

## Ganja La Trek

Duration: 7 days

Difficulty: Hard

PAN No. 601340433

NMA. AM#1171, TAAN

NRB No. 1573/021/072

Govt. Regd No. 115217/070/071

**Travel time:** Can be freely chosen

**Group size:** Private Trek

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### Quick Trip Facts

**Altitude:** 5106m

**Season:** Spring/Fall/Winter

**Accommodation:** Camping Trek

**The Ganja La Trek is one of our favourite treks and we'd be delighted to help you explore this impressive region in Nepal.**

### Overview

Ganja La Trek is one of the great adventure, sharp crossing of the 5106m. Ganja La from Kyangjin in Langtang to Tarke Ghyang in Helambu. This trek is short and completely camping trek off the beaten route of Langtang area of Nepal and rightly so. It is also called Ganja La Pass Trek.

The trail is under developed with no tea house available along the way until Tarke Ghyang and demanding crossing, in absent of camping equipment, climbing gears, experience guide imagination and effort turn into worthless. Ganja La offers a great circular trek back through Helambu, several fantastic overviews of Langtang ranges, picturesque trekking peaks, and mountains, diverse landscapes, dramatic colourful villages, see several rare wildlife.

With Incredible Himalayan Sherpa Adventure, you'll not only be able to enjoy this unique landscape but you'll also have the chance to observe the traditions and rituals of the local Sherpa people. We put great emphasis on authentic experiences and our professional local guides will introduce you to their culture.

All our treks can be booked as private trips - no large, impersonal groups but small, individual experiences. Let Incredible Himalayan Sherpa Adventure take you on your very own adventure trek to Ganja La. We encourage you book **Langtang Valley Trek** with us with Ganja La Camping trek.

### Highlights:

- + Conquer Tsergo RI at 4985m and enjoy the spectacular views of Langtang Lirung, Dorjee Lhakpa as well as the Ganesh Himal range
- + Explore picturesque Tibetan villages and experience Tibetan culture
- + Enjoy the quick succession of distinctive landscapes and climates
- + The vibrant, chaotic, colourful city of Kathmandu

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- + Village trail through Oak, rhododendron forest
- + Frequent ups and downs in trekking

## Suggested Itinerary:

### **Day 01; Cross the Lantang Khola, steep climb along the ridge and gentle trail reach to Ngegang (4000m), 5-6hr walk**

From Kyangjin Gompa (3870m), we retrace the trail towards Langtang village and take the left fork, which drops down to the river and a small wooden bridge. We have a small but obvious trail climb through birch and rhododendron forest to simple teahouses and a good campsite, Ngegang Kharka (4430m). Continue climbing, staying on the west bank of a watercourse, across steep ground until we reach the base of moraine deposited by the glacier about, and a potential campsite.

[Included meals: Breakfast+Lunch+Dinner]

Overnight at tent

### **Day 02; Climbing steeply towards the pass, descends through the basin on an indistinct trail to reach Keldang (4270m), 6-7hr walk**

We trek continues south, following streams, moraines, and climbing steeply towards the pass(5107m). Ganja La itself is flanked by pinnacles that mountaineers call gendarmes and is topped by prayer flags, and a large cairn of rocks. The views to the north from the pass, of Langtang Lirung and the peaks in Tibet, including Shisha Pangma at 8013m, are outstanding. On a clear day, there are also views of ranges to the south. After that, we descends through the basin on an indistinct trail, marked occasionally by rock cairns, to the headwaters of the Yangri Khola 4400m. Then we enters the steep Yangri Khola Valley and drops quickly down a rough scree slope to the stream. Following the stream for some distance through grassy meadows, we reach a few roofless goths at Keldang, at about 4270m.

[Included meals: Breakfast+Lunch+Dinner]

Overnight at tent

### **Day 03; Trek to Dukpu (4080m), 6-7hr walk**

We descend along a ridge, making many ups and downs, and head down the valley but stays high above the river. The total altitude changes is deceptive on this leg, as there are hours of ups and downs. Finally meeting the ridge itself, then we follow the ridge line to the small summer settlement of Dukpu 4080m.

