



## **Mt. Yala Peak Climbing - Itinerary**

### **1. Arrival in Kathmandu**

Welcome to Nepal! You will be received from airport by our airport representative. And then you will be transferred to the designated hotel while a small meeting may be held to explain more about the climb.

### **2. Sightseeing in Kathmandu**

Kathmandu is culturally rich and you will be sightseeing some of the best touristic attractions like Swayambhunath, Pashupatinath, Baudhanath and others too.

### **3. Drive to Syabru Besi (1462 meters) – 8 hrs drive**

We climb up to the Trishuli valley through twisted roads and continue to Betrawoti. From there we trek further and arrive to Dhunche and we continue the trek to visit Langtang National Park. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge .

### **4. Trek to Lama Hotel (2500 meters) -5 hrs**

Ascending through the forest and along the river bank, we will trek to Bamboo Village for lunch. We can even see bee hives on the way. Then we descend from there and we reach to Lama Hotel. 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 Village (3307 meters) -5 hrs**

Following the Gumanekchowk, Ghoda Tabela; the trek is gradual and beautiful valley with yaks grazing is truly mesmerizing to watch. 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 Gompa (3707 meters) – 4 hrs**

Following the Himalayan sceneries, we continue our journey by crossing many stones and reach to Kyanjing Gompa. In Kyanjin Gompa we will have lunch and stay for a night. Mt. Ganchemo and Langtang are some mountains you can see from here. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

### **7. Kyanjin Gompa Exploration**

Kyanjing Gompa is famous for cheese factory and monastery. So, you can take a day to explore around the valley and surrounding or you can hire a guide and go Kyanjing-ri or the northern part of the glacier to enjoy the views. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

## **8. Trek to Yala Peak Base Camp (4400 meters) -6 hrs**

Through the rocky glacier trail; all supported by great views of Ganchenpo, Naya Kang, Tserko Ri, Yala peak and others. We trek to Yala Peak Base Camp to accommodate ourself in tented camp where stay for overnight. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

## **9. Summit Yala Peak (5732 meters) and Back to Kyangjin Gompa**

It is finally the day to climb Yala Peak. And depending on the weather condition we start early in the morning. From there you will be stunned and get to view panoramic views of Shishapangma, Dorje Lakpa, Ganchenpo, Naya Kang, Tserko Ri, Langtang Lirung and other many Tibetan mountains. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

## **10. Spare day in case of bad weather to Climb**

In case there is bad weather, we reserve extra one day to be on safe side. This helps to postpone the climb in spite of the bad weather. Or you can roam around Kyanjin Gompa, visit the Langtang Glacier or take a rest after climbing. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

## **11. Trek to Lama Hotel (2500 meters) -5:30 hrs**

We will rejoin the trail back to Lama Hotel. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

## **12. Trek to Syabru Bensi (1462 meters) -5hrs**

Today is the day to leave the mountains behind and again rejoin the city life. We descend back to Syabru Bensi: Our trekking start point. And you can take photos along the way if you like; just to keep your memories. Meals included: Breakfast, lunch and dinner with tea or coffee and finally an overnight stay in trekking lodge or tented camp.

## **13. Drive back to Kathmandu**

We drive back to Kathmandu which is around 8 hours. Or you can change the route and increase the route further. That is; if you really enjoyed and want more from Nepal Trek. Meals included: Breakfast, and finally an overnight stay in hotel. Attend the evening dinner and cultural program provided by the company.

## **14. Leisure Day in Kathmandu**

Today, you can either roam around Kathmandu city or take rest. There are many spas, massage centers and places to go. It is a best option to shop around Thamel area.

## **15. Farewell & Flight Departure**

Happy journey home! You will be dropped to the airport by our representatives and small farewell program will be held. This insures you receive our best service.

## **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 as listed in itinerary
- Welcome or fare well dinner
- 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, zoomer, 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
- Trekking Cook, guides and other support staff
- Porters to carry all personal gear and group equipment
- Insurance of all staff including porters
- Adventure Treks T-shirts / other seasonal gift
- 10 % VAT and 13% TSC Taxes.
- High altitudes chamber bags (PAC) for very high altitudes

## EXCLUSIONS

- Nepal entry Visa fees.
- International Airfare and Airport Tax.
- Your Travel Insurance.
- Drinks and main meals in cities.
- Personal climbing gears: (can be hire in Kathmandu but better to bring with) Climbing Boots, Ice Axe,
- Zoomer, Harness, Figure of Eight, Carabineer.
- Tips and items of a personal nature like postage, laundry etc.

[URL: https://sunriseadventuretrek.com](https://sunriseadventuretrek.com)