

# **GANESH HIMAL, NEPAL**



View from Magne Goth pass



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## HIGHLIGHTS

- ) Ganesh Himal trek also known as Ruby Valley visits a less travelled area of Nepal between Manaslu and Langtang regions.
- ) Superb mountain views of Ganesh Himal mountain range with seven summits with four of these higher than 7,000m. From the passes one can see north to Ganesh Himal and to the west the major peaks of Annapurna South and Annapurna 2, Fishtail and Himalchuli.
- ) This is classic trekking in Nepal following trails through terraced fields between traditional and friendly villages inhabited by Tamangs and Gurungs.
- ) Above the villages there are beautiful forests of bamboo, larch and rhododendron draped in lichen, mosses and ferns.

## REASONS TO CHOOSE THE MOUNTAIN COMPANY FOR GANESH HIMAL

- ) Roland, owner and founder of The Mountain Company, went on our recce trek to Ganesh Himal in April 2015 and has designed the itinerary based on this experience. He will be able to answer any questions you might have about this trip.
- ) The Mountain Company will receive bespoke weather forecasts for the Ganesh Himal region from EverestWeather.com throughout the duration of this trek.
- ) Western branded tents are used for all of our camping treks in Nepal. These are three person domed tents with plenty of space for two people sharing plus gear.
- ) We send a Thuraya satellite phone on all of our treks in Nepal. It is essential for your guide to have reliable communications with us for logistics, planning and group safety.



- ) We provide all porters with windproof jacket & trousers, crampons and shelter as per International Porter Protection Group (“IPPG”) guidelines. This is a very tough trek for porters and it is essential that they are well looked after.
- ) There will be a range of tasty meals for breakfast, lunch and supper. We give everyone in the group one chocolate bar per day (Mars, Twix, Bounty etc) and also provide Pringles and biscuits at tea time. For breakfast every morning we provide fresh coffee from our Bialetti Moka coffee machine.



# GANESH HIMAL

Total number of days	18 days
Grade & days trekking	Moderate, 13 trekking days
Accommodation	3 nights hotel, 2 nights lodge & 12 nights camping
2019 price from Ktm	£1,695 (US\$2,195 or €1,925)
2020 price from Ktm	£1,695 (US\$2,195 or €1,925)
Minimum group size	2
Dates	March 14 <sup>th</sup> to 31 <sup>st</sup> 2019 April 4 <sup>th</sup> to 21 <sup>st</sup> 2019 ( <b>Easter: April 21<sup>st</sup></b> ) October 3 <sup>rd</sup> to 20 <sup>th</sup> 2019 October 31 <sup>st</sup> to November 17 <sup>th</sup> 2019 March 12 <sup>th</sup> to 29 <sup>th</sup> 2020 April 2 <sup>nd</sup> to 19 <sup>th</sup> 2020 ( <b>Easter: April 12<sup>th</sup></b> ) October 1 <sup>st</sup> to 18 <sup>th</sup> 2020 October 29 <sup>th</sup> to November 15 <sup>th</sup> 2020



## THE FOLLOWING IS INCLUDED IN THE PRICE OF THE TRIP

- ) All internal transport and transfers including airport collections.
- ) One day sightseeing in Kathmandu with Nepalese cultural guide and private vehicle.
- ) Twin share room at Hotel Tibet or Hotel Ambassador in Kathmandu.
- ) Breakfast only in Kathmandu, all meals included while on trek.
- ) Twin share occupancy in tents while on trek using our western branded tents. These are three person domed tents with plenty of space for two people sharing plus gear.
- ) All trekking arrangements including permits and fees, tents, Sherpa guides, porters and cook.
- ) The portage allowance for your main bag is 15kg.
- ) Bespoke weather forecasts for Ganesh Himal region from EverestWeather.com throughout the duration of this trek.
- ) Thuraya satellite phone for organising logistics and medical evacuations, it can also be also used for personal calls at extra cost.
- ) Ganesh Himal trekking map given to you on arrival to Kathmandu.
- ) Rubberised luggage tags posted to you before departure.
- ) Full financial protection for all monies paid to us through our membership of Association of Bonded Travel Operators Trust (our ABTOT membership number is 5365) and having an Air Travel Organiser's Licence (our ATOL number is 10921).
- ) Pre departure support and advice from The Mountain Company by email, phone or face to face meetings in London. After booking with us we will send our comprehensive "Nepal Pre Trip Information" notes.



