

Trip Name : Langtang Ganja La Pass Trek

Starting Point	Drive in KTM-Dhunchhe
Ending Point	Drive out Melamchi Bazaar-KTM
Type	TeaHouse/Camping Trek
Grade	Hard
Duration	12 Days
Daily Walk	5-6 hours
People in Group	Minimum 2 and Maximum 12
Best Time	March to May and September to November
Max. Elevation	5130 mt.

Trip Highlights:

- Free of complications of a flight
- The challenging Ganja La Pass (5,130m/16,831ft)
- Trekking to the foot of the glaciers - Kyanjin Gompa
- Mixed culture of Sherpa, Tamang and Lama Societies
- Ascent of Tserko Ri (5,033m/16,513ft)
- Visit of Tibetan village in Langtang
- Spectacular views of Langtang Ri and Ganesh Himal
- The great countryside, terrace farming and beautiful landscapes
- Impressive vegetation and flowers en-route

Trip Details:

The Ganja La Pass (5,130m/16,831ft) is one of the challenging high passes in Nepal because of its wilderness and unfavourable weather conditions. The Ganja La Pass trek follows the Langtang River through the popular Tamang settlement to the east until we reach Kyanjing valley. This trek requires some good equipment and knowledge of mountaineering skill. Kyanjing valley is formed by Mt. Langtang Lirung (7,246m/23,774ft) on the west, Yala Peak (5,732m/18,806ft) on the north, Dorje Lakpa (6,989m/22,931ft), Urkeinmang (6,387m/20,955ft), Loenpo Gang (6,979m/22,898ft) and Kangchenpo on the northeast. There is an opportunity to experience the spiritual lifestyle of dedicated Buddhist monks performing their rituals in a beautiful Monastery and a cheese factory where cheese is produced by hand, established in 1955 by the Swiss Association for Technical Assistance. The spectacular view of Langtang Lirung on the Ganja La Pass crossing is the major attraction of this trek. After crossing the Ganja La Pass, the trail connects us to Tarkeghyang in the Helambu village. We meet Sherpa people here but they are different from the Sherpas in Solukhumbu. The Helambu village offers a wide range of mixed cultures of Sherpa, Tamang and Lama Societies. This area is also famous for apple production and beautiful landscape. Finally, the adventure ends at Melamchi Bazaar.

Weather in the Langtang region:

Trekking in the Langtang region is possible throughout the year however the best times to trek considered are spring and autumn. The spring season starts from the beginning of March to end of May and the autumn season starts from the beginning of September to end of November. The winters are very cold and summers are wet. The days are sunny and warm but the nights are cold and can fall to freezing in higher elevations. Trekking in late winter (Jan, Feb, Mar) is not possible over the Ganja La pass as it is closed because of the ice/snow blockade. April and early May is a good time to see the trees bursting into bloom, with

Rhododendrons, adding a spectacular splash of color to the landscape.

High Altitude Warning:

Altitude sickness is a serious concern in the Langtang region that can affect even young and healthy people. The only medicine to high altitude sickness is to descend, descend and descend. Headache is the most common symptom and there are other signs of Acute Mountain Sickness (AMS) for different people but include fatigue, dizziness, loss of appetite, nausea or vomiting, difficulty in walking and rattling breath. We are very much concerned of your safety and our guides are aware of such situations how they should be dealt with.

Experience Required:

We have categorized Langtang Ganja La Pass trekking as hard and adventurous trek and are suitable for passionate trekkers who have courage to walk at least 5-6 hours each day. You might even need to walk 6 to 8 hours or more on some days. However, if you have passions, good health with average physical fitness and self confidence, the Ganja La Pass trek can be completed successfully. Regular exercising and jogging for some weeks prior to the trip is a good idea to enhance your strength and stability. If you have any previous hiking experience, that would be an asset. It is important that you consult with your doctor before making decision for this trek if you have any medical problems in the history. Participants with pre-existing medical conditions such as heart, lungs or any other serious disease should inform Trekking Encounters before booking the trek.

How We Make This Trip Responsible?

Trekking Encounters promotes Responsible Tourism and strictly follows the responsible travel guide lines.

Cost Includes:

- Langtang National Park permit and TIMS (Trekking Information Management System)
- Three meals (B/L/D) a day on trekking from teahouse/lodge and camps
- Accommodations at teahouse/lodge/tents in the mountains
- An English speaking Trekking Guide along the camp crew
- Necessary porters
- Staff insurance, salary, food, accommodation and their transportation
- Kathmandu-Dhunche and Melamchi Bazaar-Kathmandu overland transfers by public bus [*Private vehicle available on request and extra*]
- First aid kit box
- Emergency co-operation service

Complimentary:

- A Trekking Encounters T-shirt
- A farewell Nepali dinner with live culture program

Cost Excludes:

- Hotel and meals in Kathmandu
- Bar and beverages bills, bottled water
- Nature of personal expenses
- Personal cloths and equipment such as sleeping bag, jacket, boots etc.
- Insurance for accidental, medical and evacuation
- Tips to the staff

- International Airfare and Taxes

Add-Ons:

Kathmandu City Tour

Activity: Cultural tour to the World Heritage Sites.

