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The High Pass Adventure in Langtang Himal

Ganja La Trek

Duration: 12 Days

Max Altitude: 5,122 m (Ganja La Pass)

Trek Grade: Moderate to Strenuous

Start / End: Kathmandu

Accommodation: Hotel in Kathmandu & Teahouses along the trek

Best Season: March–May | September–November

Group Type: Private or Group Joining



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Overview

The **Langtang Ganja La Trek** is a **challenging high-altitude trek** in the Langtang region, offering **spectacular Himalayan scenery and remote valley experiences**. Starting from Syabrubesi, the trail passes through **traditional Tamang villages, alpine meadows, and yak pastures**, before crossing the **Ganja La Pass (5,122 m)**.

This trek is ideal for **adventurous trekkers** seeking **less crowded trails**, high mountain passes, and panoramic views of the **Langtang Himal and Ganesh Himal ranges**.

Trip Highlights

- Cross the **impressive Ganja La Pass (5,122 m)**
- Explore **Kyanjin Gompa and Langtang Valley villages**
- Experience **yak pastures, alpine landscapes, and high-altitude lakes**
- Trek through **lush forests, rivers, and traditional Tamang villages**
- Remote trail with **peaceful valleys and breathtaking Himalayan panoramas**

Itinerary

Day 1: Drive Kathmandu → Syabrubesi (1,470 m) via Dhunche (1,950 m)

Drive from Kathmandu to Syabrubesi (8 hours), passing through Dhunche and scenic terraced valleys. Overnight stay in a lodge.

Day 2: Trek Syabrubesi → Lama Hotel (2,350 m)

Begin trekking through forests and small villages, following the Langtang Khola valley. Duration: 6 hours. Overnight in a lodge.

Day 3: Trek Lama Hotel → Langtang Village (3,310 m)

The trek continues through rhododendron and pine forests, with glimpses of Langtang's snow-capped peaks. Duration: 5 hours. Overnight in a lodge.

Day 4: Trek Langtang Village → Kyanjin Gompa (3,860 m)

A moderate ascent leads to Kyanjin Gompa, a quaint village at the base of Langtang Lirung. Duration: 4 hours. Overnight in a lodge.

Day 5: Rest / Acclimatization at Kyanjin Gompa (3,860–4,000 m)

Optional short hikes to nearby viewpoints for panoramic views of the Langtang peaks. Duration: 3-4 hours. Overnight in a lodge.



Day 6: Trek Kyanjin Gompa → Ngen-Gang Kharka (4,000 m)

Trek through alpine terrain, gradually ascending along ridges and open meadows. Duration: 5 hours. Overnight in a lodge.

Day 7: Trek Ngen-Gang Kharka → Ganja La Pass (5,122 m) → Keldang Kharka (4,270 m)

Challenging high-pass crossing with spectacular views of surrounding peaks and glaciers. Descend to Keldang Kharka. Duration: 7 hours. Overnight in a lodge.

Day 8: Trek Keldang Kharka → Dhukpa (4,040 m)

Trek across alpine landscapes and moraine trails, enjoying panoramic mountain vistas. Duration: 5 hours. Overnight in a lodge.

Day 9: Trek Dhukpa → Tarke-Gyang (2,600 m)

Begin descending through forests and past small settlements. Duration: 5 hours. Overnight in a lodge.

Day 10: Rest / Exploration at Tarke-Gyang (2,600 m)

Free day to explore the village, interact with locals, or enjoy short nearby hikes. Duration: 3-4 hours. Overnight in a lodge.

Day 11: Trek Tarke-Gyang → Sermathang (2,590 m)

Continue trekking through terraced fields, forested trails, and traditional villages. Duration: 5 hours. Overnight in a lodge.

Day 12: Trek Sermathang → Kathmandu (1,350 m)

Drive from Sermathang back to Kathmandu (4 hours), concluding the Langtang Ganja La trek. End of trek.

All You Need to Know

1. Visa Process

Nepal's tourist visa fees vary by duration, with common options on arrival being \$30 for 15 days, \$50 for 30 days, and \$125 for 90 days, plus \$3/day for extensions.

2. Guide In Nepal

You will need a guide for tour, trekking, peak climbing as well as expedition.

- Tour Guide: A professional who leads sightseeing tours and provides local information.
- Driver Guide: A driver who also acts as a guide during travel.
- Trekking Guide: An experienced guide who leads trekking routes safely.