## THE FOLLOWING SINGLE SUPPLEMENT IS AVAILABLE:

Single room supplement	£160 (US\$200 or €175)
Single tent supplement	£125 (US\$160 or €140)

Please note that if you are a single person booking on one of our trips you do not have to pay the single room supplement, this is only payable if you specifically request to have a room or tent to yourself. You will not have to pay this for this option if you happen to end up with a single room or tent due to odd numbers on the trip.

## THE FOLLOWING IS NOT INCLUDED IN THE PRICE OF THE TRIP

- ) 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 (guidance on amounts included in our “Nepal Pre Trip Information” notes).
- ) Other items not listed in “What is included”.

## PARTICIPANT SELECTION

The Mountain Company carefully selects and screens potential participants applying to join our groups to ensure the trip is an appropriate objective for you. We have a number of pre-trip questions asking information about your outdoor experience, training, experience, medical conditions and fitness. To access the pre-trip questions please send in your application by clicking on the “**Apply now**” **button** on the trek webpage. After review of your replies we might contact you by telephone or email for further information to aid our selection process.



Please ensure you have done your own research about Ganesh Himal trek by reading our pre trip documents (Trip Dossier, Trip Grading and Trip Reports published on TMC blog) to ensure you have a realistic idea of what to expect. Every trip organised by The Mountain Company has been graded based on four factors: daily walking times, altitude, terrain and remoteness.

## INTRODUCTION

Our Ganesh Himal trek begins at Arughat also known as the starting point of Manaslu Circuit trek and then the trail traverses in an easterly direction across to the Langtang region. The Ganesh Himal mountain range is close to and is visible from Kathmandu however this region of Nepal is rarely visited and explored by trekkers. Ganesh Himal mountain range was named after the elephant headed god Ganesh and has seven summits with four of these higher than 7,000m.

During this trek you will walk on trails through terraced between traditional and friendly villages inhabited by Tamangs and Gurungs. Above the villages there are beautiful forests of bamboo, larch and rhododendron draped in lichen, mosses and ferns. From the passes one can see north to Ganesh Himal and to the west the major peaks of Annapurna South and Annapurna 2, Fishtail and Himalchuli.

## DETAILED ITINERARY

It is our intention to keep to the day by day itinerary detailed below, although there might be some flexibility due to local conditions or other factors beyond our control. If this is the case the trek leader will do everything possible to work out the changes to the itinerary in order to minimise your inconvenience.

### **Day 1. Arrive Kathmandu and join the tour at the hotel.**

You will be met on arrival at Kathmandu airport and driven back to the hotel. Please provide travel plans on booking and we will arrange the pick-up and transfer. A full trek briefing will be given in the afternoon. **Overnight at Hotel Tibet or Hotel Ambassador (Meals: none).**



## **Day 2. Sightseeing in Kathmandu.**

This is a day to explore Kathmandu where we organise guided sightseeing to the Buddhist and Hindu sights in Kathmandu, to Kathmandu's Durbar Square, Swayambunath - the Buddhist monkey temple and Pashupatinath – a sacred Hindu temple complex on the banks of the Bagmati River.

Three major towns are located in the valley, Kathmandu, Patan and Bhaktapur, each having a great artistic and architectural tradition. Kathmandu is the capital and the largest city in the country. Patan, the second largest is separated from Kathmandu by a river. Bhaktapur, the third largest, is towards the eastern end of the valley and its relative isolation is reflected in its slower pace and more distinctly mediaeval atmosphere.

