Helambu Trekking



The Helambu hike is a short and easy hike in Nepal that is easily accessible from Kathmandu. The Helambu Trekking is a popular trek among trekkers due to its scenery and favorable environment. The Helambu Trek offers breathtaking mountain views, charming Sherpa communities, and, most all, intact culture. This is more of a cultural excursion than a mountain or glacier expedition. Sherpas in Helambu differ from those in the Khumbu region. Trekkers will encounter a large number of Buddhist monasteries in the villages because the region is predominantly Buddhist. Tarkeghyang is another Sherpa settlement along the road, with its own narrative.

Our hike begins in Kathmandu, after traveling by bus or car to Sundarijal, which is only 13 kilometers away. We next ascend to Chisopani, where we spend our first night just outside the valley. Chisopani provides a stunning view of the mountain and its surroundings. Then we travel nearly a circle, passing via Khtumsang, Tharapati, Tarkeghyang, Sarmathang, and finally, Melamchi Pul, where we catch a bus to Kathmandu.

Duration: 10 days

Price: $950

Rating: 3 Star

Group Size: 2 - 15+ pax

Grade: Strenuous

Destination: Nepal

Activity: Trekking in Nepal

Region: Langtang Region

Equiment 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 Tribhuwan 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 !!!!!

Highlights:

- Offers a picturesque journey through the Helambu region, known for its lush forests, terraced fields, and traditional villages.
- Trekking through Helambu allows visitors to immerse themselves in the unique culture and lifestyle of the Sherpa and Tamang communities, experiencing their hospitality and traditions firsthand.
- Located close to Kathmandu Valley, Helambu Trekking is easily accessible, making it a popular choice for those seeking a shorter trek without compromising on scenic beauty and cultural experiences.
- The trek offers stunning panoramic views of the snow-capped Himalayan peaks, including Langtang Lirung, Dorje Lakpa, Gaurishankar, and others, providing ample opportunities for photography and admiration.
- Helambu's tranquil atmosphere, pristine nature, and peaceful surroundings offer trekkers a chance to escape the hustle and bustle of city life and rejuvenate amidst the beauty of the mountains.

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