[Included meals: Breakfast+Lunch+Dinner]

Overnight at tent

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### **Day 04; Descend down the ridge, ascend to the pass at 4020m and again descend through several permanent settlements to reach Tarke Ghyang (2590m), 6-7hr walk**

We descend further along the ridge, then makes a 180m climb to a pass at 4020m. The pass offers a commanding view of the Himalaya, from Dorjee Lkapa east almost to Everest, and a panorama of the first part of the Everest trek, as far as the peak of Numbur in the Khumbu. After that we descend through pine and rhododendron forests past tiny herder's settlements to ridge high above Tarke Gyang. We then drop steeply to Gekye Gompa (3020m), a small monastic community and the first permanent settlement since Kyanjin Gompa. Eventually, we continue steep plunge to the large Sherpa village of Tarke Ghyang (2590m).

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

### **Day 05; Trek down through the valley, pass the forest and number of stream to reach Sermothang (2590m), 4-5hr walk**

We trek down to the wide valley of Ganyul (2520m), Passing the valley lead us to the trail which drops over a ridge but soon starts climbing up through the deep forests and cross a number of stream on the way to crest at 2620m. We follow the trail which lead towards the Gompa at Chumnik, before another gentle climb leads us to the village of Sermothang (2590m).

[Included meals: Breakfast+Lunch+Dinner]

Overnight at teahouse

### **Day 06; Drive to Kathmandu(1350m), 5-6hr drive(36.6km)**

Journey begin with descend by local(sharing) bus to Kathmandu. Several hours drive on narrow off road bring us to Melamchi Baazar. From here our journey turn into more comfort as compare to Melamchi.

[Included meals: Breakfast+Lunch]

Overnight at hotel

### **Day 07; Departure from Kathmandu**

A representative of IHSA will drop off you at the airport by private vehicle

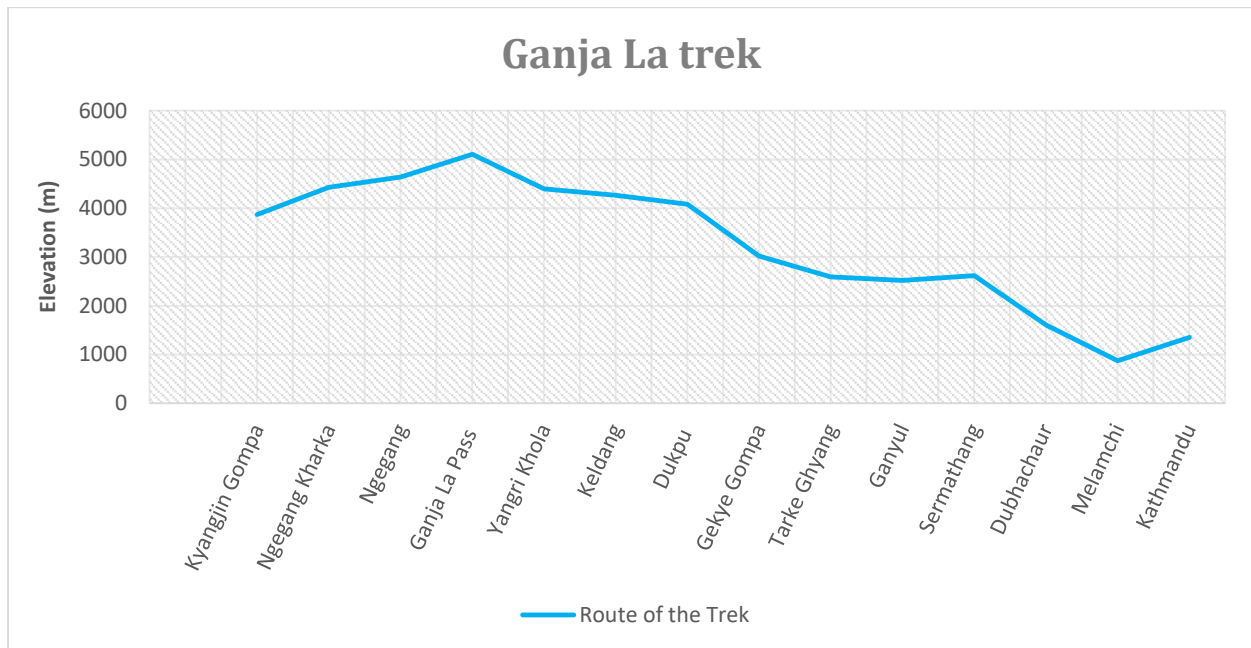
[Included: Breakfast]

