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Talk to an Expert

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Ruby Valley Trekking - 8 Days

8 days. Grade: Moderate.

5.0 2295+ reviews on TripAdvisor

US$ 590
per person, for 2 to 3 people

Made on 26 November 2026 https://dev.discoveryworldtrekking.com/trips/ruby-valley-trekking-8-days





Explore the hidden trekking trail in Nepal that not only offers beautiful scenery but gives you insight into the Tamang and Gurung ethnic groups who are known for their rich culture and tradition!

TRIP FACTS

Destination	Nepal
Grade	Moderate
Accomodation	Home stay/local lodge
Best season	Feb, Mar, Apri, May, June, Sep, Oct, Nov & Dec.
Activity	Ganesh Himal Treks
Max. altitude	3,845m Pang sang Pass
Activity per day	Approximately 4-6 hrs walking
Meals included	All Local Meals (Breakfast, Lunch & Dinner) during the trek
Start / end point	Kathmandu/ Kathmandu

PRICE

US$ 590

per person, for 2 to 3 people

The full price is US$ 700. You save US$ 110 per person.

Group-size discounts

People	Price per person
2 to 3	US$ 590
4 to 7	US$ 550

Group discounts are exclusive to your group size only. We do not merge groups.

Highlights

- Newly explored trekking trails
- Amazing views of the central Himalayas of Nepal
- Ruby mines in the mountains
- Unique and rich cultures of Tamang and Gurung people
- Natural hot spring
- Beautiful waterfalls, gorges, stone mills and suspension bridges

Ruby Valley Trekking - 8 Days Overview

The Ruby Valley Trek offers an extended exploration into one of Nepal's best-kept secrets, deep within the rarely visited Ganesh Himal region. This adventure presents a perfect balance of cultural immersion and pristine natural beauty, allowing you to experience genuine hospitality in traditional Tamang and Gurung villages rarely touched by outsiders. With spectacular mountain views unspoiled by the heavy traffic of popular routes, this trek is an ideal choice for those seeking a truly off-the-beaten-path experience.

The comprehensive circuit through the Ruby Valley takes you through diverse ecosystems that showcase the remarkable beauty of Nepal. The varied landscapes range from lush terraced fields and dense forests to expansive high alpine meadows, punctuated by natural hot springs and cascading waterfalls. Strategic viewpoints along the trail offer breathtaking panoramas of the towering Ganesh Himal range and distant peaks of Manaslu and Langtang, ensuring every turn brings a stunning new vista.

The journey begins with a scenic drive from Kathmandu to the trailhead at Syabrubesi, setting the stage for an immersive adventure. Day 2 welcomes you into traditional life as you trek from Syabrubesi to Gatlang, a village known for its serene atmosphere and a sacred lake. The trek continues on Day 3 as you move from Gatlang to Somdang, where the trail ascends through authentic Tamang settlements, offering an intimate glimpse of local customs and lifestyle. Day 4 takes you over the challenging Pangsang Kharka pass (at 3,845 m), culminating in the high ridge of Tipling, rewarded with striking mountain panoramas.

After descending to Chalis Gaon on Day 5, you'll enjoy a well-deserved rest day at this charming village, allowing time to absorb the natural surroundings and interact with the locals. The final days involve a gradual return journey – trekking from Chalish to Borang, followed by a scenic drive from Dhading Besi back to Kathmandu. Balancing physical challenges with rich cultural discovery, the 8-day Ruby Valley Trek is a perfect adventure for those who yearn for authentic, serene landscapes with heartfelt local experiences.

Day to Day Itinerary

Day 1 Drive from Kathmandu to Syabrubensi (1,420 m). Drive Time: Approx. 7-9 hrs.

Day 2 Trek from Syabrubensi to Gatlang (2240 m). Trek Time: Approx. 6 hrs.

Day 3 Trek from Gatlang to Somdang (3,270 m). Trek Time: Approx. 6-7 hrs.

Day 4 Trek from Somdang to Tipling (1,875 m) via Pangsang Kharka pass (3,845 m). Trek Time: Approx. 8-9 hrs.

Day 5 Trek from Tipling to Chalis Gaon (1,800m). Trek Time: Approx. 2 hrs.

Day 6 Rest and Relaxation Day at Chalish Gaon

Day 7 Trek From Chalish to Borang (1,700m). Trek Time: Approx. 7-8 hrs. Drive to Dhading Besi (580m). Drive Time: Approx. 7-8 hrs.

Day 8 Dhading Besi – Kathmandu (1,310m). Drive Time: Approx. 3-4 hrs.

Ruby Valley Trekking Itinerary

DAY 1

Drive from Kathmandu to Syabrubensi (1,420 m/4,655 ft)

Drive duration (122 km/75.8 miles) –7- 9 hrs.

After early morning breakfast, the drive to **Syabrubesi begins**. You head out of **Kathmandu to the highway**, slowly heading towards the north along the main valley road. You will come across many beautiful views of the river, terraced fields, small villages, and snowcapped mountains if the sky is clear. The road takes you to a little busy town called **Dhunche**. While passing along the road at the bank of Trishuli river, you will catch glimpse of **Ganesh Himal**, terraces, and green hills. Passing through Dhunche will make you feel as though you are heading towards deep land. Then continue the drive, we will arrive at Syabrubesi with many things to explore and a **riverside hot spring**.

overnight at lodge
Included meals (Breakfast+Lunch+Dinner).

