

# Helambu Trek 9 Days Adventure

 10 days

From \$850



## Highlights:

- Transport Kathmandu – Sundarikal – Kathmandu by Private
- All Meal Breakfast, Lunch, Dinner while you are in Trekking
- Accommodation while you are in Trekking
- 2 Night Hotel in Kathmandu
- Langtang National Park Permit
- Tims permit
- English speaking Guide & necessary Porters
- Guide & Porters Insurance
- Home stay program
- Three cup of Tea or Coffee a Day

Taking a break from what is called “reality” and to plan for a unique adventure can be a little stressful and at the same time exciting as you lay out all of the plans accordingly. This includes considering so many things like the accommodation, the number of people that are going with you, the budget, extracurricular activities and more. That is why the importance of planning ahead is much better than traveling out an impulse. Nowadays, trekking is found to be very healthy as this involves walking which promotes a good cardiovascular workout especially for those who have less time in exercising.

The best way to achieve this goal is to roam around the world and experience places that you have never been before such as the Helambu, Nepal. Perhaps you have not yet heard of this place because Kathmandu, Nepal. It is always featured and is mostly visited by tourists. However, there are other places in the country of Nepal that you should find out as well. If you happened to love trekking, the Helambu is one of the best places as it is beneficial to your well-being.

### Specific location of Helambu Trekking

Getting on the verge of going up to Highlands and meeting the locals is a great experience. Having acquainted with the ethnicity, culture, traditional values and religion with a combination of its scenic all natural beauty is a must experience. Helambu is located closely near to Kathmandu valley. The Helambu trekking 9 days is mainly trekking along the mountains for a short period. The good thing about the trail route is that it leads you to a magnificent view of the mountains, the sunrise, the calmness of the entire place that will surely uplifts you spiritually. The locals are mostly called as the Sherpa people with a little mix of Tibetan and Nepali origin.

Trekking starts at the Sundarjal that is about 1,460 meters. This is known to be one of the best hiking areas, and you will also see the entrance of the Shivapuri national park. This goes towards the Helambu then Malemchi puul bazaar. So, if you want to have a good holiday rest, going for Helambu trekking is one experience you shouldn't want to miss.

### Setting up your itinerary

1. Arrival at Kathmandu - make sure that your accommodation is booked and ready for check-in as soon as you arrive the place. If you have set up also for a package, your contact person will be the one to accompany you during the duration of the activity.
2. Preparation for Helambu trekking 9 days - a professional tour guide will be with you from the beginning until the end of the trekking activity. This will give you a full coverage of the historical heritages, the culture, religion, and the locals as well.

Therefore, your journey begins at Helambu trek 9 days from the areas that will lead you to one historical event to the other as you get to know the places in Helambu, Nepal.

Grade: Moderate

Moderate

Destination: Nepal

Activity: Trekking

Region: Langtang Region

**Date & Prices:**

Start Date	End Date	Price
01st Sep, 2017, Friday	10th Sep, 2017, Sunday	\$850
11th Sep, 2017, Monday	20th Sep, 2017, Wednesday	\$850
22nd Sep, 2017, Friday	01st Oct, 2017, Sunday	\$850
02nd Oct, 2017, Monday	11th Oct, 2017, Wednesday	\$850
13th Oct, 2017, Friday	22nd Oct, 2017, Sunday	\$850
23rd Oct, 2017, Monday	01st Nov, 2017, Wednesday	\$850
02nd Nov, 2017, Thursday	11th Nov, 2017, Saturday	\$850
13th Nov, 2017, Monday	22nd Nov, 2017, Wednesday	\$850
24th Nov, 2017, Friday	03rd Dec, 2017, Sunday	\$850
08th Dec, 2017, Friday	17th Dec, 2017, Sunday	\$850
25th Dec, 2017, Monday	03rd Jan, 2018, Wednesday	\$850

**Itinerary:**

**1:**Arrival in Kathmandu and Transfer to Hotel.

Arrival in Kathmandu International Airport, Pick up by our representative and transfer to your hotel. Over Night.