Major sites: Swoyambhunath, Boudhanath, Pashupatinath, Kathmandu/Patan/Bhaktapur Durbar Square and Changuarayan Temple.

Duration: Full/Half day.

Frequency: Tour can be organized in any day and at your suitable time.

Cost: US\$ 50 per person. Group discounts available.

Ground transfer: Included by a private vehicle as per group size (Car/Van/Bus).

Guide: English Speaking City Tour Guide included. Additional language Guides are also available on demand.

Meals: Not included.

Entrance fee: Applicable and not included.

Mt. Everest Flight

Activity: Mount Everest sightseeing flight.

Duration: One hour.

Frequency: Everyday in the morning between 6am to 9am.

Cost: US\$ 224 per person. Group discounts available.

Ground transfer: Included by a private vehicle. Two persons minimum needed.

Airport tax: Included.

Airline: Buddha Air, Simrik Airlines and Yeti Airlines.

Jungle Safari in Chitwan National Park

Activities: Jungle safari on elephant-back, jungle walk, canoe ride, jeep drive, experience of Tharu culture.

Accommodation: Resorts, Hotels and Lodges.

Transportation: Private Car included (Kathmandu/Pokhara-Kathmandu).

Meals: Included.

Duration: 3 days and 2 nights.

Cost: Starts from US\$ 225 per person.

Jungle Safari in Bardia National Park

Activities: Jungle safari on elephant-back, jungle walk, boat ride, jeep drive.

Accommodation: Jungle lodges.

Transportation: Not included.

Meals: Included.

Duration: 4 days and 3 nights.

Cost: Starts from US\$ 475 per person.

Bird Watching in Koshi Tappu Wildlife Reserve

Activities: Bird watching, boat ride and wildlife viewing on jeep drive.

Accommodation: Resorts, Tented camps.

Transportation: Not included.

Meals: Included.

Duration: 3 days and 2 nights.

Cost: Starts from US\$ 480 per person.

Rafting in Nepal

Trishuli River: 2/3 Class – 1 Day – 17 Kilometers – Cost starts from US\$ 30 per person.

Seti River: 3 Class – 2 Days – 32 Kilometers – Cost starts from US\$ 80 per person.

KaliGandaki River: 4 Class – 3 Days – 56 Kilometers – Cost starts from US\$ 140 per person.

BhoteKoshi River: 4/5 Class – 2 Days – 18 Kilometers – Cost starts from US\$ 85 per person.

- **Cost includes:** Top quality Rafting equipment, Highly trained Crew, Well organized camping, Hygienic food.

- **Transportation:** Bus transportation included and depends.

Bungy Jumping / Canyoning / Paragliding / Ultralight Flight

We can check and deliver information and cost as per your interest received for Bungy Jumping, Canyoning, Paragliding and Ultralight Flight. Bungy and Canyoning can also be customized together.

Shopping Tours

Package available on demand.

Shopping items: Pashmina items, Paubha/Thangka, Woolen Carpets, Root Art, Ceramics, Shaligram (Holy Rocks), Masks of deities, Khukuri, Tea, Spices, Garments and Knitwear, Musical Instruments and Music, Glass Ornaments, Jewelry and Gems, Metal Wares, Sculptures, Wood Carvings, Rudraksha (Rosary), Incense, Natural Buttons, Fiber Products, Wood Game Boards, Fancy Hats, Bamboo Crafts, Bags and Accessories, Leather Articles, Lokta Paper and items made by Lokta, Nepali Dolls, Home Decors, Books and Maps and innumerable other unique items which are found nowhere else.

Trip Itinerary:

Day 01 : Drive from Kathmandu to Dhunche (2,030m/6,660ft).

Today we drive for 118km (6-7 hours by Jeep and 8-9 hours by only local bus) from Kathmandu to Dhunche. We cross the ring road and along the Rani ban (forest), climb to Kakani from where we have good views of the Himalayas including Manaslu, Ganesh Himal and Langtang before we reach Rani Pauwa where most of the local buses stop for a tea break. We then travel down to Trisuli via a flat piece of land which is where we stop for lunch (local food e.g. daal-bhat) at Battar Bazaar (540m/1,771ft). After lunch we continue our journey climbing up to Dhunche via Kalikasthan. We also pass through the National Park check post before Dhunche.

Day 02 : Trek Dhunche to Thulo Syabru Village (2,210m/7,251ft).

We walk along the road to Thulo Bharkhu (1,860m/6,102ft) then a steep climb up to Brabal (2,190m/7,185ft) where we stop for lunch. After lunch we continue our trek through the beautiful countryside of oaks and pine trees to our overnight stop at Thulo Syabru village. Trekking time 5-6 hours.

