

Ama Yangri Trek - 5 Days

5-DAY AMA YANGRI TREK: SHORT TREK ESCAPE FROM KATHMANDU

The **Ama Yangri Trek** is a beautiful short trekking route located in the **Langtang region of Nepal**, providing a scenic and authentic trekking experience for those seeking a brief adventure close to Kathmandu. **5 Days Ama Yangri Trek Itinerary** offers a perfect blend of natural beauty and cultural immersion, making it an ideal choice for short trek enthusiasts. Nepal offers more than just high-altitude treks like the [Everest Base Camp Trek](#), [Annapurna Circuit Trek](#), [Everest Three Pass Trek](#), [Manaslu Circuit Trek](#), [Kanchenjunga Trek](#), [Mustang Trek](#), [Makalu Base Camp Trek](#), and [Dolpo Trek](#); it is also a premier trekking destination suitable for adventures ranging from 2 days to 3 months, including the Great Himalayan Trail. The 5-day Ama Yangri Trek stands out as an excellent short trek ideal for those seeking a brief holiday, catering to both novice and experienced trekkers. This journey showcases a rich tapestry of natural and cultural diversity, featuring the Tamang, Gurung, and Sherpa cultures, local villages, lush green valleys, ancient monasteries, rhododendron and pine forests, as well as breathtaking mountain views of the **Ganesh Himal, Langtang, Gauri Shankar, and Everest** from a distance.

The **Ama Yangri trek** is a brief, picturesque, and tranquil trail that complements other treks such as [Pikey Peak](#), [Ghorepani](#), and [Gosaikunda Lake](#). This journey encompasses the [Helambu trek](#), providing some of the best viewpoints of Ama Yangri while allowing you to explore the pristine and untouched paths near the Kathmandu Valley. Additionally, it features special trekking routes that showcase cultural, natural, and mountain vistas, along with a rich diversity of flora and fauna. Begin your 5-day Ama Yangri Trek from Kathmandu (1350m) with a scenic 5-6 hour drive to Tarkeghyang (2600m), a cultural center for the Hyolmo/Yolmo community, renowned for its rich traditions and heritage. Explore the charming village before hiking to Ama Yangri Peak, a sacred pilgrimage site

for Tibetan Buddhists that offers breathtaking views and an opportunity to meditate in the footsteps of Guru Rinpoche. Savor the sunrise from the Ama Yangri viewpoint and relish the serene atmosphere before returning to Tarkeghyang and then back to Kathmandu, cherishing the delightful experience of the short yet scenic Ama Yangri Trek. Although this trek is brief, the experience it offers is comparable to that of longer treks. If you are considering a short trek in the Himalayas, consider choosing Sherpa Nomad Trek Pvt. Ltd. for the best arrangements, trekking experience, and very reasonable costs. This is your holiday, and we are committed to making it truly wonderful.

THE COST OF THE AMA YANGRI TREK FOR 2026-2027

The Ama Yangri trek costs between USD 300 and USD 700 per person, depending on the group size and level of service. The pricing for the Ama Yangri Trek varies based on factors such as group size, season, service quality, duration, and package options. There are numerous packages available, but Sherpa Nomad Trek Pvt. Ltd. offers a comprehensive 5-day Ama Yangri Trek at a competitive price without compromising on service. Our package includes airport pickup and drop-off, accommodation in a 4-star hotel in Kathmandu, a professional guide, private transportation, mountain meals (breakfast, lunch, and dinner), mountain lodging, permits, paperwork, and logistical arrangements, ensuring a more comfortable experience compared to other available Ama Yangri Trek packages. We cater to both solo travelers and larger groups, with costs varying according to group size. This special Ama Yangri Trek package has a detailed cost breakdown based on your group size as follows.

- Single trekkers can join the Ama Yangri Trek for USD 700
- For groups of 2-6 people, the cost is USD 600 per person
- For groups of 7-10 people, the cost is USD 500 per person.

THE MAJOR HIGHLIGHTS OF THE AMA YANGRI TREK

- The Ama Yangri Trek is a brief, picturesque, and tranquil journey located near Kathmandu.

