Ruby Valley Yoga Trek

Duration: 10 Days | Location: Ganesh Himal Region, Nepal



Trip at a glance

Category: Mount Ganesh Himal

Location: Ganesh Himal Region, Nepal

Duration: 10 Days

Difficulty: 8/10

Trip Style: Ruby Valley Trek

Best Time: Autumn (Sep-Nov) and Spring (Mar-May)

Transportation: Private Vehicle, Domestic Flight

Accommodation: Semi Lodge/ or fully Camping

Max Altitude: 3842 m

Group: Min-1, Max 20

Summary

Ruby Valley Yoga Trek/Ruby Valley Yoga Trek lies in the Northern part of Nepal on the Lap of Mt. Ganesh Hima/Yoga Trekking in Nepal Lantang Lirung 7,227 m /

Overview

Trip Introduction

Ruby Valley Yoga Trek lies in the Northern part of Nepal on the Lap of Mt. Ganesh Himal. This trekking trail offers you with the different diversity. The Trekking starts either from Dhading district or driving to Shyabru Bensi by local bus. The drive takes 8-9 hrs with the rough road. You will pass through different villages of Tamang ethnic group. Gatlang village is one of the stopover for the famous trekking trail. Tamang heritage trek.

The Yoga course on this itinerary intends to make you familiar with basic yoga postures and the required theoretical knowledge. You can practice on your own once you follow it under the guidance of an expert teacher. During this trek you will get a chance to get interact with Nepali culture, Tamang people and lifestyle of people living in the Himalayas.

Ruby Valley Trek leads you to the lap of Mt. Ganesh Himal walking through the big pine trees, thick jungle and the rhododendron trees. for 3 days you will be always walking through the jungle and wide road will reach to the Pangsang Pass with the elevation of 3850 m. The view of Mt. Manaslu, Langtang Himal range can be observe from the top. Everest View Trek

Please note that Yoga is practiced early morning or evening on empty stomach, it is not practiced when tired, when walking in the mountain and the teacher must be an expert of the subject. Otherwise one may have adverse effect.

We provide this Yoga course for the first three mornings in Kathmandu , during which we offer short sightseeing tours of Kathmandu in the afternoon. After that you will relax in beautiful lake town of Pokhara for a couple of days , join a scenic two day hike. Ghorepani Poon Hill Trek

Day by day itinerary

Trip Itinerary

Day 1: Arrival in Kathmandu (1295m).

Arrival in Tribhuwan International Airport (TIA), you will be greeted by Nepal Airport Representative, and transfer by private vehicle to selected hotel.

Day 2: Kathmandu to drive safer Besi (1600m.) 7 hrs.

Trek down to Syabru Besi via Sherpa Gaon. The upper part of the trail is more beautiful for the panoramic view of mountains and green hill views. This path is broader and remains sunny through the different Sherpa and Tamang villages. The first half part of the trail is gradually down and then the trail does steeply descent to the Syabru Besi.

Day 3: Syafru Besi to Gatlang 2337m.

6 hrs A dirt track zig-zags to the west up to Bahun Danda Pass and then down to the Tamang settlement of Gatlang, a cornerstone village on the Tamang Heritage Trail or hike to Gatlang by way of Chawatar. Gatlang is a Tamang village with unique customs and craftsmanship in a magnificent setting. Above lies Parvati Kund, popular during Janai Purnima when thousands of pilgrims are attracted to the sacred pond and nearby temple.

Day 4: Gatlang to Somdang 3271 m.

6 hrs The trail ascends through pine and rhododendron forest to a lunch point of Yuri Kharka before continuing to Khurphu Bhanjyang and then dropping down to the Somdang River, the border between Raceway and Dhading districts.

Day 5: Somdang – Pangsang Pass (3842 m).

Pangsang Kharka is a viewpoint southwest of Somdang village with a broad panorama of the surrounding terrain. To the north are the soaring peaks of Manaslu and the Ganesh Himal Range. The large meadow is graced with a giant entry gateway and is a sensational location for camping and taking in the breathtaking scenery. The whole Ganesh Himal region is blessed with abundant herbal plants.

Day 6: Tipling rest days. This day you can Enjoy with Local People Tamang Village and Balk Smith.

Day 7: Tipling –Sertung- Chalish (1900m.) 4 hrs.

Descend to cross the Adha Khola on a box bridge and ascend to the sister villages of Shertung and Chalish, regally overlooking the fertile river valley and abundant fields. Sertung is inhabited mainly by Tamang. The name Shertung means 'place of gold.

Day 8: Chalish- Borang – Darkha Gaun (850m) 6 hrs.

After breakfast trek, all the way to Borand and down to Listen Khola (3 ½ hours walking) and trek continue to Percho where stop for lunch and trek continue to Darkha Gaon. Passing through suspension bridges, breathtaking views of Ankhu Khola.

Day 9: Darkha Gaun – Darkha Phedi – Dhading Besi – Kathmandu.

After breakfast trek all the way down to Darkha Phedi taking 45 minutes downhill walk and then take sharing local Jeep with other people and the arrive in Dhading Besi after 3-4 hours rough and tough zig – zags road.

