



# BASIC MOUNTAINEERING COURSE

Duration: 21 Days | Grade: Moderate | Altitude: 5500 m.



Namaste!

Our Basic Mountaineering Course is an immersive introduction to high-altitude climbing in the Himalayas, designed for those who are curious about mountaineering and dream of standing on the summit of a Himalayan peak.

Set in the stunning Langtang Valley, this course combines trekking, technical skills training, and a real expedition experience. You will learn essential mountaineering techniques such as rope work, rock and ice climbing, glacier travel, and rescue skills, all under the guidance of highly qualified instructors and experienced climbers.

The course culminates with a summit attempt of Yala Peak, giving you your first true taste of Himalayan mountaineering in a safe, supportive, and professionally guided environment.



# Course Itinerary

## Day 1: Arrival in Kathmandu

Arrival in Kathmandu and transfer to your hotel. Meet the expedition team for a welcome briefing.

## Day 2: Expedition Preparation – in Kathmandu

Expedition preparation, gear checks, packing, and course orientation.

## Day 3: Drive to Syabrubesi

Scenic drive from Kathmandu to Syabrubesi, the gateway to the Langtang Valley.

## Day 4: Trek to Lama Hotel

Begin trekking through forests and river valleys, following the Langtang Khola to Lama Hotel.

## Day 5: Trek to Langtang Village

Continue trekking through rhododendron and pine forests, gradually gaining altitude to reach Langtang Village.

## Day 6: Trek to Kyanjin Gompa

Short but scenic trek to Kyanjin Gompa, surrounded by dramatic Himalayan peaks.

## Day 7: Acclimatization Hike – Kyanjin Gompa

Acclimatization hike to nearby viewpoints such as Kyanjin Ri or Tserko Ri. Afternoon rest and theory sessions.

## Day 8: Rest & Acclimatization Day

Rest day to aid altitude adaptation, equipment familiarization, and light skills practice.

## Days 9–12: Mountaineering Skills Training

Four days of intensive training covering:  
Use of mountaineering equipment  
Rope techniques and knots  
Rock climbing fundamentals  
Basic rescue techniques  
Includes overnight camping to expedition conditions.

## Days 13: Move to Base Camp

Move gradually to the expedition base camp for summit preparation.

## 14–16: Summit Preparation

Training now focuses on  
Ice climbing techniques  
Glacier travel and crevasse safety  
Team movement and rope travel  
Summit strategy and safety.

## Day 17: Summit Attempt – Yala Peak

Early morning start for the summit attempt of Yala Peak. Apply all learned skills while moving as a team across glaciers and snow slopes to reach the summit. Descend safely back to camp.

## Days 18–20: Trek Back to Syabrubesi

Pack camp and trek back through the Langtang Valley over three days, retracing the route to Syabrubesi.

## Day 21: Drive Back to Kathmandu

Return drive to Kathmandu. Time to relax, reflect, and celebrate the successful completion of your first Himalayan mountaineering expedition.

## Course cost: 3500 USD person.

**Included.** During the trek, meals and overnight in local Tea Houses. during the course camping and expedition set up. technical and group equipment, National Park Fees, permits and government taxes, Instructor, Guides and support teams, transportation. 2 night Hotel in Kathmandu.

**Excluded.** International travel, visa fees, Travel Insurance, Meals in Kathmandu, Personal clothing and equipment & personal expenses, such as hot showers on the tea house, drinks & snacks. Unforeseeable costs incurred due to accidents, strike, natural disasters, political unrest etc. Tips for guides, support staff.