

Ganja La Chuli Peak Climbing in Nepal

Quick Facts

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| Duration: | 15 |
| Max Altitude: | 5844 |
| Best Season: | Sept - Nov & March - May |
| Group Size: | 15 |
| Accommodation: | 4 Star/ Star Hotel, Tent and Tea House |
| Route: | Kathmandu to Kathmandu |
| Difficulty: | Moderate |

Trip Overview

Rising to an elevation of 5,844 metres above sea level, Naya Kanga sits within the Langtang region of central Nepal, offering one of the most accessible yet genuinely thrilling high-altitude climbing experiences the Himalayas have to offer.

Known by its alternative name Ganja La Chuli, this trekking peak draws adventurers who are ready to move beyond standard trail hiking and experience the raw, elemental world of snow, ice, and high ridgelines. It is a mountain that rewards preparation and punishes complacency, and that balance is precisely what makes it so compelling.

Where Is Naya Kanga Located?

Naya Kanga stands in the Rasuwa District of Bagmati Province, tucked within the greater Langtang National Park, close to the Ganja La pass that links the Langtang Valley with the Helambu region. This geographic position makes it a natural objective for climbers already undertaking a broader Langtang or Helambu journey, and the approach to base camp passes through one of Nepal's most underappreciated trekking corridors.

Prayer flags stretch across mountain ridges, rhododendron forests give way to alpine meadows, and the snows of Langtang Lirung dominate the northern skyline throughout much of the walk in. The region suffered devastating losses during the 2015 earthquake but has since been rebuilt with remarkable resilience, and visiting now means



directly supporting a community that continues to recover.

What the Naya Kanga (Ganja La chuli) Climb Involves?

Naya Kanga is classified as a trekking peak by the Nepal Mountaineering Association, but the term can be misleading, as this is a genuine mountaineering objective requiring crampons, an ice axe, and rope on summit day. The standard ascent approaches from the southeast, climbing through moraines and glacier tongues to a high camp typically positioned around 5,200 to 5,400 metres, from which summit day begins well before dawn.

Climbers move across the glacier in the pre-dawn cold, gain the upper snowfields, and work toward the rocky summit ridge, where on a clear morning the views reach across an extraordinary arc of the central Himalaya, taking in Langtang Lirung, Dorje Lakpa, Ganesh Himal, and the distant peaks of the Rolwaling range. Total climbing days from Kathmandu typically range from 16 to 21 days when combined with the valley approach and proper acclimatisation.

Acclimatisation and the Altitude Factor for the Ganja La Chuli Peak climbing

Any summit pushing above 5,800 metres demands that the body be given adequate time to adapt, and the standard Naya Kanga itinerary builds this in sensibly by spending multiple nights in the Langtang Valley at progressively higher elevations before moving toward base camp.

The village of Kyanjin Gumpa, sitting at approximately 3,800 metres, serves as a critical acclimatisation hub where many teams spend two or three nights making day walks up to Tserko Ri or Kyanjin Ri before committing to the higher terrain above.

Acute mountain sickness remains the most significant risk factor on this climb, and understanding its symptoms and knowing when to descend is not optional knowledge but fundamental to safe mountaineering in Nepal. A responsible climbing itinerary never sacrifices acclimatisation days in favour of a faster schedule.

Permits and Practical Requirements for Naya Kang

To climb Naya Kanga, you will need a peak climbing permit issued by the Nepal Mountaineering Association, with fees varying by season, alongside a Langtang National Park entry permit and a TIMS card, all of which can be arranged in Kathmandu before departure.

The standard gateway for the region is Syabrubesi, a small town reached by road from Kathmandu in approximately seven to eight hours, with some operators arranging private jeep transfers to reduce travel time slightly.

Best Seasons to Climb Ganja La Chuli

Spring, from March through May, and autumn, from October through November, offer the most stable weather windows for a summit attempt, with spring bringing warmer temperatures and longer daylight hours while autumn typically delivers the clearest skies following the monsoon.

