# Helambu Trek

## Trip Facts

**Duration:** 9 days

**Trekking Destination::** Helambu Trek

**Maximum altitude::** 3650m/11972 ft

**Transportation::** Drive/Hiking

**Mode of Trekking Tour::** Hotel/Tea House

**Trekking Hour::** 5-8 hours Per Day

**Best Season::** March/April/May/Sept/Oct/Nov

A superb introduction to hiking the trails of the Himalaya, Helambu trek is a perfect short trek within close proximity to Kathmandu. Although quiet close to the capital, this is an unfrequented trail that takes you through a vast vista of experiences from the High Himalayan culture of its inhabitants to majestic lush mountainous terrain of rhododendron and bamboo forests, sparkling water falls and majestic sceneries. You will chance upon quaint monasteries and villages perched high on the mountain meadows near the Tibet border with age old 'Bonpo and pre-Buddhist' practices and a live that has remained relatively unchanged throughout the centuries - enthralling you with its mysticism. Populated sparsely by various ethnic groups from the Tamang, Bhotia and Sherpa, most descendants of people from the Tibet region.

Our Helambu trek offers you the opportunity of experiencing the life and culture of the Hyolmo or Yolmo people in settings that can only be described as spectacular. Your trek begins from Sundarijal, an hour's drive from Kathmandu through the Shivapuri National Park, Chisopani, Kutumsang, Thadepati and Sermathang, and finally culmulating at Melamchi Pul Bazar in the Helambu region.

This trek is a superb introduction to Nepal Himalaya and suitable for all age groups and family taking us through some of the most pristine and untouched sections of the Himalaya.

P O Box 4612, Sukedhara, Kathmandu, Nepal
Mobile: +977-9851197848 / 47 / 46
WhatsApp: +977 9851197848 / 9851197846
Email: info@explore-vacation.com, sales.explorevacation@gmail.com

# Day to Day Itinerary

**Day 1:Arrival in Kathmandu (1,300m /4,264 ft)**

The Himalayan flight to Kathmandu is a thrilling experience, with its city views and the snow mountains floating around as though just close enough to touch. Once through immigration formalities walk through to the arrival lounge and our representative will be there with a play card bearing your name. You will then be transferred to your Hotel, check-in and refresh. Later in the evening we will have a briefing on your trip ahead. Overnight at hotel

**Day 2:Guided Kathmandu Sightseeing Tour & Preparation**

After breakfast, 'a tour of the senses' - a guided exploratory tour to four of UNESCO World Heritage Sites of Nepal; Kathmandu Durbar Square, Pashupatinath, the Buddhist shrines of Boudhanath and Swayambhunath. This day will also be for finalizing official procedure and other necessary arrangements, to more information on your forthcoming trip, equipments and team composition. During the afternoon you can start preparations and shopping for any personal items you may have forgotten for the ultimate trip of a lifetime. Overnight at hotel

**Day 3:Drive to Sundarijal & trek to Chisapani (2300m/7544ft): 4 hrs Trek**

The start of an incredible Himalayan Holiday. After breakfast, an hour's drive brings you to Sundarijal (1350m), our trek start point. Our trail starts near a small hydroelectric plant and enters the Shivapuri National Park. An easy hike under forest cover you come across the settlement of Mulkharka, inhabited mostly by the Tamang people. The trail then takes a ridge through a forest of oaks and rhododendron to Chisopani. It is an easy hike with great views. Overnight at Lodge

**Day 4:Trek Chisopani to Kutumsang (2446m/8023ft): 7 hrs**

A long day to explore our trails, begins with a hot cup of tea, followed by breakfast. We cross meadows and fields all the time with great views of the Langtang mountains. Cross Pathi Bhanjyang and Gul Bhanjyang, the trail then ascends to a pass from where downhill brings us to the village of Kutumsang. Overnight at Lodge

**Day 5:Trek Kutumsang to Thadepati (3650m/11972ft): 6 hrs**

An exciting day ahead as you hit ther trail uphill, through fir and rhododendron forest where there are no permanent settlements. Your trek then continues to Yurin Danda (hill top) with magnificent views of the Himalayas. Ffrom here it is a short distance to our halt at Tharepati. Overnight at Lodge

**Day 6:Trek to Tarkeghyang (2560m/8397ft): 6 hrs**

It is an exhilrating day today as your trail descends to the Melamchi Khola (river) before gradually ascending. Your hike today takes you through several Sherpa settlements with magnificients frontal views of Langtang, beckoning. Later explore the village and rediscover the land of the Helambu. This is mostly because the inhabitants of this quaint village belong to the Helmu caste. Don't forget to visit the Gompa here, as it is the biggest and oldest of this region. Overnight at Lodge

**Day 7:Trek to Sermathang (2,610m/8,563ft): 3/4 hrs**

You take a leisurely hike today through a wide valley between Parachin and Gangyul villages. Time at hand to explore these villages and their culture. The people of this village practice Drukpa Kagyu Buddhism, the same as the national religion of Bhutan. Overnight at Lodge

**Day 8:Trek to Malemchi Bazaar & Drive to Kathmandu: 4 hrs trek and 2 hr drive**

The culmination of a fascinating and incredible journey takes you through a short hike down to the Malemchi Pul (bridge) Bazaar, where you catch your transport back to Katmandu. A farewell dinner will be hosted by 'The Trekkers Society' and congratulations on the completion of your trek! Overnight in Hotel

**Day 9:Departure**

The end of an incredible Himalayan holiday as we bid adieu to Nepal. Our representative will drive you to the airport in time for your flight back home. We ensure that that you leave Nepal, cherishing the incredible sojourn and an experience of a lifetime. Or, if you have time and interest, you can extend your stay and take optional treks to other areas of Nepal, Tibet, Bhutan, Darjeeling or Sikkim or other activities in Nepal like white water or wildlife safari, do let us know.

# Trip Cost Includes

- Arrival/Departure transfers.
- Accommodation in Kathmandu wtin sharing room with breakfast.
- Accommodation teahouse/lodge with all meals (Breakfast, Lunch and dinner) during trek.
- Sightseeing tour in Kathmandu valley including tour guide and entrance fees.
- Sundarijal Transfer by Private Transport.
- All required supporting crews with experienced leader (guide), porters to carry luggage.
- All necessary paper work and permits (Langtang & Shivapuri National park permit and TIMS )
- Melamchi Bazaar Pick up.
- First Aid Kit.
- All government and local taxes.

# Trip Cost Excludes

- Meals in Kathmandu.
- Nepal entry visa fee.
- your travel insurance
- Insurance for any loss & damage.
- Rescue & evacuation service.
- Extra Tea & Coffee before/after meal.
- Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porters, bottle drinks etc)
- Tip for Guide & Porters.
- Any additional cost due to unforeseen circumstances