

Ganja La Pass Trekking

Ganja La Pass is one of the difficult Himalayan passes at an altitude of 5,132 m/16837ft. During the Ganja La Pass trek, you will enjoy magnificent views of the Himalayan peaks, Tamang and Sherpa culture, Buddhist monasteries, and scenic landscapes.

The trek begins in Langtang National Park with a trek to famous Langtang valley and **Kyanjin Gumpa**. You explore the Tserko-Ri from where the mountain peaks including Langtang Lirung 7,234 m/ 23,734 ft, Langtang Ri 7,205 m/ 23,638 ft, Langsisa Peak 6,427 m/ 21,086 ft, Yala Peak 5,520 m/ 18,110 ft, Ganjala Peak are awe-inspiring.

The trek route from Langtang crosses over Ganja La and then reach to the Helambu region. As soon as you leave the Langtang valley and cross the Langtang Khola (stream) the trail steeply advances in the Rhododendron and Juniper forest to the Ganja La. The trail to the Pass is difficult indeed in the moraines. The view of the mountains from the Pass is stunning.

Helambu is home to Hyolmo people who follow the Shamanic/Buddhist practices. Helambu is popular for the sweet apples, Buddhist monasteries with artistic paintings/decorations. Finally, you return back to Kathmandu from Helambu making one circle in the Himalaya.

Itinerary in Details:

Day 01: Arrival in Kathmandu (1,300 m/4265ft):

Arrival in Kathmandu. Meet our friendly representative at the arrival terminal of only International airport and then check-in to your pre-booked hotel.

After a short rest at your Hotel, you can go to explore market area of Thamel – where you can eat your supper, change money, buy some stuffs from supermarket, or buy trekking gears – if you need to do.

Later we take you to our office for the trip briefing.

Overnight at your hotel.

Delay of any kind will postpone the events for next day according to feasibility.

Day 02: Kathmandu Sightseeing - 4 hrs tour.

You start the day with delicious breakfast served at your hotel.

After breakfast, you embark for the tour of two religious and cultural sites of Pashupatinath temple and Boudhanath stupa.

Pashupatinath Temple: It is one of the most celebrated Hindu temples in South-Asia. The temple is devoted to Lord Shiva and UNESCO world cultural heritage site. The river flowing besides the temple – Bagmati river – is religiously and spiritually noteworthy for Hindus. This is famous place for the cremation of dead body as well as some celebrations such as Shivaratri – Shiva's birthday, and others.

Boudhanath Stupa: It is one of the biggest Stupas in terms of size and height in Nepal and located in east of Kathmandu in the ancient trade route between India-Nepal and Tibet. The site is peaceful and culturally filled with intermixed influence of Tibetan and Sherpa roots. Stupa built in the trading route between Kathmandu and Tibet has four pairs of eyes directed towards all four directions. It is believed to be influenced by Mahayana Buddhist philosophy. After short tour of city we return to hotel and prepare for the trek. Overnight will be spent at hotel.

Day 03: Drive Kathmandu – Syabrubensi (1,550 m/ 5,085 ft) - 8 hrs Drive:

Early morning you start a long drive through the mountainous landscape – but not that boring – of Nepal. You can enjoy magnificent view of some Himalayan peaks and drive through the beautiful river valley, terraced farming field, and pass small, dotted settlements and villages.

To reach Syabrubensi you pass through the historic place like Betrawati – where Nepal and Tibet under Qing Dynasty signed a treaty in 1792 to settle the war. The road to Tibetan town Kyrong/Gyrong and Nepal-China border passes through this small town. Once you reach Syabrubesi, you can explore the town, it provides with interesting fusion of modernity and village life. You spend the night at local lodge.

Day 04: Trek Syabrubensi - Lama Hotel (2,560 m/ 8,399 ft): Walking Duration: 6 Hrs.

