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## Helambu Trekking

The Helambu Trek is one of the shortest trekking routes, and its location is approximately 72 kilometers north of the Kathmandu Valley. It is popular because it offers a wide range of mountain views in a short time frame within a low altitude and offers a pleasant and favorable climate. The Helambu Trek is a unique trek that takes you through a blooming rhododendron forest, majestic waterfalls, and the village of Tamangs and Sherpas people. It is a perfect destination to experience an excellent combination of culture and nature.

- ❖ Kathmandu valley sightseeing tour.
- ❖ Beautiful landscape, local culture, tradition, and interaction with local peoples.
- ❖ Excellent view of the Himalayas, including Annapurna, Jugal Himal, Gauri Shankar.
- ❖ Charming place Chisapani, Tharepati, for the Himalayan landscape.
- ❖ The biodiversity of flora and fauna of the Shivapuri National Park
- ❖ Different communities with the majority of Tamang, Gurung, Sherpa People.

## About Helambu Trekking

The Helambu trek is a short trek near the Kathmandu valley. In addition to the high mountain hyolmo culture, there are majestic waterfalls, green rhododendrons, and bamboo forests. The snow-covered Himalayas make one of the most diverse hikes near Kathmandu. You can view the magnificent landscape of the Himalayas on the border with Tibet, and the monasteries make the hike in the region a fascinating experience. The people who live in the mountains of the

Langtang region are certainly Nepalese. They are descendants of Tibetan origin and still resemble the Tibetans.

The Helambu trek starts in Sundarikal, an hour's drive from Kathmandu. After walking for about an hour, you will enter to Shivapuri National Park. The trail continues along Chisopani, Kutumsang, Thadepati, and Sermathang, and the trek ends at Melamchi Pul. The hike leads through dense mountain forests with a beautiful view of the Himalayas

Helambu Trek is the calm and perfect destination for a short trekking trip in Nepal. Helambu Trek is the best hike for hikers who don't have much time to travel to Nepal. This hike is the most varied hike that offers you the purest form of nature with rhododendron forests, bamboo forests, snow-capped mountains, and majestic waterfalls. The highest point of the walk is Tharepati, which rises to an altitude of 3460 m. From Tharepati, you have a brilliant view of Langtang, Ganesh Himalaya, Dorje Lakpa, Gauri Shankar, Mt. Shisapangma and Paanch Pokhari.

#### **Day 01: Arrive at Tribhuvan International Airport, Kathmandu: 1,300 m.**

According to your arrival schedule, our airport representative will be at Tribhuvan International Airport to welcome you to our country. After exchanging warm greetings in the arrival area, we will take you to our vehicle to drop off at the Hotel. You will Check-in at your pre-reserved Hotel and take rest. It is a leisure day so that you can stroll the streets of Thamel, a tourist hub in Kathmandu, Nepal.

Meals included: None

#### **Day 02: Kathmandu excursion and preparation for the hike**

Today, after breakfast, we start a guided city sightseeing tour of Kathmandu's most historical and spiritual sights. Attractions that we visit include the Kathmandu Durbar Square World Heritage Site, the holy Hindu temple of Pashupati Nath, the famous monkey temple (Swayambhu Nath), and the Buddhist shrine (Bouddha Nath). The day will also consist of completing the formal process and other necessary arrangements. We will also arrange a briefing session on the

nature of the trek, equipment, and team composition. We will introduce a trekking guide and other members

Meals included: Breakfast

**Day 03: Drive Kathmandu to Sundarijal on private vehicles and trek to Chisapani.**

Today we drive an hour to Sundarijal, our starting point of the trek. You will start your walk along with a small hydropower plant. The path then leads to the Shivapuri National Park. The first settlement you come across is Mulkharka, which is mainly inhabited by the Tamang. Then we hike up the ridge through an oak and rhododendron forest to Chisopani.

Meals included: Breakfast, lunch, and dinner

**Day 04: Trek Chisopani to Kutumsang: walking distance 7-8 hours.**

After having our morning breakfast, we made our way to Kutumsang. Today's walk begins with decent meadows and fields. Enjoy the magnificent view of the Langtang Mountains. Usually, come to Pathi Bhanjyang and Gul Bhanjyang. From Gul Bhanjyang, the path climbs up the ridge to another step. Another descent from the pass leads us to Kutumsang.

Meals included: Breakfast and lunch dinner

**Day 05: Hike from Kutumsang to Thadepati: walking 5-6 hours.**

Today, you will climb via Kutumsang on a steep path, mainly through fir and rhododendron forests where there are no permanent settlements. The hike continues to Yurin Danda with a beautiful view of the Himalayas. Finally, we arrive in Tharepati to spend the night.

Meals included: Breakfast, lunch, and dinner

**Day 06: Trekking to Tarkeghyang (2560 m): 6 hours.**

Today our goal is Tarkeghyang. During the first part of the hike, the path descends to cross the Melamchi Khola. Then we go to Tarkeghyang, past Sherpa settlements. Enjoy the Himalayan peaks that appear before glistening in the sunshine. Discover the village and its monastery, one of the oldest and largest monasteries in the region. The village is popularly known as Helambu because most of the residents belong to the Helambu caste.

Meals included: Breakfast, lunch, and dinner

### **Day 07: Trekking to Sermathang walking: 3/4 hours**

Since then, we haven't gained much height today; it will be relatively easy to walk. The path leads through the wide valley between Parachin and the Sherpa village Gangyul. From Gangyul, you arrive in Sermathang and discover the village. There is also a Buddhist monastery at the highest point in the village.

