

Helambu trek summary

Helambu trekking is easy level trekking near Kathmandu valley. It makes a loop through the Sherpa and Tamang population. Helambu region is located 72km north-east of Kathmandu. Helambu Circuit trekking starts from Sundarimal, Half an hour drive from your hotel. The treks provides typical glimpse of village life in Nepal. Its low elevation and the Sherpa villages make it an interesting loop.

The normal trail head starts off at Sundarimal and goes past Chisopani, Kutumsang, Magin Goth, Tharepati, Malemchi gaun, Tarke Gyang, Shermathang and Melamchi where you can take a bus back to Kathmandu. Another variation is the reverse of this trek. The maximum height reached during the trek is about 3650m.

USD 600 \$/ per person

Itinerary

Day 01: Arrival in Kathmandu - 1,300m/4,264 ft

Day 02: Kathmandu Sightseeing & Preparation for the Trek

Day 03: Drive to Sundarimal & trek to Chisopani (2300m/7544 ft): Drive 30 minute, and Trek: 5-6 hours

Day 04: Trek from Chisopani to Kutumsang (2446m/8022ft): 5-6 hours

Day 05: Trek from Kutumsang to Thadepati (3650m/11972ft):5- 6 hours

Day 06: Trek to Tarkegyang (2560m/8397ft): 5-6 hours

Day 07: Trek to Sermathang (2,610m/8,563ft): 4-5 hours.

Day 08: Trek to Malemchi Puul Bazaar: Drive to Kathmandu: 3-4 hours trek/ 3 hr drive.

Day 09: Leisure Day /visit Kathmandu Durbar square and monkey temple and evening Farewell dinner.

Day 10: Transfer to the International Airport for Your Final Flight Departure

Day to day itinerary

Day 01: Arrival in Kathmandu - 1,300m/4,264 ft

Our journey in Nepal begins today. A Map adventure representative will be waiting for you at the airport. He/she will then drop us off at our hotel where we can take a rest. In the evening we can enjoy a welcome dinner. During the dinner we can enjoy Nepalese cuisine which will introduce us to the country's food culture.

Overnight at hotel. Dinner Included.

Day 02: Sightseeing in kathmandu.

A private vehicle and a professional tour guide will be provided. We will visit the following places:

Bhaktapur Durbar Square

Bhaktapur Durbar Squar is the plaza in front of the royal palace of the old Bhaktapur, It is a UNESCO World Heritage Site. Many tourists attraction is toward the pachpann jhyale durbar.

The Bhaktapur Durbar Square is located in the current town of Bhaktapur, also known as Bhadgaon which lies 13 km east of Kathmandu. While the complex consists of at least four distinct squares (Durbar Square, Taumadhi Square, Dattatreya Square and Pottery Square) the whole area is informally known as the Bhaktapur Durbar Square and is a highly visited site in the Kathmandu Valley

Pashupatinath Temple_

Pashupatinath Temple is one of the holiest Hindu shrines in the world. Dedicated to Lord Shiva, the temple lies 5 kms east of the city center. The richly-ornamented pagoda houses the sacred Linga, or phallic symbol, of Lord Shiva.

Boudhanath Stupa

visit Boudhanath, the 2500 years old Buddhist stupa in the Valley built in 5th century with four pairs of eyes of Lord Buddha in four cardinal directions keeping an eternal watch over the people and their doings. You will find Buddhist pilgrims from Tibet going round the stupa spinning the prayer wheels.

Overnight at hotel. Breakfast Included.

Day 03: Drive to Sundarijal 30 minute and Trek to Chisapani. 2300 m/7545ft. 5-6 hours

First you drive to Sundarijal (1350m), it is about half an hour and then walk uphill to Chisapani. The unpaved road from Kathmandu turns into a trail near a small hydroelectric plant. The trail passes through the Shivapuri Watershed and Wildlife Reserve. The first settlement you will come across is Mulkharka with Tamang inhabitants. The route heads down the ridge through the forest of oaks and rhododendron to Chisapani (2300m.). It has magnificent views from Annapurna to Everest.

Overnight at a tea house. Breakfast, Lunch and Dinner Included

Day 04: Trek from Chisapani to Kutumsang (2446m/8022ft): 5-6 hours

We follow the trail overlooking the awesome valley view and enjoying nature and mountains. We are trekking to Kutumsang today after breakfast. The trail goes through two small passes before descending to the destination for the day. We can enjoy some magnificent views of Langtang mountain range and other spectacular landscapes.

