

Langtang Valley – Ganjala Pass Trekking

TRIP OVERVIEW

Langtang Valley – Ganjala Pass Trekking Overview

Langtang Valley – Ganjala Pass Trekking is an extraordinary Himalayan journey that combines lush landscapes, high-altitude adventure, and vibrant local culture. This trail, slightly off the mainstream, offers trekkers a perfect balance between challenging routes and serene natural beauty. Starting from the outskirts of Kathmandu, the trek gradually ascends through the heart of the Langtang region, culminating at the breathtaking Ganjala Pass, where sweeping vistas of Langtang Lirung, Dorje Lakpa, and Ganesh Himal await.

Nature and Wildlife

The trek is a paradise for nature lovers. Dense forests of rhododendron, pine, and oak shelter Himalayan wildlife such as langurs, Himalayan pheasants, and occasionally red pandas. Alpine meadows, roaring rivers, and cascading waterfalls enhance the journey, while high viewpoints reveal panoramic snow-capped peaks in every direction.

Trekking Challenges & Rewards

This trek is moderate to challenging, with steep ascents, narrow trails, and high-altitude conditions at Ganjala Pass (over 4,600m). The effort is rewarded with unmatched scenery, tranquil alpine lakes, and a sense of achievement that few treks can offer. The journey also allows for deeper immersion into the local Tamang culture and lifestyle.

Best Seasons to Visit

The best time to embark on this trek is during spring (March–May) and autumn (September–November), when the weather is clear, rhododendrons bloom vividly, and mountain vistas are at their most dramatic.

Cultural Significance

Langtang Valley is rich in Tamang culture and Buddhist heritage. Villages along the trail feature traditional stone houses, prayer flags fluttering in the wind, and small monasteries, offering trekkers a glimpse into centuries-old spiritual practices.

Highlights of the Trek:

- Crossing the high Ganjala Pass with panoramic Himalayan views.
- Stunning vistas of Langtang Lirung, Dorje Lakpa, and Ganesh Himal.
- Lush forests, alpine meadows, and serene rivers.
- Authentic cultural experiences in Tamang villages.
- Tranquil high-altitude lakes and pristine natural landscapes.

TRIP DETAILED ITINERARY

- **Day 1**

Arrive in Kathmandu, We will warmly welcome you at the airport and transfer to your hotel for check-in, followed by a refreshing welcome drink.

We will be waiting to welcome you at **Tribhuvan International Airport, Kathmandu**, where you will be greeted with a traditional **Nepali flower garland** to mark your arrival. After the warm welcome, we will drive you to your hotel—approximately **30 minutes during the day** and **20 minutes at night**.

Upon reaching **the hotel**, you will be offered **welcome drinks and biscuits**, followed by the **settlement of your rooms**. Once settled, please join us back in the **lobby or meeting hall** for a **briefing** about your trekking and tour program on Langtang Valley - Ganjala Pass Trek, including an introduction to your **trekking guide** and other relevant details. After the briefing, you will have the opportunity to **check your trekking equipment** with your guide, and we will also **explain the motor road to reach Machhakhola**.

Note: If you arrive in Kathmandu at night, these activities will be scheduled for the following day after breakfast and meals.



Difficulty

Easy



Max altitude

1350m



Accommodation

Hotel



Meals

Breakfast

- **Day 2**

Shopping and preparing for Trekking.

After breakfast at the hotel, you will have time to **explore Kathmandu's cultural heritage sites**, such as **Kathmandu Durbar Square, Swayambhunath (Monkey**

Temple), or Boudhanath Stupa, and you will have the day to prepare for your trek.

Our team will assist you in checking your gear and ensuring you have all the necessary equipment for the journey ahead. If you need to buy or rent any trekking gear, we will guide you to the best shops in **Thamel**, where you can find quality items at reasonable prices.

In the evening, your trekking guide will conduct a **final briefing** about the trek, including route details, safety measures, and expected weather conditions. Overnight stay at a hotel in Kathmandu.



