

- Easily accessible from capital city of Kathmandu.
- Ganja La pass (5122m) which is more adventure and heart touching part of trekking.
- Enjoy magnificent snow capped mountain views of Langtang Lirung, Ganesh Himal, Dorje Lakpa, Yala peak, Naya Kanga, Gaurishanker, the Himal Chuli, and Mananslu.

Ganja la pass trekking is an Adventure and Challenging because of its difficulty, locate the impressive Langtang region north of Kathmandu valley and close to the Tibet border. It requires climbing equipment and technical skill. These adventure treks combine two treks Langtang Valley through the Ganja La pass trekking to Helambu trekking. This trek is suitable for adventure lovers. The most difficult part of treks is Gan Ja la pass (5122m) which is more adventure and heart touching part of trekking.

The Ganja la pass trek is easily accessible from the capital city of Kathmandu, offers magnificent snow-capped mountain views of Langtang Lirung, Ganesh Himal, Dorje Lakpa, Yala peak, Naya Kanga, Gaurishanker, the Himal Chuli, and Manaslu. This area of the people here, hold claims to Tibet, and so many of them look more Tibetan than Nepalese. There will be lots of Monastery, waterfalls, Pine and rhododendron forests. Glacier Adventure Company carefully design itinerary make your holidays unforgettable.

**Trip Facts****Duration:**

15 days

**Activities:**

Hiking &amp; Trekking, Tours &amp; Sightseeing

**Accommodation:**

Teahouse &amp; Tent

**Meals:**

Breakfast in Kathmandu/All the meals during trekking

**Max. Altitude:**

5200m

**Group Size:**

Minimum 1

**Best Season:**

February, March, April, May, September, October, November &amp; December.

**Daily walking Hour:**

5 to 7 hours

**Transportation:**

Car/Van/Bus

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## Day to Day Itinerary

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

**Accommodation:** Tourist Standard Hotel | **Meal:** Welcome dinner

When the traveler arrives airport in Kathmandu, Our representative will meet you and transfer to the hotel, then take a rest in the evening time will have welcome dinner at Nepali restaurant.

### Day 2: Kathmandu Sightseeing (1300m)

**Walking hr:** 6 hrs | **Accommodation:** Tourist Standard Hotel | **Meal:** Breakfast

After breakfast tour guide pick up you for a tour around Kathmandu valley (Pashupati Temple, Boudhanath, Swayambhu, Kathmandu Durbar square) after that prepare for trekking. Traveler meets trekking guide and team member, they check your equipment as well as advice what you need for trekking.

### Day 3: Kathmandu to Syabrubesi (1460m)

**Walking hr:** 7 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

Early in the morning drive bus Kathmandu to Syabru Besi through the beautiful Nepalese countryside to reach the Syabru Besi then transfer to the hotel rest of the time explore the around.

### Day 4: Syabrubesi to Lama Hotel (2340m)

**Walking hr:** 6 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

After breakfast starts walking. Today is the easy day in the first part. The trail slowly ascends to Landslide (1810m) after that, The trail gently ascends to Rimche (2400m) through the Bamboo village (1960m) At the end of the trail to Lama Hotel is flat. Today is more chance to see wild animals.

### Day 5: Lama Hotel to Langtang village (3307m)

**Walking hr:** 6 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

After breakfast Start walking and there are occasionally seen Langtang Lirung between forest, Passes through Ghore Tabela (3000m), Nepal army camp, then the trail continue ascends and the valley widens, Pass a few temporary settlements afterward reach of Langtang Village.

### Day 6: Langtang to Kyanjin Gompa (3850m)

**Walking hr:** 4 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

Early in the morning after breakfast starts the trek. Today is the short trek. The trail slowly ascends through small villages and yak pastures as the valley opens out further, the views become more extensive. Traveler cross moraine and small stream finally reach Kyanjin Gompa.

### Day 7: Exploration day (3850m)

**Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

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Today is an Exploration day in Kyangjin Gompa. The traveler can visit the Monastery and Cheese factory. There are two options day hike like Kyanjin RI (4800m) and Tserko RI (5000m) both viewpoints are good, sees the Panoramic view of the Langtang Himalayan Range.

