



Ruby Valley

Trek Guide

Homestays beneath Ganesh Himal

Three routes through the quiet hills between Langtang & Manaslu, compared by duration, altitude, difficulty and season.



What is inside this guide

Fourteen sections, from choosing a route to packing for it

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Every route in this guide is one we run ourselves. Durations are full package days, from the day you land in Kathmandu to the day you fly out, matching the itineraries on himalayaguidenepal.com.



Introduction to Ruby Valley treks

Where it is, what makes it special, and who it suits

Ruby Valley lies in the hills of Dhading and Rasuwa districts on the southern side of Ganesh Himal, between Langtang National Park to the east and the Manaslu Conservation Area to the west. It takes its name from the rubies and other precious stones once mined here, and it is one of the least trekked areas this close to Kathmandu.



What makes the Ruby Valley Trek special?

- Homestays instead of lodge villages. You eat with Tamang and Gurung families and sleep in their homes.
- Close views of the Ganesh Himal range, Ganesh I (7,422 m), Ganesh II (7,118 m) and Ganesh IV (7,104 m), with Langtang and Manaslu on clear days.
- Tamang, Gurung, Ghale and Dalit villages where life still turns on terraced farming, herding and old festivals.
- Natural hot springs, waterfalls, and sacred lakes such as Parvati Kunda, all without crowds.

Who can trek Ruby Valley

The standard Ruby Valley Trek tops out below 4,000 m and suits fit beginners who value culture over altitude. It is a newer trekking area, so facilities are basic. If you want hot showers and wifi every night, Langtang or Annapurna will suit you better.

Getting to Ruby Valley Trek

Routes start from Syabrubesi, a 6 to 7 hour drive from Kathmandu, or continue by jeep to Gatlang. Some itineraries finish on the Dhading road to the south. Public buses and jeeps serve both ends, and we use private vehicles for groups.



All Ruby Valley treks at a glance

Three routes, side by side

Durations are full package days, from the day you land in Kathmandu to the day you fly out, matching the itineraries on himalayaguidenepal.com.

Trek	Days	Highest point	Difficulty	Accommodation
Ruby Valley Trek	9	Pangsang La 3,842 m	Moderate	Homestays and lodges
Ruby Valley Two Passes Trek	12	Pangsang La 3,842 m	Moderate	Homestays
Ruby Valley Camping Trek	18	Ganesh Himal Base Camp 4,500 m	Challenging	Camping



How to read the difficulty column

One grading key runs through every Himalaya Guide Nepal region guide. **Easy:** tops out below 3,500 m. **Moderate:** up to about 4,800 m with no pass above 4,500 m. **Strenuous:** a pass above 4,500 m or time above 5,000 m. **Challenging:** two or more high passes, a trekking peak, or remote camping. Section "Difficulty and altitude guide" explains each grade.

The Ruby Valley Trek is graded Moderate only because Pangsang La crosses 3,500 m. In practice it is one of the gentler routes in this series and suits beginners who walk regularly.



Ruby Valley Trek

The classic route over Pangsang La

From Syabrubesi the route climbs to the Tamang village of Gatlang and Parvati Kunda, continues to Somdang, and crosses Pangsang La (3,842 m) for a wide view of Ganesh Himal, Langtang and Manaslu. It then drops through Tipling and Chalish, the heart of Ruby Valley, with a rest day for hot springs and village life.

DURATION

9 days

DIFFICULTY

Moderate

ACCLIMATISATION

Chalish

HIGHEST POINT

Pangsang La 3,842 m

BEST SEASON

Sep – Nov, Mar – Apr

PERMITS

Langtang National Park, TIMS



Main attractions During Ruby Valley Trek

- Gatlang and Parvati Kunda, a sacred lake above one of the best-preserved Tamang villages.
- Pangsang La, the high point, with a panorama of the Ganesh Himal range.
- Chalish, where the Gurung community often performs traditional dances for visitors.
- Tatopani hot springs, the Ganga Jamuna twin waterfalls, and a fishing afternoon on the Ankhu Khola.