DAY 2

Trek from Syabrubensi (1,420 m/4,655 ft) to Gatlang (2240 m/7355 ft)

Highest Altitude 2240 m/7355 ft Trek Duration 6 hrs

Syabrubensi being our start point, we inaugurate our **first day** on the trail. Climbing to the west and passing through rural villages and terraced fields we get great scenic views of nature. Trekking at the off beaten path, with our pace, the scenery is indeed **peaceful and spectacular**. Gatlang is an **idyllic settlement** inhabited mainly by people of the Tamang and Gurung ethnicity. The homes are closely connected. Above the village, we can take a side-tour to visit a cheese production center and nearby pond that is considered sacred by locals and a festival site for Hindu pilgrims and the location offers a marvelous **panorama**.

Overnight at Local lodge/home Stay
Included Local meals (Breakfast+Lunch+Dinner).

DAY 3

Trek from Gatlang (2,240 m/7,355 ft) to Somdang (3,270 m/10,765 ft)

Highest Altitude 3,270 m/10,765 ft Trek Duration 6-7hrs

From the **royal Gatlang**, we lead above the village to a pilgrimage area with a pond and Hindu shrine. This sacred area is known as **Parvati Kund** and is especially busy during festivals. Our serene trail then passes through rhododendron (**Nepal's national flower**) and pine forest with occasional open pastures. The forests are often seen to be more colorful and scenic during spring and summer. We then further trek to Khurpu Bhanjyang pass where the views are truly **spectacular**. Descending down into the valley to the west, through a more serene and remote forested area, we **eventually cross** the Somdang River which is the border between the Dhadingand Rasuwa districts. We finally reach **Dhading**. Up the valley is a former mining compound that is **no longer in operation**. The collection of riverside lodges a few minutes down from the bridge is our destination.

Overnight at Local lodge/home Stay
Included Local meals (Breakfast+Lunch+Dinner).

DAY 4

Trek from Somdang (3,270 m/10,765 ft) to Tipling (1,875 m/6,190 ft) via Pangsang Kharka pass (3,845 m/12,645 ft)

Highest Altitude 3,845 m/12,645 ft Trek Duration 8-9 hrs

From the **small settlement** of Somdang, we have a climb through more scenic terrain with dense jungle on the way up to a large pasture that is known as Pangsang Kharka. This pass has a wide-open meadow and affords great views of the surrounding territory including the **Annapurnas**, Manaslu and mighty **Ganesh Himal,** and more. We then make our way down through more **thick jungle** as we descend with a broad perspective of the lush valley that we are entering. Eventually, we reach Tipliing, a large settlement of mostly Tamang people with Buddhist monasteries and Christian churches as well. The locals are **very friendly** and we will get an insight into their **Tibetan influenced culture**.

Overnight at Local lodge/home Stay
Included Local meals (Breakfast+Lunch+Dinner).

DAY 5

Trek from Tipling (1,875 m/6,190 ft) to Chalis Gaon (1,800m/5,960 ft)

Highest Altitude 1,875 m/6,190 ft Trek Duration 2 hrs

The trek today will be a short and relaxed day as we trek our way to the **sister villages** of Shertung and Chalis Gaon. First, we descend down through the serene jungle and cross a tributary and then make a contour to the splendid village of **Chalish Gaon** which is an idyllic setting. About 100 m above Chailsh Gaon is **Shertung village** and both magnificent settlements leave a lot to explore, or just relax and enjoy the spectacular scenery of surrounding fields and **lush valley below**. Shertung and **Chalish Gaon** are inhabited mainly by **Gurung, Tamang** and **Dalit people**.

Overnight at Local lodge/home Stay
Included Local meals (Breakfast+Lunch+Dinner).

DAY 6

Rest and Relaxation Day at Chalish Gaon

Today, we take a day away from **trekking to acclimatize** and also to truly relax and enjoy the surroundings. We have optional hikes to nearby natural hot springs across the valley with built-up, **riverside pools** where we can soak our cares away. Another option is a hike up to a **spectacular viewpoint** above the villages. Or, just sit back and take in the village life, perhaps interacting with the local people and observing their typical daily schedule. The **local people** will perform their traditional and cultural dances as a form of **entertainment for us.**

Overnight at Local lodge/home Stay
Included Local meals (Breakfast+Lunch+Dinner).

DAY 7

Trek from Chalish (1,800m/5,960 ft) to Borang (1,700m/ 2,296ft), drive to Dhading Besi (580m/1,902Ft)

Highest Altitude 1,800m/5,960 ft Trek Duration 2 hrs. Drive duration 7 to 8 hrs.

A final day before we leave back to Kathmandu, we enjoy all the wonderments of this trail. After a pleasant breakfast, We hike further ahead to Bortang village then descend to Lishne Khola from Borang. where we will find a local jeep to take us back. Through a curvy road, we head towards Dhading Besi. Traversing through Ankhu Khola and Kimdang Phedi Village, we will enjoy the drive back home. As we return, we see the increasing settlements, which will make us nostalgic for the peace we immersed in the trail.

Overnight at Local lodge/home Stay
Included Local meals (Breakfast+Lunch+Dinner).

DAY 8

Dhading Besi – Kathmandu (1,310m /4,323ft)

Drive duration 3 to 4 hrs.

We take another bus from **Dhading to Kathmandu from where** we will escort you back to your hotel. We can manage a tour around the city as per your request. You can visit several world heritage sites around the city. As beautiful as the mountains, the culture around the city is a must-see before you call it an **end to your vacation.**

Overnight at your own selected hotel at Kathmandu.
Included meals (Breakfast+Lunch).

