Yala Peak Climbing

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

DURATION	**15 Days**
DIFFICULTY	**Moderate**
MAX ALTITUDE	**5500m**
GROUP SIZE	**17 People**
BEST SEASON	**September–November and March–May**
START / END	**Kathmandu / Kathmandu**
PRICE FROM	**USD 2,090 per person**

Trip overview

Yala Peak Climbing is one of the easiest and most popular trekking peaks in Nepal, located in the Langtang region. It is an ideal introductory climbing peak for beginners who want to experience Himalayan mountaineering without technical difficulty.

The journey starts with a drive from Kathmandu to Syabrubesi, followed by trekking through the beautiful Langtang Valley via Lama Hotel, Langtang Village, and Kyanjin Gompa. After proper acclimatization at Kyanjin Gompa, the route continues toward Yala Peak Base Camp and the summit attempt.

The climb is straightforward and mostly involves snow walking with basic equipment. From the summit, climbers enjoy stunning views of Shishapangma (Tibet), Langtang Lirung, Dorje Lakpa, and surrounding Himalayan peaks.

Geography & Landscape

Yala Peak is located within the protected area of Langtang National Park, close to the Tibetan border in north-central Nepal.

The landscape features a rich combination of dense forests, alpine meadows, yak pastures, and glacial valleys. As the trail ascends from Syabrubesi, the environment transitions from subtropical vegetation to high alpine terrain dominated by snow-covered peaks and glaciers.

The upper Langtang Valley is known for its wide-open Himalayan scenery, ancient monasteries, and dramatic mountain backdrops, making it one of the most scenic trekking and climbing regions in Nepal.

Sherpa Guide & Support

Yala Peak Climbing is supported by experienced Sherpa guides who ensure safety and proper guidance throughout the expedition.

Key support includes:

- Route guidance and navigation through Langtang Valley and glacier terrain
- Basic climbing instruction including crampon and ice axe use
- Safety management during summit ascent

- Altitude monitoring and acclimatization support
- Weather assessment and summit planning
- Emergency response and evacuation coordination

Porters assist with carrying trekking and climbing equipment up to Base Camp, while guides provide hands-on support during training and summit day.

With professional Sherpa assistance, Yala Peak offers a safe, accessible, and rewarding introduction to Himalayan climbing in the Langtang region.

Highlights

- Summit altitude: 6,012m with panoramic Himalayan views
- Close-up views of Dhaulagiri (8,167m) massif
- Non-technical trekking peak with basic climbing skills
- Stunning sunrise over snow-covered ridgelines
- Glacier walk and fixed-rope climbing sections
- Ideal acclimatization peak after Annapurna circuit trek
- Remote high camp experience in pristine alpine zone
- 360° summit view including Annapurna and Mustang valleys

Day-by-day itinerary

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

Altitude: Arrival - 1,400m

Walk: 1–2 hrs airport transfer + evening briefing · Stay: Hotel · Visit: Nepal · Meals: Dinner

You arrive at Tribhuvan International Airport and meet your trekking team. After hotel transfer and rest, a detailed briefing is given about the Langtang route, altitude risks, weather conditions, and climbing plan. Equipment check is also done.

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

Altitude: 1,400m - 1,400m

Walk: 4–6 hrs preparation · Stay: Hotel · Visit: Nepal · Meals: Breakfast

This day is fully dedicated to permits and preparation. Langtang National Park permit and climbing arrangements are processed. Your guide checks all trekking and climbing gear such as boots, jackets, sleeping bag, and crampon compatibility. Final packing and safety briefing are completed.

Day 3 : Drive Kathmandu – Syabrubesi (1,550m)

Altitude: 1,400m - 1,550m

Walk: 6–7 hrs driving · Stay: Tea House · Visit: Langtang Region · Meals: Breakfast Lunch Dinner

A long scenic drive follows the Trishuli River through hills, terraced fields, and rural settlements before reaching the gateway of Langtang.

