

Langtang trek with Yala peak climbing

DURATION: 12 DAYS

Trip Facts



Group Size 1 - 10 Persons



Trip Grade Basic



Accommodation Hotel / Guest House / Camping



Max Height 5500 Metres



Start From Kathmandu



End At Kathmandu



Transportation Plane & Jeep



Duration 12 Days



Meals included Breakfast, Lunch & Dinner Days



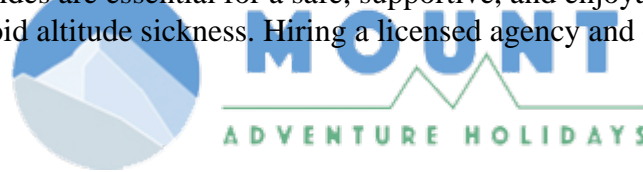
Best season:

March - May, September - November


Trip Overview

Yala Peak, located in Nepal's Langtang area, is a [trekking peak](#) with stunning mountain views. The Langtang Valley Trek offers a unique experience of the untouched Tamang heritage, customs, and lifestyle. The trek takes hikers through Tamang villages, rhododendron forests, and stunning mountain views. The Tamang people, descendants of Tibet, are accustomed to few tourists, preserving their culture. The trek also offers a viewpoint at Goljung Pass, offering stunning views of Langtang and Kerung. The off-the-beaten-path route offers opportunities to observe wildlife such as bears, leopards, red pandas, and musk deer. The Langtang Valley Trek with Yala Peak is a thrilling combination of trekking and peak climbing in Nepal. The journey takes you through the stunning Langtang Valley, surrounded by snow-capped peaks, lush forests, and traditional Tamang villages. Yala Peak, at an altitude of 5,732 meters (18,777 feet), is a non-technical trekking peak suitable for climbers with basic mountaineering skills. The trek typically takes 14 to 18 days, depending on the itinerary and weather conditions.

The best time to trek is during the pre-monsoon (spring) from March to May and the post-monsoon (autumn) from September to November. Proper [acclimatization](#), a licensed agency, and experienced guides are essential for a safe, supportive, and enjoyable experience. It is important for climbers to acclimatize properly to the high altitude in order to avoid altitude sickness. Hiring a licensed agency and experienced guides ensures that climbers receive the necessary support and guidance throughout the trek

**Trip Itinerary**

Day 1 KATHMANDU – SYABRUBENSI (1340M)

 9 Hrs  Breakfast, Lunch & Dinner  Guest House  Bus  1340 m

We will take tourist bus to Syaprubensi (Rasuwa) early in the morning.

Day 2 SYABRUBENSI – LAMA HOTEL (2480M)

 6 Hrs  Breakfast, Lunch & Dinner  Guest House  Walking  2480 m

Breakfast will be served to you at your hotel, before starting your hike. We have to hike uphill and cross a suspension bridge over the Langtang river which flows below our feet. We will have lunch at Bambo, where we can view the beautiful green environment and the white flowing Langtang river. Then we walk through dense alpine, pine, juniper, and rhododendron forests. Look for wild animals! Then we will hike uphill for 15-30 mins to reach our camp at Lama hotel.

Day 3 LAMA HOTEL – LANGTANG VILLAGE (3541M)

 8 Hrs  Breakfast, Lunch & Dinner  Guest House  Walking  3541 m

The trek will be easy and comfortable today, as we hike through the flat jungle. We will have our lunch at Ghoda Tabela, then we will continue hiking to our destination walking through the Langtang riverside.

Day 4 LANGTANG – KYANJING GOMBA (3900M)

 4 Hrs  Breakfast, Lunch & Dinner  Guest House  Walking  3900 m

Today it is about 4 hours hiking to Kyanjing Gomba, where we will stay overnight. We will stop for tea and lunch along the way.

Day 5 KYANJING GOMBA – ACCLAMATION DAY

 Breakfast, Lunch & Dinner  Guest House  4350 m

This is a day off for acclimatization and proper rest, exploring interesting places like the monastery and the cheese factory. You can walk up the moraine and climb Kyangjin Ri at 4350m for views of the surrounding peaks.