Winter ascents from December to February are technically possible for very experienced and well-equipped teams, but extreme cold, shorter days, and increased avalanche risk on the upper slopes make it a considerably more demanding undertaking, while the monsoon period from June through September is generally unsuitable for technical



climbing on this peak.

Detailed Itinerary

Day 1: Arrival in Kathmandu

Your Himalayan adventure begins the moment you land at Tribhuvan International Airport. After clearing customs and collecting your bags, your guide or a representative from your trekking company will meet you and transfer you to your hotel in the heart of Kathmandu. The rest of the day is yours to settle in, freshen up, and soak in the sights and sounds of this vibrant city. Take an evening stroll through the lively streets of Thamel, sample some Nepali dal bhat, and get to bed early as the journey ahead is a big one.

Accommodation: 1400

Meals: Welcome Dinner

Day 2: Kathmandu Sightseeing and Permit Preparation

Today is a wonderful mix of culture and logistics. In the morning, your guide will assist you with obtaining your Naya Kanga peak climbing permit, Langtang National Park entry permit, and TIMS card. Once the paperwork is sorted, the rest of the day opens up for sightseeing around Kathmandu's UNESCO-listed heritage sites. Wander through the golden temples of Pashupatinath, spin the prayer wheels at Boudhanath Stupa, or lose yourself in the ancient courtyards of Swayambhunath. It is a perfect way to ease into the rhythm of Nepal before hitting the trail.

Accommodation: 1400

Meals: Breakfast

Day 3: Drive from Kathmandu to Syabrubes

After breakfast, you hit the road for the scenic overland journey to Syabrubesi, the charming gateway village to the Langtang region. The drive takes roughly seven to eight hours through winding mountain roads, terraced hillsides, and occasional glimpses of snow-capped ridges peeking above the treeline. It is a long day in the vehicle, but the scenery keeps things entertaining. Arrive in Syabrubesi in the late afternoon, check into your teahouse, enjoy a warm meal, and rest up for your first proper day on the trail tomorrow.

Accommodation: 1450

Meals: B, L, & D

Day 4: Trek from Syabrubesi to Lama Hotel

Boots on, pack up, and step onto the trail. Today's walk follows the Langtang Khola river upstream through lush subtropical forest, crossing suspension bridges and passing through small settlements along the way. The trail gains elevation gradually and the surrounding greenery is a lovely introduction to the Langtang wilderness. After around five to six hours of trekking, you arrive at Lama Hotel, a cluster of friendly teahouses nestled in dense forest.



Celebrate your first day on the trail with a hot tea and a well-earned rest.

Accommodation: 1450

Meals: B, L, & D

Day 5: Trek from Lama Hotel to Langtang Village

Today the landscape begins to open up beautifully as you leave the forest behind and enter the wider valley. The trail climbs steadily past yak pastures, cascading waterfalls, and colourful mani stones carved with Buddhist prayers. Langtang Village, rebuilt after the 2015 earthquake with heartfelt community effort, welcomes you with warm hospitality and its first proper Himalayan views. Spend the evening exploring the village, chatting with locals, and getting your first real taste of the high alpine world that lies ahead.

Accommodation: 3330

Meals: B, L, & D

Day 6: Trek from Langtang Village to Kyanjin Gompa

A relatively short but scenic day brings you to Kyanjin Gompa, one of the most beloved stops on any Langtang itinerary. The trail winds through open meadows dotted with grazing yaks, and the surrounding peaks grow more dramatic with every step. Kyanjin Gompa itself is a small but spirited settlement home to a centuries-old monastery and a famous yak cheese factory, both worth a visit on arrival. The mountain views from here are simply stunning, and on a clear evening, Langtang Lirung glows golden in the fading light.

Accommodation: 3870

Meals: B, L, & D

Day 7: Acclimatisation Day at Kyanjin Gompa

Rest days at altitude are never really rest days, and today is a great example of that. To help your body adapt to the thinner air, you will make a rewarding day hike up to either Kyanjin Ri (4,773m) or Tserko Ri (4,984m), both offering sweeping panoramic views across the Langtang Himalaya. The golden rule of high-altitude trekking applies perfectly here: climb high, sleep low. Return to Kyanjin Gompa for a hearty dinner, a visit to the monastery if you have not already, and an early night as higher camps await.

