Ama Yangri Trail Trek

Itinerary & costs · 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**

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

Ready to book or have a question?

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

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