

## Yala Peak (5732m) Climbing



Trip Grade: Moderate Plus  
Duration: 13 Nights/14 Days  
Max. Altitude: 5732M

Destination: Nepal  
Region: Langtang  
Activity: Climbing & Expedition  
Theme: Lodge & Tented

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### Overview

Yala Peak is one of the easy peaks to climb in Nepal. Yala Peak is located in Langtang region of Nepal. It is does not require any climbing permit to climb and also it does not require any specific climbing skill to climb it. That's why it is known as the cheapest peak to climb in Nepal. Yala Peak is an excellent for beginner who is planning to climb peak for the first time in Nepal. Yala Peak is located in the heart of Langtang Valley (Langtang National Park). Trekking Experts offers Yala Peak Climbing Trip in which trip you can trek in the beautiful Langtang Valley with magnificent views of nature, culture and snow-capped mountains at the same time you'll climb 5732 meter high Yala Peak.

Yala Peak Climbing Trip with Trekking Experts begins with about six hours drive to Syafru Bensi from Kathmandu. And from Syafru Bensi, you'll trek into the Langtang National park following several suspension bridges, rivers, greenery and villages. From the top of Yala Peak, you'll have excellent view of snowy peaks such as Lantang Lirung, Dorje Lakpa, Ganesh Himal, Naya Kanga, Gangchempo and the famous 8000m peak Shishapangma. During the trek to reach Yala Peak, you will pass by beautiful forests of rhododendron, pines, bamboo and several species of rare flowers. After passing this majestic scenery you will then join the narrow gorge of the Langtang River, immediately following that you will ascend to the large alpine grassland of Langtang (3500m) and Kyanjin Gumba (3800m). You will see the views of snowy peaks of Langtang Ri, Langtang Lirung, Dorjee Lakpa and many other climbed and unnamed mountains.

### Highlights

- Climb Easy Yala Peak (5732m); one of free peak that does not require permit to climb**
- Magnificent views of many snowy peaks including 8013m Shishanpannma from the top of peak**
- Beautiful views of many snowy peaks like Langtang Lirung, Dorje Lakpa**
- Trekking in beautiful Langtang valley**
- Visit beautiful Langtang Village and Kyanjin Gompa**
- Explore beautiful Tamang villages**

### Trip Itinerary

#### Day 01: Kathmandu (alt. 1310m)

Upon your arrival at the Tribhuvan airport Trekking Experts representative welcomes you and assists to transfer in your hotel in Kathmandu. Upon arrival at hotel, our tour manager will brief you about trekking information and other necessary information. And then you'll free time to explore Kathmandu. Dinner will be booked at the hotel.

**Accommodation:** Three Star Hotel **Meals:** N/A **Walking Hours:** N/A **Altitude:** 1310 meters

### **.Day 02: Kathmandu – Syabru Bensi (alt. 1500m)**

After early morning breakfast, you'll drive to Syabrubesi which will take about 5 to 6 hours from Kathmandu. You'll head out of Kathmandu to the highway, slowly heading towards the north along a main valley road. You will come across many beautiful views of the river, terraced fields, small villages and snow capped mountains if the sky is clear. The road takes you to a little busy town called Dhunche; headquarter of Langtang Naional Park where trekking permits will be checked. While passing along the road at the bank of Trishuli River, you will catch a glimpse of Ganesh Himal, terraces and green hills. Passing through Dhunche will make you feel as though you are heading towards deep land. Then continuing the drive, you will arrive at Syabrubesi with many things to explore and a riverside hot spring.

**Accommodation:** Lodge **Meals:** Breakfast, Lunch and Dinner **Walking Hours:** N/A **Altitude:** 1500 meters

### **Day 03: Syabru Bensi- Lama Hotel (alt. 2470m)**

After breakfast at lodge in Syabru Bensi, you'll start your first of trekking in this trip. You'll begin your trek from Syabrubensi following the route of the Bhotekosi and Langtang River. You'll come across fertile jungle, terraced fields and pass through rural settlements with bamboo and birch groves. In this place, if you are lucky enough you might have the chance to spot rare and local wildlife like the red panda, peasant and other animal. The trek ascends gently to Rimche (2400m) through Bamboo which lies at the bank of the Langtang River. Following the trail, you'll reach the Lama Hotel.