**2:** Kathmandu Sightseeing & Preparation for the Trek.

After Braekfast we will go for city tour to major points. like a Pasupatinath, Boudhanath, Kathmandu Durbar square, Patan Durbar

Square and Swyambhunath (Monkey Temple). All the sight seeing tour will be with our professional tour Guide. Transport will be by Private. Over Night. (B,L,D)

### **3:Kathmandu-Sundarijal-Chisapani : 1 & half hours Drive and 4-Hours Trek**

After Breakfast we will drive to Sundarijal, walking along small Hydroelectric plant with well furnished steps to the entrance gate of Shivapuri National park Arrive at Mulkharka Village-populated with Tamang community, Continue walking through jungles of Oak and rhododendron. Overnight (B,L,D)

### **4:Chisapani-Kutumsangu: Walking Distance 6 Hours**

After breakfasts we will trek down to Pati Bhanjyang (1770m); Ascend upto Gul Bhanjyang (2140m); Climb a Pass at 2650m Over night in Kutumsangu. (B,L,D)

### **5:Kutumsangu -Thadepati : Walking Distance 7 Hours**

After breakfast we will Start to walk through the jungles of rhododendron , Arrive at Magen Goth-the place for first human sight since the trek started in the morning, Keep walking up to Yurin Danda, you will enjoy with the Views of superb outlook of Gosainkunda and Langtang Himalayan range shortly we will Climb to Thadepati-where Langtang Gosainkunda trek to Helambu meets .Over night in Thadepati with Homestay program.(B,L,D)

### **6:Trek from Thadepati to Tarke Ghyang : walking distance 5 Hours**

After breakfast we will go down through narrow valley and pass the Melamchi Khola, Cross Sherpa Village and Trek upto Melamchi Gaun-it presents some lodges and artistic Gompas, this village is more known as Helambu as the majority of the citizen belongs to the Helmu social group Continue Walking up to Tarke Ghyang. Over night in Tarke Ghyang.(B,L,D)

### **7:Trek from Tarke Ghyang-Sermathang : walking distance 4 1/2 Hour**

After breakfast we start to walk .on the way you can see local farmers working the fertile land. After passing a couple of streams and waterfalls, you'll finish up in the village of Sermathang at 2620m. There is an unusual monastery at the highest point of the village, which has allegedly been home to a very strict and elusive buddhist order for the past few decades. We will be in home stay with friendly family. The mother of the house is a fantastic cook, but more importantly, they take care of a child of a Tibetan refugee as well as a young girl from a neighboring village. Overnight in Sermathang.(B,L,D)

### **8:Trek from Sermathang-Malemchi Pul. walking distance 4 Hours**

After Breakfast you'll say goodbye to your hosts and start walk down to hill. The major part of the descent is very gradual. Later on you'll head upwards again for a short climb before your final path. Once you reach the bottom you'll cross the river to Melamchi Bazaar at 830m, which is essentially the end point. Melamchi is a lively trading town with a rural character, though after all the tiny villages you passed on the way it'll seem like a huge town. The evenings are surprisingly warm here compared to the cooler nights you experienced high up in the mountains. Over Night. (B,L,D)

**9:From Melamchi Bazar to Kathmandu-Onward**

After Breakfast you'll head back to Kathmandu. Passing through with beautiful rural areas you can see the local farmers working with their bales of hay and rice mats. Might be we will drive around 3 hours for Kathmandu. same day evening we will go for Nepali Dinner with cultural program. Over Night.(B,L,D)

**10:Departure to International Airport.**

After Breakfast we will drop to you in International Airport. we will respect you with the word good buy and wish for safe Journey. ( B )

**Cost Include:**

- All airport/hotel transfers
- All accommodation and meals during the trek
- A full day sightseeing tour in Kathmandu valley including tour guide and entrance fees
- All necessary paper work and permits
- A comprehensive medical kit
- All government and local taxes

**Cost exclude:**

- Nepal Visa fee
- International airfare to and from Kathmandu
- Bar Bill (Cocacola, Beer,Alcoholic drinks), Chock let, Hot Shower, Hot Water, Camera charge.
- Tips for guides and porters
- Your Personal Expenses, Laundry, Phone call.
- Any emergency rescue and all other personal related things.