In the Kathmandu Valley the landscape is dramatically sculpted by the contours of the paddy fields. The towns and villages are alive with the colours of farm produce, ranging from pyramids of golden grain to the vivid reds of chilli peppers laid out on mats to dry in the sun. In the streets and towns there is a constant bustle of activity, especially in the bazaars and markets where the farmers sell their vegetables and fruit. You should get back to the hotel after your sightseeing tour around mid-afternoon and the rest of the day is free for you to explore the city further and pack bags ready for the start of the trek the following morning. You can leave a bag at the hotel with items you will not need on the trek. **Overnight at Hotel Tibet or Hotel Ambassador (Meals: none).**

**Day 3. Drive to Arughat (570m)- 7 hours driving. Overnight lodge (Meals: B,L,D).**

## **Day 4. Trek to Manbu (1,300m)-6 hours walking**

Ganesh Himal trek starts at Arughat and heads north upstream along the Budhi Gandaki river. After about two hours walking we arrive to Arkhet where we come off Manaslu Circuit trail and cross the suspension bridge over the Budhi Gandaki. After the bridge the trail ascends through woodland and terraced fields passing through the small settlements of Baseri and Lapudanda. After about four hours walking we arrive to Manbu where we camp for the night. The view from the village is down to Budhi Gandaki and to the north is Shingri Himal mountain. **Overnight camping (Meals: B,L,D).**



**Day 5. Trek to Lamodhunga (2,200m)- 5 to 6 hours walking.**

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 and has a village square in the centre where the community assemble for meetings and to socialise. From Dunchet the trail climbs on stone steps through terraced fields to enter forest and onto to a prominent large rock called Lamodungha. We will camp in a clearing near this rock and has views of eastern face of Himalchuli. **Overnight camping (Meals: B,L,D).**

**Day 6. Trek to Nauban Kharka (2,800m)- 5 to 6 hours walking.**

Today the trail ascends through a beautiful forest of bamboo, larch and rhododendron draped in lichen, mosses and ferns. After crossing several streams we enter a clearing at a place called Nauban Kharka where we camp for the night. From here there are views of Annapurna South and Annapurna 2, Fishtail and Himalchuli. **Overnight camping (Meals: B,L,D).**

**Day 7. Trek over Myangal Bhanjang (2,975m) and Magne Goth (2,800m) passes to Khading (2,025m)- 6 to 7 hours walking.**

After about an hour from camp we reach Myangal Bhanjang and after descending through forest we enter Myangal Kharka where we get views of Ganesh Himal range and Paldor to the east. There are superb views of these mountains from the second pass called Magne Goth. From here we descend through forest and clearings down to Khading village. **Overnight camping (Meals: B,L,D).**

**Day 8. Trek to Rachyat (1,780m)- 5 to 6 hours walking.**

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 path above the river. We pass through Lapchet village and then descend to another river to cross a suspension bridge before climbing up to Rachyet village. **Overnight camping (Meals: B,L,D).**

**Day 9. Trek to Neber (2,020m)- 7 hours walking.**

From Rachyet the trail ascends through forest to the school at Timla and as one crosses this 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 constructed as a stone path climbing to the steep mountain side as we head



north in the valley to Neber. This village is a friendly place to stay two nights with time tomorrow to explore the area. **Overnight camping (Meals: B,L,D).**

**Day 10. Day walk around Neber.**

Today we can go for a walk across the valley to visit Hindung village or the other option is to follow the trail north up the valley beyond Neber for good views of Ganesh Himal. **Overnight camping (Meals: B,L,D).**

**Day 11. Trek to Shertung via Chalis (1,920m)- 5 hours walking.**

After saying our goodbyes to Neber 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. Many of the villages in Ganesh Himal were badly damaged by April 2015 earthquake and The Mountain Company has been involved 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. **Overnight camping (Meals: B,L,D).**

