Ama Yangri Trail Trek

Trip information · Nord Extreme Himalaya Pvt. Ltd. · delightful-orange-chimpanzee.tarevirjungleresort.com · Updated 22 November 2026

DURATION	**7 Days**
DIFFICULTY	**Moderate**
MAX ALTITUDE	**3771m**
GROUP SIZE	**17 People**
BEST SEASON	**September–November and March–May**
START / END	**Kathmandu / Kathmandu**
PRICE FROM	**USD 715 per person**

Trip overview

The Ama Yangri Buddhist Trail Trek is a short yet deeply spiritual Himalayan journey located in the Helambu region of Nepal. Known for its sacred significance, peaceful trails, and panoramic mountain views, this trek is ideal for travelers seeking a blend of meditation, culture, and light adventure close to Kathmandu.

The main highlight of the trek is Ama Yangri Peak (3,771 m), considered a sacred protector deity by the local Hyolmo (Yolmo) community. The summit offers one of the finest panoramic viewpoints in the region, with sweeping views of Himalayan peaks including Langtang Lirung, Dorje Lakpa, Ganesh Himal, and distant views of the Tibetan border ranges.

This trek is especially suitable for spiritual travelers, beginners, and those looking for a short yet meaningful Himalayan experience centered on Buddhist traditions and mountain serenity.

Geography and Landscape

The Ama Yangri Buddhist Trail is located in the Helambu region of Sindhupalchok district, within the Langtang Himalayan range and Langtang National Park. The journey typically begins with a drive from Kathmandu to Sermathang or Tarkeghyang, followed by trekking through traditional Hyolmo villages and forested ridgelines.

The landscape is a beautiful mix of terraced hills, dense rhododendron and pine forests, alpine ridges, and open viewpoints. Lower sections of the trek pass through fertile farmland and scattered settlements, while higher sections lead into peaceful forest trails filled with birdsong and seasonal wildflowers.

As the trail climbs toward Ama Yangri Peak, the scenery opens into wide ridgelines offering uninterrupted Himalayan views. The summit area is particularly special, providing a 360-degree panorama of snow-capped peaks, deep valleys, and rolling hills stretching toward Tibet.

The trail is relatively short but rewarding, making it one of the best quick escapes for mountain scenery and spiritual reflection near the capital.

Climate and Best Time to Trek

The best seasons for the Ama Yangri Buddhist Trail Trek are spring (March–May) and autumn (September–November). These months provide clear skies, stable weather, and excellent visibility of

the surrounding Himalayan ranges.

Spring is especially beautiful due to blooming rhododendrons and lush green landscapes across the Helambu hills. Autumn offers crisp air, dry trails, and some of the clearest mountain views after the monsoon season.

Winter (December–February) can be cold, especially near the summit of Ama Yangri, but it offers quiet trails and crystal-clear visibility for experienced trekkers. The monsoon season (June–August) brings heavy rainfall, slippery trails, and limited visibility, making it less favorable.

Overall, autumn is considered the best time for both clear mountain views and comfortable trekking conditions.

People and Culture

The Ama Yangri region is home to the Hyolmo (Yolmo) people, an indigenous Himalayan community with strong cultural and spiritual ties to Tibetan Buddhism. Their traditions, language, and lifestyle reflect centuries of mountain heritage and religious practice.

Villages such as Tarkeghyang, Sermathang, and surrounding settlements are rich in cultural heritage, featuring ancient monasteries, prayer flags, mani walls, and traditional stone houses. Buddhism plays a central role in daily life, with local monasteries serving as spiritual and community centers.

Ama Yangri Peak itself is considered a sacred deity, and local people regularly perform rituals and prayers at the summit to honor protective spirits of the region. The trail is often described as a “pilgrimage path,” combining nature, spirituality, and meditation.

Visitors experience warm hospitality in homestays and teahouses, where traditional meals and cultural storytelling provide deeper insight into Hyolmo life.

The combination of sacred significance, peaceful landscapes, and Himalayan views makes the Ama Yangri Buddhist Trail Trek one of the most meaningful short treks in Nepal.