**Day 8:Kyanjin Gompa to Ngegang (4000m)**

**Walking hr:** 6 hrs | **Accommodation:** Tent | **Meal:** Breakfast, Lunch & Dinner

After breakfast starts walking for Ngegang. Cross Langtang River, then the trail ascending through little natural vegetations. There cannot see any villages and not available any lodges on the trail. Travelers are already in high altitude area. Today use tent, do not have the lodge.

**Day 9:Neggang to Keldang (4300m) via Ganja La (5200m)**

**Walking hr:** 7 hrs | **Accommodation:** Tent | **Meal:** Breakfast, Lunch & Dinner

Today is final day cross Ganja la. Convert dream to reality. Early in the morning after breakfast start the walking. Take care, Ganja la pass is one of the difficult passes in Nepal. Top of Ganja la pass covered snow and ice most of the time of the year. The trail ascends through boulder and cross a small lake, then summit Ganja la. Enjoy really amazing mountain views. After Pass, the trail descends to Keldang. There is also do not have any lodges.

**Day 10:Keldang to Dukpu (4080m)**

**Walking hr:** 7 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

After breakfast starts walking for Dukpu. Today also do not have the lodge in Dukpu, stay in the tent inside the forest. Today very silent the trail crosses through forest, ridge, and grassland with amazing mountain views.

**Day 11:Dukpu to Tarkeghyang (2743m)**

**Walking hr:** 6 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

After breakfast starts walking for Tarkeghyang. Enjoy amazing mountain views Annapurna Region and Mt. Everest region. The trail ascends to pass, then descends to Tarkeghyang through Pine and rhododendron, finally reach beautiful village Tarkeghyang.

**Day 12:Tarkeghyang to Shermathang (2621m)**

**Walking hr:** 4 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

After breakfast trekkers start walking. The trail is quite easier through flat with beautiful forests and crosses some small streams. Finally, reach in Shermathang. This is the beautiful Sherpa village. Trekkers can see clear views of snow-capped Jugal Himal range.

**Day 13:Shermathang to Melamchi Pul Bazaar (846m)**

**Walking hr:** 5 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

After breakfast trekkers start trekking. The trail descends all the way to Melamchi Pul Bazaar through meadows and cultivated fields. Trekkers cross Sherpa villages with their own particular tradition with good mountain views.

**Day 14: Melamchi Pul Bazaar to Kathmandu (1300m)**

**Walking hr:** 5 hrs | **Accommodation:** Tourist Standard Hotel | **Meal:** Breakfast, Lunch & Dinner

Early in the morning drive bus Melamchi Pul Bazaar to Kathmandu through the beautiful Nepalese countryside to reach the Kathmandu then transfer to the hotel rest of the time explore the around Thamel.

**Day 15: Departure Day**

**Meal:** Breakfast

We dropped you to the international airport for your departure flight to your onward destinations. The Glacier Adventure Company wishes you a wonderful Himalayan adventure in Nepal.

This above Itinerary is a guideline and a standard pattern of what we provide. Our trips can be customized in your interest to accommodate your specific requirements. We also arrange Ganja la pass trekking without sightseeing and hotel arrangements.

NOTE: During the trips, weather conditions, local politics, transportation or multiple other factors. They are beyond our control, can changes itinerary. However, Unlikely that itinerary would be substantially altered, if necessary, Group leader will decide the best alternative, they considering the best one of the whole group. Where a change does occur, we do everything best. we minimize its special effects but we cannot be responsible for the results of delays.

**Trip Cost Includes**

- Airport / Hotel / Airport pick up & drop by private car / van / bus.
- Standard twin sharing accommodation in two/three star hotel in Kathmandu breakfast included. (3 nights)
- Wel-come and fair well dinner.
- All accommodation and meals during the trek
- A full day sightseeing tour in Kathmandu valley including tour guide and Entrance fees
- Government licensed experienced English speaking Guide. Two people one porter. 4 people 1 sherpa.
- The required number of local staff and Porters to carry your luggage during the trek.
- Food, accommodation, salary, insurance, equipment and medicine for all staff.
- Langtang national Park permits/TIMS.
- Down Jacket and sleeping bag (which needs to be returned after the trek.)
- Free duffle Bag/T- shirt/trekking map
- Surface transfer from and to Kathmandu
- All our government taxes.
- Official expense.

