

Experience the Majesty of the Himalayas: The Ganja La Pass Trek

Overview:

The Ganja La Pass trek is one of the most rewarding high-altitude adventures in the Langtang region, offering trekkers a mix of rugged alpine landscapes, glaciers, and cultural experiences. The journey begins in the lush lower valleys, passing through terraced fields, rhododendron and pine forests, and traditional Tamang and Sherpa villages such as Ngengang and Keldang, where local hospitality provides insight into rural Himalayan life.

From Keldang, the trail ascends steeply toward Ganja La Pass (5,106 m / 16,752 ft), crossing moraine ridges, rocky slopes, and glacial streams. This high-mountain segment demands endurance and careful acclimatization, but trekkers are rewarded with 360-degree panoramic views of Langtang Lirung, Langshisha Ri, Dorje Lakpa, and surrounding peaks, making the climb a truly unforgettable experience.

After the summit, the trail descends through high-altitude valleys, yak pastures, and glacial terrain toward Keldang or Lirung Base, where comfortable teahouses offer rest, meals, and a chance to reflect on the day's achievement amidst serene mountain surroundings.

Beyond the physical challenge, the Ganja La Pass trek offers a remarkable blend of adventure, natural beauty, and cultural immersion. Trekkers experience remote Himalayan landscapes, witness awe-inspiring peaks and glaciers, and connect with traditional mountain communities. Completing this trek is both a personal accomplishment and a journey through some of Nepal's most breathtaking high-altitude terrain, leaving memories that last a lifetime.

Quick facts:

Cost: USD per Person

Destinations: Dhunche / Langtang / Kyanjin Gompa / Ganja La Pass / Melamchi

Duration: 16 Days

Trek starting point: Thulo Barkhu

Trek ending point: Melamchi

Grade: Moderate

Transportation: tourist coach / domestic flight

Accommodation: tea house, tourist standard hotel in Kathmandu

Max altitude: 5,106 m

Activities: Hiking & trekking, sightseeing

Best seasons: March, April, May, October, September and November

Please do not forget to carry the following items with you:

- Passport size Photos
- Torchlight / Headlight
- Warm cap
- Sunglass and sun-cream
- Sleeping bag (light weight)
- Trekking sticks
- Dry fruits and chocolates
- Down jacket
- Trekking trousers
- Trekking shoes (No any converse and Vans shoes)

PROGRAM ITINERARY

Day 1: Arrive at Kathmandu / Meet and Greet

Arrival at Tribhuvan International Airport. Our Staff member meets you and transfers you to the hotel.

Overnight at the hotel

Day 2: Kathmandu Sightseeing and preparation for trekking

After breakfast at the hotel, our guide will meet you at the hotel and provide a briefing about the upcoming trek, including the itinerary, safety information, and important preparations. He will also assist you with all the necessary trekking formalities and paperwork.

After the briefing, we will go on a sightseeing tour around the Kathmandu Valley, visiting famous UNESCO World Heritage Sites such as Boudhanath Stupa, one of the largest Buddhist stupas in the world, and Swayambhunath Stupa, also known as the Monkey Temple. On this day, we will also arrange the TIMS card and other required permits for the trek. In the evening, you will have time to prepare your trekking gear and make the final arrangements for the journey ahead.

Overnight at the hotel.

Day 3: Drive from Kathmandu to Dhunche (1,950 m): 120 – 130 km | 6 – 7 hours

After breakfast in Kathmandu (1,400 m / 4,593 ft), we begin our scenic drive towards Dhunche (1,950 m / 6,398 ft), the administrative center of Rasuwa District and the gateway to Langtang National Park. Leaving the busy capital behind, the journey follows winding mountain roads through terraced fields, riverside landscapes, and traditional villages.

As we travel northward, the road gradually climbs into the Himalayan foothills, offering beautiful views of green hills, dense forests, and flowing rivers. Passing through towns such as Trishuli and Betrawati, the drive provides a glimpse into rural life and the natural beauty of Nepal's mid-hill region. Road conditions vary between paved highways and narrower mountain sections, adding an adventurous touch to the journey.

