

# Helambu Trek



## Introduction

**Helambu trek** is suitable for those who do not have much time to spend and old people but a burning desire to observe the beauty of Langtang Himalayan range closely. This trekking will be absolutely fit for them. It is not necessary to be physically fitness to do this trekking. Helambu Trekking is 75km north from Kathmandu. The Helambu area is surprisingly peaceful and calm. The Sherpa villages of Helambu due north of Kathmandu valley presents an easy getaway. This area because of its low elevation and the Sherpa villages make it an interesting loop. This trekking is basically familiar for sherpa culture and life style. Starting with a short drive from Kathmandu to Sundarimal the trail to Chisapani and Helambu climbs on to the Shivapuri ridge from where there are sweeping views of the central Himalayas. Following a ridge-line the trek heads north to Thare Pati before turning east to Melemchi Gaon and Tarke Gyang the principle villages of this area. You can take Helambu onto the end of the langtang or Gosaikunda trek, crossing into Helambu via the high altitude passes at Lauribina La (4610m) or Ganja La (5106m).

## Trip Facts

Trip Duration	7 Days
Trip Grade:	Easy
Best Season	12 Months
Per Day Hiking:	4-7 hrs
Elevation	Maximum 3640m
Accomodation	Lodge

Transportation

Car/Jeep/Bus/Van

## Cost Includes

### What are Included?

1. Pick-up and drop-off service at Trivuvan International Airport in Kathmandu by private Car/Van/Bus.
2. 2 Nights hotel in Kathmandu on BB Plan.
3. Kathmandu-Sundarijal by Car and Thimbu to Kathmandu by Public Bus.
4. All the meals (breakfast,lunch,dinner) with Lodge accommodation during the trek.
5. One fluent English speaking professional government register certificate holder local familiar trekking guide and require porters.
6. Guide and porters: foods, accommodation, insurance, salary and equipment etc.
7. All government tax and official charges.
8. Langtang National park fee and tims card.
9. Duffel Bag.
10. Fingertip Pulse Oximeter (we use everyday to check your oxygen level and blood pressure in your body to avoid high risk ).
11. Nepal Hidden Treks and Expedition T-short.
12. Local fresh fruit like orange, banana, apple, grape etc.
13. First Aids Kit.

### What are Excluded?

- International airfare and Visa fee (\$25 for 15days and \$40 for 30days).
- Lunch and Dinner in Kathmandu.
- Your trekking gears.
- All the drinks like coke, fanta, mineral water ,boiled water etc.
- Your travel insurance which should include the emergency rescue.
- Tips for guide and porter.

## Short Itinerary

**Day 01:** Arriving in Kathmandu (1350m).

**Day 02:** Drive and trekking

**Day 03-05:** Trekking

**Day 06:** Drive to Kathmandu

**Day 07:** Departure from Kathmandu (1350m).

## Itinerary Details

### **1. Arriving in Kathmandu (1350m).**

Arriving in Tribhuvan International Airport (TIA) you will meet with me then transfer to hotel by private vehicles then stay at the Hotel and free activities in the evening.

### **2. Kathmandu - Sundarimal - Chisapani (2,194m, 4 hours walking)**

This day, we drive to Sundarimal (1350m.) and Trek to Chisapani, a wide and obvious climb up beside the enormous water pipe that supplies Kathmandu with drinking water from a reservoir inside Shivapuri National park. First stage of the trek climbs steeply to entry check post. Follow the sign posted trail uphill to the large Tamang village of Mulkharka. The trail continues to climb to reach the pass at Borlang Bhanjyang. The rest of day is the entire down hill through peaceful forests to Oak and rhododendron. Within the hour, you'll reach a wide track running uphill to Chisapani. The mountain views are excellent from here.

### **3. Chisapani - Golphu Bhanjyang (Gul Bhanjyang) (2140m. 5-6 hours walking)**

As you leave Chisapani, the trail runs out of the village and continues level among pine plantations on the top of the spur. There are good mountain views as you leave the wide track and drop down into the valley on a muddy zigzagging path. The halfway down the slope, the trail reaches the Brahman and chhetri village of Pati Bhanjyang (1770m.). The trail heads north out of the path Bhanjyang, a gentle ascent to a small white chorten at the Sherpa village of Thakuni Bhanjyang. Climb steeply uphill past the lodge to meet a large trail, then bear right on crumbly stone steps to reach the much larger village of Chipling (2170m.) and then we reach Lapcha Danda. If the sky is clear, you'll have good views of the peaks as you drop down through rhododendron forest on the far side of the pass. After Thotong (thodang Betini, a friendly Tamang village), the path drops for another 30 minutes to Tamang village of Golphu Bhanjyang. If it is clear morning, you can see good view of mountains.

### **4. Golphu Bhanjyang - Tharepati (3640m, 7 hours walking)**

This is the most dramatic stage of the trek, with the views that become increasingly epic as the day goes on. However, the climb is steep and sustained. You'll work up a sweat climbing the 1650m to Tharepati and then face a sudden chill once you encounter the icy winds at the pass. Starting from Golphu Bhanjyang, climb the hill to Kutumsang (2450m). As you climb the Yurin Danda ridge, you see peaks above Langtang and Gosaikunda soar into view. About three hours after leaving Kutumsang, you'll drop down to the appealing village of Magin Goth (Magen Goth). There are fabulous views from here to the rocky Thare Danda ridge, where a rugged trail climbs to Gosaikunda. After Magin Goth, it is a steep, two hours climb to reach the Tharepati village (3640m.). A steep path rises above the village to a fluttering white prayer flag on a mind swept hilltop, offering a perfect panorama of the Langtang Himalaya.

### **5. Tharepati - Melamchi Ghyang (2,743m, 4 hours walking)**

Heading east from the Tharepati, the trail drops rapidly down the ridge, quickly losing those wonderful mountain views. The trail follows rhododendron forest and chortens. The last stage of

the walk is an unforgiving drop on the almost vertical trail that will teach you meaning of the word “impact”. a long suspension bridge on the outskirts of Melamchi gaon. Melamchi feels like a teeming metropolies. As we as raising goats and cattle and tending fields of barley, corn and potatoes. Melamchi was founded in in 1859 by the head lama of bouddhnath stupa. In the center of the village has a large, renovated Gompa. It is nice village.

**6. Melamchi - Kathmandu (1340m, 4 hours driving)**

Drive from Melamchi to Kathmandu (1340m, 4 hours driving), overnight at Hotel.

**7. Departure to international airport.**

Final departure to international airport to fly your home country.