Accommodation: 3870

Meals: B, L, & D

Day 8: Trek from Kyanjin Gompa to Naya Kanga Base Camp

Leaving the comforts of Kyanjin Gompa behind, today you make your way toward the mountain proper. The trail heads northeast across rocky moraines and open terrain, with the glacial world of Naya Kanga coming into sharp focus ahead of you. Base camp at around 4,400 metres is a raw and beautiful place, with big skies, total silence, and a real sense of being at the edge of something extraordinary. Your climbing guide will brief you on the route ahead,



check gear, and help you prepare mentally and physically for the days to come.

Accommodation: 4400

Meals: B, L, & D

Day 9: Trek from Base Camp to High Camp

A shorter but meaningful push today takes you up to high camp at 5,000 metres. The terrain becomes more technical as you gain elevation, moving across boulder fields and the lower reaches of the glacier. High camp is a small, exposed perch on the m

Accommodation: 5000

Meals: B, L, & D

Day 10: Summit Day and Descent to Base Camp

This is the day everything has been building toward. Your team rises in the dark, layers up against the cold, and sets off across the glacier by headtorch. The ascent involves crampons and ice axe work on increasingly steep snow and ice slopes, and every step upward brings a growing sense of achievement. The summit ridge of Naya Kanga at 5,844 metres delivers one of the finest panoramas in the central Himalaya, with Langtang Lirung, Dorje Lakpa, Ganesh Himal, and countless other giants stretching across the horizon. Savour the moment, take your photos, then make a careful descent all the way back to base camp for a well-deserved rest.

Accommodation: 5844

Meals: B, L, & D

Day 11: Trek from Base Camp to Langtang Village via Kyanjin Gompa

With the summit behind you and a lightness in your step, today is a long but satisfying descent back through familiar terrain. You pass through Kyanjin Gompa, where a quick stop for yak cheese or butter tea feels like a fitting reward, before continuing down the valley to Langtang Village. The lower elevation brings warmer air, and the body begins to unwind after the intensity of the summit push. It is a great day to reflect on everything you have experienced and share stories with fellow trekkers over dinner.

Accommodation: 3330

Meals: B, L, & D

Day 12: Trek from Langtang Village to Lama Hotel

Back into the forest you go, descending steadily through the familiar trail that brought you up just over a week ago. The rhododendrons, the river crossings, and the birdsong all feel like old friends now. Lama Hotel greets you once again with its simple teahouse warmth, and the contrast between where you slept two nights ago and where you are sleeping tonight is a quietly satisfying reminder of just how much ground you have covered.

Accommodation: 2470

Meals: B, L, & D



Day 13: Trek from Lama Hotel to Syabrubesi

The final day on the trail winds back down through the lower valley to Syabrubesi, completing the full loop. The descent is gentle and the mood tends to be celebratory, with the hard work firmly behind you. Arrive in Syabrubesi in the early afternoon, treat yourself to a cold drink and a big meal, and spend the evening swapping stories and unwinding before the road journey back to the capital tomorrow.

Accommodation: 1450

Meals: B, L, & D

Day 14: Drive from Syabrubesi to Kathmandu

The scenic mountain road brings you back to Kathmandu after roughly seven to eight hours on the road. It is a long drive, but it gives you plenty of time to decompress, watch the landscape shift from high mountain country back to valley and city, and start thinking about what comes next. Arrive back in Kathmandu in the evening, check into your hotel, and give yourself a proper pat on the back. You climbed a Himalayan peak. That deserves a celebration dinner.

Accommodation: 1400

Meals: Breakfast

Day 15: Final Departure or Onward Journey

Your Naya Kanga adventure comes to a close today. Depending on your onward plans, your team will arrange a transfer to the airport for your flight home, or help you prepare for your next program if you are continuing on to further trekking or climbing in Nepal. Whatever comes next, you leave with the summit of Naya Kanga in your memories, stronger legs, a bigger perspective, and almost certainly the beginnings of a plan to come back.