After approximately 5 – 6 hours of driving (around 100 – 115 km depending on road conditions), we arrive at Dhunche, a peaceful mountain town surrounded by pine-covered hills and Himalayan scenery. As an important stop for trekkers entering the Langtang region, Dhunche offers a refreshing mountain atmosphere and beautiful natural surroundings. Overnight stay at a local lodge.

📍 Day 4: Drive from Dhunche to Thulo Barkhu and Trek to Thulo Syabru (2,230 m): Walking Distance: 8 – 9 km | 3 – 5 hours

After breakfast in Dhunche (1,950 m / 6,398 ft), we begin with a short drive along the mountain road towards Thulo Barkhu, a small settlement located below Dhunche on the Langtang route. The drive is relatively brief, covering approximately 6 – 7 km in about 20 – 30 minutes, depending on road conditions.

From Thulo Barkhu, we start our trek towards Thulo Syabru (2,230 m / 7,316 ft). The trail gradually ascends through beautiful forests of oak, pine, bamboo, and rhododendron, passing scattered farms and traditional Tamang settlements along the hillside. As the trail climbs higher, occasional openings provide impressive views of Ganesh Himal, Langtang Himal, and the surrounding valleys.

The trekking distance from Thulo Barkhu to Thulo Syabru is approximately 8 – 9 km and usually takes around 3.5 – 5 hours at a moderate pace. The route includes several steady uphill sections but remains rewarding with its peaceful forest scenery and cultural atmosphere.

Upon arrival at Thulo Syabru, we are welcomed by a traditional Tamang village beautifully situated on a hillside overlooking the Langtang region. The village offers stunning mountain panoramas, stone-built houses, and a chance to experience the local Himalayan culture and hospitality. Overnight stay at a local lodge.

📍 Day 5: Trek from Thulo Syabru to Lama Hotel (2,500 m): Walking distance : 13 – 15 km | 5 – 6 hours

We set out from Thulo Syabru (2,230 m / 7,316 ft), trekking towards Lama Hotel (2,500 m / 8,202 ft). The trail begins by passing through traditional Tamang villages and terraced farmland, offering a glimpse into the local culture and lifestyle of the Langtang region.

As we enter the lush forests of Langtang National Park, the path follows the Langtang Khola, winding through dense oak, pine, bamboo, and rhododendron forests. Suspension bridges over the river, birdsong, and the occasional wildlife sighting add a sense of adventure to this peaceful journey.

The trek covers approximately 13 – 15 km and takes around 5 – 6 hours at a moderate pace, with a mix of gentle ascents and descents. By late afternoon, we arrive at Lama Hotel, a quiet forest settlement along the Langtang River, offering a serene overnight stop surrounded by the beauty of the Himalayan wilderness.

Day 6: Trek from Lama Hotel to Langtang Village (3,430 m): Walking
distance: 14 – 15 km | 6 – 7 hours

Setting out from Lama Hotel (2,480 m / 8,136 ft), we trek deeper into the Langtang Valley, following the trail that steadily ascends alongside the Langtang Khola. The route winds through dense forests of rhododendron, oak, and bamboo, with the river flowing nearby and occasional clearings offering glimpses of the surrounding hills.

As we climb higher, the forest gradually thins and the valley opens up. Along the way, we pass through Ghodabela (3,030 m / 9,940 ft), where alpine meadows and expansive mountain scenery begin to dominate. Snow-capped peaks rise dramatically on the skyline, signaling our approach to a high-altitude environment.

Continuing through open yak pastures and glacial terrain, we arrive at Langtang Village (3,430 m / 11,253 ft), a rebuilt Tamang settlement perched amidst rugged Himalayan peaks. Covering approximately 14 – 15 km in 6 – 7 hours, this trek offers stunning scenery, cultural experiences, and a truly immersive Himalayan adventure. Overnight stay at a teahouse in Langtang Village.