- Discover the lesser-known corners of Nepal's Langtang region.
- Experience the rich culture and stunning natural beauty that the Ama Yangri Trek has to offer.
- Witness ancient monasteries and delve into the vibrant Buddhist culture.
- Enjoy the warm hospitality of the Nepali people and appreciate the harmonious relationship between nature and human life.
- This trek is easy and ideal for novice trekkers, families with children, and those seeking a short holiday.
- Take in breathtaking views of majestic mountains, including Manaslu, Ganesh Himal, Langtang, Jugal Himal, Gauri Shankar, and Everest.
- Explore the footprints of Guru Rinpoche and the ancient monasteries in Tarkeygyang.
- Although it is a small trek, it provides an experience akin to a grand adventure.
- Ama Yangri Trek offers a perfect blend of culture, nature, and adventure for all types of travelers.

IMPORTANT NOTES

- The Ama Yangri trek is a picturesque, short, and straightforward trek located near Kathmandu.
- It is an ideal trek for families with children and those seeking a brief holiday experience.
- It is important to respect the local culture and the lifestyle of the communities you encounter.
- Always ask for permission before taking photographs of residents.
- Be responsible for your waste and help preserve the natural environment.
- Ensure you have the appropriate gear for the trek and consider hiring a local guide to enhance your experience.
- Avoid giving tips at the airport to individuals who are not affiliated with legitimate services.
- Steer clear of street guides, as not everyone has your best interests at heart.

- If you require assistance, feel free to reach out to us at any time; we are here to help.
- This trek and tour primarily showcase village life, the mountains, and the culture of untouched communities.

DETAILED ITINERARY

Day 1: Arrival in Kathmandu (1350m): Transfer to Hotel

Welcome to Nepal, a remarkable kingdom brimming with culture and natural beauty, home to the world's tallest peak, Mt. Everest (8848.86m), and the birthplace of Lord Buddha. This region is regarded as ideal for spiritual reflection and practice, with abundant evidence of holy men dedicating their lives to meditation and inner peace. It is a land characterized by happiness, harmony, and exceptionally kind people. Nepal is a significant kingdom known for its rich artistic heritage, culture, and extensive historical civilization. A visit to the monumental sites of Kathmandu and its surrounding villages is a must. This Himalayan nation serves as the true gateway to an ultimate holiday destination, offering activities tailored to your desires and budget.

Today marks the beginning of the picturesque Ama Yangri Trek, and we will be waiting for you at the airport's arrival gate. You can easily find us by looking for a name card. When we meet, we will greet you in the traditional Nepali way, with a blessing and a garland offered as a sign of respect, honoring you as our guest of honor. Following this, we will drive you to the Ramada Encore, a renowned four-star hotel in Kathmandu. After checking in, you can take some time to rest. This evening, you are invited to visit our office to finalize the details of your trip, after which we will host you for a welcome dinner. You will spend the night at the luxurious hotel in Thamel.

Day 2: Drive from Kathmandu to Tarkeghyang (2600m): 5-6 hours

Today, you will set off for the most popular short trek near Kathmandu after having breakfast. Breakfast will be served at the hotel's restaurant, and by around 8:30 am, you should be ready in the hotel lobby for your guide and driver to pick you up. The distance from Kathmandu to Tarkeghyang is roughly 75 to 100 km by road, taking about 5 to 7 hours by jeep or 4WD, depending on the road conditions. The route usually passes through Melamchi Bazaar, Timbu, and charming

mountain villages before reaching Tarkeghyang. Along the way, you can enjoy magnificent views of green hills, terraced fields, dense forests, waterfalls, rivers, traditional villages, and snow-capped mountains. On clear days, the surrounding Langtang, Jugal, and Ganesh Himal ranges provide stunning scenery. After checking into the hotel, you can explore the village, monasteries, and the surrounding area. You will spend the night at the lodge.

Day 3: Hike to Ama Yangri (3771m) and back to Tarkeghyang (2600m): 6-7 hours

Today marks the third day of the tranquil and picturesque Ama Yangri Trek and tour. Rise early to hike to Ama Yangri (3771m), the most breathtaking viewpoint offering stunning views of the majestic mountain range. The rolling, lush green landscape and serene environment create an unforgettable experience for all who visit. If you wish to witness the sunrise over the magnificent peaks, including Manaslu, Ganesh Himal, Langtang, Jugal, Gauri Shankar, and Everest, it is essential to start your journey early in the morning. For those who prefer not to see the sunrise, you can begin your trek after breakfast. The round trip takes approximately 6-7 hours. Take the opportunity to explore the village, immerse yourself in the local culture, and appreciate the vibrant village life along with its cultural and natural beauty. You will spend the night in Tarkeghyang.

