



Yubra Himnal Peak Climbing - Itinerary

1. Arrival in Kathmandu (1334m)

Welcome to Kathmandu, our Sunrise Adventure Trek airport representative will welcome you in the airport then transfer to hotel and will give short & brief details of the upcoming trip program. Overnight stay in hotel.

2. Sightseeing in Kathmandu & pre-trip preparation

Kathmandu is a busy city & after morning breakfast we do sightseeing around Kathmandu. You visit some of the important monuments and heritages located here. While you do sightseeing our team members will be organizing your climbing equipments and gears. Each gear is packed after the approval of certified climbing guide and then later in the evening you can pack your gears as well as other stuffs.

3. from Kathmandu to Syabrubesi (1420m) – Drive 7 hrs

After breakfast, drive out along the north-western mountains of Kathmandu. Enjoy the Himalayan views and marvel at the unique lifestyle through the terraced fields and rural towns. Lunch on the way before proceeding further to Dhunche to Syabrubesi. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

4. Trek to Lama Hotel (2804m) – about 6 hrs

Follow the Langtang Khola River. Pass through the thick woodlands. Cross a few suspension bridges, Pass teahouses & some rivers and forests, we reach Lama Hotel. The trail looks steep, this anticipates all the excitements and make sure you are enjoying the trip. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

5. Trek to Langtang Valley (3500m) – 5 hrs

After breakfast, trek proceeds along thick woods. The trail begins to get steeper and we pass through the forest of oaks, hemlocks, maples and rhododendrons. Then we pass two lodges in the forest at Gumanchowk, from where we climb to Nepal Army post and national park checkpoint at Ghoda Tabela. After that we ascend gradually to reach Tamang village – this small village consists guesthouses & yak farms with environment surrounded by buckwheat, wheat, turnips, potatoes and barley. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

6. Trek to Kyanjin Gomba (3800m) – 3 hrs

After breakfast, we escape the town and pass through yak pastures. Slowly getting into the high elevations; you may begin to feel the thin mountain air. Kyanjin Gomba is encompassed by the Himalayas all around. You can go out for a stroll around Kyanjin Gomba appreciating the perspectives, ice sheets, icefalls and yaks. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge.

or tented camp.

7. Trek to Yubra Himal Base Camp (4900m) – about 6 hrs

We trek to Yubra Himal Base Camp. It is easy walk to Hima Base Camp compared to upcoming journey. We reach Himal Base Camp and take rest for so that we can reserve our energy and adjust our body to the surrounding. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

8. Trek to High Camp (5500m) – about 6 hrs

Today, we climb to High Camp, the climb is technically challenging and we use ropes and also learn techniques to walk in glacier. Upon reaching High Camp, you can either take rest and preserve your energy for next day or you can learn techniques to climb efficiently. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

9. Trek to High Camp II (5700m) – about 6 hrs

We climb to High Camp II today. The climb requires the use of ropes and other equipments. But you can complete today's task easily because you already have little climbing experience in this type of terrain. Again, we take complete rest for today. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

10. Summit Yubra Himal (6035m) – about 7 hrs

Today is our most anticipated day of our whole trip. We climb Yubra Himal today and we make use of our climbing equipments extensively. Upon reaching the top of the mountain you can view panoramic views of mountains all around you. This will be the feeling of lifetime. We stay here for a while and descend toward Kyanjin Gompa. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

11. Trek to Kyanjin Gompa – 6 hrs

We trek to Kyanjin Gompa for return trip. The trek is filled with chortens, yaks and ice falls. Along the way stunning views of Himalayas surrounds us. The trek will never be boring because for most of us it is unusual to be surrounded by amazing hills and mountains over it. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

12. Trek to Lama Hotel (2470m) – about 6 hrs

Today we trek to famous Lama Hotel. The route from Kyanjin Gompa to Lama Hotel follows through Langtang Khola to Mumdu to Langtang Village to Thangshap to Ghoda Tabela & Gumanchowk. After having lunch at Ghoda Tabela, we take steep downhill trail to Lama Hotel. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

13. Trek to Thulo Syabru (2130m) – about 6 hrs

First we ascend to Upper Rimche and then descend all the way to Langtang Khola. From there we cross the bridge and reach Bamboo. We gently descend to Landslide lodge and then climb to Thulo Syabru after taking quick rest in the lodge. The way to Thulo Syabru from the lodge goes uphill and we have to climb steeply before arriving at the pleasant village Thulo Syabru. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

14. Trek to Dhunche (1962m) – about 6 hrs

Today we climb steep through the forest of oak, fir and rhododendron to the top of ridge and short descent from here takes us to Brabal. We again descend down to reach Thulo Bharkhu (1860m) – there is motor road access in Thulo Bharku to Dhunche and Syabru Besi. But we continue our trip from east side enjoying the beautiful scenery of Tibetan mountains & Ganesh Himal. And reach Dhunche after walking across a small stream and ascending for a while. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

15. Drive to Kathmandu – 7 hrs

We take local bus to Kathmandu & private vehicle if it is included in the package at the time of booking. The drive is scenic with foothills and ridgeline vistas all the way to Kathmandu. First we drive up to Trishuli Bazaar in gravel & bumpy road and then comes well paved road. Meals included: Breakfast, and finally an overnight stay in hotel. Attend the evening dinner and cultural program provided by the company.

16. Departure/Farewell

After breakfast in the morning small farewell program is held and you are dropped off to the airport approximately 3 hours before your scheduled flight. During the flight you can recall and relive the wonderful memories shared with Nepal – the land of Himalayas.

INCLUSIONS

- Arrival & Departure transfers on both domestic and international flights.
- Accommodation at 3 star hotels in Kathmandu
- Full board meals on tented camping & Lodge expedition
- Accommodation on tented camp
- Half day guided city tour as listed in itinerary
- Peak Climbing Permit Royalty and other government tax
- Group Climbing gear including climbing rope, ice axe, roomer, harness, figure of eight, carabineer etc.
- All camping equipment - 2-person member tent, dinning tent, kitchen tent, staff & porter tent, toilet tent with commode, dining table with backrest chair etc.
- Free use of quality trekking gear - sleeping bag, fleece inner liner, insulated mat, down jacket, duffel bag etc during the trip
- Well-experienced Climbing guide with all his allowance and expenses
- Porters to carry all personal gear and group equipment
- Insurance of all staff including porters
- Adventure Treks T-shirts / other seasonal gifts as perks
- 10 % VAT and 13% TSC Taxes.
- High altitudes chamber bags (PAC) for very high altitudes

EXCLUSIONS

- Nepal entry Visa fees, your travel insurance of any kind (emergency evacuation insurance is recommended as this is an adventurous trip and evacuation by Helicopter may be necessary)
- International Airfare
- Lunch and Dinner except mentioned itinerary
- All Drinks and main meals in cities.

- Tips items for trekking crew members personal expenses like hot shower, battery charge, Telephone, laundry, beverage drinks etc.

URL: <https://sunriseadventuretrek.com>