



COMMUNITY ACTION TREKS

# Langtang, Ganja La and Yala Peak Trek

Trek through valleys, forests and villages in an area of outstanding natural beauty.

NEPAL







**GRADE**  
DEMANDING

**MAX ALTITUDE**  
5500m

**TREKKING DAYS**  
11

**TRIP LENGTH**  
16 DAYS

**MIN PEOPLE**  
4



# Langtang Valley Trek

Langtang is the name of a beautiful valley that lies north of Kathmandu, straddling the Tibetan border. Despite its proximity to the capital, it sees far fewer visitors than the Everest and Annapurna areas, yet surrounded by several 7000m peaks, it is considered to be as spectacular. Langtang remained unknown and mysterious until 1949, when Bill Tillman was allowed in to explore the upper valley and its many high passes. One of these is Ganja La, a 5122m pass that leads out of the valley to descend towards Kathmandu through the Helambu region.

On this trek we start in the Lower Langtang Valley, trekking through its forests and amongst the villages and farmlands of its people, many of whom are of Tibetan origin. It also offers the opportunity of visiting a school rebuilt by Community Action Nepal (our charity supported by CAT) where a warm welcome will be guaranteed.

A national park since 1976, it is an area of exceptional natural beauty. The valley slopes are densely wooded with oak, blue pine, birch and bamboo, providing a protected habitat for Nepal's increasingly rare wildlife and flora. Over 160 bird species, 30 mammals, among them the Red Panda, and more than 1,000 plants are found in the park. The ever-changing mountain vistas that unfold as you make your way into the upper valley are unforgettable.

Emerging above the tree line into a wide glaciated valley, we have several days set aside for exploring its icy upper reaches, a jumble of peaks, glaciers and moraines. During these days we have the chance to climb Yala Peak 5500m and nearby Tsergo Ri 4984m. These are within the capability of those who have fully acclimatized and have basic winter skills experience. Although Yala is classed as a trekking peak, this is one of the easier peaks which falls into that category. From these summits the incredible scenery of the upper valley can be viewed in its entirety. Amongst the high snow-clad peaks which form the border with Tibet, is 7245m Langtang Lirung, whose chaotic glaciers spill into the upper valley, while north of the frontier lies mighty Shishapangma, over 8000m in height.

To enjoy the trek and climb fully, you need to be fit and walk regularly. Previous experience at altitude is not a pre-requisite but would be useful. We can arrange winter courses in Scotland for you to be acquainted with the skills required, or alternatively, if you have any doubts as to your suitability for this trip, you can telephone us for advice.



**TREKKING WINDOW**  
MAR - MAY & OCT - DEC

## PRICE

£2150 per person\* (land only price - see last page)

\*prices subject to change





Langtang, Ganja La and Yala Peak Trek

# Itinerary

LODGE & CAMPING TREK

walking times are approximate

## Day 1

### Arrive Kathmandu

Namaste! And welcome to Kathmandu, the colourful capital of Nepal where ornately carved balconies mingle with beautiful shrines and temples. Your adventure begins with a welcome meeting on arrival at the exit gate of Kathmandu airport. Our staff will welcome you with CAT's palm plate and take you to your hotel. For the rest of the day you can relax at the hotel or take a short evening walk around local markets on your own.

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## Day 2

### Free Day in Kathmandu

Explore the fascinating city of Kathmandu, with its temples and markets, or take an optional excursion (can be booked locally through our Nepal office) into the Kathmandu Valley.

## Day 3

### Drive to Sybrubensi 1440m via Dhunche (6-7 hour drive).

After breakfast we'll drive to Sybrubensi, a village with huge stone houses, passing by Trishuli Bazaar and Dhunche. Along with the green hills, villages, and rivers, we will be looking at snowcapped peaks. Driving on a bumpy and winding road, we reach Sybrubensi where we stay overnight.

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## Day 4

### Sybrubensi to Lama Hotel 2480m (4-5 hours walking).

An easier day where we follow the river gently upstream to the settlement of Lama Hotel.







## Day 5

### **Lama Hotel to Langtang Village 3480m (5 hours walking).**

We follow the Langtang river upstream through a beautiful area of forest, which in the early morning will be alive with bird song. The trunks and branches are festooned with moss and lichen and a variety of unusual wildflowers carpet the forest floor. Every so often, it thins out and we start to get views of the snow-clad peaks in the distance. Once past the checkpoint at Ghora Tabela (2950m), the path becomes gentler as it emerges above the tree line. We are now in a wide, glaciated valley and as we approach the village of Langtang, where we stay overnight, water powered mani wheels line the path. The village has its own small hydroelectric scheme and several community development projects, including the school that Community Action Nepal has rebuilt.

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## Day 6

### **Langtang - Kyangjing Gompa 3900m (4-5 hours walking).**

Leaving Langtang village and the cultivated land behind, the path traverses glacial debris and dry riverbeds. By now we are amongst the high peaks and Langtang Lirung (7245m) towers above. We arrive at Kyangjing by lunchtime leaving plenty of time to explore the area surrounding the village, which is settled by people of Tibetan origin. The Tibetan border lies only a few miles to the north of here.