**Accommodation:** Lodge **Meals:** Breakfast, Lunch and Dinner **Walking Hours:** 6 Hours **Walking Altitude:** 2470 meters

### **Day 04: Lama Hotel- Langtang Village (alt. 3430m)**

After breakfast at lodge, you will trek to Langtang Village following Langtang River and upward through dense forests. Along the way, you might be able to see some the snowy peaks ahead if the weather is good. Along the way the narrow river valley broadens out from GhoraTabela (3030m). In this area, there was once a Tibetan resettlement and currently, GhoraTabela has an army check post that will register our papers and a few nearby lodges. As you trek further you will come across Chyamki village (3230m); a small settlement. As we walk past Chortens, water mills, Mani walls and prayer wheels. After passing prayer wheels driven by flowing water and prayer flags, you'll reach Langtang village. Langtang Village is a large settlement of mostly Tamang people with a nearby monastery. The village was destroyed devastated earthquake in 2015 which took lives of nearly hundred people. But again, lodges and villages are restored.

**Accommodation:** Lodge **Meals:** Breakfast, Lunch and Dinner **Walking Hours:** 6 Hours **Walking Altitude:** 3430 meters

### **Day 05: Langtang Village- Kyangjin Gompa (alt. 3865m)**

After leisure breakfast at lodge, today you'll trek to Kyangjin Gompa. Today's trek is short; you'll be able to reach there at lunch time. You will pass by many small plateaus, big Mani walls, yak pastures, small villages and meadows. Since you will be walking towards a higher elevation, you can trek slowly so that our body can acclimatize to the altitude. Soon after, you will come across water mills, prayer wheels, sacred mounds of rocks with inscriptions carved on them. When you reach an ancient monastery called the Kyangjin Gompa. Kyangjin Gompa is another wonderful land of Langtang that is surrounded by the Himalayas and you'll get stunning views of the snow-capped peaks.

**Accommodation:** Lodge **Meals:** Breakfast, Lunch and Dinner **Walking Hours:** 3 Hours **Walking Altitude:** 3865 meters

### **Day 06: Kyangjin Gompa (alt. 3865m)**

Today is fully free day to explore around Kyangjin Gompa and surrounding view points. Today is also the day to let your body acclimatize to the high. Kyangjin village is a small valley and it has so much to offer for trekkers. After breakfast at lodge, you will visit the monastery that portrays the religion; Buddhism and you may also get to see the monks do their prayer. Cheese factory would also be another thing to see there. Besides these, you also have optional hikes to Langshisa Kharka and the viewpoint of Tserko Ri (5450m). Tserko Ri will be the highest point of the trek. Tserko Ri is the best place to see the peaks like Langtang Lirung (7227m), Langtang II (6586m) and many other peaks. As the sun begins to set, you will return back to Kyangjin Gompa. If you spend more time the view point, you have to bring pack lunch.

**Accommodation:** Lodge **Meals:** Breakfast, Lunch and Dinner **Walking Hours:** N/A **Altitude:** 3865 meters

### **Day 07: Kyangjin Gompa – Yala Peak Base Camp (alt. 4400m)**

After acclimatization in Kyangjin Gompa, you'll head toward the base camp of Yala Peak through the rock glacier route. It will take about 5/6 hrs walk to reach Base camp. Upon arrival at base camp, we shall set up our first tented camp at base camp. Upon arrival at base camp you will be greeted by the views of Ganachenpo, Naya Kang, Tserko Ri, Yala peak and other peaks.

**Accommodation:** Tented Camp **Meals:** Breakfast, Lunch and Dinner **Walking Hours:** 5-6 Hours **Walk**

**Altitude:** 4400 meters

**Day 08: Summit Yala Peak (5732m) and back Kyangjin Gompa (alt. 3865m)**

After very early morning breakfast, you'll start your summit to Yala Peak today. From the summit you will be rewarded by panoramic views of the mighty Himalayas including Shishapangma, Dorje Lakpa, Ganchenpo, Naya Kang, Tserko Ri, Langtang Lirung and others. After spending some time at the summit, you'll head back to the base camp. It's a six hour round trip, with plenty of time at the top to take pictures of the Himalayan panoramas. And then after wrapping up the camp, you'll trek to Kyangjin Gompa for stay.

**Accommodation:** Lodge **Meals:** Breakfast, Lunch and Dinner **Walking Hours:** 8-9 Hours Walk **Altitude:** 3865 meters

**Day 09: Reserve Day/Kyangjin Gompa (alt. 3865m)**

Today is reserve day in case due to weather you couldn't make summit the peak. If plan goes well, you will be on the way to the Lama Hotel or rest at Kyangjin Gompa.