Day 03 : Trek Thulo Syabru Village to Lama Hotel (2,410m/7,907ft).

After breakfast we descend down along the village and cross the bridge then climb the other side. We then descend down to the landslide and have a slow climb along the Langtang River all the way to the Lama Hotel where we have our overnight stay. Trekking time 5-6 hours.

Day 04 : Trek Lama Hotel to Langtang Valley (3,330m/10,925ft).

Today our trek takes us through oaks, hemlock and bamboo where if we are lucky we will see a variety of birds. We ascend along the Langtang Khola (River) passing Ghoratabela (2,992m/9,816ft) where we can see views of the Langtang Himal just above us. Langtang is a large village where people live all year round cultivating potatoes, buckwheat, barley and vegetables. There is a village monastery which can be visited at anytime as the headman has a key to the monastery. Trekking time 5-6 hours.

Day 05 : Trek Langtang Valley to Kyanjing Gompa (3,800m/12,467ft).

This is a short beautiful alpine trek along the meadows which have grazing yaks, sheep and mountain goats. The village has the Yala Cheese Factory and an ancient monastery which can be visited at any time. Trekking time 2-3 hours.

Day 06 : Exploration day at Kyanjin Gompa/Climb Kyanjing or Tserko Ri (5,033m/16,513ft).

Today we have an excursion to see the glacier and climb Tserko Ri, this is comparatively a small, rocky peak while not being a mountain of any real prominence, it is conveniently easy to climb and from its summit magnificent views can be had. This is also an excellent lookout which can be reached by climbing the slopes immediately behind Kyanjin where we will see the majestic Langtang Lirung (7,246m/23,774ft) rising above the glaciers. A visit to the Yala Cheese Factory completes the day.

Day 07 : Trek Kyanjing Gompa to Ganja la phedi (4,500m/14,764ft).

Today we continue our trek on the off-track towards Ganja la pass. We cross the Langtang River and ascend through the rhododendron forests to reach the Ganja la phedi and camp overnight there. Phedi literally means the foot of the mountains. So, here we are at the foot of the Ganja la pass (5,130m/16,831ft). Trekking time 6-7 hours.

Day 08 : Trek Ganja la phedi to Keldang (4,270m/14,009ft) crossing over Ganja la Pass (5,130m/16,831ft).

Today we have a strenuous day as we have to cross the Ganja la pass. Ganja la pass is covered with snow almost throughout the year and it is one of the difficult passes in Nepal. We make a long ascent through the boulders, pass the small lakes and finally summit the Ganja la located on a rocky moraine. The views are spectacular from the pass. We then descend down to Keldang from the pass. We stay overnight at camp in Keldang. Trekking time 7-8 hours.

Day 09 : Trek Keldang to Dhukpu (4,040m/13,255ft).

From Keldang, we descend further down following a prominent ridge line and reach Dhukpu. As we descend down, we continue losing our altitude through forests, ridges and grasslands. We stay overnight at camp in Dhukpu. Trekking time 5-6 hours.

Day 10 : Trek Dhukpu to Tarkeghyang (2,740m/8,989ft).

We continue descending on the more similar trail but with more vegetation and finally reach Tarkeghyang.

Tarkeghyang is the largest and picturesque village in the Helambu region. Trekkers enjoy at this beautiful village located on a shelf high above the river. 'Tarkeghyang' means "100 horses" & was taken from the name of a temple established in 1727 by a Lama (Buddhist monk) who was called on by the king of Kathmandu (Kantipur) to stop an epidemic. The Lama asked for 100 horses, which he brought here, as a reward. Trekking time 5-6 hours.

Day 11 : Trek Tarkeghyang to Sermathang (2,590m/8,497ft).

After having a memorable stay at the beautiful village of Tarkeghyang, we continue descending down from the edge of the ridge but then continue at around the same altitude along the side of the ridge crossing a number of streams and waterfalls and a landslide. Then we pass by a Gompa and reach the village of Sermathang for overnight rest. Trekking time 4-5 hours.

Day 12 : Trek Sermathang to Melamchi Bazaar (870m/2,854ft) and drive back to Kathmandu.

Today we follow the ridge all the way down to Melamchi and after passing a large Gompa at the southern edge of the village, we undulate along the west side of the ridge passing chortens one after another before dropping down to Kakani (1,996m/6,548ft). From Kakani we descend down to a small village of Duwachaur (1,500m/4,921ft). From here the trail continues to descend even more steeply down the ridge to the junction of the Indrawati and Melamchi Rivers. After crossing the suspension bridge over the Melamchi River, we will finally reach Melamchi Bazaar. Trekking time 3-4 hours. We then drive along the Helambu highway to Kathmandu. It takes about 2-3 hours to reach Kathmandu from Melamchi Bazaar.

Option available for extending your trip with Jungle Safari adventure, white water rafting or a trip of your choice.