



Langtang Ganja La Pass Trek - Itinerary

1. Arrival in Kathmandu (1350m)

Welcome to Nepal – The Land of Himalayas! Our airport representative picks you up from airport and transfers you directly to reserved hotel. A small meeting will be held in the evening to introduce with climbing guides and other staffs. Also, we discuss about the upcoming adventure depending upon your arrival time.

2. Sightseeing & Preperation

We do sightseeing around Kathmandu along with the preparation for climbing. Sightseeing includes tour around Swayambhunath (monkey temple), Baudhdhanath (Buddhastupa), Pashupatinath/Biggest Hindu Temple & Patan Durbar Square. We pack all the necessary equipments after the approval of licensed climbing guide before heading for climb.

3. Drive Kathmandu to Syabrubesi (1440m) – about 8 hrs

After breakfast, we drive out along the north-western mountains of Kathmandu. Enjoy the Himalayan views and marvel at the unique lifestyle through the terraced fields and rural towns. Lunch on the way before proceeding further to Dhunche to Syabrubesi. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

4. Trek Syabrubesi to Lama Hotel (2,470m) – about 6 hrs

Follow the Langtang Khola River. Pass through the thick woodlands. Cross a few suspension bridges, Pass teahouses & some rivers and forests, we reach Lama Hotel. The trail looks steep, this anticipates all the excitements and make sure you are enjoying the trip. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

5. Trek Lama Hotel to Langtang (3,430m) –about 5 hrs

After breakfast, trek proceeds along thick woods. The trail begins to get steeper and we pass through the forest of oaks, hemlocks, maples and rhododendrons. Then we pass two lodges in the forest at Gumanchowk, from where we climb to Nepal Army post and national park checkpoint at Ghoda Tabela. After that we ascend gradually to reach Tamang village – this small village consists guesthouses & yak farms with environment surrounded by buckwheat, wheat, turnips, potatoes and barley. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

6. Trek Langtang to Kyanjin Gumpa (3,870m) –about 4 hrs

After breakfast, we escape the town and pass through yak pastures. Slowly getting into the high elevations; you may begin to feel the thin mountain air. Kyanjin Gumpa is encompassed by the Himalayas all around. You can go out for a stroll around Kyanjin Gumpa appreciating the perspectives, ice sheets, icefalls and yaks.

Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

7. Acclimatization: Kyanjing Gumba

We take rest to acclimatize and be comfortable with new environment. Because sitting idle is not good for health, we visit the monastery and cheese factory or walk up the moraine to see ice faces and glaciers of Langtang Lirung. We can even ascend Kyanjin Ri at 4350m and Tserko Ri at 5000 meters. You can enjoy breathtaking view of Langtang ranges like Kinshung, Yansa Tsenji and Lirung. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

8. Trek Kyanjin Gumpa to Naya Kanga BC (4600m) –about 5 hrs

The route is barren without any housing and life. We ascend high Himalayan area with natural vegetation. We have to manage foods and shelter ourselves. So, we camp here and enjoy amazing Himalayan views while enjoying warm food served by our cook. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

9. Trek Naya Kanga to Keldang (4300m) via Ganja La (5,122m) –about 8 hrs

Get ready for ultimate hardcore trek (16 KM journey)! We have to cross Ganja La Pass (over 5200 meters) and we trail along the path covered with snowy ice. To smoothly cross this pass, we must be prepared with proper supply of energetic foods and enough water to drink. We descend down to small stream after successfully climbing the pass and we reach Keldang (4280m). Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

10. Trek Keldang to Dukpu (4080m) –about 7 hrs

We pass ridges, beautiful grassland with amazing views of Mountains and natural beauties to reach Dukpu. The trek is around 7 Km. Dukpu is known as a summer settlement for the people of Helambu and we camp ourselves inside the forest. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

11. Trek Dukpu to Tarkeghyang (2560m) - about 6 hrs

We descend 200 meters down and climb 4100 meters pass to give ourselves amazing views of Annapurna Region and Everest Region. We descend through pine & rhododendron forest with some settlements to reach Tarkeghyang. You can visit one of the oldest monastery and get beautiful experience in Sherpa village. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

12. Trek Tarke Gyang to Sermathang (2,610m) -about 5 hrs

Our trek for today is relatively easy and most of the time, we walk across flat land. The trail is covered with beautiful forest and as we reach Sermathang. You can see another beautiful settlement of Sherpas. The settlers practice Drukpa Kagyu Buddhism, which is also the national religion of Bhutan. You can visit monasteries and get amazing view of Jugal Himal range. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

13. Trek to Melamchi Pul Bazaar (880m) & Drive Kathmandu –about 4 hrs & 3 hrs]

We descend down to Melamchi Pul Bazaar & it is our last day of trekking. We have to cross meadows and cultivated fields and several old villages with different tradition to reach there. Finally, we take drive to Kathmandu and along the way, we can see terraces, settlements, rivers and high hills. Meals included:

Breakfast, lunch and dinner and finally an overnight stay in hotel. Attend the evening dinner and cultural program provided by the company.

14. Farewell/Departure

Adventure in the Himalayas finally comes to an end. Our airport representative drops you off to the airport approximately 3 ours prior to your scheduled flight to make sure that you don't miss your flight to home. Have safe journey and see you next time.

INCLUSIONS

- Airport pick up and departure and all ground transportation during trips.
- Hotel in Kathmandu two or three star category in twin sharing bed with breakfast basis
- Kathmandu sightseeing with city tour guide
- Accommodation in lodge and full board meals during the trekking
- Govt. trained guide and necessary no.of porters with their insurance, salary and meals
- All fees for TIMS card and Trekking Permit
- Domestic Flight according to Itinerary
- Sleeping bag, Down jacket & necessary equipment's during the trek
- One cultural show and dinner program

EXCLUSIONS

- International Flight ticket & your personal expenses
- Major meals in cities cold & alcoholic drinks
- Extra shower, battery re-charge, laundry charge etc.
- Tips to guide and porter and your insurance

[URL: https://sunriseadventuretrek.com](https://sunriseadventuretrek.com)