Day 6 KYANJING GUMBA -YALA PEAK BASE CAMP (4600M)

 6 Hrs  Breakfast, Lunch & Dinner  Camping  Walking  4600 m

A six-hour trek along the lateral moraine to the high camp. The horse can make it this far if the ground conditions allow, depending on whether there is deep snow or not. At Base Camp we'll be camping overnight.

Day 7 YALA PEAK BASE CAMP -SUMMIT & BACK TO KYANJING GUMBA

 9 Hrs  Breakfast, Lunch & Dinner  Guest House  Walking  5500 m

Our summit attempt generally takes 8 hours. The last 700 meters will require being roped up and using crampons and a walking axe. There is a final shapely ridge to negotiate to the small summit. At the summit of Yala peak 5500m, there are panoramic views of Shishapangma, Dorje Lakpa, Ganchenpo, Naya Kang, Tserko Ri , Langtang Lirung and many other Tibetan mountains. After summiting we'll make our way back to Base Camp and onwards to Kyanjin Gomba if time and energy allow.

 **Day 8 The additional bad weather day**

 Breakfast, Lunch & Dinner  Guest House  3900 m

The additional bad weather day

 **Day 9 KYANJING – LAMA HOTEL**

 7 Hrs  Breakfast, Lunch & Dinner  Guest House  Walking  2480 m

We will descend down from the higher altitude to the lower altitude today.

 **Day 10 LAMA HOTEL – SYABRUBENSI**

 5 Hrs  Breakfast, Lunch & Dinner  Guest House  Walking  1340 m

We will descend down to Shyabrubensi, which lies in between the high hills to the Langtang river flowing at the bottom of the Bensi.

Day 11 SYABRUBENSI – KATHMANDU

 9 Hrs  Breakfast, Lunch & Dinner  Hotel  Bus  1400 m

Today after breakfast, we will drive back to Kathmandu city from Syabrubeni. The drive may take time depending on the road condition.

Day 12 Final departure

Our adventure in the Himalayas country of Nepal comes to an end today! A Mount Adventure Holidays representative will take us to the airport approximately 3 hours before our scheduled flight. we have plenty of time to plan our next adventure in the wonderful Himalayas country of Nepal.

Cost Includes

- ✓ Airport/hotel pick up and drop off by private car
- ✓ Langtang National Park permits and TIMS

- ✓ Food, accommodation, salary, insurance, equipment, and medicine for all staff
- ✓ Government licensed, experienced English speaking guide
- ✓ Transportation Kathmandu-Swyabrubesi and Swyabrubesi-Kathmandu
- ✓ 11 guesthouse accommodation during the trekking period and North Face, Salewa, Mountain Hardware, or similar tented camp accommodation during the climbing period.
- ✓ All government taxes.
- ✓ Mount Adventure Holidays sleeping bag and down jacket, duffel bag, area map.
- ✓ Group climbing equipment including ropes, ice screws, snow bars, harness, carbine, eight-figure, etc.
- ✓ High altitude climbing leader (Sherpa guide) licensed by Nepal Mountaineering Association (NMA).
- ✓ Sleeping bags and down jackets for the trek (should be refunded after the trek)
- ✓ One trekking map per person
- ✓ First aid kit
- ✓ fresh fruit



Cost Excludes

- ✗ Bar bills and other personal expenses
- ✗ Beverage bills, bar bills, telephone bills, and Personal expenses.
- ✗ Travel and rescue insurance
- ✗ Tips for guide, porter, and driver.
- ✗ Lunch and evening meals in Kathmandu (and also in the case of early return from the mountain than the scheduled itinerary)

- ✕ Extra night accommodation in Kathmandu because of early arrival, late departure, early return from mountain (due to any reason) than the scheduled itinerary
- ✕ Lunch and evening meals in Kathmandu (and also in the case of early return from the mountain than the scheduled itinerary)
- ✕ Optional trips and sightseeing if extended

