DESTINATION: HELAMBU TREK

Ama Yangri Sunrise Trip from *Kathmandu*

2 Days

2 days
Duration

Kathmandu
Starts at

Kathmandu
Ends at

March to May and September to November
Best season

3,771 m at Ama Yangri summit
Max altitude

Moderate, one steep pre-dawn climb
Difficulty

1 to 14 people
Group size

OVERVIEW

The trip

This Ama Yangri trek is the shortest way we know to stand on a proper Himalayan viewpoint from Kathmandu and be back in two days. You drive north-east through Melamchi into Helambu, past the Hyolmo village of Tarkeghyang, and on up the rough road to the simple lodges below the summit. Next morning you climb in the dark to the 3,771 m top, hung with prayer flags and sacred to the Hyolmo people, for sunrise over the Langtang range, the Jugal Himal and Ganesh Himal, then walk down for breakfast and drive back to Kathmandu. It is a real climb, not a drive-up viewpoint, so it suits fit travellers short on days who can handle a steep pre-dawn walk, long road hours and one night in a basic mountain lodge.

HIGHLIGHTS

Trip highlights

The moments this trip is built around.

- Max altitude: 3,771 m at Ama Yangri summit
- Difficulty: Moderate, one steep pre-dawn climb
- Best season: March to May and September to November
- Walking: About 2.5 h up and 1 h down

ITINERARY

Day-by-day itinerary

Your day-by-day plan. Everything is customizable — add nights, swap activities, or change hotels.

1 Drive from Kathmandu to Ama Yangri

- Morning pick-up for a drive of 5 to 7 hours north-east via Melamchi into Helambu
- Beyond Melamchi the road is partly unpaved and winding as it climbs into the hills, with a lunch stop on the way
- Pass Tarkeghyang, a Hyolmo village at 2,600 m, then continue by jeep to the lodges below the summit when the upper road is passable
- If the upper road is closed, walk up from Tarkeghyang in around 2 hours; dinner and overnight in a simple mountain lodge

2 Sunrise on Ama Yangri and Drive to Kathmandu

- Early start by head torch for a steep climb of about 2.5 hours to the summit
- Sunrise at 3,771 m among the prayer flags, with the Langtang, Jugal and Ganesh Himal ranges on a clear morning
- Walk down in about an hour for breakfast at the lodge
- Drive back through Helambu and Melamchi, 5 to 7 hours, with a lunch stop on the way, to your Kathmandu hotel

INCLUSIONS

What's included

Included

- Private jeep from Kathmandu and back
- Licensed guide
- Mountain lodge night, with dinner and breakfast
- Langtang National Park entry permit
- Lunch on day 1 and day 2

Not included

- Travel insurance
- Tips and personal expenses
- Drinks

PACKAGE PRICING

Package pricing

Price per person for every group size we price. Bigger group? Ask us and we will price it.

GROUP SIZE	PRICE PER PERSON
1 person	$439 / person
2 people	$295 / person
3 people	$262 / person
4 people	$234 / person
5 people	$227 / person
6 people	$221 / person
7 people	$217 / person
8 people	$230 / person
9 people	$226 / person
10 people	$219 / person
11 people	$221 / person
12 people	$215 / person
13 people	$213 / person
14 people	$209 / person

Prices are per person, in US dollars. No card fee · no hidden costs. What each price includes and excludes is in the What's included section above.

LEGAL & POLICIES

Booking & cancellation

Operated by Zeta Tours and Travels Pvt. Ltd. · Effective 2 June 2026

PAYMENT SCHEDULE

1. **30% — at booking confirmation**
   This first payment confirms your dates and lets us secure permits, domestic flights, guides, porters and your teahouse or hotel nights. Bookings made 15 days or fewer before the start date are payable in full on confirmation.
2. **40% — 15 days before your trip starts**
   The second instalment is due 15 days before the trip starts. For a group of seven or more travellers it is due 30 days before instead.
3. **Balance — 2–3 days before departure**
   Anything still outstanding is settled 2–3 days before departure, or at your pre-trip meeting in Kathmandu.

REFUND TIMELINE (CANCELLATION)

30 days or more	FULL REFUND
15–29 days	25% FEE
8–14 days	50% FEE
7 days or less	NO REFUND

Introduction

At **Uncover Nepal** we believe a trip should be stress-free from the very first step. This policy outlines how bookings work, what happens if plans change, and what you can expect from us at every stage of your journey in Nepal.

Bookings are confirmed in writing by email and are subject to availability at the time of payment. We accept bank transfer, credit card and authorised payment gateways, in US dollars or the Nepalese rupee equivalent; international transaction fees are borne by the traveller, and a payment counts as made only once the funds reach our account.

Non-refundable services

Some costs are committed to third parties the moment they are issued and cannot be recovered, regardless of cancellation timing:

- **Trekking permits** — ACAP/national-park entry and restricted-area permits are issued in your name.
- **Domestic flight tickets** — Kathmandu–Lukla, Pokhara and similar sectors, once ticketed.
- **Entrance tickets** to parks, monuments and heritage sites, once issued.
- **Chartered helicopters**, peak-climbing royalties and pre-paid activities.
- **Special hotel rates** booked on non-refundable terms at your request.
- Unused services, early descents, early departures and voluntary trip curtailments.

Permits & domestic flights

Permits

- Permits are issued by the relevant government authority and in your name; issuing them is not at our discretion.
- Permit and park fees are non-refundable once issued, including if you turn back on the trail.

Domestic flights

- Mountain sectors such as Lukla are weather-dependent. Delays and cancellations are common in cloud and are outside anyone's control.
- All cancellations and changes are subject to the airline's fare rules.
- Where a mountain flight is cancelled we will help you rebook or arrange an alternative, but Uncover Nepal is not liable for the delay itself or for onward connections you have booked separately.

How refunds are paid

- Cancellations must reach us in writing at contact@uncovernepal.com. The timeline above runs from the date we receive that email.
- We process your refund within 4 to 7 working days of our acknowledgement.
- Money is returned by the original payment method and in the original currency. Your bank may take a few more days to show it.
- When you cancel, bank and transaction fees on both the original payment and the refund are borne by the traveller. If we cannot run the dates we confirmed with you, we refund every cent you paid, fees included.

No-show & early departure

- Travellers who do not arrive for the trip are charged the full trip cost.
- Leaving a trip early, and any service you choose not to use, is charged in full and is not refunded.

Liability & disclaimer

Events beyond our control

Uncover Nepal is not liable for delays or cancellations caused by events beyond our control, including weather, landslides and road closures, natural disasters, government actions, strikes or pandemics.

Your own international flights, travel insurance and Nepal entry visa are your responsibility. We strongly recommend insurance that covers trekking to the maximum altitude on your itinerary, including helicopter evacuation.

Talk to us

Questions about a booking or cancellation? Email contact@uncovernepal.com or call +977 9705413894. For urgent queries, WhatsApp us for a faster response.

uncover nepal

Ready to book this trip?

Share your dates and group size. A Uncover Nepal travel expert will build the best plan for you — free, no pressure.

View tour on web →

WhatsApp us

Call / WhatsApp: +977 9705413894
Email: contact@uncovernepal.com · **New Baneshwor, Kathmandu, Nepal**
Web: uncovernepal.com

This itinerary is indicative and subject to a final booking agreement. Prices, inclusions and day sequence may change with availability, season and group size. Zeta Tours and Travels Pvt. Ltd.