Ama Yangri Peak Helambu Trek

Trip Overview

The hidden gem of the Helambu region, Ama Yangri Peak Helambu Trek is one of the most popular and fascinating treks that has been newly opened for tourists. Ama Yangri Peak Helembu Trek resides within the Langtang National Park, which is located approximately 90 kilometers north of Kathmandu, Nepal. Ama Yangri Peak is a venerable mountain that stands tall at an elevation of 3,771 meters.

Ama Yangri is inhibited by Sherpas, Tamangs, and Chhetries of the Sindupalchowk district.

The trek begins in the quaint town of Tarkeghyang, which resides between rolling hills and traditional villages

The Ama Yangri Helembu Trek is a moderately challenging trek that is suitable for everyone who has a passion for adventure. Whether you are seeking an invigorating physical challenge, a cultural immersion experience, or a spiritual retreat, Ama Yangri Peak is just the perfect place for you./p>

Ama Yangri is the divine deity who is believed to be the protector of the Helambu area. On the full moon day of Chaitra, the devotees flow around the region and country to get to Ama Yangri as a part of the ritual. They witness the sunrise and the lamas pay homage to the mother porter by carrying out hours-long prayers. Moreover, the locals enjoy butter tea, barley beer, and local wine.

This trek offers fascinating natural and cultural heritage, along with vistas of the mighty mountains and green landscapes. Trekking rewards include exquisite Langtang Lirung, Gauri Shankar, and Jugal Himal.

How can one miss the warm hospitality of the Sherpa and Tamang inhabitants of this area? Experiencing their way of life and witnessing their tradition is indeed a once-in-a-lifetime experience. Additionally, you can explore the Yangri Peak Monastery, which is a sacred site believed to have mystical powers.

Gallery

Trip Itinerary

- 1 - Driving to Timbu via Bhaktapur
- 2 - Trek to Tarke Gyang
- 3 - Trek to Ama Yangri Peak- Back To Tarke Gyang
- 4 - Tarke Gyang to Sermathang Sherpa and Tamang Village
- 5 - Walk to Melamche or Kakani and drive back to Kathmandu
- 6 - Departure from TIA

Cost Includes & Excludes

Includes

- Local bus from kathmandu to Thimpu or privite jeep
- Lodging and Tea house accommodation
- Licensed Trek Guide with good spoken English plus assistant leader each for a group of four
- A porter sharing for two trekkers each on the route

- Salary and Insurance Cost of Staff
- All necessary paperwork and permits (TIMS/ Conservation Fee).
- Emergency medical kit and local taxes

Excludes

- International Flight and Nepal VISA fees
- Travel Insurance
- Extra activities cost not planned within the Itinerary
- Hard or Soft Drinks and snacks
- Tips for Staff (Trekking Guide, Assistant, and Porter)
- Extra cost for booking domestic flight other than planned
- Essential packing Equipment

Gears and equipment

- Clothing

  Waterproof jackets and pants
  Sweaters and down jackets
  Lightweight trousers
  Hiking shirts- long-sleeved
  Hooded raincoat and Fleece jacket
  Innerwears
  Lightweight and heavyweight winter gloves
  Sun hat or scarf; Money belt; Cotton headscarf, bandana
  Winter hat or insulating hat

- Personal accessories

  Headlights and extra batteries
  Face and body wipes
  Sunscreen and sunglasses with UV protection
  Money
  Watch
  Cell phone and camera

- Toiletries

  Medium-drying towels
  Toothbrush and toothpaste
  Washing kits, talcum powder, and toilet paper
  Degradable soap and shampoo
  Deodorant floss, nail clippers, and mirror

- Extra items

  First aid kit
  Passport-sized photos and passport photocopies
  Binoculars
  Personal medications
  1 swiss type knife
  Sleeping bags and sheets,
  Rucksack, backpack, and a small day pack
  Water bottle
  Water purification tablet solution

- Footwears

  Trekking Boots
  A pair of sports shoes
  Heavy wool and light socks

Faqs

1. **What is the best time for me to trek Ama Yangri Peak Helambu?**

   The best time for Ama Yangri Helambu Trek is during autumn (September-November) and spring (March-May). The weather is cool and the sky is clear.

2. **What permits do I need for the Ama Yangri Peak Helambu Trek?**

   You will need TIMS (Trekkers Information Management System) and a Langtang National Park Permit for the Ama Yangri Peak Helambu Trek.

3. **What are the food and accommodation available in the Ama Yangri Peak Helambu Trek?**

   Food and accommodation are readily available through the trek. Accommodation includes teahouses, homestays, and lodges along with local foods and meals.

4. **What is the level of difficulty for the Ama Yangri Peak Helambu Trek?**

   The Ama Yangri Peak Helambu Trek is considered moderately challenging so you will require a good fitness level and trekking experience.