What is included in this trek package?

Transportation

- Private transportation to and from Kathmandu Airport and your hotel
- Kathmandu to Syabrubesi (trek start) and Borang (trek end) to Dhading Bensi to Kathmandu by local bus.

Accommodations

- Local lodge/Home stay -7 Nights

Food

- All local meals (8 lunches, 7 dinners and 8 breakfasts) during the trek.
- Seasonal fresh fruits every day
- Water purification tablets for safe drinking water

Guide and Porter

- Government License holder English Speaking Discovery World Trekking experienced and qualified trek leader guide and porter to help trekkers luggage. (2 trekkers:1 porter, 9 kg per trekker max limit)
- Coverage of guides and porters meals, insurance, salary, lodging, transportation and other necessary equipment.

Trek Permits and Expenses

- Langtang National Park entry permit fee.
- Trekkers Information Management System (TIMS) card fee.
- All government, Local taxes and official Expenses

Medical Assistance

- Assistance in arranging rescue operation in case of complicated health condition (funded by travel insurance).
- Medical kits, including an oximeter to monitor blood oxygen saturation levels in high altitudes

Souvenir

- Souvenir - A company's T-shirt & Cap

Farewell

- Discovery World Trekking’s appreciation of certificate after over the successfully trek.
- Farewell Dinner at the end of the trek

Benefits

- Sleeping bags and down jackets, duffle bag (one for every two trekkers) if you do not have your own
- Free excess luggage storage at the Discovery World Trekking store for the duration of the trek

What is excluded in this trek package?

International Flight

- International flight airfare

Accommodations

- All Accommodation in Kathmandu, before and after we start our journey
- Extra night accommodation in Kathmandu due to early arrival or late departure, early return from the trek.

Food

- All meals in Kathmandu, before and after we start our journey
- Extra night meals in Kathmandu due to early arrival or late departure, early return from the trek.

Guide and Porter

- Tips for guide and porters (Recommended by the Culture)

Visa

- Nepal Entry Visa Fees for multiple Entries on arrival at Tribhuvan International Airport- (15 days - $25-30, 30 days- $40-50 and 90 days- $100-110)

Travel Insurance

- Travel insurance which has to cover emergency high-altitude rescue and evacuation compulsory

Personal Expenses

- Personal nature of expenses such as laundry, telephone call, battery recharge, shopping, laundry, extra porters, beverages etc.
- Personal clothing and gear.

Other Expenses

- Excess baggage charges (Limit is 9kg per Person)
- Additional costs or delays caused by management out of control like landscape, bad weather condition, in case of itinerary modification with a view to safety concern, illness, change of government policy, political instability raises strike, moment etc.
- All the costs and expenses which are not listed in "cost includes" will be counted as excludes

Planning Your Trek Schedule

Our trips have flexible departure dates. You can select a travel date that fits your schedule and easily confirm your booking through our website at any time.

Ruby Valley Packing List

You'll need proper gear, equipment, and clothing for the trek. We will assign one porter for every two trekkers, and a porter carries up to 18 kg of luggage. It means your luggage weight limit of 9 kg.

As one porter will carry luggage for two people, we recommend teaming up with another trekker and packing your combined gear into a duffle bag with a capacity of over 60 liters. While we understand you may have your own preferences, we've provided a recommended packing list to help you pack. You can store your extra luggage at our store for free.

Head and Face

- Sun hat or cap (wide-brimmed)
- Ear-covering warm hat or knitted beanie
- Scarf, buff, or neck gaiter
- UV-protection sunglasses
- High SPF sunscreen and lip balm
- Lightweight headlamp with spare batteries

Upper Body

- Moisture-wicking short or long-sleeved t-shirts
- Thermal base layers (light for warm months/heavy for cold)
- Fleece and puffy/insulated jacket
- Down jacket for colder elevations
- Waterproof and windproof outer jacket
- Lightweight long-sleeve breathable trekking shirt Synthetic bra for women
- Waterproof nylon raincoat or poncho

Handwear

- Warm insulated gloves or mittens
- Lightweight liner gloves
- Waterproof outer gloves for snow or wet conditions

Lower Body

- Quick-drying trekking pants and underwears
- Convertible or full-length trousers
- Quick Drying Underwear Thermal leggings or base layers
- Warm trekking trousers (insulated pants) for colder sections.
- Lightweight cotton pants for evenings/ inside teahouses

Footwear

- Broken-in trekking boots with ankle support and good grip
- Warm wool or synthetic trekking socks
- Lightweight camp shoes or sandals for river crossings
- Gaiters for protection against mud, water, and debris
- Microspikes/crampons (seasonal) for better grip while crossing snowy and icy high passes

Backpack/Support/Sleeping Gear

- Duffle bag/Rucksack (50-60 liters, shared between two trekkers)
- Day backpack (20–30 liters) with rain cover
- Adjustable and lightweight trekking poles (preferably
- collapsible), Reusable water bottles or hydration bladder (minimum 2 liters)
- Water purification tablets, a filter, or a UV purifier
- Sleeping bag (rated -5°C to -10°C)
- Earplugs

Electronics and Documents

- Camera/Smartphone
- Power bank and charging cable
- Two-pin charging adapterPassport photocopies and passport-sized photos in waterproof bags