**Trip Cost Excludes**

- Your travel and rescue insurance
- International airfare and airport departure tax.
- Nepal entry visa, you can obtain a visa easily upon your arrival at Tribhuwan International Airport in Kathmandu.
- Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porters, bottle or boiled water,

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- shower etc)
- Personal trekking Equipment.
  - Tips for staff.
  - Others expenses which are not mention on Price Includes.
  - Excess baggage charges
  - Lunch and dinner in Kathmandu (and also in the case of early return from the mountain than the scheduled itinerary)
  - Extra night accommodation in Kathmandu because of early arrival, late departure, and early return from the mountain(due to any reason) than the scheduled

### IMPORTANT NOTE

Trekker's safety is our paramount concern while trekking with Glacier Adventure. Every effort will be made to keep to the above the itinerary. Ganja La Pass trekking is located in the Langtang region. Glacier Adventure can't guarantee it such as weather condition, availability of porter and the health of team members can all contribute to change. The guide will try to ensure that the trip runs according to plan but please be prepared to be flexible if necessary.

### Pre-trip meeting

Glacier Adventure hosts the Pre-trip meeting in Kathmandu 2nd day of the itinerary. Trekkers introduce with trek leader. We will provide an opportunity for individuals to ask questions about Ganja la Pass trekking. The pre-trip meeting covers personal equipment, acclimatization and to introduce you to another team member. Glacier Adventure hopes pre-trip meeting have excellent, informative, supportive and fun.

### Acclimatization

Glacier Adventure's Ganja la Pass trekking itinerary is focus rules AMS (Acute Mountain Sickness) when going up too fast causes a medical condition serious enough to kill. Higher mountains area is less oxygen in the air. The trekkers want to make safe Ganja la Pass trekking. Their body needs some days to rest in the less air environment. Especially, travelers need to know the heart, lungs/blood diseases to consult their doctor before leaving home. Glacier Adventure's itinerary designed to try to prevent AMS as much as possible. It is important to remember that some people are more susceptible than others.

### Physical Condition & Experience Requirements

Normally, Ganja la Pass trekking is a remote mountain in the Langtang region. This is suitable for physical fit walkers. The traveler must be in good health and physical condition. Most parts of treks five to six hours walk but some days are seven hours. It is a good idea; prepare yourself in the lead-up to your trip with some regular exercise. The best form of which is long walking in the hill area. Technical experience is not required, hiking experience is an advantage, but the most important thing is a positive attitude and a generous amount of determination. If you have any pre-existing medical conditions, it is vital you let us know the details of these before setting. Also, before coming to Nepal it's important to consult your doctor regarding vaccination and any other medical concerns the trip may raise. "Medical and emigration expenses are your responsibility."

### Insurance

When traveling with Glacier Adventure. Trekkers must be fully insured, including Air rescue, Air ambulance,

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and treatment service. Have an accident? Trekkers should be careful in choosing a policy; however, as some make special exceptions for adventure travel. Please note that Glacier Adventure doesn't arrange any insurance.

### Staff Arrangements

Glacier Adventure staffs try to make successful, enjoyable and memorable in your Ganja la Pass trekking. They are innocent, helpful, experienced and Careful. Your trip leads by the best and most professional leader. He had a long experience. He has knowledge of Culture, Ecosystem, flora and fauna, geography and history of Nepal. Glacier Adventure's leader trained following things

English Language.

Trekking guide training.

First aid course.

Conservation & Biodiversity

### Porter care

Trekking is adventures. Porter's job is the hard working job. They carry trekker supplies and baggage that makes a journey easy and comfortable into the remote mountains in the Langtang region. We ensure all our porters are well trained, well paid. Porters who become sick are treated with the same care and attention as team members and we have previously used helicopters at Tour expense to rescue porters from dangerous situations. The porter's sake, we require all trekkers keep their bag weight 15 to 20kg. We support the work of the International Porter Protection Group (IPPG), Provides help and advice to those organizations to improve the working conditions of the porters on whom we depend.

### Accommodations

All accommodations for Ganja la Pass trekking are twin sharing basic included in trip cost. The trip based on, standard service and Standard hygiene food. There are two types of accommodations on the trip. Standard tourist hotel in Kathmandu and during the treks, Trekkers spend standard Guest house which one normal room with wooden beds and foam mattress. Glacier Adventure also provides the attached bathroom where is possible. Some places are only having shared shower/washing and toilet facilities. We always try to provide good rooms in all places.