**Day 12. Trek to Marmelung Kharka (3,200m)- 7 hours walking.**

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. Above the trail follows stone steps through forest and at one of the clearings you camp at Marmelung Kharka. **Overnight camping (Meals: B,L,D).**

**Day 13. Trek to Pangsang La (3,850m)- 4 hours walking.**

From camp the trail continues through beautiful forest and after a couple of hours arrive to the cheese factory. On passing through a kani stone entrance there are several chortens marking the summit of Pangsang La. There are several buildings at the pass including a porter shelter. We will camp here and in the afternoon you can explore the area. **Overnight camping (Meals: B,L,D).**

**Day 14. Walk to viewpoint and then trek to Somdang (3,270m)- 4 hours walking.**

On a clear day there are panoramic views from Pansang La and it is well worth walking to the viewpoint located about 150m above the pass where the view sweeps from Langtang in the east to Ganesh Himal to the north and Annapurnas and Manaslu to the west. After getting returning back to camp we start the descent



of the pass through forest and arrive to Somdang. **Overnight camping (Meals: B,L,D).**

**Day 15. Trek to Gatlang (2,240m)- 6 to 7 hours walking.**

After Somdang we have one more pass to cross called Kurphudanda at 3,710. From here we descend on a trail and a jeep track in places to the large village of Gatlang. **Overnight camping (Meals: B,L,D).**

**Day 16. Trek to Chillime and drive to Syabru Besi- 2 hours walking.** 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. **Overnight lodge (Meals: B,L,D).**

**Day 17. Drive to Kathmandu- 7 hours driving.**

**Overnight at Hotel Tibet, Hotel Manaslu or Hotel Ganjong (Meals: B).**

**Day 18. Fly back home.**

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

## YOUR COMPLETE FINANCIAL PROTECTION

The Mountain Trekking Company Ltd (trading as The Mountain Company) is a fully licensed and bonded tour operator. For flight inclusive packages sold to UK residents these will be covered by our Air Travel Organisers Licence (our ATOL number is 10921). For packages that do not include flights and for packages sold to customers outside of the UK your financial protection is covered by our membership of Association of Bonded Travel Organisers' Trust ("ABTOT"). Our ABTOT membership number is 5365.



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Our membership of these organisations means that you can book with us in complete confidence that all monies paid to us for trips are protected.

## THREAT AND RISK ASSESSMENT

Participants should be aware trekking, mountaineering and travelling in a developing country are activities that involve a risk of personal injury or death. As a condition of booking 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, unpredictable weather and last minute changes to the itinerary beyond our control. The ability to work in team is an important aspect of all of our trips.

As a part of our planning process we have performed a detailed threat and risk assessment for our Ganesh Himal trek. It is worth pointing out all of our trips have a certain degree of risk, this is of course part of the attraction of adventure travel and why so many people choose to join this type of holiday. However by identifying the potential hazards on Ganesh Himal we can assess the level of risk and implement control measures to reduce this happening.

Our full threat and risk assessment for Ganesh Himal is available to clients on request. For your information 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.
- ) Getting lost or becoming separated from group eg. crossing Pansang La pass in whiteout.
- ) Severe bad weather and conditions when camping.
- ) Climatic injuries (dehydration, sun burn, heat exhaustion, hypothermia or heat stroke).
- ) Crossing a river with no bridge resulting in drowning and/ or a fall.



- ) Rock fall and landslides.
- ) Lightning strike.
- ) Wildlife, pack animals (eg. donkeys or horses) or stray dogs. Pack animals have been known to knock people off the path. Dogs can attack and bite, we advise you discuss rabies vaccination with your doctor.
- ) Earthquake.
- ) Risk of fire in the hotel or lodge.
- ) Endemic local diseases. We advise you discuss vaccinations with your doctor before departure.
- ) Physiological injury such as heart attack, appendicitis, hernia, toothache etc. in a remote area.
- ) Road traffic or flight accident.
- ) Contaminated food and/ or water.

