

Helambu Trekking

Url: <https://www.glorioushimalaya.com/trip/langtang-helambu-trekking/>

Duration

9

Max. Altitude

3,600m

Difficulty

Moderate

Group Size

2+ Pax

Per Person Cost

USD 850

Transport

Private Vehicles

Accommodation

Hotel And Lodges

Starts At

Kathmandu

Ends At

Kathmandu

Highlights

- Excellent views of the Trans Himalaya.
- Superb mountain views from Tharepati.
- Culture of Sherpa and Tamang community.
- City guided tour in UNESCO world heritage sites.

Overview

Situated just 72 kilometers to the Northern-east side of Kathmandu, **Langtang Helambu Trekking** is one of the nearest trekking routes to enjoy the cultural and natural beauties. The trekking to this region is a golden opportunity to enjoy the beauty of mountain peaks, beautiful flora and faunas, rhododendron forest, local culture, and many more. Starting from Sundarimal, the trail goes through rhododendron forest and many traditional villages where we can take rest and know about their lifestyle and culture. Following the trail, we can enjoy the greenish natural sceneries of hill terraced farmland. Subsequently, you can also witness the giant snow cones which include Langtang Lirung, Dorje Lakpa, Ganesh Himal,

Langshisa Ri, Naya Kanga. Going through Langtang National Park, we can see many beautiful floras like red pandas, musk deer, Himalayan black bear, Himalayan Tahr, Ghoral, Serow, rhesus monkey and common langur. To talk about cultural beauties, we can visit many ancient monasteries and gompas made by the local Tamang people.

Categorized as an easy route, anyone with a normal health condition can conquer this route. This route is not so crowded and is still un-spoilt, many trekkers may their journey to this route. Also, this route does not consume much time, so if you have limited time then this route can be the best to think once. So many positive features and some beauties to explore, this route is hence one of the best among all in Nepal.

Starting our journey, we will take a short bus ride from Kathmandu to Sunadrajial. Sunadarijal is a beautiful place where you can see water and waterfalls everywhere and is also a source of water for the valley. This place is famous for picnics and hangouts. Then we will climb toward Chisapani village observing the panorama views of snowy giants. Then the trail goes into the Helambu region with the crystal clear view of beautiful scenery and landscapes, mountain peaks and we can even visit monasteries. Finally, we will walk through hills to Melamchi pool Bazar and then drive back to Kathmandu. The best season for **Langtang Helambu Trekking** is from February to May in spring and September to November in autumn.

Check out our fixed itinerary for **Langtang Helambu Trekking** or just send us an [email](#) and we'll tailor-make an itinerary based on your requirements.

Itinerary

Day 01: Arrival in Kathmandu airport and transfer to hotel. (1400m)

After you land at Tribhuvan International airport, you will be welcomed by our office representative. As he will be holding your nameplate, it will be easy for you to recognize him. Then, he will transfer you to the hotel. You can freshen up and have some walk around Thamel. In the evening our guide will give some briefing about our trek and routes. Overnight at hotel inclusive Breakfast.

Day 02: Kathmandu sightseeing tour & preparation for the trek

This day, you will visit cultural and historical heritages inside the Kathmandu valley, which includes the heritages enlisted by UNESCO like Pashupatinath, Swyambhunath, Kathmandu Durbar Square and Bouddhanath stupa. You can do the shopping for various Nepalese cultural pieces of stuff on this day. And Back to the hotel overnight including bed and breakfast.

Day 03: Drive to Sundarijal & trek to Chisapani (2300m) - 1 hr Drive, 5 hrs Trek

After breakfast at the hotel, we take about a 1-hour drive to Sundarijal which is our starting point. It is about 7 hours to walk up to Chisapani (2300m). The trail leads across the first human settlement

inhabited by Tamang community and passes through a beautiful forest of oaks and rhododendron on the way to Chisopani. Overnight at lodge in Chisopani included full board meals. (B.L.D.)