Day 7: Trek from Langtang Village to Kyanjin Gomba (3,798 m): Walking
distance: 6 – 7 km | 3 – 4 hours

Continuing from Langtang Village (3,430 m / 11,253 ft), we set out on a gradual ascent deeper into the upper Langtang Valley towards Kyanjin Gomba. The trail follows a wide glacial valley, passing through open alpine terrain with scattered yak pastures and traditional stone settlements. The surrounding scenery becomes increasingly dramatic, with snow-capped peaks rising sharply on both sides of the valley.

As we progress, we pass through small seasonal settlements such as Mundu and Sindum, where the landscape reflects the high-altitude lifestyle of the local Tamang communities. The valley widens further, offering spectacular views of peaks including Langtang Lirung, which dominates the skyline throughout the day's journey.

The trail continues with a steady, gentle climb along the glacial river, with occasional suspension bridges and mani walls marking the cultural significance of the region. After several hours of trekking, we reach Kyanjin Gomba (3,798 m), a beautiful settlement surrounded by towering Himalayan peaks and glaciers.

The trek covers approximately 6 – 7 km (3.7 – 4.3 miles) and takes around 3 – 4 hours, depending on pace and acclimatization. Overnight at a teahouse in Kyanjin Gomba.

Day 8: Hike to Kyanjin Ri (4,773 m) and return back to Kyanjin Gomba:
Walking Distance: 7 – 8 km | 5 – 6 hours

From Kyanjin Gomba (3,870 m / 12,697 ft), we set out on a rewarding day hike to Kyanjin Ri (4,773 m / 15,656 ft), one of the most spectacular viewpoints in the Langtang region. The trail climbs steadily through alpine meadows, moraine ridges, and yak pastures, offering breathtaking scenery along the way.

At the summit, trekkers are rewarded with panoramic Himalayan vistas, including Langtang Lirung (7,227 m), Langshisha Ri (6,427 m), Ganja La, and the surrounding snow-capped peaks.

Glaciers, rugged moraine ridges, and high-altitude valleys stretch as far as the eye can see, providing an unforgettable 360-degree view of the Langtang Himal.

The round-trip hike covers approximately 7 – 8 km with an elevation gain of about 900 m, taking around 5 – 6 hours at a moderate pace. After descending back to Kyanjin Gumpa, trekkers can relax at cozy teahouses and enjoy the peaceful alpine village, surrounded by the grandeur of the Himalayan mountains.

Day 9: Trek from Kyanjin Gumpa to Ngengang (4,200 m): Walking distance: 17 – 19 km | 6 – 7 hours

Leaving behind the village of Kyanjin Gumpa (3,870 m / 12,697 ft), we head further up the Langtang Valley towards Ngengang (4,200 m / 13,780 ft). The trail winds through alpine meadows, rocky ridges, and yak pastures, offering ever-expanding views of glaciers, valleys, and the surrounding Himalayan peaks.

Along the way, trekkers are treated to breathtaking vistas of Langtang Lirung, Langshisha Ri, and the dramatic glacial landscapes, making this section of the trek both scenic and memorable.

By midday, we arrive at Ngengang, a quiet high-altitude settlement where cozy teahouses and panoramic mountain views provide the perfect spot to rest, acclimatize, and take in the grandeur of the Langtang Himal. Overnight stay at a teahouse.

Day 10: Trek from Ngengang to Keldang (4,270 m) via Ganja La Pass (5,106 m): Walking distance: 12 – 14 km | 6 – 7 hours

Today we embark on a challenging but spectacular trek from Ngengang (4,200 m / 13,780 ft) towards Keldang (4,270 m / 14,009 ft), crossing the iconic Ganja La Pass (5,106 m / 16,752 ft). The trail covers approximately 12 – 14 km and takes around 6 – 7 hours, including time to rest and enjoy the summit views. The trek begins with a gradual ascent through rocky high-altitude terrain and alpine meadows, offering panoramic views of surrounding glaciers and snow-capped peaks.

