

# 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 inhabited 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

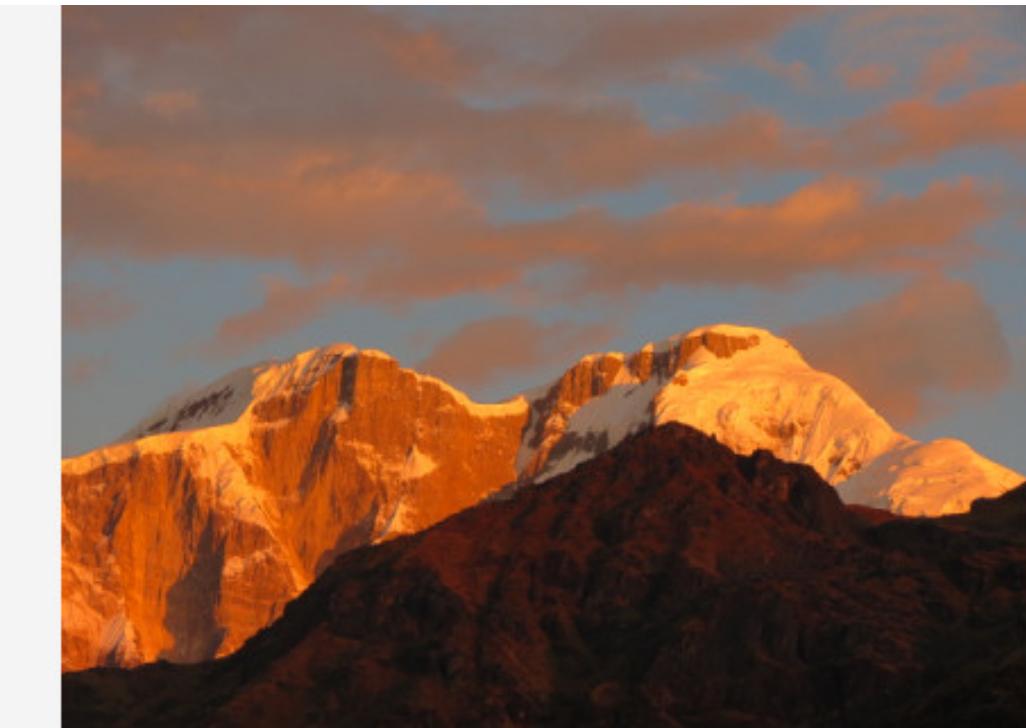
The Ama Yangri Helembu Trek is a moderately challenging trek that is suitable for everyone who has a passion for adventure. Whether you are seeking an invigorating physical challenge, a cultural immersion experience, or a spiritual retreat, Ama Yangri Peak is just the perfect place for you./p>

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.*