Toiletries

- Toothbrush and toothpaste
- Medium-sized quick-dry towel
- Biodegradable soap or shampoo
- Toilet paper (in a Ziplock bag)
- Nail Clipper Body wipes/wet tissues
- Feminine hygiene products
- Hand sanitizer

Medications

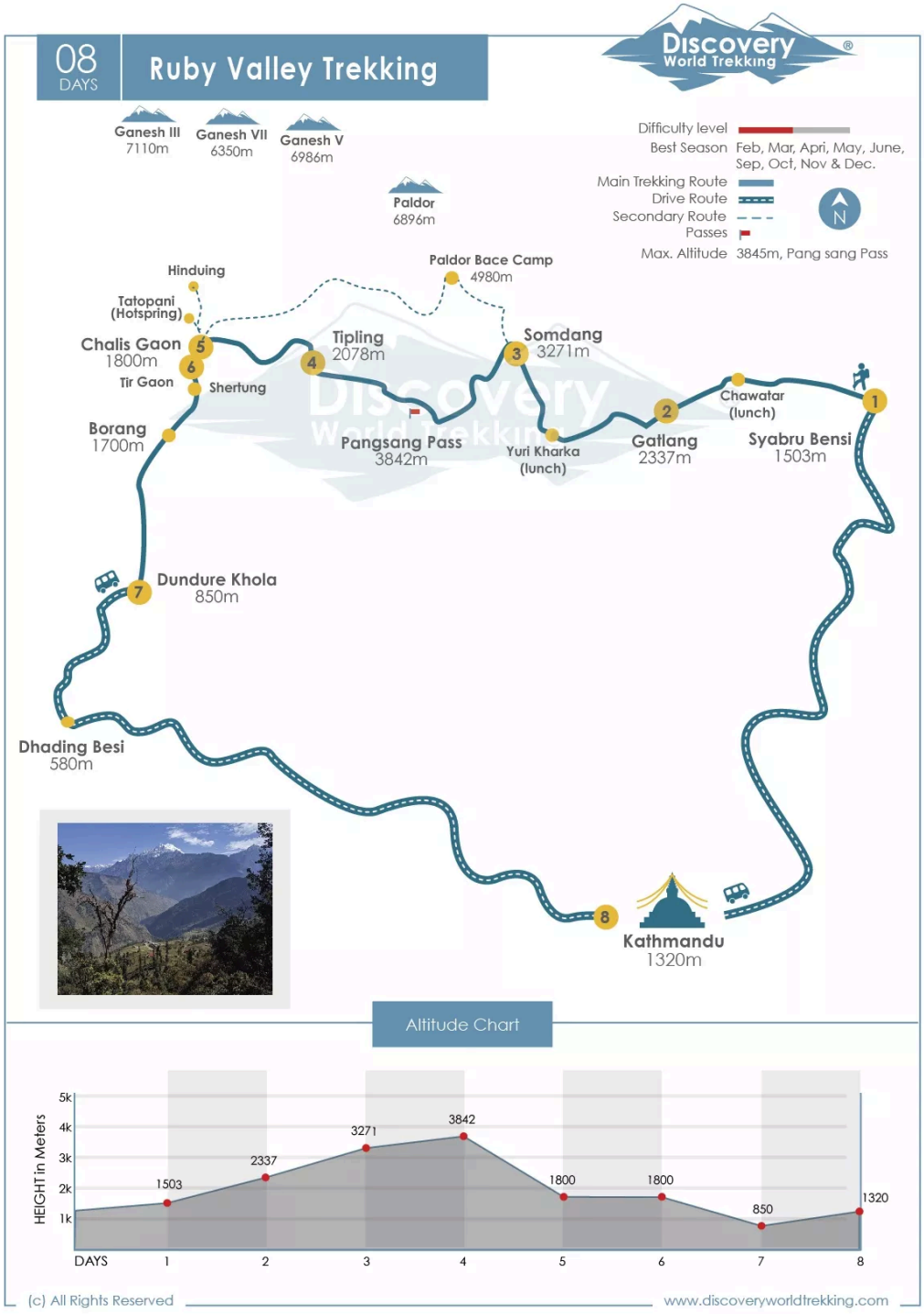
- Personal kits and medications (inhalers, allergy medicine, etc.) are highly recommended
- Blister care kit (Compeed/moleskin)
- Cough drops or throat lozenges (very useful in dry air)
- Basic first aid supplies (band-aids, antiseptic wipes, pain relievers, Diamox)

Optional Items

- Snacks and energy bars
- Notebook or pen for journaling your experience
- Book or e-book
- Binoculars
- Small multi-tool
- Pee-bottle/pee-funnel for women
- Comb

We can provide a used duffle bag (non-waterproof), down jacket, and sleeping bag if you don't have your own.

Route Map


08 DAYS
Ruby Valley Trekking
Discovery World Trekking
Ganesh III 7110m
Ganesh VII 6350m
Ganesh V 6986m
Paldor 6896m
Difficulty level
Best Season Feb, Mar, Apri, May, June, Sep, Oct, Nov & Dec.
Main Trekking Route
Drive Route
Secondary Route
Passes
Max. Altitude 3845m, Pang sang Pass
Hinduing
Tatopani (Hotspring)
Paldor Bace Camp 4980m
Chalis Gaon 1800m
Tir Gaon
Shertung
Tipling 2078m
Somdang 3271m
Chawatar (lunch)
Borang 1700m
Pangsang Pass 3842m
Yuri Kharka (lunch)
Gatlang 2337m
Syabru Bensi 1503m
Dundure Khola 850m
Dhading Besi 580m
Kathmandu 1320m
Altitude Chart
HEIGHT in Meters
5k
4k
3k
2k
1k
1503
2337
3271
3842
1800
1800
850
1320
DAYS 1 2 3 4 5 6 7 8
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Responsible Travel

We strongly believe that our environment has to be protected as tourism may bring negative effects on it. We highlight the positive aspects of tourism on the environment. Furthermore, Discovery World Trekking works together with the Kathmandu Environmental Education Project (KEEP) and organizes eco-friendly trips about the most environmentally sensitive and culturally rewarding that meet the expectation of both travelers and communities.

