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# 1. Yala Peak Climbing

## 2. Overview

Rising to 5,520 metres above Nepal's breathtaking Langtang Valley, Yala Peak is the world's finest introduction to high-altitude mountaineering. Often referred to as a "trekking peak", climbers can experience the high altitude summit without requiring…

## 3. Itinerary

### Day 1: Drive from Kathmandu to Syabrubesi

Altitude: 1500 meter | Meals: B,L,D | Stay: Teahouse

- Scenic 6-7 hour drive along the Trishuli River and arrive at the Syabrubeshi trail head.
- Syabrubesi is the main entry point from where the Langtang trek starts.
- Check in the teahouse and stay overnight at Syabrubesi.

### Day 2: Trek from Syabrubesi to Sherpagaon

Altitude: 2563 meter | Meals: B,L,D | Stay: Teahouse

- After breakfast, start your trek toward the soaring Bhote Koshi River and cross the suspension bridge.
- From the bridge ascent toward the Khangjim village, passing through beautiful, steep pine and oak forests and terraced fields.
- Stop at Khangjim, a Tamang village situated at an altitude of approximately 2,449 meters, for a short rest or lunch.
- After lunch, follow the mix trail of trekking and dirt road.
- The final section to Sherpagaon includes gentle ups and downs before reaching Sherpagaon.
- Check in the teahouse and stay overnight at Sherpagaon.

### Day 3: Trek from Sherpagaon to Langtang Village

Altitude: 3430 meter | Meals: B,L,D | Stay: Teahouse

- Depart from Sherpagaon after enjoying breakfast at your teahouse.
- Walk towards Rimche, where you will join the classic trekking trail that passes through Bamboo and follows the beautiful Langtang Valley route.
- Walk through the bank of Langtang Khola to reach Riverside for lunch while enjoying the view of Langtang Lirung (7,227m).
- From Riverside, cross the steel bridge and walk toward the Ghodatabela situated at an altitude of 3,040m.
- From Ghodatabela pass through the open dry landscape and arrive at Thangsyap (3,140m).

- Further walking in an uphill section, arrive at the scenic Langtang Village and stay at the teahouse.

### Day 4: Trek from Langtang Village to Kyanjin Gompa

Altitude: 3870 meter | Meals: B,L,D | Stay: Teahouse

- After breakfast, proceed for the hike from Langtang village to the U-shaped glacial valley.
- Pass through the heavily built area( after the 2015 earthquake), cross the yak pasture and small settlements like Mundu & Yamphu.
- Continue walking through the trails that feature the largest Mani wall, Tibetan prayer flag and chortens.
- Cross several suspension and wooden bridges over the Langtang Khola and enter the high altitude valley.
- Cross the small hydroelectric power station that supplies electricity to the village and reach Kyanjin Gompa, surrounded by Himalayan peaks.
- After lunch and a short rest, you will go for an exploration around the village:

**Kyanjin Monastery:** Walking for 5-10 minutes from your teahouse, you will reach the Kyanjin Monastery. This Buddhist Gompa sits at an altitude of 3,870 meters above sea level with a panoramic view of Langtang Lirung (7,227 m), Yala Peak, surrounding glaciers, and the beautiful alpine landscape. It is a popular spot for tourists who are visiting Langtang Valley. While visiting these sacred sites, make sure to walk in a clockwise direction to show respect to local culture and traditions. **Kyanjin Cheese Factory:** Less than a 5-minute walk, you will reach the famous Kyanjin cheese factory. It is Nepal's first commercial cheese factory, established in 1955 with the help of the Nepal Government and the Swiss Agency for Technical Assistance. Here you can find different ages of Yak cheese and even buy it directly here.

### Day 5: Acclimatisation day( hike to Kyanjin Ri or Tsero Ri) - technical skills training

Altitude: 3870 meter | Meals: B,L,D | Stay: Teahouse

- Today you will have two options for the acclimatisation walk. You can choose one according to your interest, and after the hike you will return to the teahouse. Also, basic mountaineering will be provided by our certified Sherpa guide.

**Hike to the summit of Kyanjin Ri (4,773 meters):** 2 to 3 hours of ascending from the Kyangin Ghompa, you will reach the summit of Kyanjin Ri. From here, you can enjoy the 360-degree panoramic view of Langtang Lirung (7,227m), the Yubra Icefall and surrounding peaks: Yalla Peak (5,520m), Dorje Lakpa (6,966m), and Gangchempo (6,387m). Then, after exploring and taking photos, descending for about 1 to 1.5 hours, you will return to your teahouse. **Hike to the summit of Tsero Ri(4,984 meters):** 4 to 5 hours of ascending from the Kyanjin Ghompa, you will reach the summit of Tsero Ri. From here, you can enjoy the 360-degree panoramic view of the Langtang Range and the stunning view of Neighboring Peaks such as Yala Peak (5,520 m), Dorje Lakpa (6,966 m), Naya Khang (5,884 m), and Gangchempo (6,387 m). Also, Langtang Lirung Glacier and the glacial is really impressive from here. If the weather is clear, you can also get a distant view of the Tibetan landscape and the view of Mount Shishapangma (8,027 m). After exploring, you will descend for about 3 to 4 hours and arrive at the teahouse.

