



# Helambu Trek

URL: <https://himalayatrip.com/helambu-trek/>

## Destination

Most Popular Treks

## Activity

Trekking

## Duration

5

## Per Person From

USD 325

## Accommodation

custom-content

## Region

Sindhupalchowk

## Max. Altitude

3690m (Tharepati)

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## Best Season

September - May

## Transportation

Car/Jeep/Bus/Van

## 4 nights at Lodge

**5 Breakfast 5Lunch 4 Dinner**

**Easy**

## Highlight of Helambu

- Beautiful view of Ganesh Himal, Langtang Himal, Ganchenpo, Dorje Lakpa and Gaurishanker Himalayas view.
- Beautiful villages Chisapani , Gol Bhanjyang , Kutumsang, Mangengoth, Tharepati, Melamchigaon.
- Life style of Sherpa, Yalmo, Tamang and culture
- Trekking on Nagarjung Shivapuri National park.
- Rhododendron trees and flowers
- Buddhist Stupas, Chhorten, Monasteries

# Helambu Trek Overview

**Helambu Trek** is a scenic and culturally rich trekking adventure that takes you through the beautiful landscapes and traditional villages of the Helambu region in Nepal. Situated close to Kathmandu, this trek offers a convenient option for those seeking a Himalayan experience without venturing too far from the capital city. **Helambu Trek** can be first option for you If you are looking for a short trek around Kathmandu at Nagarjun Shivapuri National Park . You will pass beautiful villages **Chisapani** , **GolBhanjyang** , **Kutumsang**, **Mangengoth**, **Tharepati**, **Melamchigaon** and beautiful view of **Ganesh Himal**, **Langtang Himal**, **Ganchenpo**, **Dorje Lakpa** and **Gaurishanker** Himalayas viewduring the trek. Different tribe people life style, Buddhist Monasteries are another attraction of this trek. **Himalaya Trip** organize **5 days Helambu Trek from Kathmandu**.

## Helambu Trek Details

**Helambu trek** starts from **Sundaridal**, on the outskirts of Kathmandu, and follows a circular route through villages such as **Chisapani**, **Gol Bhanjyang**, **Kutumsang**, **Mangengoth**, and **Thadepati**, you have option to continue [Gosaikunda Lake and Langtang Valley](#), returning to **Melamchi goan**. The trail offers a mix of uphill and downhill sections, providing a moderate level of challenge. The Helambu area is surprisingly peaceful and calm.

The **Sherpa villages** of **Helambu** due north of Kathmandu Valley present an easy getaway. This area because of its low elevation and the Sherpa villages makes it an interesting loop. This trekking is familiar to Sherpa culture and lifestyle. It is also an opportunity to immerse yourself in the rich local culture and enjoy the warm hospitality of the people. The trek offers stunning views of snow-capped peaks, including Ganesh Himal, Langtang Lirung, Dorje Lakpa, and Gaurishankar. From **Melamchi gaon** drive back to Kathmandu by public bus.

### Hotel in Kathmandu

If you want to include the Hotels in Kathmandu, It is possible to include them. For flexibility, you may book your own accommodations Hostel to 5 star Hotel in Kathmandu and you can stay more than one night in Kathmandu before and after the trek at your preferred place.

### Porter option

This is a short trek from Kathmandu. We take the necessary things during the trek with you. The rest of the luggage, you will leave at your Hotel in Kathmandu. If you are okay with a 5-6 kgs backpack, you do not need a porter for this trek. If you cannot carry your backpack, you have the option to hire a porter with the cost of an extra US\$100 per porter. You can share a porter between 2-3 people.

# Helambu Trek Info

## Trekking Permit for Helambu Trek

To undertake the Helambu Trek, trekkers need to obtain the Nagarjun Shivapuri National Park Entry Permit. This permit can be obtained in Kathmandu or at the entry checkpoint in Sundarikal. It is important to adhere to the regulations set by the authorities to preserve the natural environment and respect the local communities.

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## Accommodation and facilities for Helambu Trek

Along the Helambu Trekking route, there are teahouses and lodges that provide accommodation and meals for trekkers. These establishments offer basic facilities such as beds, blankets, hot showers, and a variety of local and international food options. The teahouses provide a cozy resting place and an opportunity to interact with fellow trekkers, creating a warm and friendly atmosphere.

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## Preparation and fitness for Helambu Trek

The Helambu Trek is considered a moderate trek suitable for trekkers of all ages with a reasonable level of fitness. While prior trekking experience is not required, it is advisable to engage in physical preparation and endurance training before undertaking the trek. Regular cardio exercises such as hiking, jogging, or cycling, along with strength training, will help build stamina and prepare the body for the trekking challenges.

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## Packing List for Helambu Trek

Helambu trek is a short trek in Langtang Gosaikunda Helambu Region. You do not need any special gears.

I recommend you , Sleeping bag, Trekking boots, Trousers, Socks ,warm jacket, T-shirts (two or three) and long-sleeved shirt, Sunscreen (SPF 20+) , Backpack, Torch (flashlight),Camera ,memory card and battery charger( spare batteries) ,Quick- drying towel, Toilet Paper, warm hat, gloves, thermal underwear , sun glass, water bottle etc.

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## What kind of food do we expect during Helambu Trek ?

The Lodges have Menu; you will have your own choice. The foods are hygienic. But it is not like cities foods. Non-veg food are not recommend. It is not fresh and hygienic .