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## Altitude Profile



**We offer two packages:** Basic and comfort. The basic package takes care of your trek while for the comfort package we also organize your stay in Kathmandu including some plentiful sightseeing. Both can be flexibly adjusted to your requirements.

### Package:

- + 7 days Ganja La Trek
- + Full Camping Services
- + Food throughout the trip
- + Airport pick up & drop off personally. For details see below.

**Price: USD 585** per person with group size of 2

### Group Discount:

There is a further discount for larger groups. Please **contacts us** for details.

### Trek Duration:

Standard itinerary – 7 days. Can be shortened or extended depending on time and fitness

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## Includes:

- + All airport transfers. We'll pick you up personally
- + Private climbing with an English speaking Mountain Guide
- + Full board meals (Breakfast+Lunch+Dinner) during the trip
- + Accommodation during the trek in tent
- + All trekking permits & TIMS card
- + First Aid kit
- + Camping crew (cook, Kitchen boys, Sherpa, number of porters)
- + Group equipment
- + All Kitchen items and great meals (coffee/chocolates/M Tea/B Tea/Lemon Tea/Green Tea/Masala Tea Mint Tea)
- + All Camping Equipment required during the trek, sleeping tents/mattresses, kitchen tent
- + Hot bucket shower
- + Supplementary climbing oxygen, mask and regulator
- + Medical & accidental insurances of crew
- + Climbing rope, Snow bars
- + High Altitude Bonus

## Excludes:

- International Airfare to and from your country
- Nepal Visa fee for on arrival entry visa (US\$ 25 or equivalent for 15 days, US\$ 40 for 30 days & US\$ 100 for 90 days. You also require 2 passport sized photos)
- Travel & Health Insurance [needs to cover Emergency Helicopter Rescue at altitude]
- Lunch & Dinner in Kathmandu
- Any alcoholic beverages, cold drinks and boiled mineral water as well as snacks, deserts etc. during the trek
- Tips for Guide & Porter (not mandatory but expected)
- Hot shower, battery charges (available at extra cost in lodges, sometimes free)
- Unforeseen expenses not under our control such as flight cancellations or delays, weather related issues, illness during the trek, rescue costs etc.
- Any other costs not specifically included. Please feel free to ask if in doubt.

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## Additional Options:

### + Private Jeep(210 USD for Sermothang to Kathmandu]

For a more comfortable ride from Sermothang to Kathmandu.

## Trip Related Information

**Trekking Day;** Our trekking itineraries are designed to be challenging, but not exhausting. The day starts with a comfortable breakfast at the teahouse after getting the baggage ready (as porters often set off early). We tend to set-off just in time to enjoy the morning sun. At noon we stop for a lunch break and relax a bit before the final bit of trekking for the day. The afternoon sections tend to be shorter and we aim to arrive at the destination by 3pm. This leaves some time for local explorations or simply a game of cards at the lodge. Dinner is generally around 6.30PM at the lodge.

**Trekking Guides;** The trekking guide is in charge of the trek and responsible for looking after you. You can address the guide regarding all problems, concerns and questions. All our guides are professionally trained and will be happy to answer any questions or deal with any issues. Communication is usually not an issue but remember they are local guides and their English proficiency can sometimes be limited outside of trek-related topics.

**Accommodation;** Throughout the trek you will be accommodated in lodges and teahouses with the usual basic standard you can expect in the mountains. Rooms may be twin or multi share with some basic shared toilet facilities (rooms with en-suite bathrooms are available in some of the lodges but this is rare). Hot showers are available in some places (charges apply).

