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 in Nepal's Langtang area is a stunning trekking peak with stunning mountain views. The Langtang Valley Trek offers a unique experience of untouched Tamang heritage, customs, and lifestyle. The trek takes hikers through Tamang villages, rhododendron forests, and mountain views. The trek also offers a viewpoint at Goljung Pass, offering stunning views of Langtang and Kerung. The Langtang Valley Trek with Yala Peak is a thrilling combination of **trekking and peak climbing in Nepal**. The trek typically takes 14 to 18 days, depending on the itinerary and weather conditions. Proper acclimatization, licensed agencies, and experienced guides are essential for a safe and enjoyable experience. The trekking route also passes by the holy lakes of Gosaikunda, adding a spiritual element to the journey. The Yala Peak climb, reaching an altitude of 5,732 meters, provides a challenging yet rewarding experience for adventure enthusiasts. The Langtang Valley Trek with Yala Peak is a perfect choice for those looking to immerse themselves in the natural beauty and rich culture of Nepal while also seeking a bit of adventure and adrenaline. With the right preparation and support, this trekking and climbing experience can create memories that last a lifetime.

Yala Peak in Nepal's Langtang area is a breathtaking trekking peak with stunning mountain views. The Langtang Valley Trek with Yala Peak offers a thrilling combination of trekking and peak climbing in Nepal, typically taking 14 to 18 days to complete. During the trek, you will pass through Tamang villages, and rhododendron forests, and enjoy spectacular mountain views. The route also includes a viewpoint at Goljung Pass, which offers stunning views of Langtang and Kerung. Reaching an altitude of 5,732 meters, the trek is a challenging yet rewarding experience for adventure enthusiasts. Further exploration could include the preparation and support needed, the cultural significance of the holy lakes of Gosaikunda, the challenges faced during the climb, and the reasons why Nepal is a popular destination for adventure seekers and nature enthusiasts.

MOUNT ADVENTURE HOLIDAYS

Trip Itinerary

Day 1 KATHMANDU – SYABRUBENSI (1340M)

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

We will take a 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 of 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.n 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 Gompa 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
- ll 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