Day 04: Trek to Kutumsang (2446m) - 7 hrs trek

After having breakfast at the lodge, we set off for a journey to Kutumsang which is our next destination. The trail starts with a decent crossing of meadows and fields. On the way, we can enjoy the magnificent views of the Langtang Mountain. We keep going ahead until we reach Pathi Bhyanjyang and Gul Bhyanjyang. From here, the trail leads towards the ridge to another pass. And finally, another downhill trek from the pass takes us to Kutumsang. Overnight at the lodge included full board meals. (B.L.D.)

Day 05: Trek to Thadepati (3650m) - 6 hrs trek

After breakfast, we climb up a steep trail to Kutumsang. The trail goes through fir and rhododendron forest where there are no permanent settlements. Our trek continues to Yurin Danda with panoramic views of the Himalayas. Finally, we arrive at Thadepati and overnight at lodge in Thadepati included full board meals. (B.L.D.)

Day 06: Trek to Tarkeghyang (2560m) - 6 hrs Trek

Today we set off for Tarkeghyang. During the early hike of the trek, the trail climbs down until we cross the Melamchi Khola. Then we hike up to Tarkeghyang passing through some Sherpa settlements. We can enjoy the sight of the Himalayan peaks that appeared before you early in the morning when the sun shines. Moreover, discover and explore the village and the monastery, which is believed to be 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 Helmo caste. Overnight at the lodge included full board meals. BLD

Day 07: Trek to Sermathang (2,610m) - 4 hrs trek

Comparatively, today is an easy walk than the previous days. After breakfast, we walk through the green forest, small streams, and beautiful picturesque waterfalls. Besides, the trail makes a curve around to the wide valley and ends between Parachin and the Sherpa village of Gangyul. And then we reach Sermathang, we explore the village and their lifestyle. We will also visit the Buddhist monastery which is at the highest elevation of the village. Overnight at lodge in Sermathang included a full board meal. (B.L.D.)

Day 08: Trek to Melamchi & drive back to Kathmandu (1400m) - 4 hrs trek, 2 hrs drive

Today is the last day of our trek. After breakfast at the lodge, we follow the route to Melamchi Bazar which is about three/four hours walk. And then we will catch a vehicle for Kathmandu. Melamchi bazar is mostly settled by Tamang and Sherpa peoples. And then we will catch a bus for Kathmandu. After two hours drive, we will reach Kathmandu and then you will be transferred to the hotel. You can freshen up

and have some rest in the hotel. In the evening Glorious Himalaya Trekking Company will host a farewell dinner program. Overnight at Kathmandu hotel included

Day 09: Departure from Nepal

Today is your departure day, we will drop you to the International airport to catch your flight back to your home and pray for your Safe journey.

Trip Includes

- The airport picks up and drops off by the private vehicle.
- 3 nights of 3-star standard hotel accommodations in Kathmandu inclusive breakfast.
- 5 nights of twin sharing local lodges accommodations while on the trek.
- 1-day Kathmandu sightseeing tour guided by a city tour guide with private transport.
- Everyday full board meals during the trek. (Breakfast, lunch & dinner)
- All the essential trekking permits and official paperwork for the trek.
- All the long-range ground transfers by private vehicles.
- An experienced and government certified trekking guide for the trek.
- Supporting porters to carry your belongings while on the trek. (1 porter for 2 guests)
- Waterproof duffel bag and sleeping bag to use for the trek.
- First aid medicine kit with an oximeter to check your pulse and oxygen level while on the trek.
- Trip achievement certificate after the successful trip completion.
- Nepalese cuisine farewell dinner at a typical local restaurant with a cultural dance performance.
- All government taxes and company service charges.
- Pre-meeting in Kathmandu before the trek.

Trip Exclude

- International airfares and Nepal entry visa fees.
- Lunch and dinner in Kathmandu hotel.
- Your travel insurance.
- Your personal expenses such as mineral bottled water, cold drinks, hot shower, charging and use of WIFI while on the trek.
- Your personal entrance fees for Kathmandu sightseeing.
- Tips to the guide and porters.