Discovery World Trekking Crews

During the Ruby Valley Trekking, you will be accompanied by our local best-trained and well-experienced guides/sherpas to make your journey even more comfortable and memorable. All guides are well-trained and licensed with a prior experience they have spent years trekking/climbing a peak all over the world. Porters will also be assigned to carry your luggage. Two people will be assigned one porter, and combined luggage should not exceed more than 18 kg. We never overload our porters. A proportion of one porter for two members and one assistant guide for 8 members. If required we can also have one porter per person. Our crew members are the local people of the high Himalayas remote areas and their physical endurance and heredity nature can live easily and comfortably at high altitudes without being affected. All our staff is very valuable to us, they are well paid and we take care of their insurance, clothing, food, and lodging throughout the expedition. All our Guides and Porters receive Medical care when ill or injured. We always make sure that they are happy as we believe that only happy people can make others happy The local expert trek leader to guide you is specialized in the following subject. We provide basic accommodation for our guides and porters or a tent with sleeping gear we also provided them with food and warm drinks.

- Intensive Wilderness First Aid
- Authorized certificate of Trekking Guide Training
- Fluency speaking English and other major Languages
- Conservation and biodiversity
- Rock climbing

Tipping

Most importantly, tipping is at the traveler's discretion and should be relied on good service that does not form part of wages for your Guides, porters, and crew although they are very much appreciated. In Nepalese culture, the tip is the accepted and honored way to say thank you (Dhanyabada) for good service. Normally the tips are offered at the end of the trek and this is best done as a group. Most groups will give the trips in farewell dinner on the last evening or last day of the trek, to mark the end of the trip. The amount of the trip is entirely a personal preference that may be more or less depending upon your perception of service quality, length of trip, budget, and appreciation of their work. It is important to Discovery World Trekking crews who professionally take care of you all the time during the trekking, inspire excellent service, and offer enriching journey- a trip of once in a lifetime experience

Booking and Payment Process

Discovery world trekking is a government authorized, registered, licensed, and bonded as trekking and touring operator in Nepal. The company registered number is 87657/068/069. We are a member of the Trekking Agency Association of Nepal (TAAN), Nepal Mountaineering Association (NMA). Therefore, the book the Discovery World Trekking trip with confidence as we are reliable.10 percent of payment in advance and other necessary documentations like passport copy, passport size photos, travel insurance policy, arrival, and departure flight details can be made later but must not exceed within two weeks' period from the booking date. Payment is to be made by bank transfer, western union, and online payment directly from our website. The remaining trip costs can be paid whether in cash or by bank transfer and credit card when you arrive in Nepal. Furthermore, we put forward the necessary modes of payment details as per your convenience by mail.

Last minute booking

It is best to book in advance but for those who aren't able to for whatever reason Discovery World Trekking has a special provision for a last-minute booking. In the case of last-minute booking with 100% percent trip payment within 24 hours is accepted. We do our best to operate a trek at any time but in case of last minute booking, we cannot be responsible for delay due to changes beyond our control such as the weather, availability of lodging. Contact us for more information at 977- 9840055491 (Paul) or email us.

Trip Extensions

After the completion of the trek, you may want to stay a couple of days extra in Nepal. With the free time, exploring, visiting a tour of Kathmandu, sightseeing, Nagarkot view trip, Chitwan jungle safari, paragliding, rafting, canoeing are such activities that can be done.

Feedback

After completing the Ruby Valley trek, there will be a farewell dinner held where Discovery World trekking will give you the company's t-shirt, digitally printed certificate of trek achievement along a key ring. We would highly appreciate it if you would give compliment, comment, or complain about the service provided and the team performance as we always strive to be better.

USEFUL INFO

Please Note: The Ruby Valley Cultural trek includes fixed departure dates from Kathmandu and can be tailored to accommodate your specific requests and schedule. Please review our designated departure dates for this trek and if they do not suit your timeframe, then let us know how we can arrange a trek that is convenient for you.
The itinerary listed above is a general guideline; please be advised that it might be necessary to modify it due to external factors beyond our means including and not limited to the following: unstable weather, accessibility, and availability of lodging and campsites, unforeseen governmental, trail and ecological conditions and other circumstances beyond our control. Although it is improbable that changes will occur that would significantly alter the original itinerary, we cannot be held accountable for the results of delays or changes beyond our control. In the event of an Itinerary adjustment or need to redirect to other trails and areas, the Lead Guide will ultimately make the final choice on the best rerouting after consulting with the group members and keeping in mind the interests of the party as a whole. If an alteration is necessary, then we will certainly do everything we can to diminish the effects.
We look forward to guiding you on the Ruby Valley Cultural trek through some of the most dazzling landscapes on the planet with unforgettable Himalayan panoramas along the way!

