



Tilman Pass and Ganja-la pass Trek starts with your arrival at Tribhuvan International Airport, Kathmandu, from where you drive to Okhrene via Melamchi. The drive to Okhrene is filled with pleasant sceneries of the green forests and the local villages. The trail passes through Hile Bhanjyang to reach the Panch Pokhari in the Langtang region, Langtang village. Continuing on the Langtang valley, the trail also reaches the oldest monastery of Langtang in Kyanjin Gompa. You also hike to Tserko-Ri (4984m) for a panoramic view of the Langtang Himal range, Langshisha Ri (6427m), Yala Peak (5500m), and then heading towards to the Ganja-la pass. The trek takes you from the land of enchanting rhododendron forest to yak pastures to the moraines of vast glaciers. Varieties of alpine flowers and exotic wild animals can be seen during the trek as the trail goes through Langtang National Park. Crossing Tilman Pass (5320m) can get challenging as the trail is mostly frozen and susceptible to rock falls. Before crossing Tilman Pass, the trail reaches the tranquil lakes of Panchpokhari, the 9th highest wetland area in the world. And after the tilman pass heading to the Kyangjin Gompa then climbing to the Ganja-la pass which you make unforgettable memories in your trek. The trek then ends with a walk through the quiet forests until you reach Melamchi. Tilman Pass and Ganja-la pass Trek is an ideal trek for adventurers looking to conquer a quiet trail in the foot of the Himalayas.

Traveling with Discovery Mountain Trek and Expedition gives you the best trekking experience as all of our treks are well facilitated and our team of experts makes sure your trek is hassle-free and enjoyable. We've been in the travel industry for more than 20 years and have successfully gained a good name among explorers around the world for our quality service. We provide you with local, English speaking guides so that you can connect with the locals and make the most out of your trip. With us, you need not worry about your travel desires and requirements getting unfulfilled.

DAY 1: ARRIVAL IN KATHMANDU 1365M

The trip begins with your arrival at Tribhuvan International Airport. Our team representative will welcome you at the airport from where you will be transferred to the hotel. Overnight at hotel in Kathmandu.

DAY 2: DRIVE FROM KATHMANDU TO OKHRENI 2400M/6-7 HOURS BY PRIVATE VEHICLE

You drive to Okhrene in a private vehicle. Through the twist and turns, you drive alongside melamchi River to arrive in Melamchi bazaar where you will have lunch. Driving past several hillside settlements, rivers, and waterfalls, which you take 7 hours' drive to arrive in Okhrene. Overnight at tented camp in Okhrene.

DAY 3: TREK FROM OKHRENI TO CHYOCHYO KHARKA 3440M/6-7 HOURS

Today is the first day of your trekking. You start on a well-camouflaged trail through a thick forest. After a few hours of forest walking you reach a clearing where we will have lunch. After lunch you continue for another 2 hours mostly uphill to a prominent treeless ridge. At the top of the ridge, at 3,400m, there were chortens and a cluster of prayer flags flapping in the wind indicating a pass. From here you have to decent to a treeless meadow where we set up our camp for the night. Overnight in tented camp in Chyochoy Kharka.

DAY 4: TREK FROM CHYOCHYO KHARKA TO HILE BHANJYANG 37200M/6 HOURS

The trail drop down to a nice spot where we will have lunch. The availability of water dictated our lunch and camping spots. After lunch, we ascend to till the top and then down to the Hile Bhanjyang. Overnight in tented camp in Hile Bhanjyang.

DAY 5: TREK FROM HILE BHANJYANG TO NASIMPATI 3615M/ 5 HOURS

Today you will start your trek after your breakfast. On your way today a small ridge for some fine views of the Jugal Himal in China and Gauri Sankar in the Rowaling region. Well once you reach at Nashimpat, a spectacular spot for you camp site. Overnight in tented camp in Nasimpat.

DAY 6: TREK FROM NASIMPATI TO PANCH POKHARI 4070M/2/3 HOURS

The walk from Nashimpat to Panch Pokhari was only 2/3 hours long with a 500m-elevation gain. After following a well-defined trail along a side of a mountain, we crossed the Lubrina Pass (4,000m). The climb to the pass required some climbing but going slow and steady made the effort negligible. Overnight at a tented camp in Panch pokhari.