Difficulty

Easy



Max altitude

1350m



Accommodation

Hotel



Meals

Breakfast

- **Day 3**

Kathmandu – Syabru Besi by private Bus/Jeep 6 - 7 hours

The journey begins with a **6–7 hour scenic drive from Kathmandu to Syabru Besi (1,503 m)** via private bus or jeep. The route takes you through **picturesque valleys, terraced farmlands, rivers, and traditional villages**, offering glimpses of **rural Nepali life and vibrant landscapes**. As you approach Syabru Besi, the gateway to **Langtang National Park**, the scenery transitions to **lush forests of pine and rhododendron**, signalling the start of your high-altitude trekking adventure. Upon arrival, trekkers can **rest, organize gear, and enjoy the peaceful village setting** in preparation for the next day's trek.

Highlights of the Day:

- Scenic **6–7 hour drive** through rivers, valleys, and traditional villages.
- Observe **local culture and rural lifestyle** along the route.
- Arrival at **Syabru Besi (1,503 m)**, the starting point for the Langtang trek.

- Opportunity for photography and appreciating **mountain vistas**.
- Prepare for the trekking journey into the Langtang region.



Difficulty

Easy



Max altitude

1503m



Accommodation

Lodge,Teahouse



Meals

Breakfast,Lunch,Dinner

• Day 4

Syabru Besi – Bambo 4 - 5 hours

From **Syabru Besi (1,503 m)**, the trek begins with a **moderate 4–5 hour hike to Bambo (1,970 m)**, gradually ascending through the **lower Langtang Valley**. The trail passes through **dense rhododendron and pine forests**, with occasional streams and stone steps, offering glimpses of **small rural settlements and terraced farmland**. Trekkers can enjoy the **fresh mountain air and scenic forested landscapes** while observing the **local Tamang culture**. **Bambo** serves as a cozy stopover village, perfect for rest and acclimatization before ascending further into the higher Langtang region.

Highlights of the Day:

- Moderate ascent through **rhododendron and pine forests**, streams, and forest trails.
- Scenic views of **valleys and terraced farmlands**.
- Encounter **Tamang village life** and traditional Himalayan culture.
- Arrival at **Bambo (1,970 m)**, a peaceful village for rest and overnight stay.
- Opportunities for photography, nature observation, and enjoying the tranquil environment.



Difficulty

Easy

**Meals**

Breakfast,Lunch,Dinner

**Max altitude**

1970m

**Accommodation**

Lodge,Teahouse

- Day 5**

Bambo – Ghora Tabela 4 - 5 hours

From **Bambo (1,970 m)**, the trek continues with a **moderate 4–5 hour ascent** to **Ghora Tabela (3,030 m)**, entering the higher alpine zone of the **Langtang Valley**. The trail gradually climbs through **dense pine and rhododendron forests, alpine meadows, and rocky paths**, passing small settlements and streams along the way. Trekkers are treated to **panoramic views of the Langtang and Ganesh Himal peaks** as they gain altitude. **Ghora Tabela** offers a scenic village setting with **warm lodges**, making it an ideal stop for **rest, acclimatization, and capturing the Himalayan landscape**.

Highlights of the Day:

- Steady ascent through **pine and rhododendron forests, alpine meadows, and rocky terrain**.
- Panoramic views of **Langtang and Ganesh Himal peaks**.
- Pass by **small settlements and streams**, observing local mountain life.
- Arrival at **Ghora Tabela (3,030 m)**, a peaceful village for rest and overnight stay.
- Opportunities for photography, nature observation, and enjoying the high-altitude environment.

**Difficulty**

Moderate

**Max altitude**

3030m

**Accommodation**

Lodge,Teahouse

Meals

Breakfast,Lunch,Dinner

- **Day 6**

Ghora Tabela – Langtang 3 - 4 hours

From **Ghora Tabela (3,030 m)**, the trek continues with a **3–4 hour moderate ascent to Langtang Village (3,430 m)**, the cultural heart of the **Langtang Valley**. The trail passes through **alpine meadows, pine and rhododendron forests, and small streams**, gradually opening to **stunning panoramic views of Langtang Lirung and surrounding Himalayan peaks**. Along the way, trekkers encounter **Tamang villages**, offering insight into **local culture, traditions, and daily life**. Langtang Village provides a **welcoming high-altitude stop**, with lodges for rest, warm meals, and breathtaking views.

Highlights of the Day:

- Moderate ascent through **alpine meadows and forests**, with scenic viewpoints.
- Visit **Tamang villages**, experiencing traditional Himalayan culture.
- Panoramic views of **Langtang Lirung and surrounding peaks**.
- Arrival at **Langtang Village (3,430 m)**, an iconic and picturesque high-altitude village.
- Opportunities for photography, nature observation, and acclimatization.