Highlights

- Summit Ama Yangri Peak (3,771m) for Himalayan views
- Experience Sherpa (Yolmo) Buddhist culture
- Visit Tarke Gyang Monastery and traditional villages
- Observe prayers, pujas, and chanting rituals
- Moderate, short and accessible trek
- Views of Langtang, Dorje Lakpa, Shishapangma, and Everest

Day-by-day itinerary

Day 1 : Arrival in Kathmandu (1,400m)

Altitude: 1400m

Stay: Hotel · Visit: Nepal · Meals: Dinner

We will pick you up from the airport. One of our representatives from Nord Extreme will be there to welcome and assist you upon arrival in Kathmandu. Our team from Nord Extreme will assist you with permit arrangements, trekking briefing, gear checking, and final trip preparation to ensure a safe and comfortable journey ahead.

You will also have free time to explore Thamel for any last-minute shopping or personal preparations before the trek begins.

Day 2 : Trek Permit and Preparation Day in Kathmandu (1,400m)

Altitude: 1,400m

Stay: Hotel · Visit: Nepal · Meals: Breakfast

Activity Duration: 4–6 hours

Today is reserved for final trek preparation and permit arrangements. Your guide will assist with documentation and provide a detailed briefing about the Helambu and Ama Yangri region. You may spend the day shopping for trekking essentials in Thamel, visiting cultural landmarks, or relaxing before the trek begins.

Day 3 : Drive from Kathmandu to Tarke Gyang (2,600m)

Altitude: 1,400m – 2,600m

Stay: Tea House · Visit: Langtang Helambu Region · Meals: Breakfast Lunch Dinner

Drive Duration: 6–7 hours

Drive through the scenic hills of Helambu via Melamchi and Sermathang to reach the peaceful Sherpa village of Tarke Gyang. Known for its monastery, traditional wooden architecture, and apple orchards, this village offers a beautiful introduction to the Buddhist culture of the Helambu region.

Day 4 : Acclimatization and Monastery Visit (2,600m)

Altitude: 2,600m – 2,600m

Stay: Tea House · Visit: Langtang Helambu Region · Meals: Breakfast Lunch Dinner

Activity Duration: 3–5 hours

Spend the day exploring the traditional village of Tarke Gyang. Visit the historic monastery, interact with monks, observe Buddhist prayer rituals, and enjoy the peaceful Himalayan atmosphere. You may also take an optional short hike to nearby Gangyul village for additional cultural experiences and mountain scenery.

Day 5 : Trek to Ama Yangri Peak and Return to Tarke Gyang (2,600m)

Altitude: 2,600m – 3,771m – 2,600m

Stay: Tea House · Visit: Langtang Helambu Region · Meals: Breakfast Lunch Dinner

Hike Duration: 6–7 hours round trip

Start early for the hike to Ama Yangri Peak, one of the finest viewpoints in the Helambu region. The trail ascends steadily through rhododendron forest and open ridges. At the summit, colorful prayer flags and a small stupa decorate the viewpoint, while breathtaking panoramas stretch across Langtang, Ganesh Himal, Dorje Lakpa, Jugal Himal, and even Everest on clear days. Return to Tarke Gyang by evening.

Day 6 : Trek to Melamchi Gyang and Drive to Kathmandu (1,400m)

Altitude: 2,600m – 2,530m – 1,400m

Walk: 2 hours · Stay: Hotel · Visit: Langtang Helambu Region · Meals: Breakfast Lunch Dinner

Drive Duration: 5–6 hours

Trek downhill to Melamchi Gyang, another traditional Buddhist village known for its ancient monastery and beautiful mountain setting. After exploring the village, drive back to Kathmandu via Melamchi

Bazaar. Upon arrival, transfer to your hotel and enjoy a relaxing evening in the city.

Day 7 : Final Departure from Kathmandu

Visit: Nepal · Meals: Breakfast

Transfer to Tribhuvan International Airport for your onward flight or continue your travels in Nepal. We hope you had a memorable experience exploring the Helambu region and the stunning Ama Yangri Peak.