DAY 7: EXPLORING THE FIVE LAKES AND SURROUNDING VALLEY

On this day, you explore the Five Lakes and the surrounding valley. You can wake up early in the morning to see the beautiful sunrise. From uphill, you get a fantastic view of Dorje Lakpa (6966m) and Jugal Himal range. Several species of birds and sweet smelling flowers can be found on the nearby hills. Panchpokhari is also a sheltered pilgrimage site where the Janai Purnima festival is held in August. Numerous Hindu and Buddhist pilgrims visit this site each year. The pilgrims also visit the shrine of Lord Shiva situated nearby the lake. Overnight at a lodge/tented camp in Panchpokhari.

DAY 8: TREK FROM PANCH POKHARI TO TIN POKHARI 4250M/6 HOURS

Today, you trek to the Tin pokhari (Three Lakes). En route, you pass rocky hills and alpine vegetation. The trek today is calm and quiet as there are no settlements on the way and you would be walking mostly through and loss of the vegetation to reach Tin pokhari
Overnight in tented camp in Tin Pokhari.

DAY 9: TREK FROM TIN POKHARI TO YAK KHARKA 4810M/5-6 HOURS

Today, you begin your journey to Yak kharka after your breakfast. The trail ascends and decent in the moraine and the glacier. Once you reach at Yak Khark then you can see the Tilman Pass.
Overnight in tented camp in Tin Pokhari.

DAY 10 TREK FROM YAK KHARKA TO MORAIN CAMP 4570M/7 HOURS VIA TILMAN PASS 5320M

You trek for 7-8 hours to reach moraine camp via Tilman's Pass (5320m). It is better to make an early start as the boulder field gets more unstable due to the sunlight. It will be both physically and mentally challenging climb as the footing is slippery and filled with unstable rocks. As you reach the top, breathing may get difficult, due to the high altitude, as Tilman Pass is one of the highest points in this trek. From the top, you get spectacular views of the surrounding snowcapped mountains. Then, you descend from the other side passing through the loose rocks and arrive at moraine Camp. Overnight at a tented camp.

DAY 11: TREK FROM MORAIN CAMP TO LANGSHISA KHARKA 4050M/4-5 HOURS

After breakfast, you head steeply down towards langshisa kharka. You decend the high alpine vegetation through rocky moraine of Langshisa Glacier to reach the Langshisa kharka which is situated at an altitude of 4050m. Overnight at a tented camp.

DAY 12: TREK FROM LANGSHISA KHARKA TO KYANGJIN GOMPA 3830M/5 HOURS

You leave Langshisa Kharka early in the morning and make your way to Kyangjin Gompa. You need to move early as the terrain will be frozen and the chance of the rocks falling is less. It will be a difficult trek as the terrain is snowy, icy, and the rocks fall throughout the day. After 3/4 hours, the slope levels are coming out and then it takes about one and half hours to reach the Kyangjin Gompa. Overnight at a lodge/ or tented camp.

DAY 13: REST DAY AND OPTIONAL HIKE TO TSERKO-RI 4984M

Today, you will take rest in order to get adjusted to the higher altitude conditions. You can explore the ancient monastery, Kyanjin Gompa, which lies in the lap of Langtang Lirung (7227m). Kyanjin Gompa is said to be around six centuries old and has evolved as a religious and spiritual haven. The cheese factory in Kyanjin is very famous for its delicious yak cheese. You will also hike to Tserko-Ri (4984m) for an excellent view of Langtang Himal range, Langshisha Ri (6427m), and Yala Peak (5500m). Then, you return back to Kyanjin Gompa for the overnight stay. Overnight at a lodge/tented camp in Kyanjin Gompa.

DAY 14: TREK FROM KYANJIN GOMPA TO NGEANG 4000M/5-6 HOURS

From Kyanjin Gumpa, we'll ascend through trails with sparse vegetation. We cross a suspension bridge over Langtang Khola and arrive at Chhana Lake before reaching Ngeang. After a tiring walk amid the bare hills, we'll reach Ngeang where we'll rest for the overnight. Overnight at a tented camp in Ngeang.

DAY 15: TREK FROM NGEANG TO KELDANG 4270M/7-8 HOURS VIA GANJA-LA PASS 5130M

After breakfast, we'll set out for our rigorous walk where we reach Keldang via Ganja La Pass (5130m), which is covered in snow throughout the year. Ngeang to Keldang is the hardest part of the trip as we are required to walk through the icy and slippery path. Upon crossing Ganja La Pass, we will descend on a steep trail to reach Keldang. Overnight at a tented camp in Keldang.

DAY 16: TREK FROM KELDANG TO DHUKPA 4040M/6-7 HOURS

After an early breakfast, we set out for our trek to Dhukpa from Keldang. The trail consists of many highs and lows, a descent towards the valley along the ridge, and an easy walk on the grasslands that takes us to Dhukpa. Overnight at a tented camp in Dhukpa.