Checklist

Trekking Gear Checklist

Head

- Bandana or headscarf, also useful for dusty conditions.
- Warm hat that covers your ears (wool or synthetic)
- Headlamp with extra batteries and bulbs.
- Sunglasses with UV protection
- Prescription sunglasses (if required)

Upper Body

- Polypropylene shirts (1 half sleeve and 2 long sleeves)
- Light and expedition weight thermal tops.
- Fleece wind-stopper jacket or pullover.
- Waterproof shell jacket (preferably breathable fabric)
- Down jacket
- Gore-Tex jacket with hood, waterproof and breathable

Hands

- 1 pair of lightweight poly-liner gloves.
- 1 pair of lightweight wool or fleece gloves.
- 1 pair of mittens, consists of 1 Gore-Tex over mitt matched with a very warm polar-fleece mitt liner (seasonal)

Lower Body

- Non-cotton underwear briefs.
- 1 pair of hiking shorts.
- 1 pair of hiking trousers.
- 1 pair of lightweight thermal bottoms (seasonal)
- 1 pair of fleece or woolen trousers
- 1 pair of waterproof shell pants, breathable fabric

Feet

- 2 pairs of thin, lightweight inner socks.
- 2 pairs of heavy poly or wool socks.
- 1 pair of hiking boots with spare laces (sturdy, soles, water resistant, ankle support, "broken in")
- 1 pair of trainer or running shoes/sandals
- Cotton socks (optional)
- Gaiters (winter only), optional, "low" ankle high version

Sleeping

- 1 sleeping bag (-20 degrees)
- Fleece sleeping bag liner (optional)

Rucksack and Travel Bags

- 1 medium rucksack (50-70 liters/3000-4500 cubic inches, can be used for an airplane carryon)
- 1 large duffel bag
- A small daypack/backpack for carrying your valuables should have good shoulder padding
- Small padlocks for duffel-kit bags
- 2 large waterproof rucksack covers (optional)

Medical

- Small, personal first-aid kit. (Simple and light)
- Aspirin, first-aid tape, and plasters (Band-Aids)
- 1 skin-blister repair kit
- Anti-diarrhea pills
- Anti-headache pills
- Cough and/or cold medicine
- Anti-altitude sickness pills: Diamox or Acetylzolamide
- Stomach antibiotic: Ciprofloxacin, etc. Do not bring sleeping pills as they are a respiratory depressant.
- Water purification tablets or water filter.
- 1 set of earplugs
- Extra pair of prescription glasses, contact lens supplies.

Practical Items

- 1 small roll of repair tape, 1 sewing-repair kit
- 1 cigarette lighters, 1 small box of matches
- 1 compass or GPS (optional)
- 1 alarm clock/watch
- 1 digital camera with extra cards and batteries
- Large Ziplocs
- 2 water bottles (1 ltrs. each)
- 1 small folding knife
- Binoculars (optional)
- 4 large, waterproof, disposable rubbish sacks.

Toiletries

- 1 medium-sized quick-drying towel
- Toothbrush/paste (preferably biodegradable)
- Multi-purpose soap (preferably biodegradable)
- Deodorants
- Nail clippers
- Face and body moisturizer
- Female hygiene products
- Small mirror

Personal Hygiene

- Wet wipes (baby wipes)

- Tissue/toilet roll
- Anti-bacterial hand wash

Extras/Luxuries

- Reading books
- Trail map/guide book
- Journal and pen
- iPod
- Travel game i.e. chess, backgammon, scrabble, playing cards (to help you pass the time at teahouses or camps)
- 1 modest swim suit
- Voltage converter
- Plug adapter (2 round pegs to 2 flat pegs)
- Lightweight pillow case (in case if your teahouses do not provide you)

Contact Us, Head Office

Address:

P.O. Box No. 8349
Thamel, Kathmandu
Nepal

Mobile: [+977-9843760242](tel:+977-9843760242) (Viber, Hotline)

WhatsApp: [+977-9813637616](tel:+977-9813637616)

Email: info@glorionshimalaya.com