Altitude & temperature

Typical daytime / night temperature at each overnight stop in the best travel months. Temperatures can change with the weather.

- Day 1 · Arrival in Kathmandu · 1,400 m · day 25°C / night 9°C
- Day 2 · Trek Permit and Preparation Day in Kathmandu · 1,400 m · day 25°C / night 9°C
- Day 3 · Drive from Kathmandu to Tarke Gyang · 1,400 m · day 25°C / night 9°C
- Day 4 · Acclimatization and Monastery Visit · 2,600 m · day 19°C / night 1°C
- Day 5 · Trek to Ama Yangri Peak and Return to Tarke Gyang · 2,600 m · day 19°C / night 1°C
- Day 6 · Trek to Melamchi Gyang and Drive to Kathmandu · 2,600 m · day 19°C / night 1°C

What’s included

1. Transportations

- Private/tourist vehicles for airport pickup and drop-off in Kathmandu.
- Private/tourist vehicles transfer as per itinerary to access the trailheads.

2. Accommodation & Meals

- 3 Nights 3 star hotel in Kathmandu with bed & breakfast basis.
- All Meals (breakfast, lunch & dinner with tea & coffee) during the trekking Period.

3. Permits

- Langtang National Park entry permits.
- Local Government entry permits.
- Trekkers' Information Management System (TIMS) permits.

4. Guide & Staff

- Professional and experience License holder trekking guide salary & insurance.
- Porter salary, equipments & insurance.
- First aid medical kit for emergency support.

Not included

1. International Flights

- Airfare from your home country to Nepal (Tribhuvan International Airport, Kathmandu).
- Return airfare from Nepal (Tribhuvan International Airport, Kathmandu) to your home country.

2. Visa Fees

- Nepal entry visa fee for entering Nepal (available on arrival at Tribhuvan International Airport, Kathmandu, or through a Nepalese embassy).

3. Travel Insurance (Mandatory)

- Comprehensive travel insurance covering high-altitude trekking, emergency medical treatment, helicopter evacuation, trip cancellation, and other unforeseen circumstances.

4. Personal Expenses

- Tips, gifts, and souvenirs for trekking guides and porters.
- Personal trekking equipment and gear.
- Charges for lodge Wi-Fi, hot showers, battery charging, and laundry services.

5. Meals & Beverages

- Lunch and dinner in Kathmandu, Pokhara, and other locations where accommodation is provided in 3-star category hotels.
- Soft drinks, bottled water, alcoholic beverages, and snacks consumed during meals

Dates & prices

- 02 Mar 2027 – 08 Mar 2027 · USD 715 · Available
- 16 Mar 2027 – 22 Mar 2027 · USD 715 · Available
- 06 Apr 2027 – 12 Apr 2027 · USD 715 · Available
- 20 Apr 2027 – 26 Apr 2027 · USD 715 · Available
- 04 May 2027 – 10 May 2027 · USD 715 · Available

Best time to visit

Best months: February–April and October–November. The Kathmandu Valley can be visited all year. October–November and March–April are pleasant and clear; December–February are sunny with cold mornings, and the monsoon brings afternoon showers but green, uncrowded heritage sites.

What to bring — packing checklist

Clothing

- [ ] Moisture-wicking base layers (top and bottom)
- [ ] Fleece or light insulated mid-layer
- [ ] Down jacket (–10 °C rated for high trails)
- [ ] Waterproof, breathable shell jacket and trousers
- [ ] 2–3 trekking shirts and 2 pairs of trekking trousers
- [ ] Warm hat, sun hat or cap and buff
- [ ] Light liner gloves and warm insulated gloves
- [ ] Underwear and sports bras

Footwear

- [ ] Broken-in waterproof trekking boots with ankle support
- [ ] Camp shoes or sandals for teahouse evenings