DAY 17: TREK FROM DHUKPA TO TARKEYANG 2740M/6-7 HOURS

Today, our trek descends in the beginning, and subsequently, we make a steep climb to reach Yangri Peak. Trekking along the pine and rhododendron forest, we reach Tarkeyang, a large Sherpa village. We can visit the old monastery called Gekye Gumpa, in the evening, as we explore the village. Overnight at a lodge in Tarkeyang.

DAY 18: TREK FROM TARKEYANG TO SERMANTHANG 2590M/5-6 HOURS

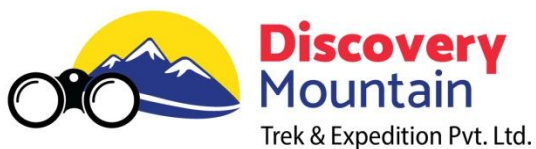
Walk through Ghyangul and Chimighyang will take us to the beautiful village of Sermanthang which is very rich in culture as it is inhabited by the Sherpa community. The village serves equally satiating natural landscapes. You can spend the evening interacting with the locals. Overnight at a lodge in Sermanthang.

DAY 19: TREK FROM SERMANTHANG TO KAKANI 1996M/3-4 HOURS

We'll have a healthy breakfast to kick start the day. We will descend through the ridge with a view of Melamchi Bazaar until we reach Chautara at the end of the ridge. Trekking through a forested path filled with small monasteries, we arrive in Kakani. We'll be exploring the natural settings of Kakani where we'll rest overnight. Overnight at a lodge in Kakani.

DAY 20: TREK FROM KAKANI TO MELAMCHI PUL 870M/3-4 HOURS AND DRIVE BACK TO KATHMANDU 5-6 HOURS BY PRIVATE VEHICLE

The trail descend through the Chirr pine forest and meadows to reach Melamchi Pul. En route, we pass

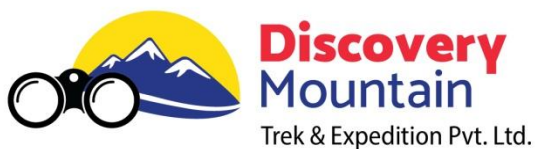


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several small villages and temples before we get on our private car in Melamchi Pul. From Melamchi Pul, we'll drive back to Kathmandu valley enjoying the countryside view. Upon arrival in Kathmandu, you'll be transferred to your hotel. Overnight at a 4-star hotel in Kathmandu.

DAY 21: FINAL DEPARTURE FROM KATHMANDU

Our company representative will drop you at the airport three hours before your flight schedule.



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INCLUDED IN THE COST

- Staff costs including their salary, insurance, equipment, food and accommodation
- 3 -star hotel accommodation in Kathmandu with bed and breakfast
- Guesthouse accommodation where it possible during your trek with (BLD)
- Tent accommodation where no possible guesthouse during your trek with (BLD)
- Dining tent, kitchen tent, toilet tent, table, and chair during your trek
- One Cook, kitchen boys, cook helpers and all kitchen equipment on your trek
- All ground transportation on a comfortable private vehicle as per the itinerary
- An experienced, English-speaking and government-licensed trek Guide
- Discovery Mountain's duffel bag, t-shirt and trekking map are yours to take
- All necessary paperwork and trekking permits: National park
- Assistant guide on your trek: 4 participants: 1 assistant
- Medical kit: carried by your trekking assistant guide
- Energy supplies: Dry fruits, Snicker, Mars and Bounty
- Airport pickups and drops in a private vehicle
- Welcome and farewell dinners in Kathmandu
- Enough porter for all your wage and food
- Personal insurance for Nepalese trekking staff
- Gamow bag for your safety and security
- All government and local taxes

NOT INCLUDED IN THE COST

- Nepalese visa fee
- International flights
- Travel and rescue insurance
- Tips for guide, porter and driver
- Lunch and evening meals in Kathmandu
- Personal expenses laundry, bar bills, battery recharge, extra porters, bottle or boiled water, shower

ACCOMMODATIONS

We will be staying at Hotel Manaslu, Moon Light hotel or similar hotel 3 star in Kathmandu: and guesthouses during the trek. All accommodations are on twin-shared basis. Single supplement will be served on request and will cost an additional. Also note that single rooms are readily available in Kathmandu and the trekking regions at lower elevation but it might be difficult to find them at higher elevations.