After breakfast at the lodge, you start your day with crossing Bhote Koshi river and crossing the Langtang Khola that flows down from Langtang valley. The trail ascends all the time along the Langtang Khola Gorge until Kyanjin Gumba.

You enjoy your lunch in a small place called Bamboo and start to walk steep uphill of about two hours to reach Lama Hotel – your night stop. Your day today is long, but still enjoyable in the forest section with music of nature. The altitude is manageable and attainable on this day. Overnight at local lodge.

Day 05: Trek Lama Hotel – Langtang Valley (3,455 m/11,335 ft) - 5 hrs walk:

You enjoy your breakfast at your small lodge, and then start walking westward towards the Langtang Valley. The trail is in the jungle and provides amazing walking experiences.

Elevation will increase which might make the day harder than earlier day. The later part of the trek might be tough depending on your physical ability.

You eat your delicious lunch in a small place namely Ghora Tabela from where the valley opens up and widens.

You reach Langtang village today which was the most severely hit and destroyed village from Gorkha Earthquake in April 2015. The Earthquake in this village claimed more than 300 lives including dozens of foreigners and their crew members. After the earthquake, life here begins with hope and aspiration and new lodges are built now for your accommodation. Various Geological surveys were carried out before the village were reestablished again. You will enjoy the fresh air and spend the night at local lodge here.

Day 06: Trek Langtang Village – Kyanjing Gumpa (3,870 m/ 12,697 ft) - 3.30 hrs walk:

You start the day with mouthwatering breakfast served at your lodge. And then head to wider and open Langtang valley. As you start from Langtang village and climb a small hillock, you walk past one of the longest Mani walls of the world. The trail is equipped with beautiful mountain surrounding and cultural and spiritual richness. The trail that winds up and up in the barren landscape tests your endurance. You walk today in barren alpine land.

You reach to Kyanjin Gumpa – a huge pastureland where Buddhist monastery is located and now developed with tourist facilities – by lunch. Enjoy the lunch and you have a half-day to explore around or relax. **Overnight local lodge.**

Day 07: Rest day at Kyanjin Gumpa (Or Exploration):

Today is the rest and exploration day of the trekking. You may have a full day of rest and relaxation in the surrounding area. We visit the monastery and the cheese factory or may walk up the moraine to see the spectacular ice faces and tumbling glaciers of Langtang Lirung or ascend Kyanjin Ri (4,350 m/ 14271ft). There are several alternative side trips to explore surrounding areas of north where uninhabited riverbed- river valley located. Spend your night in Kyanjin and the lodge.

Day 08: Hike to Tserko Ri –Kyanjing (5,033 m/ 16512ft) – 5 hrs climb and return;

You climb up to Tserko Ri which is about five-six hours trip. This trip serves as acclimatization as well as preparation for the Ganja La Pass.

You start early in the morning to catch a breath-taking panorama of the Langtang Lirung, Peaks from Langtang range, Ganja La Peak, Yala Peak, Kinshung, Yansatsenji and others.

Overnight in the Lodge in Kyanjin Gumpa.

Day 09: Kyanjing Gumpa to Negang (4,000 m/ 13123ft) – 5 hrs climb/walk:

Today you climb from Kyanjing towards Ganja-la peak. The vegetation is alpine and barren and walk in the moraines. You enter now into uninhabited area. Since lodge is unavailable, you need to camp. **Overnight in the Camping.**

Day 10: Climb to Ganja la (5,122 m/ 16804ft) and then to Keldang (5,106 m/ 16751ft) 5hrs via – 7/8 hrs walk:

This is the hardest day of the entire trek. Today your walking trail is full of rock boulders, moraines, and some icy/slippery path. The view from the top of Ganja La is rewarding.

Mostly the Ganja La top is covered in snow and ice.