Day 4 : Syabrubesi – Lama Hotel (2,380m)

Altitude: 1,550m - 2,380m

Walk: 5–6 hrs walking · Stay: Tea House · Visit: Langtang Region · Meals: Breakfast Lunch Dinner

The trek begins through dense bamboo and rhododendron forests. You cross suspension bridges over the Langtang Khola and gradually climb uphill through peaceful forest trails.

Day 5 : Lama Hotel – Langtang Village (3,430m)

Altitude: 2,380m - 3,430m

Walk: 5–6 hrs walking · Stay: Tea House · Visit: Langtang Region · Meals: Breakfast Lunch Dinner

The trail becomes steeper with occasional clearings showing snow peaks. You enter Langtang Valley with wide mountain views and traditional Tamang settlements rebuilt after the 2015 earthquake.

Day 6 : Langtang Village – Kyanjin Gompa (3,870m)

Altitude: 3,430m - 3,870m

Walk: 3–4 hrs walking · Stay: Tea House · Visit: Langtang Region · Meals: Breakfast Lunch Dinner

A shorter but scenic trek leads you to Kyanjin Gompa, the main settlement in upper Langtang. You pass yak pastures, mani walls, and glacier-fed streams.

Day 7 : Acclimatization Day in Kyanjin Gompa (3,870m)

Altitude: 3,870m - 3,870m

Walk: 3–6 hrs optional hiking · Stay: Tea House · Visit: Langtang Region · Meals: Breakfast Lunch Dinner

This important rest day helps your body adjust to altitude. You can hike to Kyanjin Ri or Tserko Ri for panoramic views of Langtang Lirung, Dorje Lakpa, and surrounding peaks.

Day 8 : Kyanjin Gompa – Yala Base Camp (4,800m)

Altitude: 3,870m - 4,800m

Walk: 4–5 hrs walking · Stay: Tea House · Visit: Langtang Region · Meals: Breakfast Lunch Dinner

You leave the main village and head into a remote alpine zone. The trail becomes rocky, cold, and less populated as you approach base camp. This is your first night in a true high-altitude environment.

Day 9 : Base Camp Training Day (4,800m)

Altitude: 4,800m - 4,800m

Walk: 3–5 hrs training · Stay: Tea House · Visit: Langtang Region · Meals: Breakfast Lunch Dinner

A professional guide conducts basic climbing training including:

- Walking with crampons on snow
- Ice axe use and self-arrest
- Rope handling and safety techniques
- Glacier awareness and summit preparation

Day 10 : Summit Yala Peak (5,500m) – Return

Altitude: 4,800m - 5,500m - descent

Walk: 8–12 hrs total · Stay: Tea House · Visit: Langtang Region · Meals: Breakfast Lunch Dinner

Midnight summit push begins under headlamps. The climb follows gentle snow slopes with some steeper sections near the top. Crampons are used throughout and rope support may be applied depending on conditions. From the summit, you see Shishapangma (Tibet), Langtang Lirung, Dorje Lakpa, and the entire Langtang range. After a short celebration, you descend back to Kyanjin or Base Camp.

Day 11 : Contingency Day (4,800m)

Altitude: 4,800m - 4,800m

Walk: Full rest / standby · Stay: Tea House · Visit: Langtang Region · Meals: Breakfast Lunch Dinner

A buffer day reserved for bad weather, slow acclimatization, or an alternate summit attempt. Flexibility is essential in Himalayan conditions.

Day 12 : Trek Back to Lama Hotel (2,380m)

Altitude: 4,800m - 2,380m

Walk: 5–6 hrs walking · Stay: Tea House · Visit: Langtang Region · Meals: Breakfast Lunch Dinner

You descend through the Langtang Valley, retracing forest trails and river crossings. Oxygen levels improve significantly as you drop altitude.

Day 13 : Lama Hotel – Syabrubesi (1,550m)

Altitude: 2,380m - 1,550m

Walk: 5–6 hrs walking · Stay: Tea House · Visit: Langtang Region · Meals: Breakfast Lunch Dinner

A final trekking day through forest and village trails brings you back to the road head.

Day 14 : Drive Syabrubesi – Kathmandu (1,400m)

Altitude: 1,550m - 1,400m

Walk: 6–7 hrs driving · Stay: Hotel · Visit: Nepal · Meals: Breakfast Lunch Dinner

A scenic drive returns you to Kathmandu through hills and rivers. Hotel check-in and rest after the trek.