As we approach Ganja La, the landscape transforms into a dramatic high-mountain environment with moraine ridges, glacial streams, and rugged peaks all around. Reaching the pass, trekkers are rewarded with breathtaking 360-degree vistas of Langtang Lirung, Langshisha Ri, and the expansive Langtang Himal, a truly unforgettable high-altitude experience.

After soaking in the stunning scenery, we descend from the pass towards Keldang. The trail winds through alpine valleys and yak pastures, where cozy teahouses offer a much-needed rest and the chance to reflect on the awe-inspiring landscapes of the Langtang region. Overnight stay at a teahouse.

Day 11: Trek from Keldang to Dukpu (4,040 m): 6 – 7 km | 3 – 4 hours

After an early morning breakfast at Keldang (4,270 m / 14,009 ft), we begin our trek towards Dukpu (4,040 m / 13,255 ft). The trail gradually descends through high-altitude valleys, rocky ridges, and alpine meadows dotted with yak pastures, offering serene views of surrounding Himalayan peaks and glacial landscapes.

The trek covers approximately 6 – 7 km and takes around 3 – 4 hours at a moderate pace. Along the way, trekkers are treated to expansive vistas of Langtang Lirung, Langshisha Ri, and other snow-capped peaks, with opportunities to enjoy the tranquility of the high mountains.

By midday, we arrive at Dukpu, a peaceful high-altitude settlement where cozy teahouses provide a perfect spot to rest, soak in the alpine scenery, and prepare for the next stage of the Langtang adventure.

Day 12: Trek to Tarke Ghyang (2,600 m): Walking Distance: 12 – 13 km | 5 – 6 hours

Setting off from Dukpu (4,040 m / 13,255 ft), we begin a scenic descent through the Langtang Valley towards Tarke Ghyang (2,600 m / 8,530 ft). The trail passes through lush alpine meadows, terraced slopes, and rhododendron forests, while small Tamang villages offer glimpses of local culture and traditional mountain life.

Covering approximately 12 – 13 km in 5 – 6 hours, the journey transitions from towering snow-capped peaks to green valleys and terraced hillsides, creating a stunning contrast that makes the descent both beautiful and rewarding.

By afternoon, we arrive at Tarke Ghyang, a charming village surrounded by forests and hills, where cozy teahouses provide a comfortable overnight stay and a chance to experience the authentic rural lifestyle of the Langtang region.

Day 13: Trek from Tarke Ghyang to Sermathang (2,590 m)

After a refreshing breakfast in Tarke Ghyang (2,600 m / 8,530 ft), we continue our trek through the scenic Langtang Valley towards Sermathang (2,590 m / 8,497 ft). The trail winds through lush rhododendron and pine forests, terraced farmland, and small Tamang villages, offering beautiful views of the surrounding hills and a glimpse into local mountain life.

The trek covers approximately 10 km and takes around 4–5 hours at a moderate pace. Along the way, trekkers enjoy peaceful paths, flowing streams, and the gentle descent through verdant valleys, creating a relaxing and picturesque journey.

By afternoon, we arrive at Sermathang, a charming village surrounded by terraced fields and hillsides. Cozy teahouses provide a comfortable overnight stay, where trekkers can rest, soak in the serene environment, and experience the warm hospitality of the local community.

Day 14: Trek to Melamchi Pul Bazaar (800 m): Walking Distance: 18 km | 6 – 7 hours

Enjoying an early breakfast in Sermathang (2,590 m / 8,497 ft), we begin our final trek through the Langtang Valley towards Melamchi Pul Bazaar (approximately 800–900 m / 2,625–2,950 ft). The trail gently descends through lush forests, terraced farmland, and small Tamang villages, offering glimpses of traditional rural life and the serene Himalayan foothills.

The trek covers approximately 18 km and takes around 6 – 7 hours at a moderate pace. Along the way, the landscape gradually shifts from high-altitude alpine terrain to verdant subtropical valleys, providing a beautiful and varied scenery throughout the day.