This trip visits a remote area where you are away from normal emergency services and medical facilities. In case of a serious injury requiring hospitalisation evacuation could take up to several days and may impede your ensuing recovery. Helicopters are the most usual means of evacuation, however they are not always available or they may be hindered by poor weather and flying conditions.

## **THE ASSOCIATION OF INDEPENDENT TOUR OPERATORS (“AITO”)**

The Mountain Company is a member of the Association of Independent Tour Operators (AITO) and we have agreed to abide by the terms of the AITO Quality Charter.

AITO is the Association for independent and specialist holiday companies. Our member companies, usually owner-managed, strive to create overseas holidays with high levels of professionalism and a shared concern for quality and personal

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service. The Association encourages the highest standards in all aspects of tour operating. For more information please take a look at <http://www.aito.com/>



## ETHICAL AND ENVIRONMENTAL CONSIDERATIONS

The Mountain Company is committed to adopting a responsible attitude to the areas we visit. We are guests of the communities visited and with some thought and care we can ensure that everyone benefits from the experience. We have developed a Responsible Tourism policy which aims to ensure that The Mountain Company and its clients act in a way that is socially, environmentally and culturally sound.

In 2017 the Association of Independent Tour Operators (AITO) launched Project PROTECT in recognition of the important role that destinations play in the future of the travel industry. The aim of this project is to encourage sustainable tourism and to nurture the destinations for tomorrow's travellers. The PROTECT acronym stands for People / Resources / Outreach / Tourism / Environment / Conservation / Tomorrow.

This project is led by Professor Xavier Font of the University of Surrey and each AITO member has to publish an annual pledge and report back at the end of the year on how they got along. To see The Mountain Company's Project PROTECT pledges for 2018 and 2017, please take a look at our [Sustainable Tourism page on AITO website](#).



We work closely with the International Porter Protection Group and abide by their five guidelines for porter protection, their website is at [www.ippg.net](http://www.ippg.net). We also have partnered with Kathmandu Environmental Education Project in Nepal, their website is at [www.keepnepal.org](http://www.keepnepal.org)

## PRACTICAL INFORMATION

### ACCOMMODATION IN KATHMANDU

For our Ganesh Himal trek we use several hotels in Kathmandu depending on availability. They are as follows:

**Hotel Tibet** is located in Lazimpat next to the Radisson. Hotel Tibet is our usual hotel for our standard trips in Nepal as our clients enjoy staying at this property due to its good location, comfortable rooms and high level of service. There is a garden terrace next to the restaurant on the ground floor and the roof terrace with the Yeti Bar overlooking the city. For more information on Hotel Tibet please take a look at their website <http://www.hotel-tibet.com/>

**Hotel Ambassador** is located in Lazimpat not far from Hotel Tibet and Manaslu. This hotel was rebuilt and opened in Spring 2017 with well-appointed rooms including both King size and twin beds, complimentary wifi, tea & coffee, iron & board, combined bath & shower. The rooms are a good size at 30m<sup>2</sup> and are well decorated with original art. The rooms have air conditioning and are sound proofed for quiet nights rest. For more information on Hotel Ambassador please take a look at their website: <http://www.ambassadornepal.com/>



There are store rooms at all of these hotels where you can leave luggage not required while on trek. There is also a security safe at these hotels for storage of valuables.

## **FOOD**

In Kathmandu there is a wide range of excellent restaurants, please read our Nepal Pre Trip information document for our recommendations. Breakfast is provided each morning by the hotel.

While on the trek, the cook will provide good quality food in sufficient quantities. For breakfast you are likely to get porridge or cereal, toast or chapattis, omelettes and a range of hot drinks. On arrival to camp in the afternoon you will be given tea and biscuits and a three course meal will follow later in the evening.

