,092 feet), demanding careful acclimatization to manage altitude challenges effectively.

Trekkers are advised to maintain moderate to good physical fitness due to the daily walking distances and elevation gains. While not overly technical, the trek requires preparation and is best undertaken with a local guide or trekking agency to ensure safety, navigation, and a more profound cultural experience amidst the breathtaking vistas of the Ganesh Himal range.

6 Days Singla Pass Ganesh Himal Trek Itinerary

Day 1: Drive to Bhalche from Kathmandu

In Kathmandu, a driver will pick you up from your accommodation and take you north. You will pass through the Trishuli Valley during the journey, **which offers stunning views of hills, valleys, and rivers**. You will arrive in Bhalche, a little settlement at an elevation of 1900 meters, after a few hours. A lodge stays for the night.

Destination:

160km - Drive to Bhalche (Avg. 8 hrs.)

Accommodation

Lodge in Bhalche

Altitude:

(1900m./6270ft.)

Meals

Lunch, Dinner

Day 2: Bhalche to Gongka Kharka

You will pass through picturesque woodlands and tiny villages on your walk today. You will go over several suspension bridges as you walk along the Budhigandaki River. There will be multiple river crossings along the up-and-down track. You will eventually arrive in **Gongka Kharka, a stunning location surrounded by mountains, after walking for almost 6 hours**. A camping stays for the night.

Destination:

14km. /Hike to Gongka Kharka (Avg. 6hrs)

Accommodation

Camping in Gongka Kharka

Altitude:

(2600m./8580ft.)

Meals

Breakfast, Lunch, Dinner

Day 3: Trek to Rupchet Kharka (3400m) via Singla Pass (4045m)

Today, **you will make the ascent to the trek's highest point, Singla Pass (4045m)**. Since reaching the peak will take about 6-7 hours, you will start early in the morning. Although the walk is rugged and steep, the vistas are worthwhile. The Ganesh Himal, Langtang, and Manaslu ranges from the peak can be seen. After relaxing and taking in the scenery, you will go to Rupchet Kharka. A camping stays for the night.

Destination:	Accommodation	Altitude:
14km./ hike to Rupchet Kharka (Avg. 05 hours)	Camping at Rupchet	(3400m./11220ft.)

Meals

Breakfast, Lunch, Dinner

Day 4: Trek to Machet Kharka (3500m) via Sing La Pass (4000m)

Today's trek will take you through the Sing La Pass (4000m), another beautiful pass of the trek. The steep and challenging trail, but the views are worth the effort. **You will see the stunning views of the Ganesh Himal range from the top.** After crossing the pass, you will descend towards Machet Kharka. Overnight stay in a camping.

Destination:	Accommodation	Altitude:
13km./ Hike to Machet Kharka (Avg. 05 hrs.)	Camping at Machet Kharka	(3500m./11550ft.)

Meals

Breakfast, Lunch, Dinner

Day 5: Trek to Sertung /Chalish (1900m)

Today's trek will take you through beautiful forests and small villages. You will pass through several suspension bridges and cross the river several times. **After walking for about 6 hours, you will reach Sertung/Chalish, a small village at an altitude of 1900m.** Overnight stay in a lodge.

Destination:	Accommodation	Altitude:
16km./Hike to Sertung/Chalish (Avg. 06 hrs.)	Home Stay at Chalish	(1900m./6270ft.)

Meals

Breakfast, Lunch, Dinner

Day 6: Drive to Kathmandu (1295m)

Today, you will drive back to Kathmandu by jeep, which will take around 8-9 hours. You will pass through **beautiful hills and valleys and see the beautiful views of the Trishuli River.** Upon arrival in Kathmandu, you will be transferred to your hotel. End of the trip.

Destination:

160km. Drive to Kathmandu
(Avg. 08 hrs.)

Altitude:

(1295m./4273ft.)