Day 10: Final departure.

Package: Standard Package

Contact for pricing

Pricing depends on dates and group size. Contact us for a quote.

Inclusions

- All land transfer, arrival, and departure as per the itinerary.
- Hotel accommodation with bed and breakfast on Twin sharing basis as per the itinerary.
- Food during the trek 3 meals a day (breakfast, lunch, and dinner) in specified local lodges or prepared by our cook.
- English speaking experienced & professional trekking guide licenses holder.
- Porters (1 porter carries the luggage up to 25 kgs of 2 participants during the trek).

- City tours as mentioned in the itinerary with English speaking guide and all land transportation with private car/jeep/van.
- All necessary trekking and climbing related permit including TIMS, National Park Entrance fee, and ACAP Fee.
- Insurance, proper warm clothing, shoes, sunglass and daily wages for guide and porter.
- Camping Trek daily wages, Guide, Sherpa helpers, Cook, Kitchen Boys, Porters, with food allowance while trekking.
- Accommodation in 2 men Tents during Trek supported with a dining tent, Kitchen tent, Toilet tent, Shower tent, Table, chairs and Mattress.
- Necessary kitchen utensils.

Exclusions

- Lunch and dinner while in Kathmandu or in Pokhara stay.
- Personal gears and expenses of personal nature and Personal medical and travel insurance emergency evacuation.
- Hard and any form of soft drinks.
- All confectionary and snacks, Charges for desserts including shower and boiled drinking water, Phone calls, Laundry and Alcoholic beverages etc.
- Any airfare: Domestic International departure taxes and any excess baggage charges.
- Tips and Gratitude for Guides and Porters according to the custom of trekking in Nepal.

Gear checklist

Equipments List

EQUIPMENT LIST

Nepal Trekking Equipment List

This piece info is creating data on consumer goods and equipment needs, For those that would love an extra detailed discussion for equipment for Nepalese Himalayan Trek.

The following equipment list is required for Nepal Trekking and climbing and a list, you have to have suggested equipment just have with you, however, that you just might have your own personal first choice equipment which can be equally as appropriate

Footwear

- Walking boots with suitable ankle support that have been worn-in prior to the trek, and which are waterproof.
- Trainer or casual shoes, for trekking and/or for travelling.
- Warm socks for colder areas.
- Gaiters, in case of rain or snow

Legwear

- Loose, casual trousers for trekking.
- Thermal leggings for colder areas.
- Long skirt for women as an alternative to trousers.
- Waterproof trousers

Body

- Selection of T-shirts, and long sleeved shirts, preferably not cotton.
- Thermal shirt for colder areas.
- Warm shirt, possibly fleeces, for colder areas.
- Fleece jacket or warm wool jumper.
- Windproof, waterproof outer shell garment for higher altitudes.
- Down jacket (optional for cold nights & mornings; can be hired in Kathmandu cheaply)

Head/Hands

- Wool or fleece hat, or balaclava.
- Hat or cap for sun protection while trekking.

- Sunglasses or goggles.
- Warm gloves

Other items

- Strong rucksack or large hold all to be carried by porters.
- Daysack to be carried personally.
- Plastic bags or stuff sacks to store/separate trekking gear inside your main bag.
- One litre water bottle.
- Personal first aid kit to include essential items.
- Sleeping bag, 4 seasons.
- Torch, ideally head torch.
- Digital Camera and spare battery and battery charger! – For those not to be forgotten shots of the Himalaya.
- Toilet items and towel.
- Large handkerchief/bandana for neck

Optional items

- Binoculars
- Books (see Recommended Reading)
- Altimeter
- Compass
- Playing cards / backgammon / chess set

Recommended Mountaineering Kit

In addition to the items mentioned above for trekking, the following is a list of the additional specialist items which are required for the trekking peaks.

Plastic or leather mountaineering boots, with gaiters and crampons that have been tested for a good fit.

Peak Climbing

- fleece trousers
- Additional mitts and gloves suitable for climbing
- Ice axe, and ski poles (note – ice axe can be hired in Kathmandu)
- Climbing harness
- 2 x tape slings
- 2 x screw gate karabiners
- Descended/abseil device
- Ascender

Trip notes

Trip Highlights

Trip Details:

Total Duration: 10 Days.

Group Size: Min-1, Max 20.

Trekking Region: Ganesh Himal.

Trip Type Name: Ruby Valley Trek.

Highest Altitude of the trek: 3842 m.

Highest Point: Ruby Valley Trek (3842 m)

Grade: Medium.

Transportation: Private Vehicle, Domestic Flight.

Accommodation: Semi Lodge/ or fully Camping.

Type of Tour: Trekking, Hiking, Walking, Culture

Trekking Hour: Approximately 6-7 hours each day.

Best Season: Autumn (Sep-Nov) and Spring (Mar-May).

Starting from: Kathmandu.

Ending at: Kathmandu.

Departure

Departure

Review

Trip gallery



Ruby Valley Yoga Trek - photo 1



Ruby Valley Yoga Trek - photo 2



Ruby Valley Yoga Trek - photo 3

Plan your journey with our team

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