



Helambu Trek - 8 days - \$750/Person

Trip Info

Trip Code: WHT/ST-02

Grade: Easy

Maximum Elevation: 3,650M.

Type: Trekking/Hiking

Activity: Hiking and Camping

Starts at: Kathmandu

Ends at: Kathmandu

Best Season: Autumn & Spring

Accommodation: Include

Meal: Breakfast, Lunch & Dinner

Offer: 15% Discount

The Helambu trek is a perfect short trek nearby Kathmandu Valley. Despite being so close to Kathmandu, the Helambu region remains relatively un-spoilt. Besides the hyolmo culture of high mountain people, the company of green rhododendron and bamboo forests, majestic waterfalls, and snow-capped Himalayas make the trek one of most diverse treks near Kathmandu. The great Himalayan scenery at the border with Tibet and monasteries make a trek to the region an enthralling experience. The people living the highlands of the Langtang region are certainly the Nepalis, being the descendant of the Tibetan origin, they still look like Tibetans.

The Helambu Trek begins from Sundarjal, an hour's drive from Kathmandu. After about an hour's walk, we enter Shivapuri National Park. Continuing along the Chisopani, Kutumsang, Thadepati and Sermathang, the trek ends at the Melamchi Pul Bazar in the Helambu region. The trek passes through thick mountain forests with great Himalayan views and toward the end of the trip, you will also trek through some beautiful rice terraces and a number of splendid Buddhist monasteries.

Itinerary

Day 1 - Arrival in Kathmandu

Upon our arrival in the Tribhuvan International Airport (TIA) in Kathmandu, we will be greeted by a representative from White Himalayas Treks's who will drop us off at our hotel. After checking in, we take a rest or visit White Himalayas Treks's office. We may also stroll in the streets of Thamel, a tourist hub in Kathmandu for some souvenir shopping. In the evening, there will be a welcome dinner hosted by White Himalayas Treks's where you will be served excellent authentic Nepalese cuisine which will introduce you to the country's food culture. Overnight in Kathmandu.

Day 2 - Drive to Sundarimal & trek to Chisapani (2300m/7544 ft): Drive 1 hour, Trek: 4 hours

Today, we make an hour's drive to Sundarimal (1350m), our trek start point. From Sundarimal, trek to Chisapani (2300m). We begin our trek along a small hydroelectric plant. The trail then enters through into the Shivapuri National Park. The first settlement we come across is Mulkharka mostly inhabited by the Tamang people. Then we walk along the ridge through a forest of oaks and rhododendron to Chisapani.

Day 3 - Trek from Chisapani to Kutumsang (2446m/8022ft): 7 hours

After taking our morning breakfast, we head for a journey to Kutumsang. Our today's trek starts with a decent crossing meadows and fields. Enjoy the magnificent views of the Langtang mountains. Thus we arrive at Pathi Bhanjyang and Gul Bhanjyang. From Gul Bhanjyang, the trail climbs the ridge to another pass. Another downhill trek from the pass takes us to Kutumsang.

Day 4 - Trek from Kutumsang to Thadepati (3650m/11972ft): 6 hours

We climb above Kutumsang on a steep trail mostly through fir and rhododendron forest where there are no permanent settlements. The trek continues to Yurin Danda with magnificent views of the Himalayas. Finally, we arrive at Tharepati for our overnight stay.

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

Today we head for Tarkeghyang. During early part of the trek, the trail descends until we cross the Melamchi Khola. Then we trek up to Tarkeghyang passing through Sherpa settlements. Enjoy the Himalayan peaks often appear before you glistening in the sunshine. Discover the village and its monastery which is one of the oldest and biggest monasteries in the region. The village is more popularly known as Helambu, since most of the inhabitants belong to the Helmu caste.

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Day 6 - Trek to Sermathang (2,610m/8,563ft): 3/4 hr

Since, we do not gain altitude that much today, it's going to be comparatively easy walk today. We forests, streams, and waterfalls. The trail makes a sweep around the wide valley end between Parachin and the Sherpa village of Gangyul. From Gangyul, we arrive at Sermathang. Discover the village. There is also a Buddhist monastery at the highest point of the village.

Day 7 - Trek to Malemchi Puul Bazaar: Drive to Kathmandu: 3/4 hrs trek/ 2 hr drive

On our final day of the trek, we walk down to Malemchi Pul Bazaar. The village is mostly inhabited by the Sherpa, but there are also people of other ethnicities. From the Bazaar, we catch a bus to Katmandu. After reaching Kathmandu we have the rest of the day off to rest or do some souvenir shopping. To celebrate the successful completion of our journey, we will have a farewell dinner in the evening. Overnight in Kathmandu.

Day 8 - Farewell Friend

Today you are saying goodbye to the Himalayas. There is nothing to do but trade emails with travel companions and organize the photos. If you have more time you can do some shopping or sightseeing. A representative from White Himalayas Trekking will take you to the airport approximately 3 hours before the scheduled flight.



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Cost Includes

- All airport/hotel transfers
- An experienced English-speaking trek leader (trekking guide)
- All necessary paper work and permits
- All government and local taxes

Cost Excludes

- 3 nights in a 3-star hotel in Kathmandu
- All accommodation and meals during the trek
- Porter service(if you need Porter Pay 25\$ Per Day)
- Nepalese visa fee & International airfare to and from Kathmandu
- Tips for guides and porters
- Your Personal Insurance