- [ ] Hiking socks (4–5 pairs) and warm wool socks for nights

Equipment

- [ ] Daypack 30–35 L with rain cover
- [ ] Sleeping bag rated to –10 °C (we can provide one)
- [ ] Trekking poles
- [ ] Sunglasses with UV protection
- [ ] Duffel bag for the porter (provided by Nord Extreme)

Health & personal

- [ ] Personal medication and a small first-aid kit
- [ ] Altitude medicine (Diamox) after consulting your doctor
- [ ] Water bottles or a 2–3 L hydration bladder, purification tablets or filter
- [ ] Sunscreen SPF 50, lip balm with SPF
- [ ] Hand sanitiser, wet wipes, quick-dry towel
- [ ] Headlamp with spare batteries, power bank

Documents & money

- [ ] Passport valid for 6+ months, plus copies
- [ ] Travel insurance policy (covering helicopter evacuation)
- [ ] 4 passport photos for permits
- [ ] Cash in USD / Nepali rupees for tips, snacks and extras
- [ ] Credit or debit card

Down jackets and sleeping bags can also be rented in Kathmandu.

Essential information

Accommodation

Accommodation is provided in local teahouses, community lodges, monasteries, and family-operated guesthouses along the trail.

Villages such as Tarkeghyang, Melamchi Ghyang, and Sermathang offer comfortable yet simple accommodations with traditional hospitality. Rooms are generally twin-sharing with basic bedding and shared bathroom facilities.

Facilities are modest but provide an authentic cultural and spiritual trekking experience.

Meals

A full-board meal system (Breakfast, Lunch, and Dinner) is available throughout the trek.

Meals are freshly prepared using locally sourced ingredients and often reflect traditional Hyolmo and Himalayan cuisine.

Typical menu options include:

- Traditional Dal Bhat set meals
- Tibetan bread and chapati
- Noodles, fried rice, and pasta
- Potatoes, vegetables, and soups
- Eggs, pancakes, and porridge
- Tea, coffee, butter tea, and herbal beverages

Local monasteries and lodges may also serve traditional Buddhist-inspired meals during special occasions.

Difficulty & Physical Requirements

The Ama Yangri Buddhism Trail Trek is classified as easy to moderate, making it suitable for beginners, families, spiritual travelers, and cultural trekkers.

Daily walking generally ranges from 4 to 6 hours, with gradual ascents through forests, villages, and ridge trails.

The climb to Ama Yangri summit is moderately demanding but requires no technical climbing experience.

Permits

Required permits include:

- Langtang National Park Entry Permit (depending on itinerary)
- TIMS Card (Trekkers' Information Management System)
- Local municipality permits (if applicable)

All permits are typically arranged by the trekking operator.

Best Season

- Spring (March–May): Rhododendron blooms, clear skies, and pleasant temperatures
- Autumn (September–November): Excellent mountain views and stable weather
- Winter (December–February): Clear visibility and peaceful trails with colder conditions
- Monsoon (June–August): Lush green landscapes but frequent rainfall

Transportation & Access

The trek begins with a scenic drive from Kathmandu to Melamchi or nearby trailheads in the Helambu region.

The trail passes through traditional Hyolmo settlements, monasteries, and forested ridges before ascending to Ama Yangri Peak.

The region is easily accessible, making it an excellent short trekking destination close to Kathmandu.

Safety & Acclimatization

The trek remains below 4,000 meters and presents minimal altitude-related risks.

Key safety considerations include:

- Gradual ascent to Ama Yangri summit
- Hydration and proper pacing
- Weather awareness during ridge walking
- Respect for religious sites and monastery customs

Professional guides assist with navigation and cultural interpretation.

Travel Insurance

Recommended travel insurance should include:

- Trekking coverage up to 4,000m
- Emergency medical treatment
- Helicopter evacuation coverage
- Trip cancellation and accident protection

Additional information

Guide & Porter Services

Experienced local guides are highly recommended to enhance the cultural and spiritual aspects of the trek.

Porters can be arranged for luggage support, though the trek is manageable with a light backpack.