Meals

Breakfast, Lunch

What's Included

- Pick Up at Tribhuvan International Airport and Transfer to Hotel in Kathmandu.
- All meals during the trekking (Breakfast, Lunch, Dinner with tea/coffee).
- Accommodation (Lodge/Homestay/ Tented) during the trekking.
- One experienced, well-trained, fluent English speaking, friendly, specialized in Ganesh Himal region and government authorized trekking guide, cook,
- 1 Porter per 2 Trekkers and keep luggage weight under 10kg per person.
- Kitchen utensils and camping gear.
- Guide and staff's food, accommodation, salary, insurance, transportation, and equipment.
- Overland transportation as mentioned in the itinerary.
- All necessary permits and documents.
- A Trekking map, Water purification, Oxygen saturation check-up every day, duffle bag, company t-shirt, first aid medical and trekking completion certificate, etc. Assistance for emergency rescue evacuation.
- Government tax and service charge.
- Public Liability Insurance.

What's Not included

- Hotel accommodation and meals in Kathmandu.
- Hard and soft table drinks such as coke, fanta, mineral water, beer, laundry, phone bill etc.
- Personal Travel insurance.
- International flight tickets.
- Nepal Tourist Visa
- Tips for guide and staff. (Highly suggested).

Ganesh Himal Trek Route Map

GANESH HIMAL TREK 6 DAYS

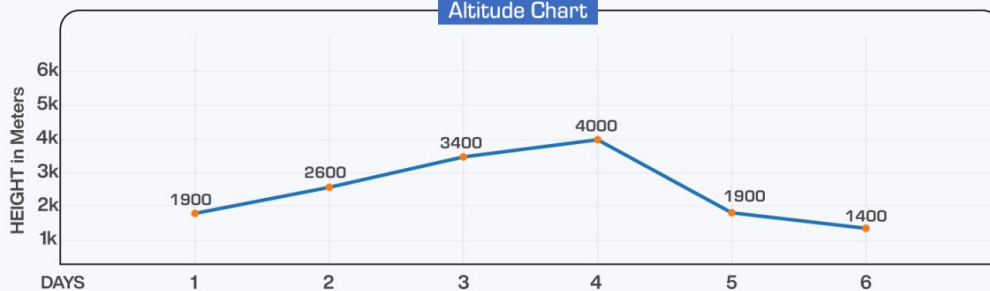
Difficulty level: Moderate
Trekking Route: ———
Secondary Route: - - - - -
Flight: ✈️
Lake: 🌊
Pass: 🏔️
Base Camp: 🏠
Monastery: 🗼
Airport: ✈️

Itinerary Highlight

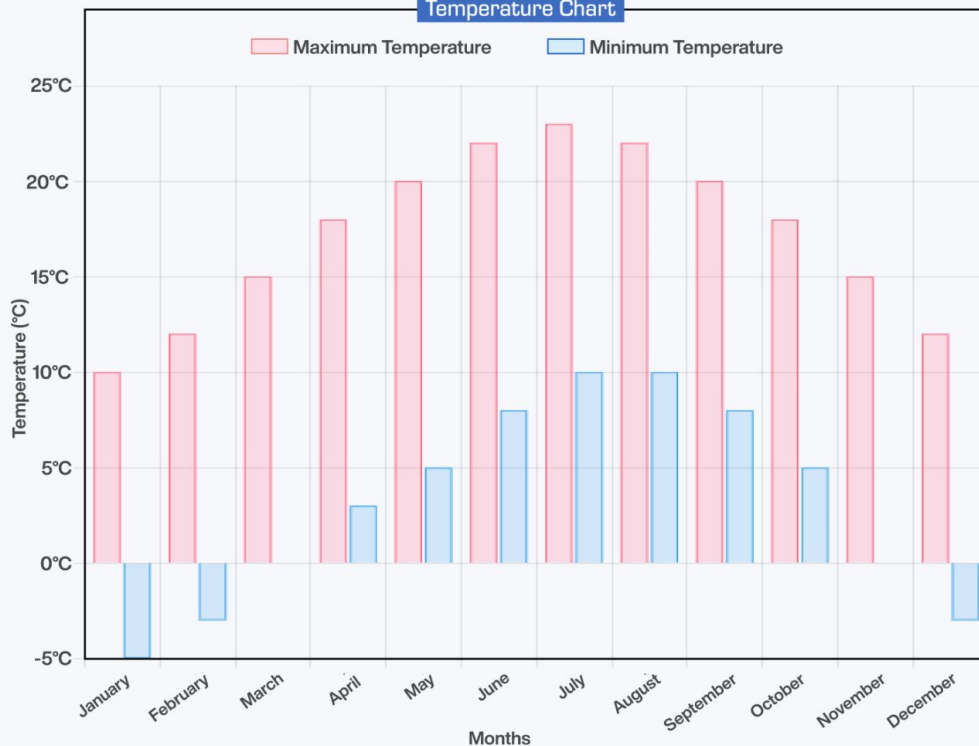
Day 1: Bhalche
Day 2: Gongka Kharka
Day 3: Rupchet
Day 4: Machet Kharka
Day 5: Sertung
Day 6: Kathmandu



