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Helambu Trek - 10 Days

Helambu trek is considered one of the easy and short treks towards the north of the Kathmandu Valley. Helambu Trek does not take you to very harsh high altitudes but still provides you a very good time of viewing snow-clad mountains. Due to the trail being easy and at a lower altitude Helambu trek is easy and preferred as a family trekking site as all the family members can experience the joy of trekking regardless of their age. This trek offers views of snow-capped mountains alongside trekking through the greenery of rhododendron and bamboo forest.

We begin our trek from Sundarijal after driving about an hour from Kathmandu. We will enter the Shivapuri National Park after walking for about an hour. Trekking along the Chisapani, Kutumsang, Thadepati, and Sermathang, the trek concludes at the Melamchi Pul Bazar in the Helambu region.

The culture of the Sherpa and Tamang people can be seen with a number of beautiful Buddhist monasteries along the trekking route. The snow-capped mountains like Gang Chhenpo, Jugal Himal, Nayagang Himal, Dorje Lakpa, Ganesh Himal, and Langtang Lirung are offered to observe in this Helambu trek.

No trekking experience is required whatsoever to start off this ultimate easy yet astounding trek and best experienced with your family.

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PRICE INCLUDES

- Airport and hotel transfers as per itinerary in private vehicle
- 3 nights' accommodation (twin sharing) in Kathmandu in a 4-star category hotel: Ramada Encore or similar
- Guided sightseeing tour in Kathmandu including temple/monument entry fees and private vehicle
- Meals (breakfast, lunch and dinner) during the trek
- Twin sharing accommodation in best available teahouse/lodge during the trek
- Staff– one professional, knowledgeable and friendly English speaking trekking leader along with assistant guide (6 trekkers : 1 assistant guide) and porters (2 trekkers : 1 porter) including their food, accommodation, salary, equipment, transportation, and accidental insurance
- Ground transportations from Kathmandu – Sundarijal– Kathmandu transfers by private vehicle (bus/jeep)
- Duffle bag, sleeping bag, and down jacket for use during the trek
- Icicles Adventure T – shirt, trekking map and trip achievement certificate
- First aid medical kit
- TIMS, trekking permit
- All government taxes & office service charge

PRICE EXCLUDES

- Nepal visa arrangement **(**more on Nepal Visa Information)
- International airfares
- Travel and rescue insurance
- Added night/s accommodation in Kathmandu and also because of early arrival, delayed departure, early return from mountain (due to any cause) than the programmed itinerary
- Lunch and dinner in Kathmandu (and also in the case of early return from mountain than the programmed itinerary)
- All kind of drinks (alcoholic, hot, or cold)
- Personal expenses such as phone calls, bar bills, laundry, battery recharge, bottle or boiled water, hot shower, extra porters, etc)
- Personal equipments and clothing
- Tips for guides and porters (tip is expected)

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ITINERARY IN DETAIL

Day 1: Arrive Kathmandu (1300m/4265ft)

Finally the time comes when your Nepal trekking plan comes into action as you arrive at Tribhuwan International Airport in Kathmandu today. After your completion of customs and visa formalities, meet our guy waiting for your arrival at outside terminals across pavement. He will be carrying a display card with your name on it. Or he will simply recognize you. Then transfer to your chosen hotel in a private vehicle. We also assist you in checking into your hotel and provide you our duffel bags with company printed shirts that comes into use while trekking. Later enjoy rest of the day at hotel or give short walk at streets of Kathmandu. Stay overnight at hotel in Kathmandu.

Day 2: Trek preparation and city tour

It is a day for sightseeing, exploring and visiting mainly UNESCO world heritage sites with our professional tour guide. These heritage sites like Kathmandu durbar square, Swayambhunath stupa, Pashupatinath temple and Boudhanath stupa offers plentiful of religious, cultural and historical insights into local living at capital city of the nation. Due to road expansion and infrastructure development in recent time, you are highly recommended to wear face mask before hitting streets of Kathmandu to avoid dust. Later we also do have pre-trip meeting with our professional trekking guide and he will also ensure all your trekking gears and equipments are acquired as necessary. Overnight stay at hotel in Kathmandu. Meal includes breakfast.