**Accommodation:** Lodge **Meals:** Breakfast, Lunch and Dinner **Walking Hours:** N/A **Altitude:** 3865 meters

**Day 10: Kyangjin Gompa - Lama Hotel (alt. 2470m)**

After breakfast at lodge, today you'll return back to Lama Hotel following the same way. You'll take small break for lunch at Ghoda Tabela where the army check post registers your exit. After the leisurely lunch, you continue down through the dense forests of the river valley to Lama Hotel.

**Accommodation:** Lodge **Meals:** Breakfast, Lunch and Dinner **Walking Hours:** 6 Hours Walk **Altitude:** 2470 meters

**Day 11: Lama Hotel- Syabru Bensi (alt. 1500m)**

Today being the final trekking day, after breakfast at lodge, you will head to your destination which is Syabrubensi. The trail follows Langtang River, heading downwards to the beautiful river valley. Descending down through bamboo and birch forests, you will be seeing an amazing landscape to cross the Langtang and the Bhote Koshi rivers to Syabrubensi.

**Accommodation:** Lodge **Meals:** Breakfast, Lunch and Dinner **Walking Hours:** 5 Hours Walk **Altitude:** 1500 meters

**Day 12: Syabru Bensi- Kathmandu (alt. 1310m)**

After accomplishing beautiful trek, today you'll drive to Kathmandu. After breakfast at lodge, you'll be picked up jeep/bus for Kathmandu. About 5-6 hours drive to Kathmandu, you will be getting scenic views of the Trishuli river valley as you head through south of the hills. Along the way you will see the terraced farmlands and meadows and hopefully a final glimpse of the snow-capped mountains. Upon arrival in Kathmandu, you'll be checked-in at hotel and will have free time to relax at hotel.

**Accommodation:** Three Star Hotel **Meals:** Breakfast, Lunch **Walking Hours:** N/A **Altitude:** 1310 meters

**Day 13: Kathmandu (alt. 1310 m)**

Today is your last day in Nepal and you can relax at hotel or do souvenir shopping for your loved ones. Also you can visit world heritages sites of Nepal. There are seven world heritage sites in Kathmandu which are very beautiful, interesting and meaningful. You shouldn't miss to visit them. You may contact our tour officer if you need any support for visiting those sites and its costs.

**Accommodation:** Three Star Hotel **Meals:** Breakfast **Walking Hours:** **Altitude:** 1310 meter

**Day 14: Departure from Kathmandu**

Depending on your flight time, you'll be transfer to airport before 3 hrs of flight time.

**Accommodation:** N/A **Meals:** Breakfast **Walking Hours:** **Altitude:**

## What's Included

**Meals & Accommodations**

- i) 2 nights in Kathmandu at Three Star Hotel with bed & breakfast on twin sharing basis
- ii) 9 nights in local lodges during the trek in common-room (optional upgrade to attached toilet room USD 25 per person) with full board basis (Breakfast, Lunch and Dinner) on twin sharing basis
- iii) 1 night tented camp in base camp with full board services on alpine style tented camping on twin sharing basis

**Transportation & Flights**

- i) All airport/hotel/airport transfers by private air-conditioned vehicle
- ii) Kathmandu-Syafu Bensi and Syafu Bensi -Kathmandu by private jeep/bus with trekking staff
- iii) 15 kg baggage per person for trek

- Permits & Fees**
  - i) Langtang National Park Fee
  - ii) TIMS Fee
  - iii) Staff insurance, garbage deposit fee
  - iv) Travel insurance for trekking crew
  
- Guide & Supporting Crew**
  - i) 1 experienced English Speaking trekking guide
  - ii) 1 porter for every 2 members
  - iii) 1 High Altitude (HA) Climbing Sherpa for peak climbing with allowances, wages and insurance
  
- Value-Added Services**
  - i) Welcome at airport on arrival with Khata
  - ii) Farewell Dinner at typical Nepalese restaurant
  - iii) Trekking Map and Kathmandu City Map
  - iv) Comprehensive First Aid Kit

## What's not Included

- All personal expenses like alcoholic beverages, bottled drinks, telephone calls, laundry services etc.
- Medical and travel insurances
- International airfare and taxes
- Nepal Visa fees
- Additional High-Altitude Sherpa if required
- Emergency helicopter rescue charges
- Main meals during Kathmandu Stay (lunch and dinner)
- Tips for trekking crew