Trip Notes

Arrival and Start of the Journey

Your journey towards the Ruby Valley Trek begins with a landing at Tribhuvan International Airport in Kathmandu. When you arrive at the Kathmandu Airport, our representative will be waiting for you, holding a placard with your name. They will greet you warmly with a marigold garland and take you to your hotel.

On the departure date for the trek, you will travel to Syabrubesi, the starting point of the trek, on a local bus, with a journey lasting 8 to 9 hours. Transportation from Kathmandu to Syabrubesi and back from Dundre Khola is included in the package. We can arrange a jeep for an extra cost.

Accommodations

Throughout the 8-day Ruby Valley trek, you will be staying in local homestays or lodges, where you can enjoy the warmth and hospitality of the local communities. Seven nights will be spent in simple yet comfortable lodges that provide basic facilities, offering you an authentic mountain experience. You can enjoy hot showers, electricity for your devices, and Wi-Fi for an additional charge in most lodges.

In Kathmandu, you will need at least two nights of hotel accommodation, but it is not included in the package. Kathmandu offers a range of hotels suitable for all budgets, and you can choose according to your preferences.

Meals

This trek package provides 8 breakfasts, 8 lunches, and 7 dinners. Meals will be simple but nutritious, designed to give you the energy required for the demanding journey. Meals are on a full-board main-course basis.

This package does not cover beverages (hot, cold, or alcoholic).

While plenty of fresh, hygienic, and tasty local food will be available, we recommend avoiding non-vegetarian options, as the meat in these remote areas may not be hygienic.

We also advise avoiding alcohol, caffeinated drinks, dairy products, and hot chocolate at high altitudes. To stay hydrated and aid with acclimatization, drink plenty of liquids like green tea, lemon tea, ginger tea, hot lemon, and garlic soup, which are highly beneficial at higher elevations.

Luggage

We provide porters to carry your luggage, with two people sharing one porter. The combined weight limit per porter is 18 kg, ensuring our porters are not overloaded. Please pack your things with a fellow traveler in a duffle bag of over sixty liters. We also expect you to carry a small day pack containing valuables or important items. You can leave excess luggage at your hotel or the Discovery World Trekking store free of charge.

Facilities and Essentials

- **Water**

You can buy bottled water from local lodges or shops. However, we advise you to carry a reusable water bottle and instead buy boiled/filtered water as it is environmentally friendly. Please water purification pills to ensure safe drinking water throughout the trek. We advise you to avoid drinking directly from rivers, taps, or wells.

- **Communication**

Wi-Fi will be available at most lodges for an additional charge. You will also be able to contact friends and family through these lodges. You can buy a local SIM in Kathmandu, but signals may not be strong enough at all trek regions. Our head office remains in contact with all trek teams daily via trek guide using mobile. We are always on standby to handle any challenges.

Travel Essentials

- **Visa**

All foreign nationals, except for citizens of India, require a visa to enter Nepal. You can get an on-arrival visa at Tribhuvan International Airport and at immigration checkpoints at the border. You will need a passport with at least six months of validity, along with a passport-sized photo. The cost for a 30-day visa is USD 50. For more details, visithttps://www.immigration.gov.np/en>.

- **Travel Insurance**

Travel insurance is mandatory. The policy must include coverage for emergency helicopter rescue up to the highest trek altitude and health care costs. Before purchasing insurance, ensure that your policy covers these specific conditions.

- **Currency Exchange**

The local currency in Nepal is the Nepali Rupee (NPR), and you can exchange major foreign currencies at local banks and money exchange centers in Kathmandu. A rough exchange rate is 1 USD = ~133 NPR. You can use ATMs in Kathmandu to withdraw cash (in NPR), though a fee may apply. Be aware that only a 100 Indian Rupee note is legal in Nepal.

- **Extra Expenses**

There are a few additional expenses not covered in the trek package. These include meals and accommodations in Kathmandu, visa processing fees, beverages (hot, cold, and alcoholic drinks), snacks during the trek, extra-meal courses, tips for the trekking crew, souvenirs, and other miscellaneous expenses. You will need around USD 15 per trek day to cover these expenses.

Trek Season and Weather Conditions

The best time to trek the Ruby Valley Trek is during the spring and autumn when the weather is favorable for hiking. The seasons from March to May and September to November are ideal for this trek. During winter, the cold temperatures and heavy snow make the trails challenging.

The monsoon/spring season (June to August) brings heavy rainfall, making the trails slippery and difficult to navigate. In spring, the rhododendron flowers bloom, offering stunning views of the surrounding mountains. The autumn weather is also favorable and carries its charm being the festive season in Nepal.

Typical Day

A typical day on the Ruby Valley Trek begins early with a cup of tea. After breakfast, you start the day's trek, which usually lasts 3 to 4 hours, with breaks for photos and rest. Lunch is around midday, and after an hour's rest, you continue trekking for another 2 to 3 hours until you reach your lodge.

You can then explore the new area. We serve dinner around 7 pm, followed by a briefing of the next day's trek. Before bed, you can play board games, socialize, or spend time as you like.

Trip Conclusion

- **Farewell Dinner**

Upon completing the Ruby Valley Trek, we will celebrate your achievement during the farewell dinner in Kathmandu. Later, we will present you with a trek achievement certificate. It is also the right time to provide us with feedback.

- **Departure**

We provide complimentary airport transfers. Please provide us with your hotel name, room number, departure date, and time so we can take you to Kathmandu Airport in a private vehicle.