Day 3: Drive to Sundarijal & trek to Chisapani (2300m/7546ft), 4 hrs

Our Helambu trek initiates after we take about an hour drive to Sundarijal on private departure. Located at north eastern side of Kathmandu valley, Sundarijal is also popular picnic spot for domestic travelers. From Sundarijal, we ascend along stone paved route. After few minutes, we enter Shivapuri and Nagarjun National Park. Further walking along rhododendron forests, the route continues via Watershed. It is the main place from where our trekking activity begins. Across the trails, mostly we find Tamang inhabitants at Mulkharka and Borlang Bhanjyang. We will stay overnight at local teahouse in Chisapani. Today we shall walk for approximately 4 hours. Meal includes breakfast, lunch and dinner.

Day 4: Trek from Chisapani to Kutumsang (2446m/8024ft), 5 hrs

Second trekking day begins after we have our early meal and preparing for day's walk, Gradual ascend to Pati Bhanjyang, forested trails via Thankune bhanjyang, we arrive at our lunch spot at Chipling. There are couple of monasteries and chortens nearby main trekking route, with Natioanl park office, mani stones along with cave to explore at end of the day today. This site is also popular camping spot. We will stay overnight at Kutumsang in a local lodge. Meal includes breakfast, lunch and dinner.

Day 5: Trek from Kutumsang to Tharipati (3650m/11975ft), 5 hrs

With more or less 1000m gain in our day's walk, experiencing the waterfalls, local settlements, Kyuola bhangyang and camping spot at Mangegoth at 3390m elevation. We have our lunch here. In this way hiking north through forested trails, the route becomes more steep after we have our lunch and more careful walk is necessary. You need to follow the instructions given by our professional trekking guide and after a while we arrive at our destination of the day, Tharipati. It is also the highest point of our trek Overnight stay at one of the few tea houses at Tharipati. We walk

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for around 5 hours today. Meal includes breakfast, lunch and dinner.

Day 6: Trek from Tharipati to Tarkeghyang (2743m/8999ft), 5 hrs

Traversing further through oak and rhododendron forests via popular Melamchi gaun, we will here get to meet and interact with local Sherpa communities. Our trekking guide will assist you in understanding the difference in culture and enjoying to see, learn and accept new places, things and people. THe main objective of this trek is to explore Hyolmo culture at Helambu. And this objective is mostly fulfilled while walking around Helambu region. After lunch we will have plenty of downhill walk and also we do give our visit to nearby popular monastery. We finally arrive at Tarkeghyang at until the end of day and stay overnight at local tea house over there. Total walking hours would be 5 hours and meal includes breakfast, lunch and dinner.

Day 7: Trek from Tarkeghyang to Shermathang (2621m/8599ft), 4 hrs

While making our way through Tarkeghyang to Shermathang, we encounter power house generating electricity from local water resources, monasteries and mani walls along with camp site at Shermathang. It shall be easier for most of us while walking along decent flat surface without steep ascends and descends. Along with local Sherpa cultural insights into Sherpas, we also do see nice views of Jugal himal range from here towards northern side. Therefore it would be a complete packaged day that let us observe from cultural to natural attractions without much effort. Later we stay overnight at local teahouse at Shermathang. Total walking hours would be 4 hours. Meal includes breakfast, lunch and dinner.

Day 8: Trek from Shermathang to Melamchi Pul Bazaar (846m/2775), 5 hrs

Now from today we start to see more local settlements and villages surrounding us with beautiful green landscapes, forests, waterfalls, rivers flowing from two sides of the route. We do find about dozens of chortens, small and big monasteries, temples along with mani wall that blesses us with a great deal of chance to know about cultural insights, religious beliefs and lifestyle. Later we stay overnight at local lodge in Melamchi Pul bazar. Toral walking hours would be approximately 5 hours and meal includes breakfast, lunch and dinner.

Day 9: Drive back to Kathmandu

Melamchi Pul bazar is the final trekking stop of our Helambu trekking. Today, we take about 4 to 5 hours of drive towards Kathmandu that ends our short and cultural Helambu trek nearby capital city. Upon arrival at Kathmandu in late afternoon, enjoy free time, fo some last minute shopping and souvenirs. Have fun. Stay overnight at hotel in Kathmandu. Meal includes breakfast and lunch.

Day 10: International Departure

All these 9 days of Helambu trek finally comes to conclusion today. After you have packed all your stuffs, managed the baggages, we will transfer you to International airport in Kathmandu 3 hours prior your scheduled international flight. We hope that we have meet your expectations in service and quality. See you soon, and farewell. Meal includes breakfast.