Who it suits

Trekkers who care more about people than peaks, and anyone who has done Langtang and wants somewhere quieter nearby. It can also be extended into the Langtang Valley or the Tamang Heritage Trail.



Ruby Valley Two Passes Trek

A longer loop through the southern villages

This route connects Syabrubesi and Gatlang with Somdang, Pangsang La, Chalish, Lapa, Khading and Baseri before finishing in the lower Dhading road area. The two passes are Pangsang La above Somdang and Mangne Pass (2,936 m), between Khading and the Baseri ridge.

DURATION
12 days

SECOND PASS
Mangne Pass 2,936 m

ACCOMMODATION
Village homestays

HIGHEST POINT
Pangsang La 3,842 m

DIFFICULTY
Moderate

BEST FOR
Slow travel and village life



Most days you share the trail with locals, mule trains and children walking to school rather than other trekkers. The trail moves from jeep tracks and stone steps near Gatlang to forest paths and mule trails in the deeper valley.

Rough ground in places

Some sections cross landslide scars and loose trail, especially after the monsoon. Good boots and trekking poles make a real difference.



Ruby Valley Camping Trek

An expedition to Ganesh Himal Base Camp

The camping trek goes beyond the homestay villages to the glaciers below Ganesh Himal, reaching Ganesh Himal Base Camp at about 4,500 m. It crosses Pangsang La and Mangne Pass and spends nights in the open where there are no villages at all.

DURATION
18 days

DIFFICULTY
Challenging

BEST SEASON
Oct – Nov, Apr – May

HIGHEST POINT
Ganesh Himal Base Camp about 4,500 m

ACCOMMODATION
Full camping crew

PRIOR EXPERIENCE
Recommended

A cook, kitchen team and porters travel with you. Expect glacial landscapes, rock formations and clear streams, with the four summits of Ganesh Himal close overhead, and very few other people for days at a time.



Staying in a homestay During Ruby Valley Ganesh Himal Trek

What a night in Ruby Valley actually looks like

Homestays are the product in Ruby Valley, and the part first-time visitors are most unsure about. Here is what to expect.



What to expect

Rooms

Simple twin or shared rooms in the family house, with mattresses and blankets. Bring your own sleeping bag.

Food

What the family eats: dal bhat, seasonal vegetables, local grains, milk and ghee from their own animals.

Toilets

Mostly squat toilets outside the house, some shared. Bring toilet paper and hand sanitiser.

Showers

Bucket showers or hot water on request in some villages, and the Tatopani hot springs.

Charging

Solar or intermittent mains power. A 20,000 mAh power bank is essential.

Signal

Patchy. Assume you are offline between villages.

Homestay etiquette

Remove shoes indoors, ask before photographing people, eat what is offered and say so if you cannot, and keep to the family's early nights. Your guide will translate and knows each household.



Villages and sights During Ruby Valley Trek

The places you will hear named

Place	What you will find
Syabrubesi	Trailhead shared with the Langtang routes
Gatlang	Stone lanes and carved doorframes in a Tamang village, with Parvati Kunda above
Somdang	High settlement below the pass, and the last stop before the crossing
Pangsang La	The high point at 3,842 m, with Ganesh Himal, Langtang and Manaslu in view
Tipling	Large Tamang village on the descent from the pass
Chalish	Gurung village at the heart of Ruby Valley, with cultural dances
Tatopani	Natural hot springs, the best recovery after the pass
Ganga Jamuna	Twin waterfalls whose name refers to two sister rivers
Kalo and Seto Kunda	The black and white lakes, sacred to local communities
Ankhu Khola	River where villagers show visitors traditional fishing



Combining Ruby Valley with other regions

One trip, two regions

Ruby Valley shares its trailhead with Langtang and borders Manaslu, so it combines easily with both.