### Day 6: Trek to Yala Peak Base Camp

Altitude: 4800 meter | Meals: B,L,D | Stay: Tent

- After breakfast, carry your packed lunch and starting walking through the Yak graze, rocky, and rugged trail
- Arrive at Base camp and stay in the tent set up by your team.
- Short briefing about the summit route, weather forecast and safety briefing.

- Enjoy a warm meal and spend the night under the stars.

### Day 7: Summit Yala Peak and return to Kyanjin Ghompa

Altitude: 3870 meter | Meals: B,L,D | Stay: Teahouse

- Start a predawn trek around 2:00 AM to 3:00 AM so that you can reach the summit in the early morning.
- Walk through glacial and snow-covered slopes and before reaching the summit reach a steep ridge through fixed ropes.
- From the summit, enjoy the panoramic view of Langtang Lirung, Shishapangma (the 14th highest in the world), Ganchenpo, Naya Kang and Tibet landscape.
- Careful descent to Base Camp and further walk to Kyanjin Ghompa for overnight stay.

### Day 8: Trek from Kyanjin Gompa to Langtang Village

Altitude: 3430 meter | Meals: B,L,D | Stay: Teahouse

- Early in the morning, you can hike to Tsero Ri or Kyanjin Ri, depending on which you have not visited before.
- After the hike, return to the teahouse for breakfast and depart for Langtang Village.
- Pass through the alpine terrain, passing rugged highland pastures, yak herding huts, and ancient mani (prayer) walls and reach Mundu & Sindum.
- After a short rest, walk on the gentle flat trail to reach the Langtang Village.
- Check in the teahouse and stay overnight at Langtang Village.

### Day 09: Trek from Langtang Village to Lama Hotel

Altitude: 2470 meter | Meals: B,L,D | Stay: Teahouse

- After breakfast, take a long descent through the forest corridor.
- Enjoy the final view of the mountain peaks
- Pass through Ghodatabela, Riverside and arrive at Lama Hotel.
- Check in the teahouse and stay overnight here.

### Day 10: Trek from Lama Hotel to Syabrubesi

Altitude: 1500 meter | Meals: B,L,D | Stay: Teahouse

- After breakfast, trek through the beautiful trail of the forest and head toward Rimche.
- From Rimche, continue the journey toward Bamboo while keeping an eye on local wildlife, including langur monkeys, Himalayan birds, and occasionally red pandas.
- From Bamboo, cross the landslide zone( also called Pairo) cautiously and reach Syabrubesi.
- Check in the teahouse and spend the night.

### Day 11: Drive to Kathmandu

Altitude: 1400 meter | Meals: B | Stay: Teahouse

- After breakfast, gather and meet the diver waiting for you.
- Enjoy the ride on the same route that you have previously taken.
- Drop off at your hotel doorstep and conclude your Yala Peak Summit journey.

## 5. Cost Includes

- Kathmandu–Syabrubesi–Kathmandu transportation
- Langtang National Park fee
- Experienced climbing Sherpa guide
- Porter service (20kg limit)
- All teahouse accommodation
- 3 meals per day on trek
- Sleeping bag & down jacket rental
- Group first-aid kit
- Pre-climb skills training day

## 6. Cost Excludes

- International flights
- Travel insurance (required)
- Nepal visa fee (~$50 USD)
- Personal spending & tips
- Personal clothing and gear

## 7. Equipment / Packing List

Here's your complete, interactive Yala Peak clothing and gear checklist:

### Technical climbing gear

- Mountaineering boots -B1/B2 rated, insulated liners
- Crampons -  compatible with boots
- Ice axe - Standard walking axe, ~60–70 cm
- Climbing harness - Alpine, adjustable leg loops
- Climbing helmet - UIAA/CE certified
- Karabiners (×4) - 2 locking (screwgate) + 2 non-locking
- Ascender / Jumar - For ascending fixed ropes

### Clothing & insulation

- Down jacket - 700+ fill, summit layer
- Waterproof shell - Jacket + trousers, GoreTex or equiv.
- Fleece mid-layer - 200-weight or heavier

- Thermal base layers - Top + bottoms, merino or synthetic
- Trekking trousers - Soft-shell or convertible
- Warm gloves  - Inner liner + waterproof outer mitts
- Balaclava / buff - Face & neck protection
- Warm hat - Wool or fleece beanie
- Warm hiking socks - Merino wool, 3–4 pairs
- Gaiters - Over-boot snow gaiters

### Trekking & camping essentials

- Sleeping bag - 4 season, rated ?20°C or lower
- Trekking poles - Collapsible, with snow baskets
- Daypack / summit pack - 25–35 L for summit day
- Duffel bag - 75 L for porter carry
- Headlamp - 300+ lumens, extra batteries
- Trekking boots - Waterproof, well worn-in
- Water bottles / thermos - 1 L insulated (Sigg-style)
- Water purification - Tablets or filter pump

### Sun & eye protection

- Glacier goggles - Category 4, UV400, side shields
- Sunglasses - Polarised, wrap-around
- Sunscreen - SPF 50+ For face & hands, reapply often
- Lip balm SPF - Prevent cracking at altitude
- Sun hat / cap - Wide brim for trekking days

### Health & safety

- First aid kit - Blister care, bandages, antiseptic
- Diamox (acetazolamide) - Altitude sickness prevention — consult doctor
- Personal medications - Pain relief, anti-nausea, diarrhea
- Electrolyte packets -  Rehydration salts for altitude
- Emergency whistle - Signal for rescue