Overnight at a tea house. Breakfast, Lunch and Dinner Included

Day 05: Trek from Kutumsang to Thadepati (3650m/11975ft): 5- 6 hours

The trek continues north up the Yurin Danda ridge and affords views of the peaks. The trail climbs above Kutumsang on a steep, eroded trail mostly through fir and rhododendron forest where there are no permanent settlements. The trail then descends gradually to Magen Goth. There are few lodges. The trail gradually ascends through the enchanting forest enriched with beautiful rhododendron,

oak and other trees. Tharepati offers breathtaking view of the snow-capped mountains such as Dorje Lakpa, Gaurishankar, Langshisa, Jugal, Numbur and many others.

Overnight at a tea house. Breakfast, Lunch and Dinner Included

Day 06: Trek from Thadepati to Tarkeghyang (2740m/8397ft): 5-6 hours

From Tharepati the trail steeply descends through the pine and rhododendron forest with great views down into the Helambu valley and across to Jugal Himal and Numbur. Melamchi Gaon is surrounded by beautiful forests, where it is mainly inhabited by Sherpa people with their distinctive culture. Leaving Melamchi Gaon, you trek along the descending path until you cross the stream named as Melamchi. Now you trek gently up to Tarkeghyang passing through Sherpa settlements. Tarkeghyang is a beautiful Sherpa village with one of the oldest and biggest monasteries. Tarkeghyang, also known as Helambu is named after the Helmu caste. The Sherpa people living here originally belong to Helmu caste.

Overnight at a tea house. Breakfast, Lunch and Dinner Included

Day 07: Trek from Tarkeghyang to Sermathang (2,610m/8,563ft): 4-5 hours.

Sermathang is another village rich in cultural and full of natural wonders surrounding. This day of walk is an easy one that takes us through forest and local cultural villages. Sermanthang village gives us a deeper insight on the influence of Buddhism in the region. When we reach the village, we go to explore a monastery.

Overnight at a tea house. Breakfast, Lunch and Dinner Included

Day 08: Trek from Sermathang to Malemchi Pul Bazaar(870m/2854ft) : Drive to Kathmandu: 3-4 hours trek/ 3 hr drive.

Today is the last day of our trekking part and we trek to Melamchi Pul bazaar. We set off on an easy day of walk towards the destination that takes us through several cultural and natural wonders along the trail. We descend to Melamchi pul

bazar on the confluence of Melamchi Khola and Indrawati River. We stop for lunch and drive back to Kathmandu.

Overnight at a tea house. Breakfast and Lunch Included

Day 09: Leisure Day /visit Kathmandu Durbar square, monkey temple and evening Farewell dinner

In the evening we will have a farewell dinner in a traditional Nepalese restaurant with cultural performances.

Overnight at a hotel. Breakfast and farewell dinner included.

Day 16 - Transfer to the International Airport for Your Final Flight Departure

The trip concludes – we will drop you to Kathmandu's Tribhuvan International Airport for your flight departure from Nepal.

Overnight at a hotel:Breakfast included.

Price Included

- Airport / Hotel / Airport pick up & drop off service by a private tourist vehicle.
- Standard twin-sharing accommodation in a three-star hotel in Kathmandu including breakfast (3 nights).
- Guided city tour in Kathmandu by a private tourist vehicle.
- All standard meals during the trek (Breakfast, Lunch and Dinner).
- Guesthouse accommodation during the trek in mostly twin-share and occasionally dormitory-style rooms (05 nights).
- Local and government licensed English-speaking trekking guide.
- The required number of local staff and porters to carry your luggage during the trek. We assign one porter for every two guests.
- Food, accommodation, salary, insurance, equipment and medicine for all staff.
- Shivapuri and Langtang National Park permits and TIMS permit for trekking.
- Drop trekking starting point and pickup from ending point.

- Sightseeing/Monument entrance fees in Kathmandu.
- Farewell / welcome dinner in a traditional Nepali restaurant with cultural performances.

Price Does not Include

- Lunch and dinner in Kathmandu.
- Travel insurance which covers emergency high-altitude rescue and evacuation
- International airfare and airport departure tax.
- Nepal entry visa; you can obtain the visa easily upon your arrival at Tribhuvan International Airport in Kathmandu (Tourist Visa with Multiple Entries for 15 days can be obtained by paying USD 25 or equivalent foreign currency. Similarly, Tourist Visa with Multiple Entries for 30 days and 90 days can be obtained by paying USD 40 and 100 respectively.
- Please bring 4 copies of passport size photos.)
- Alcoholic, hot and cold drinks.
- Personal trekking equipment.
- Tips for trekking staff and driver (tipping is expected).
- Any others expenses that are not mentioned in the Price Includes section.