## **A TYPICAL DAY ON TREK**

The day starts with an early morning mug of tea brought to your tent by one of the cook's helpers. Before heading over to the mess tent for breakfast please pack up your overnight gear into your duffel bag. During breakfast the tents will be packed away and, after the porters have arranged their loads, they will set off on the trail in the cool of the morning.

After breakfast, probably between 7am and 8am, we start walking. The pace of the trek is leisurely with plenty of time to enjoy the scenery, take photos and explore the local villages. The terrain is typically undulating hills through recently made roads or smaller trekking trails formed through use by villagers and expeditions. Lunch will be around 11am at a spot by the side of the trail and is prepared for us by the cooks.

There is more walking after lunch and normally you will get into camp by mid-afternoon with the tents already put up by the local staff. In the evening a three course meal is served in the mess tent around 7pm. After supper your group leaders will discuss the plan for the next day with the group. People often stay in the mess tent chatting about the day's events for a while before retiring to their tent for the night.



## CLIMATE

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

This trek will have a wide range of temperatures depending on the altitude and the time of day. In the mountains between 1,000m and 3,500m the nights will be cool, and during the day temperatures sometimes rise to 25°C.

## CLOTHING AND EQUIPMENT

A list of clothing and equipment for the Ganesh Himal trek has been included in the Appendix below. It is worth pointing out that you will need a sleeping bag for this trip.

If you do not have the clothing and equipment contained in this list then a good option might be to rent from the UK. Trek Hire and Expedition Kit Hire rent out high quality items at competitive prices which would save you the expense of buying. The links to their websites are at <http://www.trekhireuk.com/> and <http://www.expeditionkithire.co.uk>

Alternatively if you are going to buy then please contact the office for the Cotswold Outdoor promo code that entitles you, as a client of The Mountain Company, to a 15% discount in their stores and online.

Each trekker should bring one backpack for items required during the day. Your day backpack will contain items such as warm clothes, jacket, camera, water bottles, personal first aid kit and snacks.

The rest of your personal equipment packed in a duffel bag or backpack will be carried by a porter. **The maximum weight allowance for portage of your main**



**bag is 15kg.** Please ensure that your bag is marked clearly on the outside for easy identification.

## VISA REQUIREMENTS

All foreigners require a visa for entry into Nepal. It is your responsibility to obtain the entry visa. You can get from a Nepalese embassy overseas or on arrival in Nepal. Most people will obtain their visa on arrival to Kathmandu airport. Please read our Nepal Pre Trip information document for more details about getting your Nepal visa.

## VACCINATIONS AND MEDICAL

You should obtain professional advice from a travel clinic or your local GP about which vaccinations to have before you arrive in Nepal. A dental check-up is a good idea as there will be no dental facilities while on the trek.

We bring a comprehensive first aid kit including high altitude medicine, antibiotics and other medicines. Please get in contact with us if you would like to see the list of medicines contained in our medical kits.

## INTERNATIONAL FLIGHTS

The Mountain Company does not book international flights for our holidays. Instead all package prices are Land Only with services starting from arrival to the destination country.

If you would like help arranging flights then we suggest you contact our partner travel agent, StudentUniverse (ATOL registered) a specialist division of the Flight Centre Travel Group ---> [Get an online quote](#)



## INSURANCE

Travel insurance for any Mountain Company itinerary is a condition of booking a holiday. At the very least you should have emergency medical and repatriation insurance which must include the cost of mountain rescue. Cancellation insurance is strongly recommended as all deposits paid to The Mountain Company are non-refundable.

Please carefully check your insurers' Terms and Conditions in particular you should make sure the following is covered: 1) Activity (i.e touring, trekking or mountaineering) 2) Maximum altitude reached on trek 3) Helicopter evacuation in an emergency.

