

- Easy and popular trekking peak.
- Climbers enjoy with snow capped beautiful mountains views
Langtang Lirung, Dorje Lakpa, Shishapangma and Neighbor
Mountains.

Yala peak climbing is one of the most popular adventure activities in Nepal Himalaya. It is situated in Langtang region eastern part of Nepal border of Nepal and Tibet. Climbing Yala peak is easy and nontechnical suitable for adventure travelers. Yala peak climb doesn't require mountaineering experience but good physical fitness.

Yala peak climbing offers amazing Himalayan view including Shishapangma, Langtang Lirung Dorje Lakpa, Ganesh Himal, Naya Kanga, Gangchepo, Beautiful Langtang village, Tamang also the ethnic group. This trek itinerary is combining with Langtang valley trekking. Glacier Adventure Company has the decade of experience and carefully design itinerary allows optimum time for the building fitness and acclimatizes safely. The key factors that have contributed to our successful Yala peak climbing record. We learned, never to rush climbing to high altitude in the high Himalayas. We make your climbing experience truly unforgettable.

Trip Facts**Price:**

USD 2250

Duration:

15 days

Activities:Hiking & Trekking, Sightseeing,
Climbing**Accommodation:**

Lodge/Tent

Meals:Breakfast in Kathmandu/All the
meals during trekking/Climbing**Max. Altitude:**

5000 (Summit of Yala peak)

Group Size:

Minimum 1

Best Season:March, April, May, September,
October, November**Start/End:**

Kathmandu

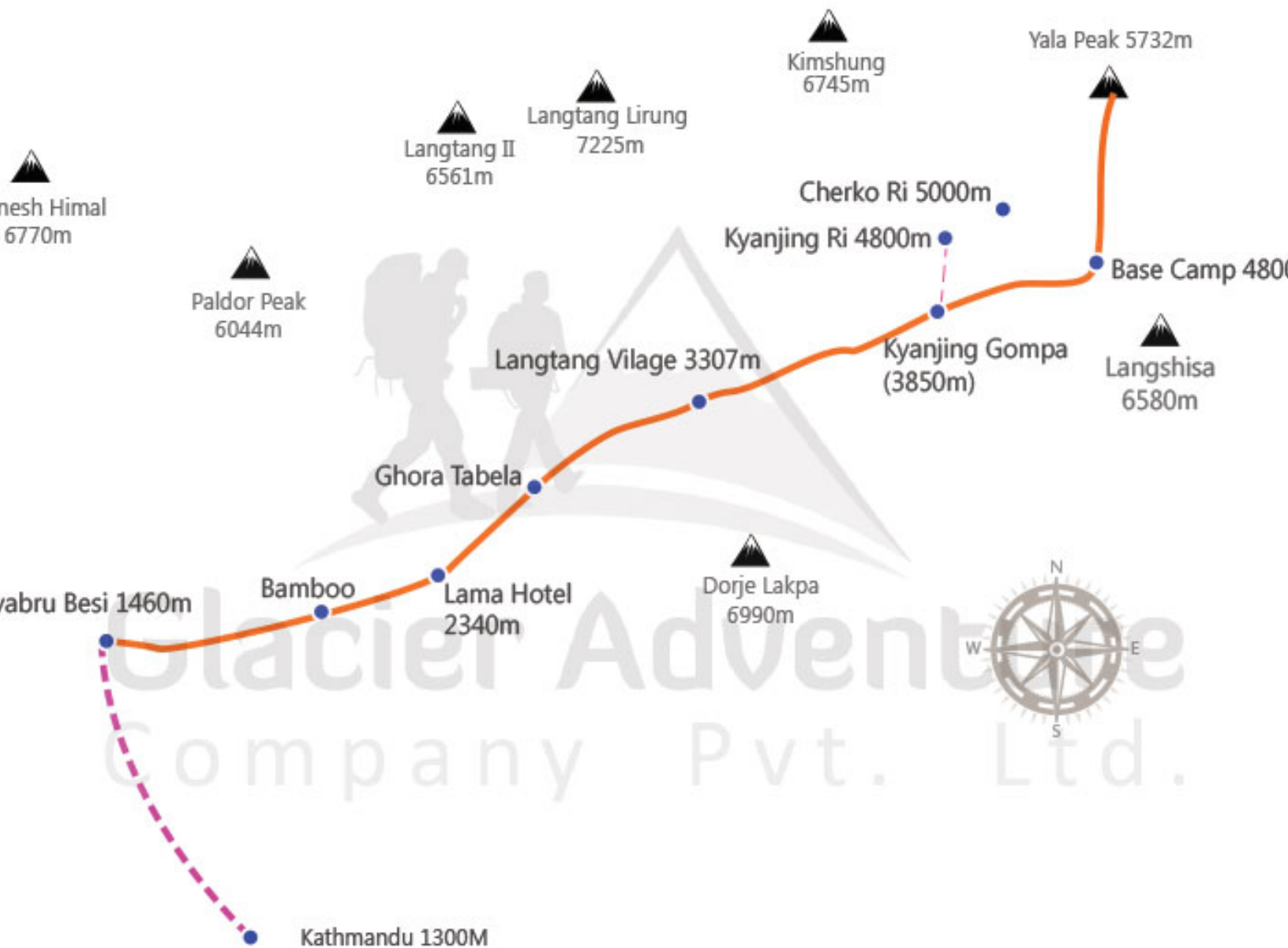
Daily walking Hour:

5 to 7 hours

Transportation:

Car/Van/Plane

Route Map



Day to Day Itinerary

Day 1: Arrival in Kathmandu (1300m)

Accommodation: Tourist Standard Hotel | **Meal:** Welcome dinner

When traveler arrival airport in Kathmandu, Our representative will meet you and transfer to the hotel, then take a rest in the evening time will have welcome dinner at Nepali restaurant.

Day 2: Kathmandu Sightseeing (1300m)

Walking hr: 6 hrs | **Accommodation:** Tourist Standard Hotel | **Meal:** Breakfast

After breakfast tour guide pick up you for a tour around Kathmandu valley (Pashupati Temple, Boudhanath, Swayambhu, Kathmandu Durbar square) after that prepare for Climbing. The traveler meets Leader and team member, they check your equipment as well as advice what you need for climbing.

Day 3: Kathmandu to Syabrubesi (1460m)

Walking hr: 7 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

Early in the morning drive bus Kathmandu to Syabru Besi through the beautiful Nepalese countryside to reach the Syabru Besi then transfer to the hotel rest of the time explore the around.

Day 4: Syabrubensi to Lama Hotel (2380m)

Walking hr: 6 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

After breakfast starts walking. Today is the easy day in the first part. The trail slowly ascends to Landslide (1810m) after that, The trail gently ascends to Rimche (2400m) through Bamboo village (1960m) At the end of the trail to Lama Hotel is flat. Today is more chance to see wild animals.

Day 5: Lama Hotel to Langtang village (3307m)

Walking hr: 6 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

After breakfast Start walking and there are occasionally sees Langtang Lirung between forest, Passes through Ghore Tabela (3000m), Nepal army camp then the trail continues ascends and the valley widens, Pass a few temporary settlements afterward reach in Langtang Village.

Day 6: Langtang village to Kyanjing gompa (3860m)

Walking hr: 5 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

Early in the morning after breakfast starts the trek. Today is the short trek. The trail slowly ascends through small villages and yak pasture as the valley opens out further, the views become more extensive. Traveler cross moraine and small stream finally reach Kyangjin Goompa.

Day 7: Acclimatization day!

Accommodation: Guest house | **Meal:** Breakfast, Lunch & Dinner

Today is acclimatization day for adjusting the thin air. The traveler can visit Monastery and Cheese factory. There are two options day hike like Kyanjin Ri (4800m) and Tserko Ri (5000m) both viewpoints are good, sees the Panoramic view of Langtang Himalayan Range.

Day 8:Kyanjing gompa to Base Camp (4600m)

Walking hr: 6 hrs | **Accommodation:** Tent | **Meal:** Breakfast, Lunch & Dinner

After breakfast starts walking. The trail ascending with the rocky glacier, finally reach in base camp. Climbers follow AMS rule and guide advice. The climbing guide set up camp in base camp. Enjoy excellent panoramic views of Ganchenpo, Naya Kang, Tserko Ri and Yala peak.