Day 4: Drive from Tarkeghyang to Kathmandu (1350m): 5-6 hours

After breakfast, take some time to explore the village before departing. Leave the village behind and embark on a jeep ride back to Kathmandu, passing through Melamchi Bazar and picturesque Nepali villages along the way. The journey lasts approximately 5-6 hours, and we can stop at any location you wish during the trip. Upon reaching Kathmandu, check in at the Ramada Encore Hotel. You will have free time to explore Thamel, the tourist hub and the best place to purchase souvenirs. This evening, we will host a farewell dinner. Overnight stay at the hotel in Thamel.

Day 5: Departure

Today marks the final day of the Ama Yangri Trek and Tour. We are truly grateful for your participation and the trust you have placed in us. We recognize that this is not just a holiday for you; it is a dream journey, and we appreciate every cent of your investment. In line with your interests, we will provide you with a Chitwan safari tour, and if you are returning home, we will arrange for your airport drop-off.

PRICE INCLUDES

- Airport Pick-up and Drop-off Service
- 2 nights' accommodation at Ramada Encore Hotel, a 4-star hotel in Kathmandu
- A professional Local Guide
- Guide-related expenses such as Salary, meals, insurance, and gears
- Private Jeep ride from Kathmandu to Tarkeghyang
- All mountain accommodation as per the itinerary
- Mountain Meals (Breakfast, Lunch & Dinner)
- Hot Shower, Drinking Water & Wifi
- 3 cups of Tea or Coffee Every Day in the mountains
- Fresh fruit, nuts, and energy Bar
- Gov. tax and Official Fees
- Bag storage service
- All the paperwork for the Trek

PRICE EXCLUDES

- Nepal Visa Fees
- International Flight fare
- Travel insurance for the Travellers
- Extra activities and other services
- Kathmandu sightseeing: USD 80 per person

- Chitwan Safari Tour: USD 180 per person for 2 nights, 3 days
- Tips for the Guide and Driver
- Trekking Gears



EQUIPMENT & GEAR

Clothing

- Moisture-wicking T-shirts (2-3)
- Hiking pants (1-2 pairs)
- Fleece or warm mid-layer (mornings and evenings can be cool)
- Lightweight waterproof/windproof jacket
- Rain poncho or rain jacket (weather can change quickly)
- Underwear and hiking socks (3 pairs)
- Hat or cap for the sun
- Warm beanie (especially outside the warmer months)
- Lightweight gloves (optional in warmer months; recommended in winter)

Footwear

- Comfortable hiking boots or trail shoes with good grip
- Camp shoes or sandals (optional)

Backpack

- 25-35 L daypack if staying in teahouses/lodges
- Rain cover for your backpack

Essentials

- Reusable water bottles or hydration bladder (2 liters total capacity)
- Sunglasses with UV protection
- Sunscreen (SPF 30+)

- Lip balm
- Trekking poles (optional but helpful on descents)
- hand sanitizer

First Aid

- Personal medications
- Blister treatment (e.g., moleskin or blister bandages)
- Pain reliever
- Bandages and antiseptic wipes
- Anti-diarrheal medication
- Insect repellent

ADDITIONAL INFORMATION

Ama Yangri Trek presents a wonderful experience centered around village exploration and magnificent mountain vistas, all without the need for a difficult trek. It highlights the essence of country life, rich culture, and unspoiled natural beauty, featuring remarkable landscapes. This trip is tailored for those looking for a brief and effortless adventure, with our 5-day itinerary being the ultimate luxury travel option. The mountain, along with its charming local villages, ancient monasteries, and the footprint of Padmasambhava, serves as a meditation site. This is a pristine land where tranquility and breathtaking mountain views converge. We recognize that not everyone is suited for the Everest Base Camp, Annapurna Circuit Trek, or Manaslu Circuit Trek, and Nepal offers much more than just these options. It presents a variety of trails that cater to all types of visitors. Did you know that you can witness Everest, Manaslu, Langtang, and the Ganesh Himal ranges from here in a short time and without a challenging trek? However, the trekking views are incredibly expansive and magnificent.

FREQUENTLY ASKED QUESTIONS

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