Difficulty

Moderate



Max altitude

3430m



Accommodation

Lodge,Teahouse



Meals

Breakfast,Lunch,Dinner

- **Day 7**

Langtang – Kanji Gompa 3 - 4 hours

From **Langtang Village (3,430 m)**, trekkers continue with a **3–4 hour moderate ascent to Kyangji Gompa (3,830 m)**, a serene high-altitude monastery and settlement. The trail passes through **alpine meadows, scattered pine and rhododendron forests, and rocky terrain**, gradually revealing **brehtaking views of Langtang Lirung, Langtang Himal, and surrounding peaks**. Kyangji Gompa is a spiritual center, offering trekkers a **unique cultural experience and warm lodges**, making it an ideal stop for **rest, acclimatization, and enjoying the peaceful Himalayan environment**.

Highlights of the Day:

- Moderate ascent through **alpine meadows, pine forests, and rocky paths**.
- Panoramic views of **Langtang Lirung, Langtang Himal, and surrounding peaks**.
- Visit **Kyangji Gompa**, a high-altitude Buddhist monastery offering spiritual and cultural insights.
- Opportunities for photography, meditation, and enjoying the serene environment.
- Arrival at **Kyangji Gompa (3,830 m)** for overnight rest and acclimatization.



Difficulty

Moderate



Max altitude

3830m



Accommodation

Lodge,Teahouse



Meals

Breakfast,Lunch,Dinner

• **Day 8**

Ascent to spectacular view point of Kyanji Ri

From **Kyangji Gompa (3,830 m)**, trekkers embark on a **challenging 5–6 hour round-trip ascent to Kyanjin Ri (4,773 m)**, one of the most rewarding viewpoints in the **Langtang region**. The trail climbs through **rocky ridges, alpine meadows, and glacial moraines**, gradually exposing trekkers to **brehtaking panoramic views of Langtang Lirung, Ganesh Himal, and surrounding Himalayan peaks**. The summit offers an

unforgettable vantage point for photography, nature observation, and experiencing the pristine high-altitude environment. After soaking in the views, trekkers **descend back to Kyangji Gompa** for rest and overnight stay.

Highlights of the Day:

- Steep ascent through **rocky ridges, alpine meadows, and glacial terrain.**
- Spectacular panoramic views of **Langtang Lirung, Ganesh Himal, and surrounding peaks.**
- Opportunities for photography, nature observation, and experiencing the **pristine high-altitude environment.**
- Return descent to **Kyangji Gompa (3,830 m)** for overnight rest.
- Witness sunrise or sunset from Kyanjin Ri for added visual splendor.



Difficulty

Challenging



Max altitude

4773m



Accommodation

Lodge,Teahouse



Meals

Breakfast,Lunch,Dinner

• **Day 9**

Kyangji Gompa – Ganjala Base 4 - 5 hours

Leaving **Kyanjin Gompa (3,870m)** after breakfast, the trail gradually ascends towards the rugged highlands of the **Langtang region**. The path leads through alpine meadows and rocky terrain, with fewer signs of human settlement, creating a sense of wilderness and adventure. As you climb higher, panoramic views of **Langtang Lirung (7,227m), Dorje Lakpa (6,966m), Nayakang (5,844m), and Shishapangma (8,027m, Tibet)** open up, offering stunning Himalayan scenery at every turn. The trek takes around **4–5 hours** before reaching **Ganja La Base Camp (approximately 4,300m)**, a remote and serene camping spot situated beneath dramatic cliffs and snow-capped peaks. This base is the

perfect staging point before attempting the challenging and rewarding **Ganja La Pass (5,130m)** crossing the following day.

Highlights of the Day:

- Starting point: **Kyanjin Gompa (3,870m)**
- Trekking duration: **4–5 hours**
- Destination: **Ganja La Base (4,300m)**
- Gradual ascent through alpine meadows and rocky landscapes
- Majestic views of Langtang Lirung, Dorje Lakpa, Nayakang, and Shishapangma
- Remote high-altitude campsite at the foot of Ganja La Pass



