Yala Peak Climbing

Itinerary & costs · 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**

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

Ready to book or have a question?

Trip page: https://delightful-orange-chimpanzee.tarevirjungleresort.com/holiday/package/yala-peak-climbing/

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