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# Langtang Valley and Ganja La Trek - 16 Days

Langtang Valley and Ganja La pass trekking -15 days is a challenging trek starting from a moderate trek to Langtang village that gradually becomes adventurous and challenging towards the Ganja la pass. Experience the thrill of being at Tserko Ri and show out the climber in you at Ganja La because Ganja La is a technical pass.

Explore the lush valleys, rhododendron, oak, and bamboo forests with an awesome view of distant snow-capped mountains at the first part of the trek and gradually become closer to the giant Langtang Himalayan peaks at Tserko Ri and from Ganja La. The Tamang and Sherpa cultures with their fluttering flags, gompas, Buddhist shrines; will keep you emotionally attached to this Himalayan land.

Langtang Valley and Ganja La pass trekking start from the Syabrubesi, passing the Lama Hotel, Langtang village, Kyanjin Gompa, crossing the Ganja-la pass, and finally concludes at the Melamchi Pul bazaar through Shermathang and Trakghyang village. You will be mesmerized by the scenic view of the glorious Himalayas like Gauri Shankar, Dorje Lakhpa, Ganesh Himal, and Langtang Lirung. Many Buddhist Monasteries, rice terraces, streams, and awesome views of the green valley will certainly delight you making your Ganja-la pass trek equally adventurous and pleasing at the same time.

As this Ganja La pass is a challenging one, a good level of physical fitness and regular exercise is required to conquer the Langtang Valley and Ganja la pass trek. However, if you can manage to walk 5-6 hours a day with a positive attitude then this trek is definitely for you.

## ACCOMMODATION AND FOOD DURING THE TREK

We will have three nights' accommodation with breakfast at a 3-star category hotel in Kathmandu. During trekking, we will spend 11 nights you will be accommodated at the best available twin sharing lodge to lodge; the Langtang Region.

During our Ganja La pass trek, we can enjoy typical Nepali food, different ethnic cuisines as well as all types of international cuisine (Tibetan, Continental, Italian, and Indian.) from pizza and chips to apple pie. We can even enjoy hot sizeable fruits chocolates, a variety of bread, a variety of drinks, and snacks.

Breakfast of a day will be served from the tea house or lodge menu where we spent the night. Lunch will be served on the way to your destination and dinner and breakfast will be served at the tea house where you spend the night. A farewell dinner and breakfast will be served during our stay in Kathmandu.

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## PRICE INCLUDES

- Airport and hotel transfers as per itinerary in private vehicle
- 3 nights' accommodation (twin sharing) in Kathmandu in a 4-star category hotel: Ramada Encore or similar
- Guided sightseeing tour in Kathmandu including temple/monument entry fees and private vehicle
- Meals (breakfast, lunch, and dinner) during the trek
- Twin sharing accommodation in the best available teahouse/lodge during the trek
- Staff– one professional, knowledgeable, and friendly English speaking trekking leader along with assistant guide (6 trekkers: 1 assistant guide) and porters (2 trekkers: 1 porter) including their food, accommodation, salary, equipment, transportation, and accidental insurance
- Ground transportations from Kathmandu – Syabrubensi– Kathmandu transfers by private vehicle (bus/jeep)
- Duffle bag, sleeping bag, and down jacket for use during the trek
- Icicles Adventure T-shirt, trekking map, and trip achievement certificate
- First aid medical kit
- TIMS, trekking permit
- All government taxes & office service charge

## PRICE EXCLUDES

- Nepal visa arrangement **(**more on Nepal Visa Information)
- International airfares
- Travel and rescue insurance
- Added night/s accommodation in Kathmandu and also because of early arrival, delayed departure, early return from mountain (due to any cause) than the programmed itinerary
- Lunch and dinner in Kathmandu (and also in the case of early return from mountain than the programmed itinerary)
- All kind of drinks (alcoholic, hot, or cold)
- Personal expenses such as phone calls, bar bills, laundry, battery recharge, bottle or boiled water, hot shower, extra porters, etc)
- Personal equipments and clothing
- Tips for guides and porters (tip is expected)

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## ITINERARY IN DETAIL

### Day 1: Arrival in Kathmandu (1300m)

As you land at Tribhuvan International airport, finish your custom formalities (visa, etc.) and get to the airport waiting terminal, you will find our representative waiting to greet you. He/she will be holding Icicles Adventure Treks and Tour signboard and your name. You will be then transferred to your respective hotel in our private vehicle.Overnight at hotel

### Day 2: Pre-trip meeting, preparatoin and city tour

After breakfast we start a guided tour of several historical and spiritual sites in Kathmandu which are also listed as UNESCO World Heritage Sites including the historic Durbar Square, the sacred Hindu temple of Pashupati Nath, the famous 'Monkey Temple' (Swayambhunath) and Buddhists shrine (BouddhaNath) which is one of the large Stupas in the world. Later after sightseeing program, we will introduce you with your trekking guide and have a small pre-trip meeting. You are advised to pack your things and be set up for your actual adventure that will begin the next day. Accommodation: City Hotel. Included Meal: B