Difficulty
Challenging



Max altitude
4300m



Accommodation
Tent - Camping



Meals
Breakfast - Lunch - Dinner

• Day 10

Ganjala Base – Negang 5 - 6 hours

After breakfast at **Ganja La Base (around 4,300m)**, begin your trek with a gradual descent that leads you through rugged alpine terrain. The trail crosses **rocky ridges, glacial moraines, and high meadows**, rewarding you with magnificent views of **Langtang Lirung (7,227m), Dorje Lakpa (6,966m), and Yala Peak (5,500m)**. The route feels remote and adventurous, with yak pastures and pristine valleys reflecting the untouched beauty of the **Langtang region**. After about **5–6 hours of trekking**, you reach **Negang (4,200m)**, a tranquil yak pasture surrounded by dramatic cliffs and panoramic Himalayan scenery. This peaceful campsite provides an ideal place to rest and recharge while preparing for the exciting **Ganja La Pass (5,130m)** crossing ahead.

Highlights of the Day:

- Starting point: **Ganja La Base (4,300m)**
- Trekking duration: **5–6 hours**
- Destination: **Negang (4,200m)**
- Breathtaking views of Langtang Lirung, Dorje Lakpa, and Yala Peak
- Scenic alpine meadows, yak pastures, and remote highland landscapes
- Overnight in a peaceful high-altitude campsite beneath Himalayan cliffs



Difficulty
Challenging



Max altitude
4300m.



Accommodation
Tent - Camping



Meals
Breakfast - Lunch - Dinner

• Day 11

Negang – Keldang 5 - 6 hours

After breakfast at **Negang (4,200m)**, the trek continues with a long but gradual descent towards **Keldang (4,270m)**. The trail winds through remote highland pastures, rocky ridges, and rolling hills, offering spectacular views of the surrounding **Langtang Himalaya and Dorje Lakpa range**. This section feels wild and isolated, with few trekkers, making it a perfect opportunity to enjoy the untouched beauty of the **Langtang region**. The route passes through yak grazing areas and alpine terrain, with changing landscapes as you descend deeper into the valley. After about **5–6 hours of trekking**, you reach **Keldang**, a peaceful campsite set in a remote meadow, where you can rest and enjoy the serenity of the mountains after the challenging Ganja La Pass crossing.

Highlights of the Day:

- Starting point: **Negang (4,200m)**

- Trekking duration: **5–6 hours**
- Destination: **Keldang (4,270m)**
- Remote wilderness trail with minimal human settlement
- Panoramic views of Langtang Himalaya and Dorje Lakpa range
- Scenic yak pastures, alpine ridges, and highland valleys
- Overnight at a tranquil campsite in Keldang



Difficulty
Challenging



Max altitude
4270m.



Accommodation
Tent- Camping



Meals
Breakfast - Lunch - Dinner

• Day 12

Keldang – Dukpa 5 - 6 hours

After breakfast, today's trek follows a remote high-altitude trail towards **Dukpa (4,040m)**. The route undulates along ridges and open meadows, with occasional steep ascents and descents that test your endurance. Throughout the journey, you are rewarded with magnificent views of **Langtang Himal, Dorje Lakpa, and the distant Rolwaling range**, making the walk both scenic and memorable. The trail passes through yak pastures and alpine landscapes, offering a peaceful wilderness experience far from the crowded trekking routes of Nepal. After about **5–6 hours of trekking**, you arrive at **Dukpa**, a picturesque highland campsite perched on a ridge, providing breathtaking sunset and sunrise views over the Himalayas.

Highlights of the Day:

- Starting point: **Keldang (4,270m)**
- Trekking duration: **5–6 hours**

- Destination: **Dukpa (4,040m)**
- Scenic ridgeline walk through yak pastures and meadows
- Majestic views of Langtang Himal, Dorje Lakpa, and the Rolwaling range
- Peaceful high-altitude campsite with stunning Himalayan panoramas



Difficulty
Challenging



Max altitude
4040m.



Accommodation
Tent - Camping



Meals
Breakfast - Lunch - Dinner

• Day 13

Dukpa – Tarkeghyang 5 - 6 hours

After breakfast at **Dukpa (4,040m)**, the trail gradually descends through scenic ridgelines and lush highland forests towards the charming Tamang and Sherpa village of **Tarkeghyang (2,590m)**. The landscape changes dramatically as you leave the barren alpine meadows behind and enter dense forests of **rhododendron, oak, and pine**, accompanied by the soothing sounds of mountain streams. On clear days, you can still enjoy sweeping views of the **Langtang Himalaya, Dorje Lakpa, and even distant peaks of the Rolwaling range**. After trekking for about **5–6 hours**, you reach **Tarkeghyang**, a traditional Sherpa settlement renowned for its centuries-old monastery, beautifully carved wooden houses, and warm local hospitality. This is a rewarding stop where trekkers can experience both cultural immersion and natural beauty in the heart of the **Helambu region**.