Day 9:Summit Day (5500m)

Walking hr: Whole day | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

Today is the final day for Climbers. Convert dream to reality. The climber gets up early in the morning for breakfast. Beginning time it's very cold but warm up soon, climber continues up with the glacier. The trail Yala top is not technical. The trail slowly ascending to the top but sometimes needs to use fixes rope. When summit Yala excellent views of Shishapangma, Dorje Lakpa, Ganchenpo, Naya Kang, Tserko Ri and Langtang Lirung. Take your time to enjoy it then continue down to High camp, Lunch there, after that continues to Kyanjing Gompa.

Day 10:Climbing Period

Accommodation: Tent | **Meal:** Breakfast, Lunch & Dinner

In the mountain no guaranteed weather condition so that if bad weather according to our itinerary. Glacier Adventure put extra day. If not a bad weather, goes according to our itinerary smoothly. This day is not required.

Day 11:Kyanjing gompa to Lama Hotel (2340m)

Walking hr: 6 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

Today after breakfast start the walk from Kyanjin Gompa. Travelers retrace trekking route bank of Langtang river, cross Langtang village and Ghore Tabela the trail descending to Lama Hotel.

Day 12:Lama Hotel to Syabru besi (1460m)

Walking hr: 5 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

Today is the easy day. After breakfast begins the trek. The trail descending to Syabru Goan passes through the landslide. Enjoy with a good shower and prepare for the next day.

Day 13:Syabru besi to Kathmandu (1300m)

Walking hr: 7 hrs | **Accommodation:** Tourist Standard Hotel | **Meal:** Breakfast , lunch & Farewell dinner

Early in the morning drive bus Syabru Besi to Kathmandu through the beautiful Nepalese countryside to reach the Kathmandu then transfer to the hotel rest of the time explore the around Thamel.

Day 14:Departure day**Meal:** Breakfast

We dropped you to the international airport for your departure flight to your onward destinations. Glacier Adventure Company wish you a wonderful Himalayan adventure in Nepal.

This above Itinerary is a guideline and a standard pattern of what we provide. Our trips can be customized in your interest to accommodate your specific requirements. We also arrange Yala peak climbing without sightseeing and hotel arrangements.

NOTE: During the trips, weather conditions, local politics, transportation or multiple other factors. They are beyond our control, can changes itinerary. However, Unlikely that itinerary would be substantially altered, if necessary, Group leader will decide the best alternative, they considering the best one of the whole group. Where a change does occur, we do everything best. we minimize its special effects but we cannot be responsible for the results of delays.

Trip Cost Includes

- Airport / Hotel / Airport pick up & drop by private car / van / bus.
- Standard twin sharing accommodation in two/three star hotel in Kathmandu breakfast included. (3 nights)
- Wel-come and fair well dinner.
- All accommodation and meals during the trek & Climbing.
- A full day sightseeing tour in Kathmandu valley including tour guide and Entrance fees
- Government licensed experienced English speaking trekking/climbing Guide,.During the trek & Climbing.
- The required number of local staff and Porters to carry your luggage during the trek.
- Food, accommodation, salary, insurance, equipment and medicine for all staff.
- Langtang National Park permits/Yala peak Permit fees/ Garbage Deposit Fee.
- General Climbing equipment such as rope, Ice Screw, Snow Bar etc.
- Down Jacket and sleeping bag (which needs to be returned after the trek.)
- Free duffle Bag/T- shirt/trekking map
- Surface transfer from and to Kathmandu
- All our government taxes.
- Official expense.

Trip Cost Excludes

- Your travel and rescue insurance (compulsory)
- International airfare and airport departure tax.
- Nepal entry visa, you can obtain a visa easily upon your arrival at Tribhuwan International Airport in Kathmandu.
- Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porters, bottle water, shower etc)
- Personal climbing Equipment.
- Tips for staff.