Trek Bookings

- **Private Treks**

We offer private treks only and do not add anyone to your group. The bigger your group, the more discount you will get. We can handle all group sizes and add an assistant guide for a group of 12 or more.

- **Safe Trek Bookings**

Booking with us is secure and hassle-free. As a government-authorized trekking operator in Nepal and a proud member of the Trekking Agency Association of Nepal (TAAN) and the Nepal Mountaineering Association (NMA), we ensure reliability and transparency. We are in business for over 12 years. A 10% advance payment confirms your trek, payable via bank transfer, credit card, Wise, or Western Union.

After booking, kindly provide the necessary documents, including a passport copy, photos, and travel insurance within one week. You can settle the remaining payment in Kathmandu through cash, bank transfer, Wise, Western Union, or credit card. We will email you the payment details.

- **Last-Minute Bookings**

While booking at least a month in advance is ideal, we do accept last-minute reservations. In such cases, we must receive the full trek cost at least 24 hours before the departure date. Although we strive to accommodate every request, last-minute bookings may face delays due to factors beyond our control, such as unfavorable weather conditions.

- **Flexible Schedule**

Our treks come with fixed departure dates, but we understand that schedules can vary. If the dates don’t suit you, we will adjust the trek departure date to ensure a seamless trekking experience.

- **Trip Extension**

After completing the trek, you can explore Nepal some more. Whether you want to enjoy sightseeing in Kathmandu, visit Nagarkot for a panoramic view of the Himalayas, a jungle safari in Chitwan, or another trek, we can arrange additional experiences.

DWT Family

Throughout the trek, our team of experienced guides and porters will accompany you. Our guides are Nepal government-licensed, trained in wilderness first aid, speak English, and know rock climbing. We believe that only happy persons can keep others happy.

Hence, we try our best to keep our staff members happy. They get fair pay, and we cover all their needs, including food, accommodations, and insurance during the trek.

Ecotourism Practices

At Discovery World Trekking, we emphasize sustainable travel and ecotourism. We minimize environmental impact by encouraging waste reduction, water conservation, and respecting wildlife. Our goal is to leave only the footprints behind in the trek regions. We partner with the Kathmandu Environmental Education Project (KEEP) to ensure our treks follow ecotourism practices.

Tipping Culture

Tipping is customary in Nepal and a way to show appreciation for guides and porters. We recommend you tip collectively at the end of the trek, keeping in mind service quality, trip cost, and length.

We look forward to guiding you on the Ruby Valley Trek through some of the most dazzling landscapes on earth.

FAQs For Ruby Valley Trekking

GENERAL INFORMATION

Where is Ruby Valley Trek?

The Ruby Valley Trek is located between the Manaslu Conservation Area and Langtang National Park in Nepal and offers stunning mountain views, remote villages, and rich cultural experiences.

How long is the Ruby Valley Trek?

The Ruby Valley Trek typically lasts 8 days, including the drive from Kathmandu to Syabrubesi and the return journey to Kathmandu.

What are the main highlights of the Ruby Valley Trek?

The major highlights include:

- Breathtaking views of the central Himalayas, including Ganesh Himal, Langtang Lirung, and Boudha Himal
- Visits to ruby mines in the mountains
- Immersion in the rich cultures of Tamang and Gurung communities
- Natural hot springs
- Scenic landscapes featuring waterfalls, gorges, stone mills, and suspension bridges

What is the difficulty level of the Ruby Valley Trek?

The Ruby Valley Trek is moderately difficult. It involves a mix of gradual and steep climbs with diverse terrain, including forest paths, meadows, and high passes like Pangsang Pass (3,842 m). It requires a good level of fitness but is suitable for all trekkers.

Why is the Ruby Valley considered a hidden gem in Nepal?

The Ruby Valley is considered a hidden gem due to its relatively unexplored nature, offering a pristine trekking experience in remote parts of Nepal. This trek also takes you to the historical ruby gem mine area.

Do you offer Ruby Valley Trekking as a private trek?

Yes, we do offer Ruby Valley Trekking as a private trek.

PREPARATION & FITNESS

How fit do I need to be for the Ruby Valley Trek?

You need to be in normal physical condition for the Ruby Valley Trek. The trek involves days of walking with both uphill and downhill sections.

Is the Ruby Valley Trek suitable for beginners?

The trek is moderate in difficulty, and beginners can also complete this trek. However, you should be prepared for the challenging climbs and altitude changes.

How can I prepare physically for the Ruby Valley Trek?

You should focus on cardiovascular exercises (such as running, cycling, or hiking), strength training for your legs and core, and endurance-building activities. Practicing hiking with a backpack will also help you adjust to the trekking conditions.

PERMITS

What permits are required for the Ruby Valley Trek?

The Ruby Valley Trek requires the following permits:

- **Langtang National Park entry permit**
- **Trekkers Information Management System (TIMS) card**

Are permits included in the Ruby Valley Trek package?

Yes, the necessary permits (Langtang National Park entry permit and TIMS card) are included in the Ruby Valley Trek package.

Where can I obtain the necessary permits for this trek?

You can obtain the necessary permits from the Nepal Tourism Board office in Kathmandu. However, we will take care of obtaining these permits for you.

INSURANCE & VISA

Do I need travel insurance for the Ruby Valley Trek?

Yes, travel insurance is mandatory for the Ruby Valley Trek. The policy must cover emergency helicopter evacuation up to the highest altitude of the trek and medical expenses.