MEALS

All meals will be provided during trekking while only breakfast will be available in Kathmandu. There will also be welcome and farewell dinners for guests. While on trek, we have breakfast and dinner in the tea-houses/lodges we spend the night and lunch on our way to the next destination. Nepalese, Tibetan, the more common continental and Indian cuisines are common choices in the menu.



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PHYSICAL CONDITION REQUIREMENT

Discovery Mountain Trek can offer advice and recommendations about health requirements but it is the individual responsibility of each trekker to acquire any necessary documents and medical care. The information on the technical sheet provided is indicative, it is your responsibility to check with the authorities concerned for the exact requirements for your chosen destination at the time of travel. If you do not obtain any necessary medical consultations or travel documents and are not allowed to enter a country, or suffer personal injury or death as a result, we have no liability to you for any cost, loss or damage which you suffer nor will we refund you the cost of any unused portion of your travel arrangements. It is your responsibility to comply with the regulations and procedures of police, customs and health at all times throughout your trip.

BEST TIME TO TRAVEL

The best time to trek to the Everest Base Camp Trek is in spring (February to May) and autumn (September to November). The temperature is moderate in these seasons and guarantees amazing views through the trip. Although this trek can be undertaken during winter, the cold temperature might not be suitable for everyone.

GUIDE & STAFF ARRANGEMENT

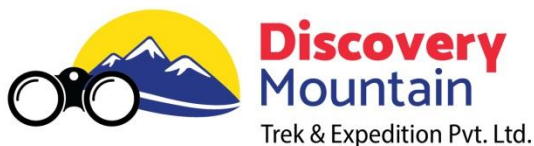
The most significant thing that makes this trek enjoyable and memorable is the skilled, experienced and helpful Guide and crew member who have the ability of guiding our trek on the mountain smoothly. Our trip will be led by the best and most professional Guide. All of Discovery Mountain Trekking Guide's are carefully selected on the basis of their appropriate experience, skills and personal aptitude. With an objective of sustaining local communities, Discovery Mountain only employs local Staff, who have knowledge about culture, ecosystem, flora, fauna, geography, and history of their local region.

PORTER CARE

We are firmly committed to porter rights. We make sure that all our porters are well treated, well paid and we provide the level of shelter, clothing and footwear that these harsh environments demand. Porters who become sick are treated with the same care and attention as other team members and we have previously used helicopters - at our expense - to rescue porters from dangerous situations. We support the work of the International Porter Protection Group (IPPG), making our resources available to them to help improve the working conditions of the porters. International Porters Progress Group.

ENVIRONMENTAL CONCERNS

The Everest Region is stunningly beautiful, but equally fragile. Future generations have just as much of a right to appreciate it as much as we do. Therefore, we believe that the tourism industry has an obligation to protect and preserve it. Discovery Mountain employs a 'zero impact' policy on the natural environment and the traditional communities that live there. Discovery Mountain, therefore, enforces a number of do's and don'ts. Please talk to your trek leader to avoid environmental impacts.



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TRAVEL INSURANCE

It is a condition upon joining any of Discovery Mountain's trips that all clients be insured for comprehensive expenses that might incur due to medical issues or accidents (this includes air ambulance, helicopter rescue, and treatment costs). Please note that we don't arrange or sell insurance.

ACCLIMATIZATION

This trek's itinerary is planned with a high degree of awareness of AMS (Acute Mountain Sickness). Going up at higher altitudes too fast causes a medical condition serious enough to result in death. The higher the altitude, the less oxygen will be in the air. For example, at an altitude above of 5000m, there is 50% less oxygen than at sea level. Therefore, our body needs many days to adapt to an environment with less oxygen. During this trip, we take rest in Namche Bazaar and Dingboche which will help us acclimatize to the high altitude.

EQUIPMENTS LIST

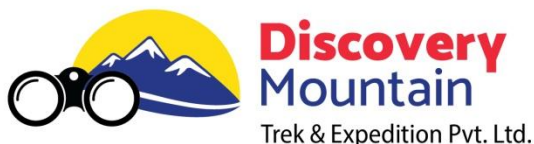
This list is a guideline to help you pack for your adventure. Also understand that the items listed below will vary a little according to the season and the trek duration. Those items marked by an asterisk (*) are provided by Discovery Mountain Trek inclusive in the service. The weight limit for your luggage is 15 kg.