Meals included: Breakfast, lunch, and dinner

### **Day 08: Trekking to Malemchi Puul: Drive to Kathmandu**

On our last day, we walk towards Melamchi Pul Bazaar. Sherpa mainly inhabits the village, but there are also people from other ethnic groups. We take a bus from the bazaar to Kathmandu. After arriving in Kathmandu, we have the rest or visit the shopping center to buy souvenirs.

Meals included: Breakfast and lunch

### **Day 09: Drop to Kathmandu international airport.**

There is nothing to do today. If you have more time, we can go shopping or sightseeing. According to your departure schedule, our office representatives will take you to the airport for about 3 hours before the scheduled flight.

Meals included: Breakfast

### **THE COSTS INCLUDE:**

- ❖ All transfers to the airport/hotel

- ❖ A three-star hotel in Kathmandu
- ❖ All meals and accommodations during the trek.
- ❖ All ground transportation according to the previous itinerary
- ❖ Full day sightseeing tour of Kathmandu, including guide and entrance fees
- ❖ An experienced guide and porter for the trek
- ❖ Salary, insurance, equipment, meals, and accommodation for staff.
- ❖ All necessary documents and permits
- ❖ Government and local taxes

**Cost Exclude:**

- ❖ Nepalese visa fee (bring USD in cash and two passport size photos)
- ❖ International flight cost to and from Kathmandu
- ❖ Lunch and dinner in Kathmandu
- ❖ Additional night accommodation in Kathmandu due to any reason then planned
- ❖ Personal expenses (phone calls, laundry, charging the battery, etc.)
- ❖ Travel and rescue insurance
- ❖ Tips for guides and porters

**Accommodation and Food**

All Helambu Trek accommodations are on twin sharing, are included in the travel expenses, and are selected according to the hygiene standard, the food and service standard, the location, etc. There are two types of accommodation during the Helambu trek. You will be staying in three-star hotels in Kathmandu for three nights, and during your trip, you will be staying in a standard tea house with unheated rooms with wooden beds and foam mattresses. In some areas, teahouses only have shared bathrooms and toilets. If you are traveling alone, share a room with another person of the same gender in your group. If you prefer a single room, you can specify your preference and receive a single room upon request for a single room supplement of USD 250. However, please understand that in some remote locations, single rooms may not be available even if you are paying for a single room.

During your Helambu Trek, you can enjoy typical Nepalese food and some of the different ethnic cuisines as well as all kinds of international cuisine (Tibetan, Continental, Italian, Indian, etc.) from pizza and fries to apple pie. You can even enjoy hot chocolates, different types of bread, various drinks, and snacks. We will serve lunch on the way to your destination, dinner, and Breakfast in the tea house where you will spend the night. Only Breakfast is included during your stay at Hotel in Kathmandu.

### **Trekking guides and other staff arrangements**

The most important thing is that it makes this hike pleasant and unforgettable are the experienced, polite, and helpful guides and crew who can easily spend our days in the mountains. The best and most professional leaders lead your journey. All of our trekking tour staffs are carefully selected based on their experience, leadership skills, and personal talents. To support local communities, we only employ local staff who have sufficient knowledge of the culture, ecosystem, flora, fauna, geography, and history of their local regions.

### **Travel insurance**

Travel insurance for each of our company's travel routes is a prerequisite for booking a vacation. You must have at least one emergency and repatriation insurance that must cover the cost of mountain rescue. Read the terms and conditions of your insurers carefully, especially making sure they include: 1) activity (i.e., tourism, trekking or mountaineering) 2) maximum altitude reached on the hike 3) evacuation of the helicopter in case of emergency. It is essential to understand that you are ultimately responsible for all costs associated with the evacuation and return procedures, and that is your responsibility to bear the costs of the evacuation or medical treatment. You should be fully aware of the effects of organizing your travel insurance and understand the limitations and exclusions of your policy. Please note that in certain circumstances, our company leader can initiate helicopter rescue in medical emergencies without first asking your insurance company for approval.

### **Climate and best season for hiking**

The spring and autumn seasons are considered the best times for Helambu Trek as the climate and temperature are calm and constant in these seasons. The spring months offer the blooming of rhododendrons and many seasonal flowers. Fall is also one of the best times to explore and enjoy various Nepalese festivals like Dashain and Tihar.

Winter and summer are less suitable compared to spring and autumn. In winter, the temperature level drops below freezing, making walking to higher regions less pleasant. The days are cold, followed by episodes of snowfall and blizzards. Summer also comes with heavy rains and unpredictable weather. However, with the right gears, you can trek to the Langtang region all year round.

### **Physical condition and experience requirements**

Helambu Trek is an easy hike for passionate hikers who can walk around 5-7 hours a day with a light day pack. Walking in higher altitudes is more physically demanding than walking in lower elevations. However, if we are in excellent health with an average physical condition and have a positive attitude, self-confidence, and strong determination, you can easily achieve this trip. Exercising and running regularly for a few weeks before the trip is an excellent idea to improve your strength and stability. Past hiking experiences would be a bonus, but technical skills are not necessary for this trip. Participants with existing diseases such as heart, lung, and blood diseases must consult your doctor before starting your journey. We recommend that you inform us of your state of health before booking the hike.

### **Proposed preparation**

- ❖ Exercises Cardiovascular exercises such as running, cycling, jogging, push-ups, and pull-ups for approx. 4-5 days a week for three months before your trip are beneficial.
- ❖ You should also participate in developing core strength and muscle endurance during strength training.
- ❖ Hiking on the hills in different weather conditions is excellent preparation for this trip.

- ❖ If you have access, kayaking and swimming can be a beneficial way to develop the strength and endurance required for this trip.