

## Overview

Ganesh Himal and Tamang Heritage combined trekking' offers a deep look at the Tamang culture. This trek is virgin, of the beaten track, wilderness, less touristic and ancient trading route to Kerung in Tibet. Tamang- Helmo and Tibetan culture, beautiful and unique Tamang settlements, marvelous Himalayan views of Ganesh Himal, Sengen Himal, Langtang Lirung, and home-stay are the main features of this trek. The people of the region are Tibetan origin who came to Nepal during 14th century.

Ganesh Himal and Tamang Heritage Trail trekking trip is unique, culturally rich, includes historically famous sites such as the Tatopaani (hot spring) and passes close to the ancient fortress of Rasuwagadhi. Besides, the Nagthali view point one of the best view point in Nepal. Staying at local people's homes during your trek will give you the unforgettable experience of moments. We, Guide in Himalaya are from the Sertung Village which lies on the way trekking to Tamang Heritage from Dhading and we provide you local guide and porter for this trekking. This trekking trip can be combined with Manaslu trek for a month long wilderness journey to the Great Himalaya Trail.

## Outline Itinerary

**Day 01 : Drive to Arukhet from Kathmandu, 7-8 hours.**

**Day 02 : Trek to Dunchet (1519m); 7-8 hours walk.**

**Day 03 : Trek to Nauban Kharka (2500m); 7 hours walk.**

**Day 04 : Trek to Magne Goth (2,950m) via Myangal Bhangyang (2,975m) 6-7 hours walk.**

**Day 05 : Trek to Khading Village (2015m); 5-6 hours walk.**

**Day 06 : Trek to Sertung [1904m] via Borlang (1600m); 6-7 hours walk.**

**Day 07 : Rest day at Sertung**

**Day 08 : Trek to Marmelung Kharka (2,845m); 6-7 hours walk.**

**Day 09 : Trek to Somdang (3258m) via Pangsang Pass (3830m), 6 hours walk.**

**Day 10 : Day Hike to Paldor Base Camp from Somdang**

**Day 11 : Trek to Gatlang Village**

**Day 12 : Trek to Tatopani**

**Day 13 : Trek to Thuman Village**

**Day 14 : Trek to Syabrubesi**

**Day 15 : Back to Kathmandu**

**Cost Includes**

- An experienced registered English speaking friendly local guide.
- 1 Sharing trekking porter between 2 trekkers (weight limit 25kg)
- All meals: lunch, breakfast and dinner during the trek.
- All local ground transportations to and from trekking.
- Food, accommodation, salary and insurance of your guide and porters.
- Lodge accommodation for all during the trek.
- Group medical kit, water purifier and other necessities.
- All necessary trekking permits.
- Group equipment and guide / porters insurance

**Cost Excludes**

- Accommodation, meals and transfers in Kathmandu.
- Guided tours and monuments entrance fees in Kathmandu
- All bar bills, beverages such as coke, fanta, mineral water
- Hot shower and hot water, laundry, toiletries.
- Personal travel insurance, international air ticket, Nepal visa and phone calls
- Rescue operation charge in case of emergency.
- Gratitude and tips for your guide, porter and driver.