

## Helambu Trekking



Helambu trek is a short and easy trek of Nepal and easily accessible from Kathmandu. The Helambu Trekking is popular trekking among the trekkers for its scenery and favorable climate. Helambu trek offers superb mountain views, picturesque Sherpa settlements, and after all unspoiled culture. This trek is more like cultural trek than mountain and glacier expeditions. Sherpas who live in Helambu are different than those living in the Khumbu region. Since the region has a majority of the Buddhist religion, trekkers will find numbers of Buddhist monasteries in the villages. Tarkeghyang is another Sherpa village along the way, which bears its own story.

Our trek starts from Kathmandu after driving by bus/car to Sundarimal, which is just 13 km from Kathmandu. We then continue to ascend to Chisopani where we spend the first night just outside the valley. Chisopani offers a great view of mountain and landscape. Then we make almost a circle going through Khtumsang, Tharapati, Tarkeghyang, Sarmathang and finally to Melamchi pul where we take a bus to Kathmandu.

### Fast Fact

Starting From Kathmandu

Total Days 10 Days

Ending At Melamchu River

Grade Moderate- Medium

Highest Access Of The Trek: 3500 m

Cultural encounter Tamang, Sherpa, Chettri, Bhramin

Trekking Type Tea house

Himalayan Sights Langtang, Ganesh Himal, Dorje Lakpa, Gauri Shankar,

Most Attraction Of the trek Close Mountain View, Villages

Best Season Mar - May-Oct to Nov

Transportation Car / Jeep

Per Day walking 5 to 7 hours

Itinerary Type Fixed/ Customized

Duration: 10 days

Price: \$950

Rating: 3 Star

Group Size: 2 - 15+ pax

Grade: Strenuous

Destination: Nepal

Activity: Trekking in Nepal

Region: Langtang Region

### Equipment Lists:

Footwear	Well broken-in walking shoes, thick socks, light socks, camp shoes.
Clothing	Down or fiber filled waterproof jacket and trousers, sweater or fleece jacket, underwear, warm and cotton trousers or jeans, shirts and T-shirts, shorts, long underwear, wool hat, sun hat, gloves, bathing suit, track suit.
Other equipment	Sleeping bag (4 seasons), trekking holdall or stash sack with lock, daypack, water bottle, sun cream, sunglasses, flashlight with spare bulbs and batteries, lip salve.
Other items	Insect repellent, toilet articles, diary, toilet roll, laundry soap, wet ones, pocket knife, tie cord, towel, sewing kit, plasters, binoculars, camera, film, cards and personal medical kit

### Itinerary:

**Day 1:** Arrival in Kathmandu airport (1345meters).

Your arrival to Tribhuvan International Airport (TIA), you will be met by our Airport Representative, and transfer to the hotel.

**Day 2:** Sightseeing around Kathmandu valley.

Your sightseeing trip will start at 9 AM in the morning after breakfast. We provide a private vehicle and professional tour guide.

Places we visit are Pashupatinath temple, Buddhanath, Monkey temple, Bhaktapur Durbar square, and Kathmandu durbar square.

The afternoon includes a final briefing and preparations for the trek.

**Day 3:** Kathmandu. to Chisopani(2150m)

Your sightseeing trip will start at 9 AM in the morning after breakfast. We provide a private vehicle and professional tour guide.

Places we visit are Pashupatinath temple, Buddhanath, Monkey temple, Bhaktapur Durbar square, and Kathmandu durbar square.

The afternoon includes a final briefing and preparations for the trek.

**Day 4:** Chisopani to Gulbhanjang/ Kutungsang(2142m)

The trail goes downhill till Pati Bhanjyang. After here you have to ascend all the way to Chipling by crossing meadows and fields.

There are good mountain views along this stretch of trail. Continuing along the forested ridge, the trail descends to a large Chorten overlooking the Tamang village of Gul Bhanjang.

**Day 5:** Gul Bhanjang/Kutungsnag to Tharepati(3597m)

The trail climbs the ridge from Gul Bhanjang to another pass at 2580m. it climbs above Kutumsang on a steep, eroded trail, mostly through fir and rhododendron without permanent settlement. the trail makes some ups and downs passing through a forest, across flower-strewn meadows and crossing streams. It finally reaches to Tharepati.

**Day 6:** Tharepati to Melamchigaon(2560m) - Tarkheghang(2560m)

Walking downhill in a forest, vegetation changes to scrub bamboo as the route joins a rocky cattle trail towards to stream and traverse to a Chorten and pasture, the first village since Tharepati. After crossing suspension bridge in Chhyadi Khola climb to reach the prosperous Sherpa village of Melamchigaon. It is a large village with extensive fields of barley, corn, and potatoes.

The trail drops down to cross Melamchi Khola. then climb all the way to the opposite ridge of Tarkeghyang which is exactly same altitude. This village is slightly larger and more commercial and its inhabitants are famous for selling Thangkas.

**Day 7:** Takheghang to Kakani( via Shermathang) 2000m

Today, you will visit Shermathang village and descends the ridge with a view to Melamchi Bazaar. The path continues from the Gangjwal and goes around the valley and small stream. When a large valley stretches ahead. Pass above the hamlet with a Gompa. The path becomes a gentle ascent and leads to the pass below the crematory painted Chorten trek until to reach Chautara at the end of the ridge. You are in Kakani.

**Day 8:** Kakani to Melamchipul to Kathmandu.

Without climbing the hills, the trail goes through Dubhachaur and Kaphalgiri village ( crowded with thatched roof houses). Go through the pine forest path become like a steep ditch. Cross through the wooden bridge at Melamchi Khola you will reach to Melamchi Bazaar. From Melamchi Bazar, the bus ride will take about 4 hours to reach Nagarkot.

**Day 9:** Nagarkot to Kathmandu

See the sunrise early morning then drive back to KTM via Sightseeing in the ancient the Bhaktapur city.

**Day 10:** Sightseeing Bhaktapur City

Sightseeing Bhaktapur City !!!!!

**Cost Include:**

- Airport pick-up and drop off services
- Transportation by car/van
- English Speaking Trekking guide
- Porter( One porter can carry up to 25-30 kgs luggage of two participants)
- National Park Entrance Fees
- Trekkers' Information Management system(TIMs) card
- All meals (breakfast, lunch and dinner)
- Accommodation in teahouses (lodges) during the trek
- Hotel accommodation in Kathmandu
- Insurance of staffs
- Welcome and Farewell Dinner

**Cost exclude:**

- Personal nature expenses such as all kinds of drinks, beverages, etc.
- Drinks, beverages, hot shower, etc.
- Sleeping bag, down jacket etc.
- Emergency Rescue service
- Tips