- **Breakfast:** Simple Breakfast (Eggs any item has, toast or Tibetan Bread, Pancake, Muesli, Oat Porridge etc.)
- **Lunch:** Nepali Thali (Plain Rice, Lentil soup, Potato Curry, Green Vegetable, Papadam, Tomato Hot spicy, Chicken curry optional), Macorani , Spaghetti, Potato item, Mo.Mo or dumpling, Pizza, Friend Rice, Fried Noodles, French fries etc.
- **Dinner:** Nepali Thali (Plain Rice, Lentil soup, Potato Curry, Green Vegetable, Papadam, Tomato Hot spicy or pickle, Chicken curry optional), Macorani , Spaghetti, Potato item, Mo.Mo or dumpling, Pizza, Friend Rice, Fried Noodles, French fries etc.
- **Dessert:** Fresh Fruit (Apple, orange, pomegranates, Banana with any seasonal fruit) serve as sweet dessert.

Note: All the drinks soft, hot, hard drinks are not included.

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## When is the best time to do this trek ?

We organize this trek all the months. But if you are planning to do this trek at the best time. We recommend you following time.

- **Winter (December - February):** This is coldest time of the year. It will be snow during this time. But you can still do this trek.
  - **Spring (March - May):** This is best time to trek on Helambu trek. You will have wonderful weather with warm temperature. You will also have chances to see the Rhododendron flowers.
  - **Summer (June - August):** This is monsoon in Nepal. There is chances of mostly raining and it will be cloudy. The rain poncho or rain jacket is needed.
  - **Autumn (September - November):** This is another best time to do Helambu trek. After the raining season. It will be fresh and clear weather will be appear. It will be warm temperature.
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## Helambu Trek Outline Itinerary

**Day 01** Drive Kathmandu - Sundarimal and trek to Chisapani 2215m

**Day 02** Trek Chisapani - Golphu Bhanjyang 2470m

**Day 03** Trek Golphu Bhanjyang - Tharepani 3690m

**Day 04** Trek Tharepani - Melamchigaon 2530m

**Day 05** Drive Melamchigaon - Kathmandu (1342m).

# Helambu Trek Details Itinerary

## Day 01: Kathmandu - Sundarijal - Chisapani

This day, we drive to Sundarijal (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 Nagarjun Shivapuri National Park. The first stage of the trek climbs steeply to the 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 the day is the entire downhill 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.

**Activity:**

4-5 hours walk

**Highest Altitude:**

2,215m

**Meals:**

Breakfast, Lunch and Dinner

**Accommodations:**

Lodge

## Day 02: Chisapani - Golphu Bhanjyang (Gul Bhanjyang)

As you leave Chisapani, the trail runs out of the village and continues to 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. 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 Chipping (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 the rhododendron forest on the far side of the pass. After Thotong (today Betini, a friendly Tamang village), the path drops for another 30 minutes to the Tamang village of Golphu Bhanjyang. If it is clear morning, you can see a good view of the mountains.

**Activity:**

5-6 hours walk

**Highest Altitude:**

2470m

**Meals:**

Breakfast, Lunch and Dinner

**Accommodations:**

Lodge

## Day 03: Golphu Bhanjyang -Tharepati

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-hour 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.

**Activity:**

7 hours walking

**Highest Altitude:**

3690m

**Meals:**

Breakfast, Lunch and Dinner

**Accommodations:**

Lodge

## Day 04: Tharepati - Melamchigaon

Heading east from the Tharepati, the trail drops rapidly down the ridge, quickly losing those wonderful mountain views. The trail follows the rhododendron forest and chortens. The last stage of the walk is an unforgiving drop on the almost vertical trail that will teach you the meaning of the word "impact". a long suspension bridge on the outskirts of Melamchi Gaon. Melamchi feels like a teeming metropolis. We raised goats and cattle and tended fields of barley, corn, and potatoes. Melamchi was founded in 1859 by the head lama of Bouddhnath stupa. In the center of the village is a large, renovated Gompa. It is a nice village.

**Activity:**

4-5 hours walk

**Highest Altitude:**

2,540m

**Meals:**

Breakfast, Lunch and Dinner

**Accommodations:**

Lodge

## Day 05: Melamchigaon - Kathmandu

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

**Activity:**

4 hours driving

**Highest Altitude:**

1342m

**Meals:**

Breakfast and Lunch

**Accommodations:**

own Hotel

## Whats Included?

- Kathmandu-Sundarjal by Car and Melamchigaon to Kathmandu by Public Bus.
- All the meals (5 breakfast, 5 lunch, 4 dinner) with 4 Nights at Lodge accommodation during the trek.
- One English speaking professional government register certificate holder local familiar trekking guide.
- Guide: foods, accommodation, insurance, salary and equipment etc.

- Nagarjun Shivapuri National park and Langtang National Park fee .
- Himalaya Trip T-shirt.
- Local fresh fruit like orange, banana, apple, grape etc.
- First Aids Kit.
- All government tax and official charges.

## Whats not Included?

- International airfare .
- Nepal's Visa fee (US\$30 for 15 days and US\$50 for 30 days) , you fill up a form [depart of immigration](#) before you leave and pay cash and get visa on your arrival in Kathmandu airport.
- Hotel (Kathmandu Guest House ) and meals in Kathmandu.
- Your trekking gears.
- All the drinks like tea, coffee , coke, fanta, mineral water , beer etc.
- Your travel insurance which should include the emergency rescue.
- Tips for guide .

## Group Discounts Available

No. of Persons	Price per Person
2 - 4	USD 349
5 - 9	USD 325
10+	USD 299

## Address

Raniban,  
Kathmandu, Nepal