### Day 3: Drive to Syabru Besi (1,462m)

Early in the morning, we drive from Kathmandu to Syabru Besi which takes about eight to nine hours by public bus and 6-7 hours in private vehicle. Driving through scenic foothills and ridgeline vistas to Syabru Besi passing Dhunche, we'll get a glimpse of Ganesh Himal after driving along the mighty Trishuli river. Terraced green hills and lush forests make the drive very pleasurable. Parts of the road though may be bumpy and under construction. Driving Time: 7-9 hrs. Accommodation: Local Lodge. Included Meal: B, L,D

### Day 4: Trek to Lama Hotel (2,500m)

The first part of the trail crosses through the Bhote Koshi river and follows the Langtang Khola. This trail gradually ascends up to Bamboo (1,960m) passing rugged paths. Afterwards, your trek climbs gently to Rimche (2,400m) through Bamboo which lies at the bank of Langtang Khola. You can have lunch at this place if you like and at the end your trail is the Lama Hotel. En route you could see red pandas, monkeys and bears if you are lucky. Walking Time: 5 hrs. Accommodation: Local Lodge. Included Meal: B, L,D

### Day 5: Trek to the Langtang village (3,307m)

The trek route follows Gumanechok at Ghoda Tabela which literally means the Horse Stable. After this the trail climbs gradually to the beautiful valley with yaks about. Langtang is a typical village and one of the oldest along this trekking route. The views of the mountains are spectacular and become more imposing as well trek closer. Walking Time: 5 hrs. Accommodation: Local Lodge. Included Meal: B, L,D

### Day 6: Trek to Kyanjin Gompa (3,798m)

It is shorter walk today, but adequate for acclimatizing. There are some interesting things to explore, especially the famouse cheese factory – don't forget to try some locally produced cheese as fresh as it could get. This beautiful valley is on the lap of the Langtang Lirung. This is the spot where we can explore the valley and climbs several small peaks (hillocks). Walking Time: 5 hrs. Accommodation: Local Lodge. Included Meal: B, L,D

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### Day 7: Kyanjin Gompa exploration day

Today is a day to rest as we explore the area. You can visit the monastery and the cheese factory, walk up the moraine to see the spectacular ice faces and tumbling glaciers of Langtang Lirung or ascend Kyangjin Ri (4,350m) which is the highest point of this trek, directly behind the village, for a breath-taking panorama of the Langtang peaks. Walking Time: 5 hrs. Accommodation: Local Lodge. Included Meal: B, L,D

### Day 8: Trek to Ngegang (4,000m)

The trail goes on ascending and the area is covered with few natural vegetation. No villages can be seen in this area, hence no lodges are available. Walking Time: 5 hrs. Accommodation: Tented camp. Included Meal: B, L,D

### Day 9: Trek to Keldang (4,300m) via Ganja La (5, 200m)

Today is comparatively more strenuous as you cross the Ganja La Pass (over 5,200m) covered with snowy ice in most months. Walking Time: 6-7 hrs. Accommodation: Tented camp. Included Meal: B, L,D

### Day 10: Trek to Dukpu (4,080m)

A long day walking along the ridge and grassland, with amazing views of Himalayas. The camping site will be in the forest.Walking Time: 7 hrs. Accommodation: Tented camp. Included Meal: B, L,D

### Day 11: Trek to Tarkeghyang (2,560m)

The trail descends slightly before climbing over a 4,100m pass, from where spectacular view of the Annapurna and the Everest regions can be clearly seen. From the pass the trail descends through the pine forest, rhododendron forest past a tiny herder settlement called Tarkeghyang. You can visit one of the oldest Buddhist monasteries and Sherpa villages in this region. You will be welcomed by cheerful and friendly people of this village.Walking Time: 5-6 hrs. Accommodation: Local Lodge. Included Meal: B, L,D

### Day 12: Trek to Shermathang (2,621m)

This day the trail is quite easy through flat land with beautiful forests and small streams along the way. We'll visit a beautiful village half way to Shermathang, another pretty Sherpa village where you can see many ancient monasteries and also the Jugal Himal range on the north face of the village. Walking Time: 5-6 hrs. Accommodation: Local Lodge. Included Meal: B, L,D

### Day 13: Trek to Melamchi Pul Bazaar (846m)

The trail gradually descends all the way to Melamchi Pul Bazaar through meadows and cultivated fields. Along the way, you come across several old villages with their own unique traditions. The walk today is quite pleasant with great mountain views. Walking Time: 5-6 hrs. Accommodation: Local Lodge. Included Meal: B, L,D

### Day 14: Drive from Melamchi Pul Bazaar to Kathmandu - 4 hrs

After breakfast you travel along a bumpy gravel path up to Lamidanda, then follow the road up to Kathmandu. Driving Time: 4-5 hrs. Accommodation: City Hotel. Included Meal: B

### Day 15: Final Departure

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Today your Langtang Ganja La pass Trek trip comes to an end. If you have more time you can do some shopping or sightseeing. Approximately 3 hours before your scheduled flight a representative from Icicles Adventure Treks and Tour will take you to the airport for your flight back home. We are sure our service and the Himalayas hospitality has captivated you to come back again! Included Meal: B