Day 15 : Departure

Visit: Nepal · Meals: Breakfast

Transfer to Tribhuvan International Airport for your international flight.

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 · Preparation in Kathmandu · 1,400 m · day 25°C / night 9°C
- Day 3 · Drive Kathmandu – Syabrubesi · 1,400 m · day 25°C / night 9°C
- Day 4 · Syabrubesi – Lama Hotel · 1,550 m · day 24°C / night 8°C
- Day 5 · Lama Hotel – Langtang Village · 2,380 m · day 20°C / night 2°C
- Day 6 · Langtang Village – Kyanjin Gompa · 3,430 m · day 15°C / night -5°C
- Day 7 · Acclimatization Day in Kyanjin Gompa · 3,870 m · day 12°C / night -7°C
- Day 8 · Kyanjin Gompa – Yala Base Camp · 3,870 m · day 12°C / night -7°C
- Day 9 · Base Camp Training Day · 4,800 m · day 8°C / night -13°C
- Day 10 · Summit Yala Peak – Return · 4,800 m · day 8°C / night -13°C
- Day 11 · Contingency Day · 4,800 m · day 8°C / night -13°C
- Day 12 · Trek Back to Lama Hotel · 4,800 m · day 8°C / night -13°C
- Day 13 · Lama Hotel – Syabrubesi · 2,380 m · day 20°C / night 2°C
- Day 14 · Drive Syabrubesi – Kathmandu · 1,550 m · day 24°C / night 8°C

What’s included

Accommodation

- 3 nights hotel in Kathmandu (3-star or similar)
- Teahouse accommodation during Langtang trek (twin sharing basis)
- Tent accommodation at Yala Base Camp

Meals

- Full board meals (Breakfast, Lunch, Dinner) during trek and climbing
- Tea/coffee during meals
- Summit day packed/high-energy food

Transportation

- Airport pick-up and drop-off in Kathmandu
- Kathmandu -> Syabrubesi -> Kathmandu transport (jeep/bus)
- All local transport required in itinerary

Permits & Fees

- Langtang National Park Entry Permit
- Yala Peak climbing permit (via Nepal government)
- TIMS card (if required by region)

Guide & Staff

- Licensed trekking guide
- Climbing guide for summit day
- Required porters (typically 2 trekkers : 1 porter ratio)
- Staff insurance, salary, food, and accommodation

Climbing Support

- Basic rope support for summit route (if needed)
- Crampon and ice axe guidance
- First aid kit and pulse oximeter
- Group safety equipment

Camping Setup

- Base Camp tents and sleeping setup
- Kitchen tent and cooking equipment
- Dining arrangements at camp
- Mattress/foam sleeping support

Safety Services

- Basic altitude monitoring by guide
- Emergency coordination support

- First aid assistance during trek and climb

Not included

Travel & Visa

- International flights to/from Nepal
- Nepal visa fee (USD 30–125 depending on duration)

Personal Gear

- Trekking boots
- Crampons (if not included)
- Ice axe, helmet, harness
- Down jacket / sleeping bag (if not rented)

Insurance

Mandatory travel insurance:

- Must cover high altitude up to 6,000m
- Must include helicopter evacuation

Personal Expenses

- Drinks (alcohol, bottled water, soft drinks)
- Wi-Fi, hot showers, charging fees
- Snacks and extra meals in Kathmandu

Kathmandu Extras

- Lunch and dinner in Kathmandu
- Extra hotel nights due to flight delays or weather issues

Emergency Costs

- Helicopter evacuation (if required)
- Medical treatment or hospitalization

Miscellaneous

- Tips for guides and porters
- Laundry and personal shopping
- Costs due to itinerary changes or weather delays

Dates & prices

- 02 Mar 2027 – 16 Mar 2027 · USD 2,090 · Available
- 16 Mar 2027 – 30 Mar 2027 · USD 2,090 · Available
- 06 Apr 2027 – 20 Apr 2027 · USD 2,090 · Available
- 20 Apr 2027 – 04 May 2027 · USD 2,090 · Available
- 04 May 2027 – 18 May 2027 · USD 2,090 · 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