## Day 7

### **Kyangjin to Yala Peak Base Camp 4125m (4 hours walking).**

Entering the Upper Langtang Valley, we will be trekking today amidst a spectacular setting of high peaks and glaciers. Leaving behind the last of the villages, the only signs of habitation from now on are the yak herders' huts. We may come across yak grazing in the high pastures but mostly we will experience a feeling of immense solitude. We camp at base camp overnight.

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## Day 8

### **Acclimatisation day.**

We have an acclimatisation day at Yala Peak Base Camp. We recommend a local walk to gain height during the day, returning to spend a second night at the same altitude. This is a very important aspect of our trek and will undoubtedly assist with the success, as well as with our enjoyment of it. This is a great opportunity to explore the sensational surrounds of the camp and perhaps walk up to Langsisa. The Langtang are ranged to the west, spectacular Dorje Lakpa towers to the east, while to the north the Langtang Glacier heads off to the Tibetan border. We camp at base camp overnight.



## Day 9

### Summit Yala Peak 5520m ( 8-9 hour day).

Today we climb Yala Peak 5520m and possibly nearby Tsergo Ri 4984m, both excellent viewpoints in clear weather. The ascents involve very little technical climbing but with the occasional shower of snow, the steep slopes can be tricky. We return to Base Camp where we camp overnight.

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## Day 10

### Base Camp to the north side of Ganja La 5122m (5 hours walking).

We head back down the valley to Kyanjin Gompa. From here the trail climbs steadily to the pastures at Ngegang 4404m. We continue our ascent to the pass but we will camp to the north side of it, before crossing over.

## Day 11

### Ganja La to Dhukpu 4080m (6-7 hours walking).

The views from the pass of Ganja La 5122m are often superb with the summit of Shisha Pangma 8046m visible to the north. There may be heavy snow on the pass so our descent to Keldang 4270m and the settlement of Dhukpu 4080m need care. This could be a very long day depending on the conditions we encounter. We camp overnight at Dhukpa.

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## Day 12

### Dhukpu to Tarke Gyang 2560m (7-8 hours walking).

Largely a day of descent as we make our way down the ridge. We may enjoy views towards the Everest region before descending steeply to the Sherpa village of Tarke Gyang 2560m. The Sherpa in this region are quite different in language and dress from those of the Solu / Khumbu area and resemble more closely the Tibetans of Sikkim.







## Day 13

### Tarke Gyang to Kiul 1280m (3.5 hours walking).

We continue our descent down the valley to Melamchi Pul Bazaar. On route, we may visit another project, Milarepa Health Post, which CAN has supported, where we may talk with the nurses.

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## Day 14

### Drive from Kiul to Kathmandu (5 hour drive).

An early morning start today for our return to Kathmandu. We will drive back to Kathmandu passing terraces, streams, rivers, local settlements and high hills along the Trishuli River. The rest of the day is free for packing, last-minute shopping or relaxing in the hotel.

## Day 15

### Free day in Kathmandu.

A day to explore Kathmandu and do some last-minute shopping.

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## Day 16

### Depart Nepal.

Transfer to Kathmandu airport.





#### The price includes (on a lodge and camping basis):

- Transfers between Kathmandu airport and hotel accommodation
- Journeys (by road and 4WD) between Kathmandu and trail head
- Accommodation for 4 nights in Kathmandu in rooms on sharing basis (single supplement extra) with shower and WC and inclusive of breakfast
- Three meals a day (open lodge menus) and accommodation (sharing basis) during the trek.
- Participation in the trek as per itinerary inclusive of full board, camping equipment (not sleeping bags)
- Services of local porters on camping basis (15kg max per person), Sirdar (head guide), assistant guide (depending on group size) and kitchen staff during the camping only
- All Nepalese staff' insurance as per Government regulations
- Climbing Support Sherpa during the peak climbing period
- All Trekking permits

#### Not included:

- International flights
- Nepalese visa - (please refer to our document "Preparing for your trek: Nepal" for latest prices).
- Meals other than breakfast in Kathmandu.
- Travel insurance.
- Tips.
- Items of a personal nature such as drinks, laundry, telephone calls and souvenirs (allow approximately £250 spending money).

#### Land only prices

The cost of international flights, in particular those to Nepal, are less predictable than they used to be. Airlines now request full payment upfront. As a result, we will quote you a land-only cost.

#### Options

Extra nights are available in Kathmandu in our group hotel, and in Pokhara in our choice of accommodation. Extension packages can also be organised in Nepal, Tibet or Bhutan.

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# Contact us

for more information about any of our treks, please contact us and speak to our professional travel guides using the information below:

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#### Important Note

Whilst we expect that the trek will run as per the itinerary, participants should accept that there is a possibility of changes being necessary subject to local conditions.