

## Helambu Trekking

### Package Highlights

- Helambu: Very near from Kathmandu, reach trekking starting point by short driving
- Less crowded trekking area but dramatic views and scenic landscape
- Big settlement of Tamang peoples, their typical cultures
- Reach maximum altitude of 3,650 meters, Thadepati

### Trip Facts

- Starting Price: US\$765.00 (Per Person)
- Duration: 9 Days
- Grade: NA
- Destination: Nepal
- Meals: Breakfast + Lunch + Dinner
- Transportation: Driving and Trekking
- Trekking Style: Lodge to Lodge Trek
- Accommodation: Hotel and Guest House
- Max. Altitude: 3,650 Thadepati
- Min. Pax: Any
- Best season : March to May & Sept to Nov

### Itinerary Details

#### **Day 01 : Arrival at TIA airport of Kathmandu. Transfer to Hotel and Overnight 1350m**

Representative from Nepal Highland Treks welcome you in International airport. drive to Thamel and check in Hotel. Evening walking around Thamel, Touristic hub of Kathmandu

#### **Day 02 : Day in Kathmandu. Sightseeing and trip preparation. overnight at Hotel**

Day to visit main monuments in Kathmandu valley. Our tour guide lead you to one of the biggest Hindu temple, Pashupatinath. Another biggest buddhist stupa, Baudha and old palace Kathmandu Durbar square. come back to hotel and start trip preparation.

#### **Day 03 : Drive to Sundarimal (1300m) and Trek to Chiapani (2,300m - 5 Hours). Overnight at guest house**

After your breakfast in hotel, drive with private car to Sundarimal. You should start your walk on foot from Sundarimal to Chiapani. Enter in the Shivapuri Wild Life Protected Area. The trail mostly tough climb about three to four hours, then drop down an hour to reach to Chiapani. You can see the sun set view in the evening and enjoy the beautiful Mountain View as well.

**Day 04 : Trek from Chisopani to Kutumsang (2446m - 7 Hours) Overnight at tea house**

after our breakfast start trekking to Kutumsang. Trekking trail today is mostly ascending via pasture field. Mountain views of Ganesh Hmal, Langtag Lirung and Dorjelakpa is clearly view from on the way. Cross big tamang settlement villages Pathi vanyan and Gulvanjyang

**Day 05 : Trek Kutumsang to Thadepati (3650m / 6 hours) Overnight at tea house**

Trekking trail today is also climbing most of the time. Trail is through dense forest of Rhododendron, National flower of Nepal. We can't get any permanent residential village in between today; it feels that we are in very remote area. Trek continues to Yarin Danda which provides magnificent views of Himalayas. Arrive at Thadepati, enjoy views of both Gosakunda and Helambu region

**Day 06 : Trek Thadepati to Tarkeghyang (2560m/6 hours) Overnight at tea house**

Trek Thadepati to Tarkeghyang (2560m/6 hours) overnight at tea house Trek start after your breakfast. Starting trail descend until Melamchi Khola and reach Melanchi Gaun. Explore Tamang village, old monasteries. Than trekking trail ascend to Tarkeghyang. There is one of the oldest monastery of this region in this village. Explore big Sherpa village Tarkeghyang, from where best sunrise view can be viewed

**Day 07 : Trek Tarkeghyang to Sermathang (2,610m / 3/4 Hours) overnight at tea house**

Very easy walking today to reach Sermathang village. low land region including 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 08 : Trek to Malemchi Puul Bazaar: Drive back to Kathmandu: 3 hrs trek and 2 hours driving. Overnight at hotel**

trekking down to Melanchi Puul Bazar by crossing local villages of variety ethnic group. Take local bus from Melamchi Puul and drive back to Kathmandu. Check in hotel, get fresh. Evening dinner with Nepal Highland Treks team. Share your trekking experience.

**Day 09 : Departure**

Representative from Nepal Highland Treks take to airport before 3 hours from your flight time. if you get time before this, you can make shopping tour around. You also can choose other sightseeing in Kathmandu valley

## **Cost Includes**

- Arrival and departure arrangement
- Accommodating in Kathmandu (3 star category) on twin sharing with breakfast
- One full day sightseeing in Kathmandu valley with private car, tour guide and entrance fees
- Private car drive to Helambu trekking starting point, Sundarikal
- Entry fee of Shivapuri National park, Langtang National park
- Tims card for trekking
- English speaking friendly trekking guide with his salary, foods, accommodation, equipment and insurance
- Supporter to carry your bags (2 peoples = 1 supporter) with his salary, foods, accommodation, equipment and insurance
- Breakfast, Lunch and Dinner during trekking days
- Accommodation in local tea houses available at trekking
- First Aid kit box
- Management of emergency evacuation

## **Cost Excludes**

- Lunch and Dinner in Kathmandu
- Personal equipment, travel insurance. Medical expenses, cost of emergency evacuation in case of
- Tipping

## **Useful Note**

## **Trip Note**

## **Departure Note**