

## NEPAL TREKKING: LANGTANG VALLEYS

### HNTR # 6: GANJALA PASS TREK

#### Itinerary:

##### Day 01:

Arrival at Kathmandu airport

You will be met by our representative and transfer to hotel. After refreshment in hotel, short briefing about the programs.



**KATHMANDU DURBAR SQUARE:** Durbar Square, one of the old capitals of the Kathmandu valley, is a synthesis of Hindu and Buddhist temples, stupas and statues, and is often the site of festivals, marriages and other ceremonies.

##### Day 02:

Kathmandu city sightseeing (1,315 m)

Today we explore the Kathmandu valley

**SWOYAMBBHUNATH:** Climb the many steps to Swayambhunath (the monkey temple) with its commanding views of Kathmandu, its whitewashed stupas and its unique synthesis of Buddhism and Hinduism.

**PASHUPATINATH:** It's a sacred temple complex on the banks of the holy Bagmati River. Here, monkeys run up and down the steps of the burning ghats, and trident-bearing saddhus draped in burnt-orange and yellow sit serenely meditating - when they are not posing for photos for rupees.

**BOUDHANATH:** The striking Buddha eyes of Boudhanath Stupa watch over a lively and colorful Tibetan community and attract pilgrims from all over the Himalayan Buddhist realm. In the midst of traditional gompas, and hung with long strings of multi-colored prayer flags, Boudhanath attracts Sherpas, Tibetans and tourists alike for daily circumambulations (koras) of the stupa.

##### Day 03:

Kathmandu to Syabru besi (2,000 m)

We have an early departure for the 7 hour drive to our starting point at the foot of the Langtang Valley. The road takes a spectacular route, climbing high over the ridges to escape the Kathmandu Valley and providing us with a superb panorama of the Himalayan Range, including the Annapurnas, Manaslu, Ganesh Himal and the peaks of the Langtang region that we will soon become better acquainted with.



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### Day 04:

Trek to Lama Hotel (2,748 m)

Our trail initially crosses the Bhote Kosi, flowing down from Tibet, which is literally only a few kilometres away. We then gradually climb up through the sub-tropical forests, teeming with bird-life, to join the trail from Syabru. We follow the river, climbing through uninhabited forest of oak and rhododendron and maybe catching a glimpse of langur monkeys roaming through the trees. We continue climbing along a steep trail to our camp in the forest.



### Day 05:

Trek to Langtang village (3500 m)

As we continue climbing today there are occasional glimpses of Langtang Lirung between the trees. At Ghora Tabela (3,000 m), the trail emerges from the forest. The trail continues to climb gently and the valley widens, passing a few temporary settlements used by herders who bring their livestock to graze in the high pastures during the summer months. There is a monastery which we can visit shortly before arriving at the village of Langtang, the headquarters of the Langtang National Park. The houses of Langtang and its neighbouring villages are of the flat-roofed Tibetan style, surrounded by stone walls enclosing fields of buckwheat, potatoes, wheat, turnips and barley.

### Day 06:

Trek to Kyangjin (3,800m)

The trail climbs gradually through small villages and yak pastures as the valley opens out further and the views become more extensive. After crossing several small streams and moraines, the trail reaches the settlement at Kyangjin. Here there is a small monastery and a government-operated cheese factory. We should arrive at Kyangjin by lunch time allowing time to acclimatise and explore the area. It is a dramatic setting, with snow covered peaks surrounding us in all directions.



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### Day 07:

Rest day in Kyangjin

A day to rest and explore the area. We can visit the monastery and the cheese factory, walk up the moraine to see the spectacular ice faces and tumbling glaciers of Langtang Lirung or ascend Kyangjin Ri (or 'peak' - 4,350 m), directly behind the village, for a breath-taking panorama of the Langtang peaks.



### Day 08:

Kyangjin Gompa to Ngegang Kharka (4,430 m)

Crossing the Langtang Khola below Kyangjin Gompa the trail makes a steep climb through a forest of rhododendron and juniper. Then the trail reaches the yak pasture of Ngegang. On any day here you can see Yaks peacefully grazing. Overnight stay at Ngegang.

### Day 09:

Ngegang to Keldang (4,270 m)

The trail continues south, following streams and moraines and climbs steeply towards the pass. The trail makes a final steep ascent to the pass, from the pass the trail descends steeply and enters the Yangri Khola Valley. Following the stream through grassy meadows, the trail reaches Keldang. Overnight stay at Keldang.

### Day 10:

Keldang to Dukpu (4,080 m)

The trail descends a long ridge, making many ups and downs and before heading down to the Valley. Then following the ridge line through small settlements, you will reach Dukpu. Overnight stay at Dukpu.

### Day 11:

Dukpu to Tarke Gyang (2,740 m)

From, Dukpu the trail descends, and then make a climb to a pass. The pass offers a stunning view of the Himalaya. The trails descend through pine and rhododendron forest, then drops steeply to Gekye Gompa. Finally the trail continues its steep descent to the large Sherpa village of Tarke Gyang. Overnight stay at Tarke Gyang.



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### Day 12:

Tarkegyang to Sermathang  
(2,590 m)

The trail leaves Tarke Gyang and heads off to meet the pretty Sherpa village, Gangyul (2,520 m). The trail drops a little bit and climbs through deep forests, crossing a number of streams, before reaching Chumik. Making a gentle climb you come to the large village of Sermathang. Overnight stay at Sermathang.



### Day 13:

Sermathang to Malemchipul Bazaar (880 m)

Making a drop, the trail reaches in the settlements of Nigale and Gyalsha and further to Raithani Gyang (2,290 m). Descending through the chir pine forest the trek gets to the large fascinating village of Dubha Chaur and finally descending you will reach Melamchi Pul Bazaar. Overnight stay at Malemchi Pul Bazaar.

### Day 14:

Malemchipul Bazaar to Kathmandu

Today we conclude the trip back to Kathmandu. Transfer to Royal Penguin Boutique Hotel.

### Day 15:

Departure

After breakfast we'll head towards airport for final departure or continue your onwards trips. Tour ends with THANK YOU!!





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### Package Cost:

1 pax: US \$ 2020

2 – 4 pax: US \$ 1725

5 – 8 pax: US \$ 1480

9+ pax: US \$ 1300

### Single Supplement:

US \$ 260 per person

### Hotels:

Kathmandu: Royal Penguin  
Boutique Hotel



In the tour it is also possible  
to take **1 hr mountain flight to Everest.**

### SERVICES INCLUDED:

- Accommodation in twin sharing basis with breakfast
- All sightseeing by deluxe vehicle with guide
- National Park entry fee & TIMS permit
- Accommodation (in lodges along the way)
- Food: 3 meals a day (provided from the menu)
- Tea / Coffee 3 times a day
- Sightseeing entrance fees
- A good English speaking Sherpa guide & porter/s
- Essential equipment like trekking stick, sleeping bag, dawn jacket, water bottle, rain poncho
- First Aid Kit Bag

### SERVICES EXCLUDED:

- Lunch & dinner during stay in Kathmandu
- All bar bills, Laundry, Tips
- Any extra cost due to weather or political problem.

