

Helambu Trek

Trip code	
Package name	Helambu Trek
Duration	7
Max. elevation	3550 m
Level	EASY
Transportation	Kathmandu - Sundarijal - Melamchi Bazar -Kathmandu by private vehicals.
Accomodation	Hotel and Lodge twin sharing Bed Basis during the Trekking.
Starts at	Kathmandu
Ends at	Kathmandu
Trip route	Kathmandu - Sundarijal - chisapani - Kutung sang - Melamchi Gaun - Tarkegyang - Sermathang - Melamchi bazar - Kathmandu.
Cost	USD 640 per person

Highlights

- Rhododendron flowers, pine forests, green meadows
- Stunning views of Ganesh Himal (7,406m), Langtang Lirung (7,345m), and Gaurishankar (7,145m)
- Shivapuri National Park
- Exploring the Buddhist culture - visiting ancient monasteries, shrines, and stupas
- Tibetan, Tamang, Sherpa, and Hyolmo ethnic community
- Very few chances of altitude sickness, as the highest point is at 3500m.

Overview

The Helambu trek is a perfect short trek near Kathmandu Valley. Despite being so close to Kathmandu, the Helambu region remains relatively unspoiled. Besides the Hyolmo culture of high mountain people, the company of green rhododendrons and bamboo forests, majestic waterfalls, and snow-capped Himalayas make the trek one of the most diverse treks near Kathmandu.

The specialty of this trekking route is the rich cultural heritage and hospitality of the Sherpa people who inhabit the Helambu region. Himalayan ranges like Mt Langtang, Gaurishanker and so many other small snow-covered peaks are just situated north of Helambu.

Inhabitants of mostly Sherpa community, temperate forests, brilliant displays of rhododendrons and primal blooms, flora & fauna, and colorful dancing festivals such as Tibetan New Year are some of the highlights of this region. This is one of the effortless trekking that is possible to trek throughout the year.

This trekking begins from Sundarimal from an elevation of 1350 meters and ends in Melamchi pull Bazaar (850 meters) which goes up to a maximum altitude of 3597 meters at Tharepati village. The amazing countryside is full of Buddhist monasteries, pilgrimages, and delicious apples. The apples, gorgeous Helambu girls, and its monasteries have made Helambu a trekkers' paradise.

There are plenty of teahouse accommodations along the route. The trail leading to Chisopani starts with the tangible steps alongside the pipeline that brings drinking water to Kathmandu. The trail leaves the pipeline near the dam and reaches Mulkharka, which is 600 meters above Sundarimal.

The trail climbs further to Chisopani, (2300 meters) from Mulkharka which offers amazing Himalayan views across the valley. Gradually the trail runs down to Paati Bhanjyang (1770 meters). Again from Chip ling (2170 meters), the trail climbs up to a pass at an altitude of 2470 meters before descending to Thodang Betini (2250 meters) forested ridge, the trail descends to a Tamang village of Gul Bhanjyang, a hill village at an altitude of 2140 meters.

This is ideal for those people who don't have much time in Nepal or would like to make it before commencing adventurous or alpine type of trekking such as 3 Cols, Upper Dolpo, etc. It is a 7-10-day trek that starts in Kathmandu itself but can be concluded as short as 5–6 days.

The regular trailhead starts off at Sundarimal and goes via Chisopani, Yolmo, Kutumsang, Magin Goth, Tharepati, Melamchi Gaun, and Tarkeghyang. Walking through the mind-blowing villages such as Gul Bhanjyang (2620M) and descending a little to reach Kutumsang village at an altitude of 2470 meters where you will have to show your National Park Permits at a Government Check Post.

The most important benefit of this trek is that the area is less crowded & free from noise and air pollution. Many trekkers come down from Gosainkunda Pass or across the Ganja-La Pass from the Kyanjin Gompa and Panch Pokhari area to take advantage of the short overland journey to get back to Kathmandu via Helambu Route.