After the ascent to the top of the pass located in the rocky moraine, you walk down to the place Keldang. Walking down to the Keldang can be tricky due to loose rocks, snowfall, and slippery path. Arrive Keldang and enjoy the good rest in the Camp. **Overnight in the Camp.**

Day 11: Trek Keldang To Dukpu (4,080 m/ 13385ft) – 5.30 to 6 hrs walk:

You descend long distance today from the Keldang. Yet the walk is beautiful and enjoyable in the ridge with magnificent view, and now in the forest as well. We pitch tented camp for your overnight stay in the forest area, which is lonely, calm, and amazing to experience the Himalayan grandeur. **Overnight in the tented camp.**

Day 12: Dukpu to Tarkegyang (2,740 m/ 8989ft) – 6/7 hrs walk:

You descend further to Tarkeghyang (2740 m.) today. But, after short downhill at the beginning you need to climb a steep climb to reach Yangri Peak. You can view the Himalayan section of Annapurna region in the west to the Everest region in the east from this pass.

From the pass, the trail descends through pine forest, rhododendron forest past tiny herder's settlement to Tarkeghyang. You can visit one of the oldest Buddhist monastery here in Tarke Ghyang and enjoy the Sherpa village. **Overnight local lodge.**

Day 13: Trek from Tarke Ghyang to Sermanthang (2,620 m/ 8595ft) – 5 hrs walk:

You start your day with breakfast at the lodge. After you walk small forest section enjoying numerous villages of the Helambu region, you past some villages to reach Sermanthang. It is another village rich in Sherpa culture and practices Buddhism.

Overnight local lodge.

Day 14: Trek Sermanthang to Melamchi PulBazar(940m/3084ft) – Drive to Kathmandu – 4 hrs walk and 5 hrs drive:

This is the final day of your trek, and you end with a short walk down to the river valley at Melamchi Pul Bazar. You trek down with splendid view of the Himalayan peaks, and wide Indrawati and Melamchi riverbed and walk past numerous villages with rural life.

Once you reach MelamchiPul Bazar, we stop for the lunch before setting off on a drive back to Kathmandu.

It takes us about four to five hours of drive to reach Kathmandu. **Overnight in hotel.**

Day 15: Cultural Tour of Kathmandu City / 4 hrs:

After breakfast at your hotel, we take you to the mysterious Kathmandu city tour. This historical, cultural and spiritual city unveils the social and historical mysteries to visitors. You will walk through the narrow lanes of the ancient Kathmandu – the center of power – that includes markets of Ason, Glass beads market at Indrachowk, oldest supermarket at New Road, Kilagal, and Hidden Stupas inside the family courtyard.

Visit of Kathmandu Durbar Square – the administrative quarter of Malla Kings (fourteenth to eighteenth century), and Shah Kings who ruled Nepal from 1768 until 2008. The most unique experience in the square is the visit to the temple of the living goddess “Kumari”.

After the tour, return back to your Hotel. If you are staying in Thamel, you can hang around this bustling tourist market and enjoy shopping. **Overnight in Hotel.**

Day 16: Departure Day:

As per your flight schedule, you will be transferred to the international airport of Kathmandu three hours prior to the flight time and your tour ends here.

Cost Includes:

- ✓ Airport pick up & drop off with representative.
- ✓ Nepal's 3-star level hotel accommodation with breakfast in Kathmandu.
- ✓ English speaking licensed and experienced Trekking Guide and porter to carry your luggage and other camping equipments/cooking utensils. (If you are in a group with more than 5 trekkers then assistance guide will be provided)
- ✓ Guide, cook, Kitchen staff, Sherpa, porters and other necessary staffs.
- ✓ All Camping Gear (Two men tents, dining tent, kitchen tent, toilet tent, down jacket, sleeping bag, matrices, torch light, water bottle etc)
- ✓ Hot & Cold drinks. (Tea, coffee, hot milk, hot chocolate & Juice.).
- ✓ All meals in the trekking (Breakfast, Lunch & Dinner.)
- ✓ Accommodation in the tea house lodges and Tented Camps as available/required
- ✓ Hot drinks. (Tea & coffee) 3 times a day.
- ✓ 4 wheel jeep (Kathmandu – Syabrubensi || Melamchipul Bazar - Kathmandu)
- ✓ TIMS (Trekkers Information Management System)
- ✓ Langtang National Park entry Permit.
- ✓ All food, drinks, Lodge, salary, Insurance, Medical, Equipment, land transport etc for trekking staff.
- ✓ Down jacket, Down Sleeping bag, and Duffel bag.
- ✓ Sightseeing with guide, transport and entry permits in Kathmandu.
- ✓ All taxes and Services charge.