What should my insurance cover for this trek?

Your insurance should cover emergency helicopter high-altitude rescue and evacuation and medical expenses. To ensure that the policy covers helicopter evacuation, please call your insurer.

Do I need a visa for trekking the Ruby Valley, and how do I get it?

Yes, all foreign nationals, except for Indian citizens, require a visa to enter Nepal. You can obtain an on-arrival visa at Tribhuvan International Airport or at border immigration checkpoints. The cost for a 30-day visa is USD 50, and you will need a passport with at least six months of validity and a passport-sized photo.

GUIDES & PORTERS

Is it necessary to hire a guide for the Ruby Valley Trek?

Yes! Since April 2023, the Nepal government has made it mandatory to hire a licensed guide/porter while entering Nepal's national parks and protected areas. You will be trekking in Langtang National Park. Hence, you will need a guide/porter.

What services do guides and porters provide during the trek?

Guides assist with navigation, cultural insights, and safety while porters carry your luggage.

Can I trek the Ruby Valley independently?

No. Since April 2023, the Nepal government has made it illegal for foreigners to enter Nepal's national parks and protected areas without a licensed guide or porter.

ACCOMMODATION

What type of accommodation is available during the Ruby Valley Trek?

Accommodation is provided in local homestays and simple lodges. These offer basic facilities for an authentic mountain experience.

Do the teahouses or homestays offer modern facilities like electricity and showers?

Most lodges offer basic electricity and hot showers for an additional charge.

Will I have access to charging points or Wi-Fi during the trek?

Charging points and Wi-Fi are available at most lodges for an additional charge, but they may not be available in all areas, especially at higher elevations.

FOOD & DRINKS

What type of meals will be provided during the Ruby Valley Trek?

The trek includes 8 breakfasts, 8 lunches, and 7 dinners, providing delicious and nutritious meals to fuel your trek. The food is energy-dense to provide energy for high-altitude trekking.

Are there vegetarian or vegan food options available?

Yes, vegetarian and vegan options are available at most lodges and homestays. Please inform us about any dietary preferences before the trek.

Is drinking water available along the trek, or should I bring purification tablets?

While you can buy bottled water from shops/lodges along the trek, we recommend you carry a reusable water bottle and buy boiled or filtered water from lodges. Please bring water purification tablets to ensure safe drinking water. Do not drink directly from local taps, wells, and rivers.

WEATHER

What is the best time of year to do the Ruby Valley Trek?

The best times to trek Ruby Valley are spring (March to May) and autumn (September to November), as the weather is favorable for hiking. The rhododendron flowers bloom in spring, offering beautiful scenery, while autumn is a festive season. Autumn and spring offer cooler temperatures, clear skies, and good trail conditions.

What kind of weather can I expect during the different seasons?

- **Spring (March to May)**: Pleasant weather with blooming rhododendron flowers and clear skies.
- **Autumn (September to November) </strong: Clear skies, stable weather, and mild temperatures.**
- **Winter (December to February)**: Cold temperatures with the possibility of snow, make the trails more challenging.
- **Monsoon (June to August)**: Heavy rainfall, making the trails slippery and difficult to navigate. However, the green shoots and cascading waterfalls look lovely.

HEALTH & SAFETY

What health risks should I be aware of during the Ruby Valley Trek?

Altitude sickness is a slight concern during the Ruby Valley Trek. You might also face common ailments like colds, headaches, and gastrointestinal issues.

Is altitude sickness a concern on the Ruby Valley Trek?

Yes, altitude sickness can be a concern, especially at higher elevations. The trek includes acclimatization days to help mitigate the risk.

What safety measures are in place in case of an emergency during the trek?

Our guides have completed wilderness first aid training. In emergencies, we coordinate with your insurer to initiate helicopter evacuation. Hence, travel insurance that covers emergency helicopter rescue is mandatory for this trek.

PACKING & GEAR

What essential gear and equipment should I bring for the Ruby Valley Trek?

Essential gear includes a good pair of trekking boots, a sleeping bag, warm clothing, a waterproof jacket, trekking poles, a water bottle, a headlamp, and a first-aid kit. You should also carry personal medications, sun protection, and camera gear. See our equipment section for details.

Do I need a sleeping bag for this trek?

While lodges may provide blankets, having your sleeping bag ensures warmth and comfort at higher altitudes.

Are trekking poles necessary for the Ruby Valley Trek?

Trekking poles are recommended for the Ruby Valley Trek, as they help reduce strain on your knees, especially during steep climbs and descents.

BOOKING & PAYMENTS

How far in advance should I book the Ruby Valley Trek?

Book at least a month in advance to secure your spot. However, last-minute bookings are accepted with the full trek cost paid at least 24 hours before departure.

What is the payment process for booking the trek?

A 10% advance payment confirms your trek booking. You can pay using bank transfer, credit card, Wise, or Western Union. You can pay the remaining balance in Kathmandu through cash, bank transfer, Wise, Western Union, or credit card.

Are there cancellation or refund policies for this trek?

Yes. You can view our terms and conditions page for details.

TRANSPORTATION

Are domestic flights required for the Ruby Valley Trek?

No, domestic flights are not required for the Ruby Valley Trek. The trek begins with a bus ride from Kathmandu to Syabrubesi.

What transportation options are available after completing the trek?

After completing the trek, you will return to Kathmandu by bus. You can hire a private jeep for an extra cost.

Discovery World Trekking

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