Highlights of the Day:

- Starting point: **Dukpa (4,040m)**
- Trekking duration: **5–6 hours**

- Destination: **Tarkeghyang (2,590m)**
- Scenic descent through lush forests of rhododendron and pine
- Panoramic Himalayan views en route
- Explore Sherpa culture, monasteries, and traditional wooden houses
- Overnight in a culturally rich Sherpa and Tamang village



Difficulty

Moderate



Max altitude

2590m.



Accommodation

Lodge - Teahouse



Meals

Breakfast - Lunch - Dinner

• **Day 14**

Tarkeghyang – Drive to Kathmandu by Bus/Jeep 3 - 4 hours

On the final day of your trek, after breakfast at **Tarkeghyang (2,590m)**, you will descend to the roadhead and **drive to Kathmandu** by bus or jeep, a scenic journey of approximately **3–4 hours**. The route passes through picturesque **Helambu villages, terraced farmlands, and riverside landscapes**, offering one last glimpse of the serene Himalayan foothills. Upon arrival in **Kathmandu (1,400m)**, you will be transferred to your hotel, where you can relax and celebrate the completion of the **Ganja La Pass Trek**, reflecting on the spectacular alpine vistas, remote highland meadows, and cultural experiences along the way.

Highlights of the Day:

- Starting point: **Tarkeghyang (2,590m)**
- Duration: **3–4 hours drive to Kathmandu (1,400m)**
- Scenic drive through Helambu villages and terraced farmlands
- Final views of Langtang Himalaya and surrounding foothills

- Arrival in Kathmandu for rest and cultural reflection



Difficulty

Moderate



Max altitude

1350m.



Accommodation

Hotel



Meals

Breakfast - Lunch

- **Day 15**

Departure from Kathmandu to your destination.

After completing your trekking adventure and cultural experiences in Nepal, your journey concludes with a **transfer from your hotel in Kathmandu to Tribhuvan International Airport** for your onward flight. Depending on your flight schedule, there may be time for **last-minute shopping, sightseeing, or photography in Kathmandu Valley**. This marks the **end of an unforgettable Himalayan adventure**, taking home memories of trekking through pristine landscapes, interacting with local communities, and experiencing Nepal's rich culture.

Highlights of the Day:

- Airport transfer from **Kathmandu hotel to Tribhuvan International Airport**.
- Optional last-minute sightseeing or shopping in **Kathmandu Valley**.
- Reflect on your **Himalayan trekking journey and cultural experiences**.
- Departure for your onward destination, taking with you **memorable experiences and souvenirs**



Difficulty

Easy



Meals

Breakfast

TRIP EXPENSE

TRIP COST INCLUDED

- Airport Pick up and transfers to hotel.
- All accommodation in Kathmandu and trekking.
- Full board meals during the trekking such as : Breakfast, Lunch and Dinner.
- Properly 3 times tea and coffee whatever hot drink are available.
- Experience professional guides.
- Full support crew with 1 porter for every 2 trekkers.
- Spectacular view point of Kyanji Ri
- Full insurance for guide and porter.
- All transportation with AC deluxe from the starting to ending points of the trip.
- National park entry fee and TIMS card or trekking permit whatever needed.
- Trekking Maps and Notebooks.
- All taxes as necessities by Nepal government.
- Down Sleeping bag (-20), must be returned after completing the trek.
- First Aid Kit for staff.
- Trekking achievement certificate after completed the Treks.

TRIP COST NOT INCLUDED

- All international flight tickets, travel insurance and Nepal entry visa fees.
- Lunch and dinner in Kathmandu.
- All hard drinks such as : Mineral water, whisky, rum, cola, fanta, etc.
- Extra entrance fees such as Museum, Monastery, Temple, Boating etc.
- Personal expenses like hot shower and battery charge / wifi.
- Personal equipment

- Extra night Hotel in Kathmandu if arriving early or late departure than scheduled Itinerary.
- Any emergency rescue evacuation and extra cost offering from unfavorable circumstance such as weather bad.
- Personal tips for trekking staff.