Climbing gear

- [ ] Mountaineering boots (double or insulated, crampon-compatible)
- [ ] Crampons, climbing harness, helmet
- [ ] Ice axe, jumar (ascender), descender / figure-8
- [ ] 2 locking and 2 non-locking carabiners, tape slings and prusik
- [ ] Glacier glasses (category 4) and ski goggles

Clothing

- [ ] Thermal base layers
- [ ] Fleece and softshell mid-layers
- [ ] Expedition down jacket and down or insulated trousers
- [ ] Hard-shell (Gore-Tex) jacket and trousers
- [ ] Liner, insulated and summit mittens
- [ ] Balaclava, warm hat, buff and sun hat

Trekking & camp

- [ ] Trekking boots and camp shoes
- [ ] Sleeping bag rated to –20 °C
- [ ] Daypack 35–45 L and a large duffel bag
- [ ] Trekking poles, thermos flask, pee bottle

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 includes 3-star hotel stays in Kathmandu, comfortable teahouses and lodges along the Langtang trekking route, and tented camping at Yala Peak Base Camp. Basic facilities such as hot

showers, Wi-Fi, and charging services are available in most villages for an additional cost.

Meals

The expedition includes full-board meals (Breakfast, Lunch, and Dinner) throughout the trek and climb. Meals are freshly prepared and feature a variety of Nepali, Tibetan, and international dishes, providing the energy required for high-altitude trekking.

Difficulty & Fitness

Yala Peak (5,520m) is considered an easy to moderate trekking peak and is ideal for beginners. No prior technical climbing experience is required, although participants should be in good physical condition and capable of walking 5–7 hours daily.

Permits

The expedition requires a Langtang National Park Entry Permit and other necessary regional permits. All permits are arranged by the expedition organizer.

Best Time to Climb

The best seasons for Yala Peak are spring (March–May) and autumn (September–November), offering stable weather, clear mountain views, and favorable climbing conditions.

Transportation

The journey begins with a scenic drive between Kathmandu and Syabrubesi, the gateway to the Langtang region. Private vehicle options are available upon request.

Safety & Altitude

The itinerary includes proper acclimatization and professional guide support to ensure safety at altitude. Travel insurance covering emergency helicopter evacuation is mandatory.

Additional information

Climbing Training

Before the summit attempt, climbers receive basic training in crampon use, ice axe techniques, rope safety, and movement on snow and ice, making Yala Peak an excellent introduction to Himalayan mountaineering.

Essential Equipment

Participants should bring appropriate trekking and climbing gear, including warm clothing, trekking boots, crampons, ice axe, helmet, harness, sleeping bag, sunglasses, and personal essentials.

Why Choose Yala Peak?

- Ideal peak for first-time climbers
- Non-technical and beginner-friendly
- Spectacular views of the Langtang Himalayas and Shishapangma
- Rich Tamang culture and beautiful mountain landscapes
- Professional climbing support and training
- Less crowded than many Everest-region climbing peaks

Yala Peak offers a rewarding first Himalayan climbing experience, combining stunning scenery, cultural immersion, and achievable mountaineering adventure.

Frequently asked questions

How difficult is the Yala Peak Climbing?

The Yala Peak Climbing is graded Moderate — suitable for most active travellers. You should be comfortable with long days at altitude; previous use of crampons and ropes helps, and our climbing Sherpas run pre-climb training at base camp. 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 Yala Peak Climbing?

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 Yala Peak Climbing?

You need entry tickets for the heritage sites you visit, plus the Nepal Mountaineering Association climbing permit. 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 Yala Peak Climbing?

You stay in hotels in Kathmandu and teahouses on the approach trek, then in quality expedition tents at base camp and high camp. Our team sets up a dining tent, kitchen and toilet tent and cooks fresh, high-energy meals.

Can I book the Yala Peak Climbing 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 Yala Peak Climbing?

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 Yala Peak Climbing?

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/yala-peak-climbing/

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