



## Helambu Trek - 8 days - \$12000/Person

### Trip Info

**Trip Code:** WHT/NT-03

**Grade:** Moderate Difficult

**Maximum Elevation:** 6,135M.

**Type:** Trekking/Hiking

**Activity:** Cultural wonders

**Starts at:** Kathmandu

**Ends at:** Kathmandu

**Trip Route:** Kathmandu, Lukla, Namche Bazaar, Thyangboche, Everest Base camp, Kalapathhar and Kathmandu

**Best Season:** Aug-Nov, Apr-May

**Accommodation:** Lodge and Camping

**Meal:** During package Tour Full Board Service. Bed and B/B during Kathmandu.

**Offer:** 30% Discount

Trekking in Helambu is relatively easy trek near Kathmandu. Short helambu trek Nepal is the perfect package if you are visiting Nepal for limited time span. The highest altitude that you will reach is 3600m. Helambu trekking can be enjoyed as the family package. No previous trekking experience is required for Helambu treks.

White himalaya Treks currently offers 8 days Helambu trekking. Helambu exists 72km northeast of Kathmandu. We will take an hour of drive and reach Sundarijal from where Helambu treks commences. We will walk through the dam to the forest area of Shivpuri National Park that is rich in various floras and faunas. Shivpuri National Park is also the ideal place for bird watching. Red panda, Himalayan Black Bear, musk deer, Ghoral, Thar, langur and Pika. The ridge in Shivpuri offers striking views of Shivpuri Mountain and Central Himalayan Range. We will move in and out of Tamang settlements of Kutumsangu and Tharepati to Melamchi Gaon. Visiting the largest monastery of the region at Tarkegyang is another attraction of trek helambu. We will lower down to Timbu via Melamchi Bazaar and take 4hrs of drive back to Kathmandu.

## Itinerary

**Day 1** - Arrival in Kathmandu 1,327 m and transfer to hotel.

On reaching Kathmandu international airport via various respective airlines, our Nepal Base Camp Treks guide or staff will receive you with warm welcome and then a short drive to your hotel in the heart of Kathmandu city.

After checking in your hotel rooms and getting refreshed join at the hotel lobby for group briefing and orientation program where our guide informs you regarding hotels, Kathmandu, Nepali culture, Helambu & Jugal Himal Panorama Trekking with welcome dinner in a pleasant authentic Nepalese restaurant with culture program.

**Day 2** - In Kathmandu with sightseeing tour and trek preparations.

In Kathmandu morning after breakfast and at given time our city guide will pick you up for sightseeing tour around places of interest around Kathmandu old part of the city, Kathmandu is famous for world heritage sites with tour of Pashupatinath a holy temple, Bouddhanath Stupa a Buddhist pilgrimage spot or tour of Kathmandu old Durbar (palace) Square and ancient 2,500 years old Swayambhunath, afternoon free for Helambu & Jugal Himal Panorama Trekking preparation.

**Day 3** - Scenic drive to Sundarimal 1,463m 1 hr and trek to Chisapani 2,194m – 04 hrs.

Starting our wonderful Helambu & Jugal Himal Panorama trek with morning drive towards east of Kathmandu valley rim, reaching at Sundarimal situated 15 k.m. away from Kathmandu city, from Sundarimal our route leads to uphill climb through farm villages, cascade of waterfalls and reaching at an entrance of Shivapuri National Park, from here through patch of forest and scattered farm field villages to reach at Chisapani located on a ridge north of Kathmandu valley rim high hills, where air is cooler at an height of 2,300 meters with grand views of snowcapped peak ranges from Annapurna-Manaslu-Ganesh Himal, Langtang Himal extend towards Jugal Himal range including views of Kathmandu valley, this spot offers stunning sunrise and sunset views as well.

**Day 4** - Trek to Kutumsang 2,141m – 06 hrs.

Early morning catching the views of stunning sunrise over chain of peaks, our walk leads downhill to a nice village of Patibhanjyang, and then on uphill to Thodung danda and Gulphu-bhanjyang to reach our overnight stop at Kutumsang village, a lovely farm village with views of rolling green hills, valley and snow clad mountains.

**Day 5** - Trek to Tharepati 3,600m | 11,811ft – 04 hrs.

From Kutumsang morning walk leads to a gradual climb into pristine woodland of tall pines-fir-magnolia and rhododendron tree reaching a wide open green field after crossing a hill top of Kyuola Bhanjyang at 3,280 m and slowly a short climb leads atop Tahrepati at 3,600 m high with many simple lodges for overnight stay, offering tremendous views of beautiful landscapes and snow capped peaks.

## **Day 6 - Trek to Tarkeghyang 2,550m – 04 hrs.**

Morning walk leads to a steep descend into forested area to reach a farm village of Melamchigaon, and then downhill to Melamchi Khola / river, on crossing a bridge uphill to Tarkeghyang village with views of Ganesh, Langtang and Jugal Himal range.

Tarkeghyang one of the charming village of Mid East Himalaya, famous for wood-work and intricate carving with orchard of delicious apples are grown around this beautiful area of Helambu. Hyalmo tribes are the main inhabitants with strong Buddhist religion similar to Sherpa and Tamang culture. At Tarkeghyang village for overnight stop in the comfort of nice homely lodge, with time for walk around oldest monastery of the area full of impressive Buddhist culture.

## **Day 7 - Trek to Sermathang 2,693m -04 hrs walk and drive back to Kathmandu.**

Enjoying overnight stop at Tarkeghyang village with its friendly locals of Hyalmo tribes, our last day walk leads on pleasant path around unspoiled forested areas, with views of beautiful Helambu villages, walk continues passing chortens a prayer Buddhist monuments, following the trail with superb views of rolling green hills reaching at Sermathang village for the drive back to Kathmandu, Sermathang another nice village of Hyalmo tribes with time to visit the old monastery. With last day on the hills Helambu area with excellent mountain panorama, then taking a pleasant and scenic drive downhill to Melamche Bazaar a busy town, our drive continues to Kathmandu, after checking into your hotels with afternoon free at leisure and join in for farewell group dinner in a nice restaurant around Thamel area.

## **Day 8 - Final International departure homeward bound.**

Last day in amazing Nepal with awesome time in the high hills around Helambu & Jugal Himal Panorama trekking, our staff will transfer you to Kathmandu international airport for your final flight back homeward bound or to respective countries.



# White Himalayas Treks & Expedition (P.) Ltd.

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## Cost Includes

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