Altitude Chart



Temperature Chart



Additional Trip Information

Why trek the Ganesh Himal ?

The Ganesh Himal Trek isn't just a physical adventure. It's a profound journey that touches your soul amid the stunning beauty of the Himalayas. Here's how this trek delivers on a multi-layered experience:

Scenic Beauty: Witness the awe-inspiring panorama of the Ganesh Himal massif, named after the elephant-headed Hindu deity Ganesh. Towering peaks, lush valleys, vibrant meadows, and cascading rivers create a landscape steeped in natural significance. Photographers and nature lovers will find endless opportunities to capture the trek's magic.

Cultural Experience: Ditch the tourist crowds and delve into the heart of Nepal's rural regions. This off-the-beaten-path adventure leads you through remote villages inhabited by the Tamang, Gurung, and Ghale communities. Engage with the locals. Learn about their ancient traditions. Then, you'll better understand mountain life. This cultural immersion adds another layer of richness to your trek.

Spiritual Significance: The trek unfolds amidst the Himalayas, a region revered by Hindus and Buddhists for centuries. The tall peaks and pure landscapes naturally inspire awe. They also foster a connection with something larger than oneself. You experience significant significance by sharing meals and stories with your welcoming hosts. You do this in homestays and teahouses.

Biodiversity: The Ganesh Himal region is a haven for nature lovers. Keep your eyes peeled for diverse birds. Look out for unique wildlife, too. You might spot a rare snow leopard or red panda! There's also a vibrant tapestry of plants. During spring, witness the explosion of color as rhododendron forests come alive.

Challenging but Accessible: This trek offers a perfect balance. The terrain is diverse. It has moderate challenges, like steep inclines and descents. It suits seasoned trekkers seeking a rewarding adventure and those on their first Himalayan trip. Reaching the summit of Singla Pass (4,050 meters) is a defining moment. It offers breathtaking views and a deep sense of accomplishment.

Authentic Himalayan Experience: Trade impersonal hotels for charming homestays and teahouses. Sharing meals and stories with your hosts lets you see the rhythms of life in the Nepalese Himalayas. They are very welcoming. This bond fosters a more profound appreciation. It's for the local culture and the region's spiritual importance.

What To Expect From Ganesh Himal Trek With Regards To Accommodation

Trekkers will find basic tea houses, lodges and home stay in most villages along the trail. They usually offer simple rooms. The rooms have twin beds, basic bedding, and shared bathrooms. We will set up tented camp in some places. Some lodges might provide more comfort. But, more popular trekking regions in Nepal offer more options. The choices here are limited. Carrying a warm sleeping bag is smart. This is especially true at higher altitudes. Temperatures can drop a lot at night there.

Meals During Ganesh Himal Trek

The tea houses and lodges where trekkers stay provide meals. The menu usually has traditional Nepali

dishes like dal bhat (rice with lentil soup). Our cook prepare meals in tented camps. Other options include noodles, soups, potatoes, and vegetables. Sometimes, there is meat, too. Breakfast usually includes porridge, eggs, toast, and tea or coffee. Meals are usually freshly prepared using local ingredients. However, limited variety may exist in remote areas. Trekkers should maintain a balanced diet to sustain energy levels throughout the trek.