It is important for you to understand that ultimately the burden of any expense incurred in evacuation and repatriation procedures will be borne by you and that it is your responsibility to pay any costs incurred in respect of any evacuation or for medical treatment. You should be fully aware of the implications involved in arranging your own travel insurance and understand the limitations and exclusions of your policy.

You should be aware that under certain circumstances, The Mountain Company leader (or our local agent, if no western leader) might instigate rescue proceedings via helicopter (or any other means necessary) in situations of medical emergency without first contacting your insurance company for their approval.

The Mountain Company has arranged travel and trekking insurance for European Union residents with the specialist insurance broker **Campbell Irvine**. Their insurance policy will cover you for most of the trips in our portfolio. However if your trek is classified or graded by The Mountain Company as "**Strenuous**" or "**Challenging**" then you must make sure you select this option when obtaining an online quote for your insurance. Campbell Irvine will not provide insurance cover for any trips classified as "**Mountaineering**".

**CAMPBELL IRVINE**  
DIRECT TRAVEL INSURANCE



To apply for an online quote through [Campbell Irvine's Direct Travel Insurance](#) website. Should you have any questions regarding the terms and conditions of cover please contact Campbell Irvine on 0207 938 1734 or email [info@campbellirvine.com](mailto:info@campbellirvine.com)

We have [listed on TMC website a comprehensive list of specialist adventure travel insurers](#) that our trekkers from UK, EU and Internationally based have used in the past. Please carefully check their Terms & Conditions prior to purchase. These companies are not necessarily recommended by us so it is your responsibility to ensure you have appropriate coverage.

## CULTURAL CONSIDERATIONS

For those of you who are visiting Nepal for the first time we have provided some cultural information to help you fit in and feel at ease:

- ) The dress code is important for both men and women. Men and women should wear trousers rather than shorts while trekking.
- ) There are many hot springs, rivers and lakes where it is pleasant to take a dip, it is fine for men to go bare-chested while bathing but they should not go nude. Women should try and be as modest as possible in these situations.
- ) Hindus are concerned about the ritual pollution of food when it is touched by someone outside their caste or religion. Therefore, do not touch any cooked foods on display and when drinking from a container used by others avoid touching your lips to it. Do not eat food with your left hand and make sure you only give or receive food with your right hand.
- ) Shoes are considered degrading so keep them on the ground and remove them before putting your feet on anything. If you enter a Nepali house follow the example of your host in deciding whether to remove your shoes but on entering a temple or monastery you should definitely remove them.
- ) You will pass Buddhist mani walls, chortens, and stupas along the trek and to follow local traditions you should pass them on your right.



) When visiting a monastery or gumpa it is customary to give a donation for its upkeep.

## MAPS

) Ruby Valley Trek in Ganesh Himal region (Nepa Trekking Maps) by Map Himalayan Maphouse 1:100,000 **This map will be included in your welcome pack when you arrive in Nepal.**



# APPENDIX

## CLOTHING AND EQUIPMENT LIST FOR GANESH HIMAL

For the safety of everyone in the group and to help ensure a successful trek, you are required to have the following items in our clothing and equipment list tailored for Ganesh Himal trek. Your gear will be checked by the group leader in Kathmandu prior to 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. During the first couple of days on Ganesh Himal trek you will experience hot and humid conditions with temperatures around 25° to 30°C. You will experience the coldest temperatures at Pasang La at an altitude of 3,850m where overnight lows will be down to around -5°C.

### Footwear:

- ) Walking boots. A pair of water repellent boots with ankle support.
- ) Gaiters. A pair of knee high gaiters used to keep boots dry if walking through deep snow or on wet ground.
- ) Walking socks.
- ) Trail shoes or trainers. Can be used around camp.
- ) Sandals: fully enclosed sandals are best to protect your feet during river crossings. These are required for river crossings as well as two trekking poles (see below)

### Clothing:

- ) Waterproof jacket and trousers (goretex or similar). For use if it rains or snows during the trek.
- ) Trekking trousers. Minimum two pairs of trousers.
- ) Long sleeve shirts (not cotton). Minimum two shirts.



