Detail Itinerary

Overview of the Langtang and Helambu Wilderness Journey

The Ganja La Pass Trek begins from Dhunche or Syabrubesi, following the same initial route as the Langtang Valley trek, and concludes at Melamchi Pul Bazaar. Setting off from Syabrubesi, trekkers follow the Langtang River eastward until reaching Kyanjin Gompa (3,049m), the final permanent settlement in the valley. The local residents of Langtang are of Tibetan origin, though they generally identify as Tamang or Gurung. Kyanjin Gompa features a small Buddhist monastery and a cheese factory established in 1955 by the Swiss Association for Technical Assistance, and it is surrounded by magnificent peaks such as Langtang Lirung (7,245m) to the west, Yala Peak, Dorje Lakpa (6,966m), Urkeinmang (6,387m), Loenpo Gang (6,979m), and Kangchenpo to the north-east, as well as Naya Kanga (5,846m) to the south and Ponggen Dopku (5,930m) to the south-east.

Crossing the Pass, Descent, and Cultural Highlights

Reaching an elevation of 5,122m, Ganja La Pass offers spectacular views of Langtang Lirung and surrounding Tibetan peaks. Because the final hundred meters of the ascent are exceptionally steep, safety ropes are utilized. The descent involves a steep one-kilometer slope requiring careful concentration before the trail levels out into easier terrain. As there are no lodges or settlements for a three-day stretch along this section, groups must be fully equipped with adequate food supplies. Crossing the pass leads into Helambu villages such as Melamchigaon and Tarke Gyang. While residents here also follow Buddhism and maintain numerous ancient monasteries, their dialects and cultural ties differ from the Sherpas of Solu Khumbu.

Trip Facts

Detail Itinerary

Cost Includes

Cost Excludes