Trip Itinerary

Day 1 : Kathmandu Drive To Sundarimal (1350m) Trekking To Chisopani (2140m)

After an hour's drive, we reach to Sundarijal (1350m), starting point of our trekking. From Sundarijal, we start our trek to Chisopani (2300m). Our trek begins along a small hydroelectric plant. The trail then ascends up besides the water pipes which supplies Kathmandu drinking water, the trail will go through the Shivapuri Watershed and Wildlife Reserve. The first settlement we come across is Mulkharka mostly inhabited by the Tamang people. The trail continues with climbing on the forest of rhododendron and oaks after pass the Borlang Bhanjyang trail goes downhill to Chisopani (2140m), The mountain views are excellent from here, we can see the views of Annapurna to Everest, overnight at lodge.

Day 2 : Chisopani Trekking To Gul Bhanjyang (2140 M) - 5 hrs Walk

Today, the trail runs out of the villages and continues level among pine plantation before arrive Paati Bhanjyang a lovely small village. From here the trail goes through small chortens, fields and forest mostly up and down hill before arriving Gul Bhanjyang (2140m), overnight in lodge.

Day 3 : Gul bhanjyang Trek To Tharepati (3597m)

Today the trail steadily climbs up above Kutumsang through prickly leaved oak forest with excellent views of the mountains and the Helambu valley. Our trail passes through fir and rhododendron forest where there are no permanent settlements. Following a ridge line, the trail continues via lightly populated forest to Magen Goth from where we can view the stunning peak of Langtang and Gosainkunda. Above Magin Goth, the trail climbs steeply through dense pine forest passing several chortens and ruined huts to reach Tharepati. From Tharepati we have excellent close up views of Gosainkunda and surrounding high mountains. Overnight at lodge.

Day 4 : Tharepati Trekking To Melamchi Gaon (2640m) - 4hrs

A short, steep descent through mixed fir and rhododendron forest rich with bird life. Crashing waterfalls sound from the rocky gullies below as you approach Melamchi Gaon. Overnight in lodge

Day 5 : Melamchi Gaon Trekking To Tarkeghyang (2560m) - 4hrs walk

Today we head for Tarkeghyang. During an early part of the trek, the trail descends until we cross the Melamchi Khola., where we can have a well earned dip in the crystal- clear river before completing the short and mild ascent up the other side of the valley. Then we trek up to Tarkeghyang passing through Sherpa settlements. Enjoy the Himalayan peaks offer appear before you glistening in the sunshine. Discover the village and its monastery which is 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 Helmu caste. Tarkeghyang boasts an 18th century Gompa with huge brass prayer wheel. Overnight in lodge

Day 6 : Tarkegyang Trekking To Sermathang (2621m) - 4 hrs walk

A flat pleasant walk through the beautiful forest takes us to Sermathang since we do not gain altitude that much today. This is an entering Sherpa village and they will be happy to introduce themselves that they are different from the Sherpa of Khumbu (Everest region). The trail makes a sweep around the wide valley end between Para chin 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 7 : Shermathang Trekking To Melamchi Bazaar (828m) And Drive To Kathmandu

Today is our final day of trek. The trail gradually descends all the way to Melamchi Pull Bazaar through meadows and cultivated fields. The village is mostly inhabited by the Sherpa, but there are also people of other ethnicities. On the way, we come across several old villages. With the spectacular Mountain View, we will get to interact with local and friendly people. Drive back to Kathmandu. Overnight in Kathmandu hotel.

Inclusions

What is included?

kathmandu - sundarijal - Melamchi Bazar - Kathmandu by Private vehicals.
Trekking permits and TIMS (Trekking Information Management System) card.
Experienced and licensed trekking guide.
Porter service to carry your luggage (one porter for every two trekkers).
Accommodation in teahouses or lodges during the trek.
All meals (breakfast, lunch, and dinner) during the trek.
Shiv puri National Park entrance fee.
Basic first aid kit.
All Government taxes and service charge

What isn't included?

International airfare to and from Kathmandu.
Nepal entry visa fees.
Personal travel insurance (covering medical, evacuation, and trip cancellation).
Accommodation and meals in Kathmandu (beyond the itinerary).
Personal expenses, such as laundry, phone calls, internet access, etc.
Additional porters or services if needed.
Tips for guides, porters, and other staff (tipping is customary in Nepal).

Any expenses arising due to unforeseen circumstances, such as flight delays, natural disasters, political unrest, etc.

Complimentary