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## HELAMBU TREK

### Overview

The best circuit trekking route near the Kathmandu Valley is the Helambu Trail—the highest trek point is only 3,500m. The Helambu trek is a short, easy and famous trek that lies in the Helambu region – the home to the Hyolmo people from which the term Helambu derives. Laurebina-La Pass marks the beginning of the Helambu region, which extends further into Melamchi valley. This trek offers the opportunity to explore Buddhist culture while taking in the gorgeous scenery and vistas of mountain ranges like Gauri Shankar, Langtang, and Ganesh Himal. Despite being closer to the capital city, the region's natural beauty and authentic way of life remain untouched, allowing you to still appreciate them in their natural state. It is a once in a lifetime opportunity to experience the Himalayan mountains of Nepal while also exploring the unique Hyolmo culture, Buddhist monasteries with artistic architecture, and prominent Buddhist pilgrimage sites. The trip is made easier by the low altitude, which ranges from 800 to 3600 meters, and offers less climbing in addition to stunning views of lush valleys, the Himalayan range, blooming rhododendron forests, monasteries, and Buddhist settlements.

### Itinerary

#### **Day 1: Drive to Sundari Jal and Trek to Chisapani.**

Early in the morning, we will take a flight to Kathmandu to begin our hiking trip. Following our arrival in Kathmandu, we will have a delicious breakfast and depart for Sundari Jal, which will take us an hour to reach. It is where our trek begins and is situated at the foot of the Kathmandu Valley. We can see the Shivapuri watershed and Wildlife Reserve once we arrive at Sundari Jal.

From Sundari Jal, we set out for Chisapani, and it will take us four to five hours to get there. We proceed on the trail till we reach Shivapuri National Park. After trekking over a ridge that is 600 meters above Sundari Jal and around 1,895 meters high, we will reach Mulkharka – a Tamang settlement. Then we walk along the ridge and through a wide forest filled with oaks and rhododendrons until we reach our destination Chisapani. From there, we witness the panoramic views of the mountains, Himalayans Peak, the picturesque surroundings, and the magnificence of the multicolored rhododendrons.

**Destination:** Chisapani

**Altitude Gain:** 2295

**Duration:** 6

**Accommodation:** Lodge

## **Day 2: Trek from Chisapani to Kutumsang.**

We wake up early to see the morning panorama of the Himalayan range and breathtaking sunrise from the Chisapani viewpoint. We leave for Kutumsang after breakfast, which takes five to six hours. Although the trek is long and requires frequent uphill and downhill walks, it is not as steep as compared to the previous day. We enjoy the breathtaking scenery of the Langtang mountains as we walk alongside several meadows and agricultural farms until we reach our destination. After leaving Chisapani, we head toward Pathi Bhanjyang (1770m), a charming small settlement and trek further until we reach our today's destination Kutumsang, a little town perched on a ridge.

**Destination:** Kutumsang

**Altitude Gain:** 2470

**Duration:** 7

**Accommodation:** Lodge

## **Day 3: Trek from Kutumsang to Tharepati.**

After breakfast, we begin our hike to Tharepati. The trek begins with an ascent through fir and rhododendron woods in a region where there are no permanent settlements. Today's trail offers stunning views of the Himalayan ranges, particularly the Langtang and Gosaikunda peaks, as well as lush, beautiful and bloomed Nepal's national flower, the rhododendron. The journey continues to Yurin Danda and Magen Goth, which offer breathtaking mountain views. We continue our ascent till we reach our destination Tharepati where we will be spending our nights.

**Destination:** Tharepati

**Altitude Gain:** 3690

**Duration:** 6

**Accommodation:** Teahouse

#### **Day 4: Trek from Tharepati to Tarke Ghyang.**

Today's trek will be fascinating as we get to witness different cultures and ways of living. This trek takes about five hours. The trail quickly descends towards the canyon through Melamchi Gaon, a small Sherpa settlement where we can see an ancient and beautiful Gompa. After leaving Melamchi Village, we continue the trek to Tarke Ghyang, passing through a few Sherpa communities and enjoying the views of the Himalayan peaks. The largest settlement in Helambu, Tarke Ghyang, is a wonderful place to learn about Sherpa culture and spirituality. Additionally, we will visit one of the oldest and biggest monasteries in this region as well as explore village monasteries, people's lifestyle and their surroundings.

Additionally, we will explore local monasteries, people's lifestyles, and their surroundings. Take Ghyang is home to one of the oldest and largest monasteries in this region. local monasteries in Tarke Ghyang.

**Destination:** Tarke Ghyang

**Altitude Gain:** 2600

**Duration:** 7

**Accommodation:** Teahouse

#### **Day 5: Trek from Tarke Ghyang to Sermathang and back to Kathmandu.**

After having breakfast, we will begin our exciting trek day in the Helambu region heading toward Sermathang. The journey from Tarke Ghyang will take us through the lush jungle, streams, and waterfalls, offering breathtaking views. We will continue the walk till we reach the Sermathang settlement, passing through numerous small communities and a forest area of the Helambu region. It is a beautiful town with several Buddhist monasteries. Additionally, it operates as the center of the Helambu region's apple farming sector. From the village, we can also catch a glimpse of the spectacular Himalayan range. After touring the village, we will drive from Sermathang to Kathmandu via bus, passing through Melamchi Bazaar.

**Destination:** Kathmandu via Sermathang

**Altitude Gain:** 1400

**Duration:** 7

## Includes

- Three meals a day during the Trekking (Breakfast, Lunch and Dinner)
- Accommodations in Tea House during the Trekking.
- Trekking Guide, assistant trekking guide for groups with 12 or more trekkers and a porter (Sharing by two clients) with Insurance, food and accommodations.
- Proper First aid kit.
- Langtang National Park entry permit fee.
- TIMS card (Trekking Information Management System) permit.
- All government, local taxes, and official expenses.
- The company's duffel bag will also be provided. (If needed).
- All essential official fees.

## Excludes

- International Airfare.
- Your travel insurance.
- Excess baggage charge (weight limit 9 kg per person).
- Nepal visa fee.
- Any kind of drinks during the trek.
- Other items of personal expenses like hot shower, battery charge, telephone, porter, etc.
- Tips for the Guide and Porter(expected).

- Travel insurance that covers emergency high-altitude Heli – rescue and evacuation and health care costs (compulsory).
- Additional costs or delays due to circumstances beyond our control like bad weather conditions, itinerary modification for safety, government policy changes.