- Peak Climbing Guide: A trained guide for high-altitude mountain climbing.
- Expedition Sherpa Guide: A skilled Sherpa who supports and guides challenging expeditions.
- Porter: A helper who carries luggage or trekking gear, sometimes also assisting as a guide.

3. Accommodation

Stay comfortably with options to suit every traveler from budget backpacker stays (USD \$10) to 5★ city hotels (USD \$90) to cozy teahouses with attached bathrooms and camps along the trekking trails.

4. Transportation

Choose from local buses, private cars, shared or private jeeps, domestic flights, and helicopter transfers for convenient travel across Nepal.

5. Permits and entrance fees

Trekking and visiting protected areas in Nepal require permits and entrance fees to support conservation and local communities. Key permits and fees include:

- TIMS (Trekking Information Management System) Card: Required for most trekking regions.
- ACAP Permit (Annapurna Conservation Area Permit): Needed for trekking in Annapurna region.
- KCA Permit (Kanchenjunga Conservation Area Permit): Required for Kanchenjunga treks.
- SAC Permit (Sagarmatha National Park Entry Permit): Needed for Everest region treks.
- Langtang National Park Entry Permit: Required for treks in Langtang region.
- Manaslu Conservation Area Permit (MCAP): Needed for Manaslu trekking.
- Royal Chitwan National Park Entry Fee: For visiting Chitwan National Park.
- Bardia National Park Entry Fee: For wildlife safaris in Bardia.

Fees vary by nationality and trekking region.

6. Meals

During your trek, meals are usually served in teahouses or lodges, with options for local Nepali cuisine, vegetarian, and international dishes. Breakfast is usually included in accommodation. In the city, you can enjoy a wide variety of restaurants, cafes, and hotel dining.



7. Health & Safety

- Altitude sickness awareness and proper acclimatization are crucial when trekking above 2,500m.
- Carry basic medications and a personal first-aid kit.
- Drink bottled or purified water only.
- Vaccinations (such as Hepatitis A, Typhoid, and Tetanus) are recommended before travel.
- Emergency rescue services are available in major trekking regions.

8. Currency & Payments

- Nepalese Rupee (NPR) is the local currency.
- ATMs are available in major cities but limited in remote areas. Credit cards are accepted in hotels, restaurants, and shops in cities.
- Cash is essential for trekking regions.

9. Communication & Internet

Local SIM cards (Ncell or Nepal Telecom) are easily available at the airport and in cities.

Mobile network coverage is good in cities and popular trekking routes.

Wi-Fi is available in hotels and teahouses, sometimes at an extra cost in remote areas.

10. Cultural Etiquette & Local Customs

Dress modestly, especially in rural areas and religious sites.

Remove shoes before entering temples and homes.

Respect local traditions and festivals.

Ask permission before taking photos of people.

11. Responsible & Sustainable Travel

Avoid single-use plastics and use refillable bottles.

Respect wildlife and natural environments.

Support local communities by using local guides, porters, and accommodations.

Follow “Leave No Trace” principles during treks.

Important Information

Fitness Level: This trek is moderate to strenuous, suitable for trekkers with prior trekking experience. It involves long trekking days, steep ascents, and high-altitude travel,



including a pass at 5,122 m. Proper physical training and endurance preparation are recommended before the trek.

Altitude Sickness: With maximum altitude above 5,000 m, the risk of acute mountain sickness (AMS) is significant. The itinerary includes rest and acclimatization days. Trekkers must follow the guide's instructions, monitor symptoms, and descend immediately if feeling unwell.

Weather Conditions: The Langtang region can experience rapid weather changes, particularly at higher elevations. Snow, strong winds, and cold temperatures are common near the pass. Spring and autumn offer the clearest skies and best trekking conditions.

Accommodation: Trekking accommodation is in teahouses and lodges. Facilities are basic at higher altitudes, so trekkers should carry essential items, warm clothing, and personal gear.

Luggage Limits: Porters are available for hire. Trekkers should pack light (10–12 kg maximum) for the trek, as supplies are limited in remote areas.

Cultural & Environmental Notes: The trail passes through Tamang villages and yak pastures. Trekkers are encouraged to respect local customs and practice Leave No Trace principles, keeping the environment clean.

Cultural & Environmental Guidelines: The trek passes through Hyolmo and Tamang villages. Visitors are encouraged to respect local customs and traditions.