- ) Micro fleece.
- ) Mid to heavyweight fleece.
- ) Sleeveless/ gilet or body warmer type fleece. This will help keep your core warm while not bulking when layering up. Gilet fleece can be used in combination with base layers, other fleeces and down jacket to provide maximum warmth and insulation.
- ) Thermals or base layer for top & bottom (merino wool or synthetic).
- ) Fleece pants. To be worn around camp or added as an additional layer when the temperatures start to drop higher up.
- ) Medium weight down jacket (eg. Nuptse jacket by The North Face).

**Handwear:**

- ) Fleece gloves.
- ) Warm mittens and/or gloves.

**Headwear:**

- ) Wool or fleece hat.
- ) Sun hat.
- ) Bandana or face mask (eg. Buff Headwear check out <http://www.buffwear.com>)
- ) Headtorch. Bring extra batteries.
- ) Sunglasses. The lenses need to be Category 4 rated and should have side protection or wraparound design to prevent light getting through to your eyes that could cause sun blindness.

**Personal Equipment:**

- ) Sleeping bag. Maximum overnight lows at Pansang La will be around -5 Celsius.  
*Note: it is possible to rent a bag in Kathmandu from Shonas Rental.*
- ) Fleece or silk liner for your sleeping bag. A liner protects your sleeping bag from getting dirty and helps by adding extra insulation to keep you warm at night.



- ) Sleeping mat (eg. Thermarest). On trek we provide everyone with one foam mat however we recommend two layers for maximum insulation and comfort.
- ) Daypack. Recommended size is 30 litres or larger as you need to have enough space to carry water bottles, camera, snacks and extra clothing such as down jacket etc. It is also a good idea to bring a rain cover to keep the contents dry.
- ) Stuff sacks for keeping your gear dry and organised. Or even better are fold-drybags such as from Exped.
- ) Two water bottles (Nalgene wide mouth bottles are the best).
- ) Pee bottle. Highly recommended as means you do not have to get up to find toilet tent at night! For men you can use an old water bottle for women take a look at SheWee at <http://www.shewee.com/>
- ) Sunscreen and lipsalve with a high SPF.
- ) Insect repellent.
- ) Water purification tablets (Pristine, Biox Acqua or Acqa Mira). You will be provided with boiled water at camp however if you refill water bottle at a water tap or steam during the day you should use water purifiers.
- ) Books, ipod and cards etc.
- ) Trekking poles (Black Diamond with "Flick Lock" are best). Having two poles is mandatory as required for your safety on steep and loose sections of the trail and for walking through snow on the passes.
- ) Umbrella (you are very likely to get some rain on this trek....)
- ) Camera with spare batteries and memory cards.
- ) Insurance certificate.
- ) Earplugs (optional).
- ) Baby wipes (optional).
- ) Hand sanitizer. We suggest you keep this in your day pack for use after a toilet break during the trek or before eating any snacks.



### **Travelling:**

- ) Duffle bag (or large backpack) for your personal gear on the trek carried by a porter. 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 include toilet paper, soap, towel, toothbrush, etc. We provide toilet paper so you do not need to bring this with you.

### **Personal first aid kit:**

Note: we provide a comprehensive group first aid kit but please bring personal medications and other items you might use regularly such as:

- ) Any personal medications.
- ) Malaria prophylactic tablets.
- ) Blister treatment (Compeed patches are the best).
- ) Analgesics (paracetamol, ibuprofen and aspirin).
- ) Diamox (helps with acclimatisation).
- ) Antibiotics. Although we carry antibiotics for the team, it is advisable to bring some of your own. We recommend that you visit your doctor and request one set of antibiotics to treat stomach infection and one for upper respiratory tract infection.