Combination	How it links	Suits
Ruby Valley + Tamang Heritage	Both pass through Gatlang, so the routes join naturally	Culture-first trips of about two weeks
Ruby Valley + Langtang Valley	Finish Ruby Valley, return to Syabrubesi and walk up to Kyanjin Gumpa	Adding a 4,773 m viewpoint to a village trek
Ruby Valley + Manaslu	Continue west after Pangsang La toward the Budhi Gandaki	Long trips with restricted permits arranged in advance

Ask us for a combined itinerary

We build these to order around your dates. Tell us how many days you have and whether you want culture, altitude or both.



Difficulty and altitude guide For Ruby Valley Trek

What the grades actually mean on the ground

Grade	Daily walking	Top altitude	What it feels like
Easy	4 – 6 hours	Below 3,500 m	Good trail, village nights, no acclimatisation days needed
Moderate	5 – 7 hours	3,500 – 4,800 m, no high pass	Long days, thin air at the top, one acclimatisation stop
Strenuous	5 – 8 hours	A pass above 4,500 m or time above 5,000 m	Cold nights, pre-dawn starts, one or two very long days
Challenging	6 – 9 hours	Two or more high passes, a peak, or remote camping	Snow underfoot, basic facilities, prior altitude experience needed



What Ruby Valley days feel like

Days are 5 to 7 hours on village trails with plenty of up and down. The pass day to Pangsang La is the longest climb, and the descents on loose trail can be harder on the knees than the climbs.

Altitude considerations

- Above 3,000 m, keep sleeping-altitude gains to roughly 300 to 500 m per night.
- Plan a full acclimatisation day for about every 1,000 m of altitude gained.
- Drink far more than feels necessary, three to four litres a day.
- Mild headache, poor appetite and broken sleep are common. A worsening headache, breathlessness at rest, confusion or loss of balance are not, and mean descending straight away.
- Talk to a travel doctor about altitude medication before you leave home, and tell your guide about any medication you carry.

Descent is the treatment

No drug, oxygen bottle or rest day replaces going down. Every itinerary we run has descent options identified in advance, and every guide carries a first aid kit and a way to call for help. Helicopter evacuation depends on weather, which is why travel insurance covering evacuation to the maximum altitude of your trek is a condition of joining any trip in this guide.



Best time for Ruby Valley Treks

Choosing your season

Season	Advantages	Disadvantages
Autumn Sep – Nov	Clear views of Ganesh Himal, harvest season in the villages	Colder nights at Somdang and on the pass
Spring Mar – Apr	Rhododendron forest in flower on the lower trail	Haze builds later in spring
Winter Dec – Feb	Quiet and clear on the lower trail	Snow can close Pangsang La, and houses are cold
Monsoon Jun – Aug	Green terraces and rice planting	Landslides on roads and trails, leeches, and little mountain view. Not recommended



Permits and preparation During Ruby Valley Trek

Paperwork, logistics and getting your body ready

Permits For Ruby Valley Trek

- Langtang National Park entry permit.
- TIMS card.
- Manaslu permits only if your itinerary continues west into the Manaslu region.

We arrange every permit before you leave Kathmandu and confirm current fees in writing when you book.

Licensed guide rule

Since April 2023, foreign trekkers in Nepal's national parks and conservation areas must walk with a licensed guide arranged through a registered agency. Restricted areas have always required one. We provide licensed guides for solo travellers and groups of every size, and we confirm the current rules in writing when you book.

Money Planning For Ruby Valley Trek

There are no ATMs or card payments in the valley. Carry enough Nepali rupees for extras, including small notes for homestay families and village shops.

Planning For Ruby Valley Travel insurance

Your policy must cover trekking to the maximum altitude of your itinerary and must include helicopter evacuation and repatriation. Many standard travel policies stop at 3,000 or 4,000 m. Read the altitude clause, not the summary.

