

# Detail Itinerary

Ganjala Pass Trek starts from Dhunche or Sybru Bensi, which route is same of Langtang valley trek. And this trek ends at Melamchi Pul Bazaar. This trekking itinerary starts from Syabru Bensi, you will follow the Langtang river to the east all the way until you get to Kyanjin (3,049) which is the last settlement of the Langtang valley trekking. The people living in Langtang are of Tibetan origin, though they introduce themselves as Tamang or Gurung. Some 5 km to the south of Kyanching Gumpa are the peaks of Naya Kanga (5,846m) and, to the south-east, Ponggen Dopku (5,930m). Kyanjing Gumpa is surrounded by Mt Langtang Lirung (7245m ) on the west, Yala peak on the north, Dorje Lakpa(6966m), Urkeinmang(6387m), Loenpo Gang (6979) and Kangchenpo on the north-east. Kyanjin Gumpa there is a small Buddhist monastery and there is a cheese factory started in 1955 by the Swiss Association for Technical Assistance.

From Ganjala pass, you can see spectacular views of Langtang Lirung and the Tibetan peaks beyond. The highest point of this trek is Ganjala Pass (5,122m ). The last few 100m trail is too steep, so we use a rope there for safety. The descent from the Ganja la pass is on a steep slope about 1 km which requires good to concentrate again. Afterwards, the rest of the trail is easy. As there are no lodges and no settlements for three days along the way, the group should be enough equipped with enough food. After passing the Ganjala Pass, the trail leads you to Malemchigaon and Tarke Ghyang. People here call themselves Sherpa but their relationship with the Sherpa of Solu Khumbu is different. The dialects are also different. People here follow the Buddhist religion so you will find many old Buddhist monasteries in the villages. Tarke Ghyang is another Sherpa town along the way, which region is known as a Helambu trek too.

## Trip Facts

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## Cost Includes

## Cost Excludes