

## Yala Peak Climb



Just to the north of Kathmandu in the Langtang National Park is the 5500m Yala Peak situated in a beautiful valley of rich grazing pastures of the Tamang people. Yala peak is a part of the Langtang Himal range located in the central part of Nepal. The base camp of Yala Peak is Kyangjin Gompa (3749m/12,300 ft).

Yala Peak is a fantastic beginner's mountaineering trip to one of Nepal's easier trekking peaks. The climb is easy and suited for anyone with trekking experience. We start in Syabrubesi after a 5 hour drive from Kathmandu and spend five days hiking up the beautiful Langtang Valley to Kyanjin Gompa at 3800m. Kyanjin Gompa is situated below Langtang Lirung (7246m) and we spend three days acclimatizing taking day-hikes in spectacular surroundings. We establish base camp on a meadow at 4800m and climb Yala Peak the next day. After an alpine start under stars we are on the summit by late morning from where we can see the very beautiful view of Tibet and Shisapangma which is the only 8000m mountain of Tibet. The last 400m is on ice so we will be using crampons, ice axe and rope. After the climb we return to Dhunche via Syabrubesi and drive to Kathmandu.

Duration: 16 days

Price: \$1299

Group Size: 2

Grade: Demanding

Destination: Nepal

Activity: Peak Climbing

Region: Langtang

### Equipment Lists:

**Personal Climbing Gear:** Mountaineering boots ,Rope , Climbing Harness. ,Crampons, Ice axe, Ascender and descended , ,Head Lamp, Carabineers ,Figure 8, Altimeter ,Climbing helmet:

**Footwear :** Well broken-in walking shoes - these must be suitable for snow, thick socks, light socks, camp shoes.

**Clothing :** Down or fiber filled waterproof jacket and trousers, sweater or fleece jacket, underwear, warm and cotton trousers or jeans, shirts and T-shirts, shorts, long underwear, wool hat, sun hat, gloves, bathing suit, track suit.

**Other equipment:** Sleeping bag (5 seasons), lock, day pack, water bottle, sun cream, sunglasses, flashlight with spare bulbs and batteries, lip salve, gaiters.

**Other items:** Insect repellent, toilet articles, diary, toilet roll, laundry soap, wet ones, pocket knife, towel, sewing kit, plasters, binoculars, camera, film, cards and personal medical kit. Oxygen . mask and regulator

## **Itinerary:**

### **Day 1:** Kathmandu arrival

Welcome to Kathmandu, the capital city of the Himalayan kingdom of Nepal. You will be met on airport and transferred to your hotel. After the arrival, the group will be formally introduced to Guide for the activities over the next few days. One should pay attention in particular to the safety aspects of the briefing. Any questions or doubts should be asked and clarified at this time. We check your insurance details and other requirement for your trekking.

### **Day 2:** Kathmandu sightseeing

After breakfast you will be taken on a 3km drive to the place called Balaju, a natural rock climbing spot for your climbing course before departure to Syabrubesi, the one-day course will provide excellent opportunities to learn how to use rope, harness, ice axe, crampons although there is no snow at this site.

Alternatively, we start an interesting tour around Kathmandu. Escorting by an English speaking guide (can be provide any language speaking guide on request) be, try to give them a full taste of our vivid culture image and an enchanting manner of its people. In our sightseeing tour we go to Monkey temple Swayambhunath, Pashupatinath and Kathmandu Durbar square.

**Kathmandu Durbar Square:** The next stop today is the beautiful Kathmandu Durbar Square, or the royal palace square of the ancient Malla kings of the Kathmandu Valley. This square and all its architectural treasures are a UNESCO World Heritage Site. While some damage to buildings occurred in the 2015 earthquake the site still contains many stunning architectural gems. The original royal palace courtyards are open to visitors and you will marvel at the intricate timber carving and beautifully crafted brickwork of the palace. The open square outside the palace has many beautiful multi-storey pagodas and temples with ornate carving and carpentry artwork that tells some of the story of the ancient kings and their mystical time and beliefs. The square also contains many important Hindu temples and statues such as to Vishnu and Lord Shiva. Durbar Square also contains the unique and intriguing Kumari Chok. This is an ancient and ornate house where resides the Raj Kumari – the Living Goddess. She is a young girl chosen through an ancient and mystical selection process to become the human incarnation of the Hindu mother goddess, Durga. If you are in the courtyard of the home at the right time in the afternoon you may see a brief glimpse of the Goddess at her window.