SLEEPING

- 1 sleeping bag: -30°
- Fleece sleeping bag liner (optional)

FROM HEAD TO TOE

- A cap or sunhat
- 2-pair of thermals
- Warm gloves
- Hat and scarf
- Suitable shorts
- Walking trousers
- Thick walking socks
- Discovery Mountain Trek's down Jacket (*)
- Lightweight waterproof over trousers
- long-sleeved thermal tops and full-length long johns
- A pair of high rise walking boots
- A breathable windproof, water proof jacket (Gore-Tex...)
- A light fleece or equivalent (plus extra warm layers if necessary)
- A pair of sandals or equivalent casual shoes for cities, villages and evenings
- Long-sleeved and short sleeved t-shirts, preferably in quick-drying technical material.



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DAY BAGS/ SHOULDER BAG

- 1 medium shoulder bag: 50-70 liter cubic inches, can be used for an airplane carryon
- A small daypack/backpack for carrying your valuables

PRACTICAL ITEMS

- Tissue /toilet roll
- Anti-bacterial hand wash
- Female hygiene products
- Wet wipes (baby wipes)
- 1 compass or GPS (optional)
- 1 medium-sized quick drying towel
- 1 small roll of repair tape, 1 sewing-repair kit
- 1 digital camera with extra cards and batteries

MEDICAL

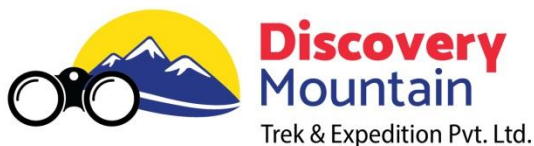
- 1 skin-blister repair kit
- Anti-diarrhea pills
- Anti-headache pills
- Cough and/or cold medicine
- Small personal first-aid kit simple and light
- Water purification tablets or water filter
- Aspirin, first-aid tape, and plasters (Band-Aids)
- Anti-altitude sickness pills: Diamox or Acetylzolamide
- Stomach antibiotic: Ciprofloxacin, etc. Do not bring sleeping pills as they are a respiratory depressant.

TERMS AND CONDITIONS

Discovery Mountain Trek & Expeditions Company is a trustworthy and registered Company under the laws of Nepal Tourism Industry and accepts your bookings under the following terms and conditions.

BOOKING TERMS

Booking your trip with Discovery Mountain Trek accept with terms and conditions of sale. Every trekker is required to complete the form of registrations. At the time of registration, Trekker's are expected to pay a deposit 25% of total cost to complete your booking. Please note the trip cost is required to make in advance as per the company policy, this deposit help us to make confirm reservation of Hotels in City, domestic flights and all other trip arrangements for final trip booking. Along with deposit we need detailed name lists of participants, same as passport, Gender, Nationality, Date of birth, passport number, passport issue/ Expiry dates & profession. You need to send us passport copy, photo identity and e-ticket by e-mail for all trips in Nepal.



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CANCELLATION POLICY

If any reason you have to cancel your trip, we Discovery Mountain Trek require written confirmation of your decision. The amount you have paid to us will be refunded according to the following terms:

- Cancellation more than 35 days before your departure date: \$60 will charged
- Cancellation more than 35 to 19 days before your departure date: your deposit, 25% will charged
- Cancellation more than 18 to 10 days before your departure date: 50% will charged
- Cancellation more than 9 to 05 days before your departure date: 75% will charged
- Cancellation less than 4 days before your departure date: 100% of the total will charged

I reserve the right to revise pricing rates declared under any circumstances, or on the pressure of various external factors that are further than our control, for instance changes in exchange rate, government action etc. But, I declared forth effort to keep on the present rate. In case of minor increase in flights fares, hotels or other related factors, we don't revise the cost of the trip which was already confirmed & booked by deposit.

RISK & RESPONSIBILITY

Your safety and enjoyment is my prime concern. I therefore carry out my responsibility honestly & sincerely to ensure your holiday trouble – free as well as you have desired. Nevertheless, unless stated otherwise, trip may be change under uncertain and inherent circumstances such as land-slides, road blockage, flood, snow political unrest, cancellation of flight, delay arrival, sickness or accidents etc. Any extra cost incurring there is your personal responsibility and should be borne on the spot.

IMPORTANT NOTE

Your safety is of paramount concern while traveling with Discovery Mountain Trek. Please note that your guide has the authority to amend or cancel any part of the itinerary if it is deemed necessary due to safety concerns. The guide will try to ensure that the trip runs according to plan, but please be prepared to be flexible if required. Bad weather in mountain regions can cause domestic flight delays, particularly in the Everest, Lukla, Jomsom, phaplu, Kanchenjunga and any other remote mountain regions in Nepal.