Gears Lists

Clothing

- Base layers: Moisture-wicking thermal tops and bottoms
- Mid-layers: Fleece jacket or insulated sweater
- Outer layers: Waterproof and windproof shell jacket and pants
- Insulated jacket: Down or synthetic (for summit day)
- Trekking pants and shorts: Lightweight, quick-dry
- Gloves: Lightweight liner gloves + insulated mountaineering gloves
- Hat & balaclava: For sun and cold protection
- Socks: Wool or synthetic (several pairs), liner socks
- Gaiters: For snow and mud protection



Footwear

- Trekking boots: Waterproof, stiff-soled for rugged terrain
- Approach shoes / camp shoes: Lightweight shoes or sandals for evenings
- Crampons-compatible boots: For icy/snowy summit sections

Climbing Gear

- Climbing harness
- Helmet
- Ice axe
- Crampons
- Carabiners and slings (as needed)
- Rope (if not provided by the operator)
- Trekking poles (highly recommended for steep trails)

Backpack & Sleeping

- Main trekking backpack (50-65L)
- Daypack (20-30L)
- Sleeping bag: Rated for -15°C to -20°C
- Sleeping bag liner (optional for extra warmth)
- Compression sacks / dry bags for waterproofing

Accessories & Personal Items

- Sunglasses (UV protection)
- Sunscreen and lip balm (high SPF)
- Headlamp with extra batteries
- Water bottles / hydration bladder (2-3L)
- Personal toiletries and quick-dry towel



- Trekking/Climbing permits and ID
- First aid kit (blister care, altitude meds, painkillers, bandages)
- Snacks / energy bars / nuts

Optional

- Camera or smartphone with extra batteries
- Portable charger / power bank
- Lightweight binoculars
- Notebook and pen

Cost Includes

1. Airport pick-up and drop-off services by private vehicle in Kathmandu.
2. 2-3 nights' hotel accommodation in Kathmandu with breakfast (before and after the expedition).
3. All ground transportation required for the trip, including the drive from Kathmandu to Syabrubesi and return.
4. Full board meals during the trek and climbing period (breakfast, lunch, and dinner).
5. Accommodation in tea houses during the trekking section and tented camps during the climbing period.
6. Government-licensed English-speaking trekking guide and professional climbing guide.
7. Required number of porters to carry personal and group equipment.
8. Langtang National Park entry permit.
9. TIMS (Trekker's Information Management System) card.
10. Official climbing permit for Naya Kanga (Ganja La Chuli) issued by the Nepal Mountaineering Association.
11. All necessary climbing gear for group use (ropes, ice screws, snow bars, harness, carabiners, etc.).
12. Base camp and high camp setup, including tents, kitchen equipment, and cooking staff.
13. Meals for guides, porters, and climbing staff.
14. First aid medical kit carried by the guide.
15. Government taxes and company service charges.
16. Staff insurance, including guide and porter insurance during the trek and climb.

Cost Excludes

1. International airfare to and from Nepal.
2. Nepal entry visa fees upon arrival at Tribhuvan International Airport.
3. Travel insurance (must cover high-altitude trekking and emergency helicopter evacuation).
4. Personal climbing equipment such as boots, crampons, ice axe, helmet, harness, sleeping bag, and down jacket (can be rented in Kathmandu).
5. Personal expenses such as Wi-Fi, phone calls, laundry, hot showers, and battery charging during the trek.
6. Alcoholic beverages, soft drinks, bottled water, and snacks.



- 7.** Tips for guides, porters, and climbing staff (customary but not mandatory).
- 8.** Extra hotel nights in Kathmandu due to early arrival, late departure, or itinerary changes.
- 9.** Any additional costs due to weather delays, flight cancellations, natural disasters, or personal reasons.
- 10.** Personal trekking gear and clothing.
- 11.** Any services not specifically mentioned in the “Cost Includes” section.

Route Map

