

# Detail Itinerary

Helambu lies near the north from Kathmandu. Helambu trekking is an easy and an exciting hiking in Nepal. Helambu trekking offers superb mount perspectives of Ganesh Himal (7405m), Langtang Lirung (7245m), Dorje Lhakpa (6990m) and other named and unmanned mountain peaks of Langtang Himalayan, Ganesh Himal, Gaurishankar and Everest ranges. The charming faces and friendly people of Helambu are frequently Buddhists by way of religiously. Helambu trek is a perfect experience for people who do now not have sufficient time and like to mix each cultural and snow-capped panorama throughout the hilly valley. Helambu trek is likewise for humans with short time who do no longer desire to journey too far from the Kathmandu Valley. you'll enjoy traveling the culturally rich Tamang villages, Buddhist Monasteries and the exceptional landscape with cultivated fields. Helambu is a lush region to the North of Kathmandu inhabited by Sherpas and Tamang human beings, although the Sherpas of this area differ in their practices from their cousins within the Everest location. Helambu trekking path goes through a few beautiful forests and very interesting villages on direction.

The Helambu trekking is a nonviolent strolling across the Nepal Himalaya without altitude trouble and flight problem like Lukla for Everest, Jumla/Juphal for Dolpo, Jomsom for higher Mustang, Simikot for Kailash hiking. if your desire is journey altitude trekking with excessive passes and enough time for trekking then you can select do first Langtang valley trekking then bypass via Laurebina l. a. 4610m then trek into the Helambu valley. another path to Helambu trek is thru Ganja la pass 5106m. So, Helambu is one of the conventional foothills Himalaya trekking in Nepal.

## Trip Facts

- Trip Duration: 09 days
- Trek Duration: 06
- Primary Activity: Trekking
- Secondary Activity: Tamang Cultural
- Starts Point: Kathmandu
- Ends Point: Kathmandu
- Trip Grade: Easy
- Accommodation: Lodge
- Season: Jan - May, Sept - Dec.

## Detail Itinerary

### Day 01: Your arrival to Tribhuvan International Airport (TIA) kathmandu

One of Nepal Kailash Trekking Company's representative picks you from airport and transfer to hotel, overnight at hotel inclusive Bed and Breakfast (B.B.)

### Day 02: Full day Kathmandu sightseeing

Sightseeing of Kathmandu valley (Pashupatinath Temple, Boudhanath, Swayambhunath, and Kathmandu Durbar square), overnight at hotel. B.B.

### Day 03: Drive Kathmandu to Sundarijal and trek to Chisopani (2300m), overnight at lodge

After 45 minutes drive from Kathmandu by car / van, you will reach to Sundarijal, the starting point of the trek. As you arrive Sundarijal, you can observe Shivapuri watershed and Wild life Reserve

there. From Sundarijal, the trail heads up to the concrete steps beside the pipeline which supply drinking water for the valley. Finally, we leave the pipeline from near the dam. We then reach Mulkharka, sprawling up the ridge around 1895m, which 600m above Sundarijal. There you can take some time to spend in the convenient tea shops, and to enjoy the nice view back over the Kathmandu valley. We then continue walking to Chisopani (2300m) from where stunning mountains' view can be seen.

**Day 04: Chisopani to Khutumsang (2470m), overnight at lodge**

After breakfast, the trail leads down to Pati Bhanjyang (1770m), a small fine village. After reaching Pati Bhanjyang, the trail leads up and down to the village called Gul Bhanjyang (2140m). From here the trail climbs up to 2620m and then again descends along the rocky route to Khutumsang (2470m).

**Day 05: Khutumsang to Tharepati (3490m), overnight at lodge**

Following a ridge line the trail continues via lightly populated forest to Magen Goth from where view of Langtang and Gosaikund peak is stunning and finally reaching to Tharepati (3490m). The trail to Gosaikund branches off north - west from here.

**Day 06: Tharepati to Tarke Gyang (2620m), overnight at lodge**

The trail steeply descends a ravine through small Sherpa village of Malemchigaon (2530m) with nice lodges and fine an old and artistic monastery. The trail again descends leaving the village and crossing Malenchi Khola by a bridge at 1890m and making the long climb up the other side of the valley to Tarke Gyang at 2620m, which is the largest village in Helambu.

**Day 07: Tarke Ghyang to Sermathang (2620m) or kakani, overnight at lodge**

The trail gently descends through a beautiful forest to Sermathang (2620m). It is the centre of an important apple growing area from where nice view of the Himalayas and is seen.

**Day 08: Sermathang to Malemchi Pul Bazar (846m) and drive to Kathmandu, overnight at Hotel**

By leaving Sermathang the trail then continues to descent to Dubhochaur at 1500m and then again steeply down to Malemchi Pul Bazar (830m) where we find our van / bus waiting for us.

**Day 09: Transfer to Airport for your onward Journey**

## **Cost Includes**

- All ground transports by private vehicle as per itinerary required
- Kathmandu accommodation inclusive breakfast as per itinerary
- All entry fees as per itinerary like Langtang National Park Fee, Trekker's Information Management System Card fee (bring 2 copies passport size picture)
- Three times meals including Lunch, Dinner and breakfast during trek with tea/coffee
- An English speaking, highly experienced, friendly and helpful trekking guide
- One porter for two members

- Guide salary/food/accommodation/insurance and required transports
- Porter salary/food/accommodation/insurance and required transports
- Rain protection duffel bag for luggage
- The company guarantees the rescue services if needed; please hand over your insurance policy copy to us
- Government taxes and office service charge

## **Cost Excludes**

- International airfare
- A Nepal visa fee, which obtained at the airport on arrival, a multiple tourist visa for 15 days US \$ 25, for 30 days US \$ 40 and for 90 days US \$ 100 or Equivalent convertible currency (bring 2 copies passport size picture)
- Alcoholic beverages, soft drinks bottle of mineral/hot water, hot shower and snack foods during trekking
- Meals in Kathmandu
- Battery charge during trekking
- Any personal medical or evacuation expenses incur and strongly recommend international Travel Insurance
- Extra porter for the personal day bag pack
- Extra cost of natural disaster
- Sleeping bag, can be rented for company @ USD 00.80 cent per day
- Any other expenses which are not mentioned in the cost include
- Tips to staffs