Frequently Asked Questions

How long does the Singla Pass Ganesh Himal Trekking take?

The trek typically takes 14-18 days, depending on the itinerary and trekkers' fitness levels. This period includes acclimatization days. It allows for fully exploring the region's top culture and natural spots. This ensures a complete trekking experience.

Do I need a permit for Singla Pass Ganesh Himal Trekking?

Yes, you need a restricted area permit and a TIMS card. You get these permits from a registered trekking agency. They regulate trekking, ensure safety, and support conservation in the Ganesh Himal region.

Is it possible to do the Singla Pass Ganesh Himal Trekking independently?

We recommend hiring a licensed guide and/or porter for safety, navigation, and cultural insights while trekking. Guides enhance the experience. They provide local knowledge, ensure acclimatization, and handle logistics.

What kind of food can I expect during the Singla Pass Ganesh Himal trek?

The teahouse offers a variety of Nepali and Western food, including dal bhat, noodles, soups, potatoes, and snacks. They prepare dishes with locally sourced ingredients. These nutritious meals sustain energy levels for the physically demanding trek.

Is altitude sickness a concern for Singla Pass Ganesh Himal Trekking?

Yes, altitude sickness can be a concern as the trek involves high altitudes, particularly when crossing the Sigla Pass at 4,050 meters. Proper acclimatization, hydration, and gradual ascent are essential to prevent altitude sickness.

What physical preparation do I need for the Sigla Pass Ganesh Himal Trekking?

Preparation should include cardio (running, cycling)—also, strength training (especially for legs and core) and hiking with a backpack. Having trekked at high altitudes before is helpful. It prepares you for the trek's physical demands.

Are there communication facilities available during the Sigla Pass Ganesh

Himal trek?

Remote areas have limited communication facilities. Some teahouses offer essential internet services for a fee, but connectivity may be unreliable. It's advisable to inform family and friends about potential communication gaps.

What should I pack for the Sigla Pass Ganesh Himal Trekking?

Pack essentials. These include warm clothes and a good sleeping bag. Also, sturdy trekking boots, a first aid kit, water purification tablets, snacks, and personal items. Your trekking agency should provide a detailed packing list.

Is travel insurance necessary for the Sigla Pass Ganesh Himal Trekking?

Yes, travel insurance covering high-altitude trekking, medical emergencies, and evacuation is essential. It provides financial protection and ensures access to necessary medical care in case of illness or injury.

How do I handle emergencies during the Sigla Pass Ganesh Himal Trekking?

In emergencies, guides are trained in first aid and can arrange evacuation if necessary. Having travel insurance with coverage for helicopter evacuation is crucial. Carrying a basic first aid kit is also recommended.

Are there cultural norms I should be aware of during the trek?

Respect local customs and traditions. Dress modestly, ask for permission before taking photos of people, and be polite in interactions. Understanding basic Nepali greetings and phrases can also enhance your cultural experience.

Cancellation Policy

We understand that plans can change willy-nilly. However it is our responsibility to ensure fairness and transparency among our customers regarding our cancellation policy. So we kindly request all travelers to carefully review the cancellation and refund policy before confirming their trip.

After your trip starts, we cannot provide a refund for any voluntary withdrawal, cancellation, or early departure by the traveler. This means ***the full amount paid to us will not be refunded after the trip has begun.*** Likewise, if during the trip, any services such as accommodation, sightseeing, meals, transportation, etc. included in the itinerary/trip are not used by the customer, no refunds or reuse will be provided to whatever portion remains unused on the trip.

Also, please note that ***last-minute cancellations are non-refundable.*** You have to understand that many trip arrangements such as accommodation, transportation, permits, guides, and operational logistics are confirmed and pre-booked. Thus, cancellations made at the last minute create non-recoverable costs for the company and so do for our clients. In addition, cancellations made shortly before the departure date or after the trip has started will be considered as last-minute cancellations and

will not be eligible for any refund.