By afternoon, we arrive at Melamchi Pul Bazaar, a lively market town with comfortable lodges and guesthouses. Here, trekkers can rest, enjoy a warm meal, and celebrate the completion of their journey, reflecting on the breathtaking Himalayan landscapes traversed from the snow-capped peaks to the green valleys below.

Day 15: Drive from Melamchi to Kathmandu (1,400 m): 55 – 65 km | 4 – 5 hours

The drive back to Kathmandu (1,400 m) marks the final leg of this unforgettable journey. The route follows the scenic highway along the Indrawati River, passing through charming rural villages, terraced hillsides, and lush mid-hill landscapes.

As the road gradually merges with the main highway towards Kathmandu, the scenery transitions from quiet countryside to busier towns. This journey provides a last opportunity to enjoy Nepal's rural beauty and the striking landscapes that lie beyond the trekking trails.

The drive covers approximately 55 – 65 km and takes around 4 –5 hours, depending on road and traffic conditions. Upon arrival in Kathmandu, we transfer to the hotel, bringing the Helambu trekking adventure to a comfortable close. Overnight stay at the hotel.

Day 16: Departure day:

Today marks the successful completion of your Ganja La Pass Trek (5,106 m / 16,752 ft), one of the most challenging and rewarding high passes in the Langtang region. Depending on your itinerary, you will be transferred back to your hotel in Kathmandu (1,400 m / 4,593 ft) after your descent from the mountains.

As you complete the journey, we hope you take with you unforgettable memories of crossing Ganja La Pass, with its dramatic high-altitude landscapes, glacier views, remote alpine trails, and the rich cultural experience of the Langtang Valley and its traditional Tamang villages.

Thank you for being part of this adventure, and we look forward to welcoming you again for more unforgettable Himalayan journeys in Nepal.

What's Included:

- ☒ Airport Pick-up and drop Service
- ☒ Hotel Accommodation in Kathmandu (twin sharing basis) with breakfast

- ✓ Guided Tour of Kathmandu valley with an experienced tour guide
- ✓ Sightseeing charges and Entry fees
- ✓ Accommodation during the trek (teahouse / guesthouse / homestay)
- ✓ All meals during the trek (Breakfast, Lunch, Dinner)
- ✓ Transportation (tourist coach / local bus / private vehicle)
- ✓ Experienced licensed English-speaking trekking guide
- ✓ Local government Entry Permit of Rs. 2000 (started in 2018)
- ✓ Insurance of the Guide and Porter
- ✓ Helambu National Park Entry Permit
- ✓ Langtang National Park Entry Permit
- ✓ TIMS (Trekking Information Management System) Trekking Permit Card
- ✓ Medical kits carried by the guide
- ✓ All necessary paper works, office service charge and all Government Taxes

Optional Add-Ons:

- ✓ Porter (cost: 20 USD per day, carries 15 – 20 kg load. Porter's accommodation, transport and meal is paid by the company)
- ✓ Down jacket, all-season sleeping bag, duffel bag and trekking map (in case you don't have your own. Down jacket, sleeping bag and duffel bag must be returned after completion of the trip).

What's Excluded:

- ✗ Travel insurance (Mandatory: Should include emergency evacuation coverage while trekking up to 5500+ m)
- ✗ International airfare and Visa costs (you can get Visa upon arrival at the airport)
- ✗ Personal interest items or gears
- ✗ Tips to guide / driver / porter
- ✗ Beverage and Drink Items / Other Extra facilities like hot shower during trek
- ✗ Any other expenses which are not mentioned in "What's Included" section

Important note:

This note represents the most current information for this itinerary and may supersede any information in the current brochure, including but not limited to the itinerary and price. The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control. We do our best to provide you the best available services but at the same time ask for your understanding to be flexible, in case of unpredictable conditions.

Thank you for choosing Trekadvise, Nepal as your travel partner. We wish you a very pleasant stay in Nepal.