Physical preparation During Ruby Valley Trek

- Start eight to twelve weeks out. Consistency beats intensity.
- Uphill walking with a loaded pack is the most useful training there is. Flat cardio alone does not prepare you for the stairs.
- Add two or three cardio sessions a week, and one long walk of four hours or more at the weekend.
- Break your boots in properly. Blisters end more treks than altitude does.
- If you have a heart, lung or blood pressure condition, get medical clearance before booking.



Packing essentials For Ruby Valley Trek

Tick as you pack. Aim for 10 to 12 kg in the porter bag

CLOTHING	FOOTWEAR AND GEAR	HEALTH AND EXTRAS
☐ Base layers, 2 sets ☐ Fleece or midlayer ☐ Down jacket ☐ Waterproof shell jacket ☐ Waterproof trousers ☐ Trekking trousers, 2 ☐ Trekking shirts, 3 ☐ Warm hat and sun hat ☐ Buff or neck gaiter ☐ Liner and insulated gloves ☐ Underwear and sports bras ☐ Trekking socks, 4 pairs	☐ Broken-in trekking boots ☐ Camp shoes or sandals ☐ Gaiters, for pass routes ☐ Trekking poles ☐ Daypack, 30 to 35 L ☐ Duffel bag for the porter ☐ Dry bags or pack liner ☐ Sleeping bag (see rating below) ☐ Sleeping bag liner ☐ Headtorch and spare batteries ☐ Microspikes or crampons, pass routes only	☐ Sunscreen, factor 50 ☐ SPF lip balm ☐ Category 4 sunglasses ☐ Personal medication ☐ Blister kit and tape ☐ Rehydration salts ☐ Water bottles, 2 to 3 L ☐ Purification tablets or filter ☐ Quick-dry towel ☐ Wet wipes and hand sanitiser ☐ Power bank, 20,000 mAh ☐ Universal adapter ☐ Passport, permits, insurance ☐ Cash in Nepali rupees

Ruby Valley additions

Toilet paper, a swimsuit for the hot springs, a small gift from home for your host families, and a sleeping bag rated to minus 10 Celsius, since homestay rooms are unheated.



Quick trek selection guide For Ruby Valley Trek

Start with the days you have

Have 9 days?

Ruby Valley Trek

Have 12 days, want more villages?

Ruby Valley Two Passes Trek

Want an expedition?

Ruby Valley Camping Trek, 18 days

Want a big viewpoint too?

Ruby Valley plus Langtang Valley

Want the deepest culture?

Ruby Valley plus Tamang Heritage

If this is your first trek, start with the 9-day Ruby Valley Trek. It is short enough to be comfortable, and the homestays will tell you quickly whether you want more of the same.



Final Ruby Valley trek list

One page. Print it, or keep it on your phone

Trek	Days	Highest point	Difficulty	Best season	Main highlight
Ruby Valley	9	3,842 m	Moderate	Sep – Nov, Mar – Apr	Pangsang La and homestays
Ruby Valley Two Passes	12	3,842 m	Moderate	Sep – Nov, Mar – Apr	Two passes, deeper villages
Ruby Valley Camping	18	4,500 m	Challenging	Oct – Nov, Apr – May	Ganesh Himal Base Camp

Ready to pick one?

Send us your dates and the two routes you are weighing up, and we will come back with a day-by-day itinerary, a firm price and the current permit position. WhatsApp +977 9851193013 or info@himalayaguidenepal.com. We would rather talk you onto the right trek than sell you the famous one.

Altitudes, durations and seasons reflect our standard itineraries and commonly published figures, which vary a little between maps and signboards. Conditions on the ground, permit fees and regulations change. Confirm current details with us before you travel.





Plan your trek with people who live here

Himalaya Guide Nepal is a Nepali-owned trekking company based in Kathmandu, running guided treks and peak climbs across Everest, Annapurna, Manaslu, Langtang, Ruby Valley and Nepal's restricted areas. This guide covers the Annapurna region. Every itinerary in this guide can be adjusted to your dates, pace and budget.

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