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CONVERT DREAM TO REALITY

- Others expenses which are not mention on Price Includes.
- Excess baggage charges
- Lunch and dinner in Kathmandu (and also in the case of early return from the mountain than the scheduled itinerary)
- Extra night accommodation in Kathmandu because of early arrival, late departure, and early return from the mountain(due to any reason) than the scheduled

IMPORTANT NOTE

Climber's safety is our paramount concern while Peak Climbing with Glacier Adventure. Every effort will be made to keep to the above the itinerary. Yala Peak Climbing located remote area in the Langtang region. Glacier Adventure can't guarantee it such as weather condition, availability of Staff and the health of team members can all contribute to change. Guide and assistance guide will try to ensure that the trip runs according to plan but please be prepared to be flexible if necessary.

Pre-trip meeting

Glacier Adventure hosts the Pre-trip meeting in Kathmandu 2nd day of the itinerary. Climbers introduce the leader. We will provide an opportunity for individuals to ask questions about Yala Peak Climbing. The pre-trip meeting covers personal equipment, acclimatization and to introduce you to another team member. Glacier Adventure hopes pre-trip meeting have excellent, informative, supportive and fun.

Acclimatization

Glacier Adventure's Yala Peak Climbing itinerary is focus rules AMS (Acute Mountain Sickness) when going up too fast causes a medical condition serious enough to kill. Higher mountains area is less oxygen in the air. If, Climbers is wanted safe Yala Peak Climbing. Their body needs some days to rest in the less air environment. Especially, Climber needs to know the heart, lungs/blood diseases to consult their doctor before leaving home. Glacier Adventure's itinerary designed to try to prevent AMS as much as possible. It is important to remember that some people are more susceptible than others.

Physical condition & experience requirements

Technically, Yala Peak Climbing is easy trekking peak Remote Mountain in Langtang region. This is suitable for physical fit Person. The Climber must be in good health and physical condition. The technical condition is very basic include use of ropes, ice axe, and crampons. Yala Peak climbing is not categorized as the technical peak but if climber had a good technical knowledge would be better. Most important thing is a positive attitude makes this trip successful. If you have any pre-existing medical conditions, it is vital you let us know the details of these before setting Also, before coming to Nepal it's important to consult your doctor regarding vaccination and any other medical concerns the trip may raise. "Medical and emigration expenses are your responsibility."

Insurance

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When traveling with Glacier Adventure. Climbers must be fully insured, including Air rescue, Air ambulance, and treatment service. Have an accident? Climbers should be careful in choosing a policy; however, as some make special exceptions for adventure travel. Please note that Glacier Adventure doesn't arrange any insurance.

Staff Arrangements

Glacier Adventure staffs try to make successful, enjoyable and memorable in your Yala Peak Climbing. They are innocent, helpful, experienced and Careful. Your trip leads by the best and most professional leader. He had a long experience. He has knowledge of Culture, Ecosystem, flora and fauna, geography, Mountaineering and history of Nepal. Glacier Adventure's leader trained following things.

English Language.

Trekking Guide Training.

First aid course.

Conservation & Biodiversity

Mountaineering (Climbing) Training.

Porter care

Trekking and climbing are adventures. Porter's job is the hard working job. They carry trekker supplies and baggage that makes a journey easy and comfortable into the remote mountains in the Langtang region. We ensure all our porters are well trained, well paid. Porters who become sick are treated with the same care and attention as team members and we have previously used helicopters at Tour expense to rescue porters from dangerous situations. The porter's sake, we require all trekkers keep their bag weight 15 to 20kg. We support the work of the International Porter Protection Group (IPPG), Provides help and advice to those organizations to improve the working conditions of the porters on whom we depend.

Accommodations

All accommodations for Yala Peak climbing are twin sharing basic included in trip cost. The trip based on, standard service and Standard hygiene food. There are three types of accommodations on the trip. Standard tourist hotel in Kathmandu and during the treks, Climbers spends standard Guest house which one normal room with wooden beds and foam mattress. Glacier Adventure also provides the attached bathroom where is possible. Some places are only having shared shower/washing and toilet facilities and during the climbing used tents and foam mattress, toilet facilities will be provided with required natural protection. We always try to provide accommodations in all places.