Still, the company will use their discretion in setting the conditions for the refunds, therefore, few of the conditions mentioned are subject to change. The company holds every right to cancel the trips booked by the customers before it is guaranteed to run or an official agreement is signed. A trip is guaranteed to run once it has two fully paid travelers unless minimum numbers state otherwise.

Unfortunate circumstances such as unforeseen natural disaster, canceled flights, strike, industrial action, wars, riots, quarantine, government intervention, weather, the deteriorating health condition of a group member, etc. could lead to cancellation of trips. In such cases, the customer can either ask to get back the 90% of the total trip cost paid to the company (13% Government Tax will be deducted) or reuse the cost in an alternative trip with the same price, immediately, in the following season of the same year.

The company will require a written notice in case of any cancellation. Please ensure the date of the trip cancellation is the date on which the written cancellation is received by the company. If you cancel the trip anytime prior to the departure date of the actual trip, 90% of the total cost is reusable for a year or refund.

Trip Amendment

First and foremost, please note that all the amendment conditions are applied to the trips listed on this site only. Below are a few notes to take about the amendment fees in case of any changes during, while, or after the booking:

If the company receives a request on the booking amendments at least 60 days prior to the trip, a total of USD 50/person is charged to the customer. However, if the customer's request for a booking amendment in less than 60 days before the trip departure, then the charges will be as per the cancellation policy mentioned above. In case of any changes in the price of the trip during the procedure of booking and the amendments, the new cost will be applied to the trips. Please note that these changes might not be applied by the company, but can be levied upon the company by the third parties i.e. the hotels or the service providers working with the company.

Any changes, amendments, or additions in aggregation to the trips you have booked, for example, hotels, transfers, additional days, etc. will account for no additional fee.

Health Conditions

Nepal Alternative Treks places the highest priority on the safety and well-being of all travelers. We need to ensure the traveler's well-being and health condition at the time of booking. While travelers can participate without medical documentation, those with chronic illnesses or long-term medical conditions must obtain a doctor's consent before joining the trip. This is to ensure their health is not badly affected during the adventure and that they can safely enjoy the journey.

The company will not be responsible for any type of mishaps and will not bear the medical and evacuation expenses on behalf of the participant. Therefore, we request our clients to consult their doctors for a thorough checkup and vaccination before booking a trip with us. In addition, clients with specific health needs or concerns should inform the Company in advance. This allows us to provide guidance and, if required, arrange additional services to make the trip safer and more comfortable. If needed, clients may also request additional services related to the length of the trip or stay in the country of travel.

Weather and other unfavorable conditions

Clients should be well aware of the unpredictability of the weather conditions in the mountainous regions. The unfortunate weather conditions, especially in the Everest, Jomsom, and Kanchenjunga regions, can sometimes lead to unfavorable circumstances that include delay or cancellation of flights. The Company will cover the expenses of accommodations and food in the departing location until the arrangement of flights is done. However, the Company holds every right to reroute the original trip or transports which will be in favor of the situation without any addition in the cost. Please note that the company will not be responsible for any missed international flights, losses caused by Altitude Sickness, or any other unpredictable circumstances, and the participants will have to pay all the charges incurred. Nonetheless, the Company will connect and assist you to make the necessary alternative arrangements, but, the additional charge will be covered by the customers themselves.

Regardless of stating every condition and information about the trips on the website and brochures of the Company, we will not be responsible for the unforeseeable situations that may arise before or during the trips. The Company will, however, try its level best to give prior notice about it and take alternate strategies to deal with it. These booking conditions may only be waived in special circumstances, and in writing, by a letter from the Chief of the Company. Note that all the legal agreements set up and signed between the client and the Company shall be subjected to and governed by the Nepalese law.

Note: All the Terms and Conditions mentioned are prepared as per the laws of the Government of Nepal and is governed by them. Therefore, only the head of the Company gets to intervene and holds the authority to make any amendments.

Address

Nepal Alternative Treks & Expedition

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