**Swayambhunath:** You will first visit the Swayambhunath temple complex that sits atop a high hill overlooking Kathmandu and the entire Kathmandu Valley. Swayambhunath is perhaps the most sacred Buddhist pilgrimage site in Nepal. It consists of a very large white stupa with the all-seeing-eye of Lord Buddha plus many small stupa and beautifully carved stone shrines. This is a wonderful place to catch your breath and start to understand and appreciate the deep importance of Buddhist belief to the people of Nepal

and the Himalaya region. Make sure you ring the many bells to awaken the gods and let them know you are in Nepal. Take the time to enjoy the view over Kathmandu and have your guide point the many other highlights of the city. In the far distance to the east you may also be able to see the hills of Nagarkot where your hotel for tonight is located. If you feel energetic you might also like to try some or all of the 350 steps that lead all the way from Kathmandu city up to your Swayambhunath temple vantage point.

**Pashupatinath:** Hindu Temple is a very large and complex and focal point for the Hindu religion. This old and very revered complex of buildings and shrines is dedicated to the Lord Shiva, one of the main deities of Hinduism. While Lord Shiva has multiple forms he is often seen as the destroyer. This has great significance for the Pashupatinath temple as it is the site of many Hindi ritual cremations each day. Pashupatinath is considered by Hindus to be an auspicious site for passing from one stage of life to the next through the purifying and destroying flames of cremation. However, on a happier note, visitors may also get to see the temple in a buoyant festival mode with one of the many Hindu festivals celebrated here through the year.

### **Day 3:** Kathmandu to Sybrubesi by local bus

The drive from Kathmandu to Sybrubesi which takes about eight hours. You head out of Kathmandu on the highway to Pokhara however you will soon exit the highway and head north along a main valley road. The road then heads up into the Himalaya foothills and winds its way through many valleys to reach the busy little town of Dhunche. Here your guide will meet the National Park entrance checkpoint and have your permits checked and stamped to proceed further north into the Langtang National Park. As you head further north some of the high ridges you cross will provide your first glimpses of snow-clad Himalayan peaks. After another descent down the valley side you will arrive at Sybrubesi a busy trading and trekking town. There are many trekking lodges here serving trekkers heading to many parts of the Langtang region. There are also a range of small shops where you may purchase some last-minute items for your trek. But make sure you get to bed early and get plenty of restful sleep – tomorrow will be a big day.

### **Day 4:** Shabrubeshi to Rimche via Khangjim and Sherapagaon (2,500m)

The first part of today's rather long walk is the hardest – so take your time on the ascent and the day will get easier. You start by crossing the small bridge just north of Shabrubeshi and the trail immediately starts ascending. While there is a 4WD road up to Khangjim your guide will probably take you up the traditional walking trail. The trail is much steeper than the road but this is the traditional trekking route used by local people and traders for centuries. It will probably take about two or three hours to reach Khangjim and then it is time for a short break and perhaps a cup of local tea. You are now high above the river valley and you have your first views to snow-capped peaks. The trail then winds high along the valley wall as you head east into the Langtang Valley and head for Sherapagaon. The walking is much easier now as the ascent grade is much more gentle. After some late lunch in Sherapagaon you continue your gentle ascent to Rimche. As you proceed you will find you are no longer high on the valley side but now down in the valley floor. By the time you reach Rimche late in the afternoon you will have gained about 1,100m in altitude. Time for a rest!

### **Day 5:** Rimche to Mundu. Overnight in trekking lodge (3,450m)

From Rimche you will follow the original valley-floor trekking trail up the Langtang Valley. Damage to bridges and the trekking trail have all been pretty much repaired and so the walking on this and subsequent days will be much easier than yesterday. The trail takes you through rhododendron and pine forest for around three hours to reach Ghoda Tabela where you will stop for lunch. The trail then continues on and reaches the site of Langtang Village, however this may be a very sombre and perhaps distressing sight as the village was entirely destroyed by a massive landslide caused by the 2015 earthquake. Your guide will say a prayer for all those that perished and you may also wish to add your prayers and thoughts. The trek will then continue on the short distance to the little village of Mundu. You are now in the middle of the glorious Langtang Valley and likely feel humbled by the size and power

of the mountains towering above you on both sides of the valley. This is a spectacular location.