Cost Excludes:

- ✗ Any bar bills (alcoholic drinks, mineral water, and cold drinks), cigarettes, client's personal insurance, any kind of unforeseen expenses etc
- ✗ Lunch and Dinner in Kathmandu.

- ✂ Gratuities to guide, porters, and driver (Not mandatory but expected as customary thank you for the service)
- ✂ International air ticket and Visa fee
- ✂ Travel insurance that must include emergency helicopter evacuation

What to bring

This list outlines the required things to bring during the trekking tours. There are various selections and brands that you can choose as per your interest. All required trekking equipments can be bought or even hired easily at a reasonable price in Kathmandu.

General

- 1) Down sleeping bag (you can borrow with us if required).
- 2) Duffel or Rucksack bag (you can borrow with us if required).
- 3) Daypack
- 4) Down Jacket (you can borrow with us if required).
- 5) Fleece liner (you can borrow with us if required).
- 6) Walking poles (Walking poles are optional but recommended, and you can borrow with us if required).
- 7) Water bottle with purification tablets.
- 8) Hand wash liquids.
- 9) Lip guard.
- 10) Sun-block cream.
- 11) Toiletry kit. Be sure to include toilet paper stored in a plastic bag, hand wipes, and liquid hand sanitizer, towel, soap, etc.

Upper Body - Head / Ears / Eyes

- 1) Cap and ears covering hat.
- 2) Glacier glasses
- 3) Head torch.
- 4) Ear-muffs and neck warmer is another piece of gear for extra warmth (optional)

Hand

- 1) Hand gloves (One light pair and One warmer pair)

Body

- 2) T-shirts – few.
- 3) Light and weight thermal tops and warm thermal top.
- 4) Light jacket and vest.
- 5) Wind and rain jacket.

- 6) Shirts and warm shirts.

Lower Body – Legs

- 1) Long and short hiking pants.
- 2) Lightweight and warm long underwear.
- 3) Rain and windproof trousers and warm trekking trousers.

Feet

- 1) Thin and thick socks.
- 2) Trekking boots, light shoes, and sandal.
- 3) Trekking Gaiters.

Medicines and First Aid Kits

(Our guide will carry first aid kit bag during the trek. We still recommend you to bring your personal first aid kit as you feel it necessary).

- 1) Headache and fever medicine.
- 2) Ibuprofen for general aches and pains.
- 3) Burnt cream.
- 4) Immodium or Pepto Bismol capsules for upset stomach and diarrhea.
- 5) Diamox (commonly prescribed as Acetazolamide). Please discuss with us before starting to take this medicine.
- 6) Antibiotics.
- 7) Blister treatments such as moleskin, hand plants and-aids, some waterproof tape, anti-infection ointments, etc.

Miscellaneous/Optional:

- 1) One pair of Trekking poles (although listed in optional or miscellaneous this item help you tremendously in trekking, so we recommend to have it)
- 2) Passport and extra passport photos (2 copies).
- 3) Durable wallet/pouch for travel documents, money and passport.
- 4) Pocket knife.
- 5) Bandanas.
- 6) Favorite snack foods and energy bars
- 7) Paperback books, cards, mp3 player. Avoid players with moving hardware as it may not function. Remember, keep these items lightweights
- 8) Binoculars.
- 9) Camera.

All garments should be kept dry using waterproof stuff sacks or large puncture resistant plastic bags.

If you feel something required or not required from this list, you can write to us.