**Food;** On the trail, meals are available in tea houses and lodges. The choice can be limited due to their remoteness. Expect simple but tasty meals – we also encourage you to opt for the local options. On top of that you may want to buy plenty of snacks before leaving Kathmandu as your body burns plenty of calories on the trail, especially at altitude. Healthy cereal bars are a good (and not too heavy) choice.

**Your luggage;** Your daypack should contain everything you need during the day but keep it as light as possible. Examples: water, some warm clothing, your camera, sunscreen, etc. Note that luggage you hand the porters might not be available to you during the day as they sometimes set their own pace.

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**Money and Tipping;** It is best to bring a mixture of cash and traveler's checks in a major currency [some currencies are not convertible to NPR]. USD, GBP, CAD, EUR, and AUD are generally fine. Ensure you have also small denominations. As a guideline for baseline spending money we suggest USD 8 - 10 per meal in Kathmandu / Pokhara and USD 30 - 35 per day whilst trekking in the Annapurna region (if you drink or smoke or plan some major shopping this could be higher). You should exchange enough money into Nepalese Rupees to last the entire time of your trek BEFORE leaving Kathmandu. There are no exchange facilities in the villages along the trail but plenty of money changers in KTM. Tipping is, of course, voluntary but tips are not included in the trip price. If you are happy with the performance of the trekking staff, we suggest the following as a minimum: USD 8 per person and day in a medium sized group. This will be shared among guides and porters.

**Insurance;** Travel insurance is not included in the trip price but is absolutely essential. Your travel insurance must provide cover for personal accident, medical expenses and especially emergency evacuation and repatriation (including helicopter rescue). Make sure the insurance is valid at an altitude of >5000m.

**Preparation and Health Issues;** Trekking in the Himalayas, especially at altitude, is more challenging than some leisurely walking at home. Keep in mind: Altitude affects everyone differently. Regardless of age or fitness, some preparation before you arrive is essential. We suggest some regular exercise. Feel free to contact us if you need some specific advice of how to prepare. There are no specific health requirements but as this trek reaches altitudes above 5000m, you should be generally healthy. While serious problems are rare, it makes sense to come prepared. Please consult your doctor and check your national health authority for up-to-date information regarding vaccinations, high altitude medication and medications for any foreseeable illnesses whilst trekking in Nepal - especially considering the remoteness of some parts of the trek. Be aware that some drugs have side effects at altitude. Please discuss this carefully with your doctor. In a serious emergency, helicopter evacuation might be the only possibility. A personal First Aid kit and sufficient quantities of any personal medical requirements (including a spare pair of glasses) are highly recommended.

**Altitude Issues;** AMS (acute mountain sickness) is a serious condition. It can affect anyone, regardless of age, fitness or previous experience. It usually occurs above 3000m and the probability of symptoms and their severity increases with altitude. It can present with a variety of symptoms caused by the body's incomplete adjustment to altitude. Symptoms can include headaches, sleeplessness, dizziness, nausea, breathing difficulties

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and swelling of extremities and tissue. If two or more symptoms occur, an immediate descend might be required. A quick descend (of about 300m vertical distance) typically resolves the issues. The body can then complete the acclimatization. Although our routes are carefully planned following international guidelines, you may experience some effects of the altitude; particularly in the beginning and at higher altitudes. Breathlessness and mild headaches are not uncommon and generally decrease as your body adjusts. Maintaining adequate fluid intake is essential. Your guide will encourage you to drink plenty of tea and water. Please refrain from drinking alcohol during any acclimatization phase as it can amplify the problem. Please advise your guide if you feel more severe symptoms and inform the guide about any medication you are taking.

**Climate and Temperature;** At lower altitudes the climate is generally warm and mild. Above 3500m, the temperature can fluctuate a lot during the day but nights are often cold (below freezing). Above 4,100m a colder climate prevails comparable to the higher elevations of the Alps. The weather can fluctuate strongly and unexpectedly. Always be prepared for a change in conditions and note that if severe or dangerous weather conditions occur your guide's decision on any course of action is final.

*Have a good trip...*

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