**Day 6: Mundu to Kyanjin Gomba (3,817m)**

Today is easy walking again as you head towards the top of the valley. There is plenty of time to take it easy and a slow pace will also help you acclimatise and reduce the risk of altitude sickness symptoms. Take some time to enjoy views of Mount Ganchempo and Mount Langtang Lirung high above you. You may also like to pay a visit to the Yak Cheese Factory and learn that the milk for the cheese comes from the Nak and not the Yak – your guide will have fun explaining to you. By early afternoon you will reach the extensive complex of the Kyanjin Gomba Monastery. Find a place to sit outside in the sun and just soak up the stunning scenery.

**Day 7: Rest day at Kyangjin Gomba**

Rest day at Kyangjin Gomba and excursion in and around. This is day to rest and explore the area. You can visit the monastery and the cheese factory, walk up the moraine to see the spectacular ice faces and tumbling glaciers of Langtang Lirung or ascend Kyangjin Ri [4350m], directly behind the village, for a breath-taking panorama of the Langtang peaks.

**Day 8: Trek from Kyangjin Gomba to Yak Kharka**

The trek takes about five hours. The early part of the trail moves along the leveled path till Marku and then leaving Langtang Khola you trek ascent path all the way to Yak Kharka. The views you can enjoy are of Ganchempo, Naya Kang and others.

**Day 9: Yak Kharka to Yala Base Camp**

Trek from Yak Kharka to Yala Base Camp which takes about four hours. To reach Yala Base Camp you trek along the rocky glacier trail. You will be quite accompanied by the views of Ganchempo, Naya Kang, Tserko Ri, Yala peak and others.

**Day 10: Summit Yala Peak and back to Yak kharka(5,500m)**

Summit Yala peak and back to Yak Kharka and it takes about eight hours. At the summit of Yala peak, you will be stunned by the panoramic views of Shishapangma, Dorje Lakpa, Ganchempo, Naya Kang, Tserko Ri, Langtang Lirung and many Tibetan mountains

**Day 11: Yak Kharka to Kyangjin Gomba**

Trek from Yak Kharka to Kyangjin Gomba which takes about four hours. You trek descent path all the way to Kyangjin Gomba. The views you can enjoy are of Ganchempo, Naya Kang and others.

**Day 12: Kyanjin Gomba to Rimche (2,500m)**

Today requires another long walk as we head all the way back to Rimche in just one day – but be assured it is all downhill so you will be fine. You may find yourself getting faster as you go due to the extra oxygen in each lower-altitude breath.

**Day 13:** Rimche to Shabrubeshi via Sherapagaon and Khangjim (1,460m)

Today you retrace the path along the high valley wall trail to Khangjim and then rapidly down to Shabrubeshi. Time to kick the trekking boots off and relax after a good shower

**Day 14:** Drive Syabru Besi to Kathmandu

Drive from Syabru Besi to Kathmandu by bus, which takes about nine hours.

**Day 15:** Kathmandu free day of your own.

This is the free day and you can use it for your shopping .In the evening we will drive you for farewell dinner with cultural dance.

**Day 16:** Final Departure.

All too soon it's time to bid Nepal farewell – the amazing adventure kingdom.

**Cost Include:**

- Airport pickup & drop off and all ground Transportation by private transportation
- Twin sharing accommodation at Kathmandu in 3 star hotel with breakfast
- Sightseeing in Kathmandu
- Kathmandu /Syabrubesi /Kathmandu private jeep
- Accommodation in lodge during trekking or tent during climbing
- Meals (Breakfast, lunch, dinner) in trekking & climbing
- High altitude tent and high altitude food while climbing
- Sleeping bag and trekking map
- TIMS (Trekkers Information Management System) and all necessary paperwork & permits
- All cost for a Langtang Ri leader (First Aid and Eco trained & government licensed holder English speaking) and porter
- Salary, equipment, transportation & Insurance of Langtang Ri trekking staff
- Travel & Rescue arrangement
- All government taxes
- Langtang national park fee
- Climbing guide fee
- Farewell dinner

**Cost exclude:**

- Nepal Visa Fee (USD 50 for 30 Day)
- Lunch & Dinner in Kathmandu
- Personal mountaineering gear
- Climbing Sherpa fee
- Travel & Rescue insurance
- Personal expenses e.g. phone calls, laundry, bar bills & extra porters
- Tips for guides and porters
- Optional trips and sightseeing if extend