Cultural & Spiritual Highlights

The Ama Yangri Buddhism Trail Trek offers a unique combination of Himalayan scenery and Buddhist heritage:

- Sacred summit of Ama Yangri Peak
- Traditional Hyolmo Buddhist culture
- Ancient monasteries, stupas, and meditation sites
- Prayer flags, mani walls, and sacred chortens
- Spiritual teachings and Buddhist heritage trails
- Traditional villages of Tarkeghyang, Melamchi Ghyang, and Sermathang
- Opportunities for meditation and cultural interaction
- Spectacular sunrise and sunset Himalayan panoramas

Essential Equipment

Recommended trekking gear includes:

- Comfortable trekking boots or hiking shoes
- Layered clothing system
- Warm jacket for mornings and evenings
- Waterproof jacket and rain protection
- Hat, gloves, sunglasses, and sunscreen
- Trekking poles
- Daypack (20–30L)
- Personal first aid kit and essential medications

Communication & Connectivity

Mobile network coverage is available in most villages along the route.

Wi-Fi services are available in some guesthouses and lodges, although connectivity may vary depending on location.

Why Choose the Ama Yangri Buddhism Trail Trek?

This trek is ideal for travelers seeking spiritual enrichment, cultural immersion, and Himalayan scenery:

- One of Nepal’s most important Buddhist cultural trails
- Close proximity to Kathmandu
- Authentic Hyolmo Buddhist culture and traditions
- Sacred monasteries and meditation sites
- Stunning panoramic views from Ama Yangri summit
- Easy to moderate trekking suitable for all ages
- Less crowded than major trekking routes
- Excellent combination of spirituality, culture, and nature
- Perfect short Himalayan escape
- Meaningful community-based tourism experience

Frequently asked questions

How difficult is the Ama Yangri Trail Trek?

The Ama Yangri Trail Trek is graded Moderate — suitable for most active travellers. Expect 5–7 hours of walking on most days on mountain trails with plenty of ascents and descents. Regular cardio training — hiking, running, cycling or stair climbing — for 6–8 weeks before departure makes the trip far more enjoyable.

What is the best time for the Ama Yangri Trail Trek?

For the Kathmandu Valley & mid-hills region the best months are February–April and October–November. The Kathmandu Valley can be visited all year. October–November and March–April are pleasant and clear; December–February are sunny with cold mornings, and the monsoon brings afternoon showers but green, uncrowded heritage sites.

What permits do I need for the Ama Yangri Trail Trek?

You need entry tickets for the heritage sites you visit. Nord Extreme arranges every permit for you before the trip starts — check the "Includes" section above for exactly what is covered in the price. Just bring your passport and a few passport-size photos.

What is the accommodation like on the Ama Yangri Trail Trek?

In Kathmandu you stay in a comfortable hotel; on the trail we use the best available family-run teahouses and lodges with twin-share rooms, shared or attached bathrooms and a warm dining room. Upgrades to luxury lodges are possible on popular routes such as Everest and Annapurna.

Can I book the Ama Yangri Trail Trek as a private trip or join a group?

Both. You can join one of the fixed departures listed under "Dates & Prices", or book a private trip for just you, your family or friends on any date. Solo travellers are welcome — you will always have your own licensed guide.

Do I need travel insurance for the Ama Yangri Trail Trek?

Yes, travel insurance is compulsory. It must cover medical treatment and emergency helicopter evacuation up to the trip’s highest altitude, plus trip cancellation. Please send us your policy details before departure.

What should I pack for the Ama Yangri Trail Trek?

See the "What to bring" checklist on this page for the full list. The essentials are broken-in boots, warm layers, a down jacket, a waterproof shell, sun protection and a daypack. Down jackets and sleeping bags can be rented cheaply in Kathmandu, and a porter carries your main bag (up to 10–12 kg).

Ready to book or have a question?

Trip page: https://delightful-orange-chimpanzee.tarevirjungleresort.com/holiday/package/ama-yangri-trail-trek/

Contact our team in Kathmandu: sonam@nordextreme.com · +977 9851078748 · delightful-orange-chimpanzee.tarevirjungleresort.com