Facts

Destination: Nepal
Trip Grade: 2
Trip Style: Tea house trek
Transportation: Private Vehicle / Bus
Meals: Breakfast + Lunch + Dinner
Accommodation: Teahouse
Max. Altitude: 3490 M
Per Day Walking: 4 - 6 Hours
Best Season: March, April, and September to November

Overview

Helambu Trekking in Nepal

Helambu short trek is the most popular trekking itinerary for trekkers in Langtang region. Nepal Trek Adventure offers 5 to 7 days of this circuit at best cost (price) and itinerary. You can start this trekking from both ways either Melamchi Bazar about 60 Km or by Sundarijal 26 Km from Kathmandu. Located northeast of Kathmandu, it extends from north of Taramarang to the tree limit of the Gosainkunda Lake and lower slopes of Jugal Himal. There we meet several highland Tamang and Sherpa villages, scattered on both sides of the Melamchi Khola.

Helambu Trekking are vary on the desire of the clients and we can design the itinerary as per our client’s request. The Langtang valley is aptly called “the valley of glaciers”. Here the mountain-scape is spectacular. On either side of the valley, mountains rise, soaring into the sky. The valley offers pine forest, slow-moving rivers and swift mountain streams, rugged rock and snow-capped peaks, grassy downs, and meadows strewn with daisies and wild primulas. In the upper part of the valley, there are snow bridges spanning angry torrents, high passes enveloped in mist, tiny lakes with icebergs coating on them and waters of crystalline brightness. This trek is comparatively easier one due to the fact that the elevations are lower, ranging between 800m and 3600m, offering less climbing as well as warmer temperatures.

Important Tips for Helambu Short Trek

Before you plan for Helambu 5 days Trek, here are some important tips for you to make your trek easier and happier.

- Safe drinking water is significant while we are on trek and we prescribe that one should drink in any event 3-4 liters water a day (this helps from de-hydration and height issue AMS).
- Don’t forget to bring water purifier tablets.
- Don’t drink water directly from or other direct water sources.
- Carry enough money while on trekking. ATM might not be accessible on the trekking region.

**Helambu Trek Route**

Sundarijal -> Chisopani -> Khutumsang -> Tharepati -> Tarke Gyang -> Sermathang -> Melamchi Pul Bazar -> Kathmandu

We are completely dedicated to giving the best quality services providing charming and hypnotizing holiday so one can experience best ever journey with us, we perform our duties genuinely and honestly to make your travel secure and happy. The whole packages are conducted strictly under the rules and guideline of the Nepal Government act and arrangements.

**Why You Will Love Helambu Trek?**

Helambu trek starts from Sundarijal, which has a small dam and hydroelectric station. It takes one hour drive from Kathmandu. The trek goes through dense mountain timberland and some wonderful rice field and various marvelous Buddhist monasteries. Helambu trek will be one of the amazing treks for any trekkers. Your heart will leap with the view of Langtang range. People living in this locale can inspire you with their simplicity of lifestyle. Their culture and tradition will leave a positive impact on you. It is one of the nearest Himalayan treks from Kathmandu. Helambu is one of the best trekking destinations for any kind of trekkers. Helambu is famous for sweet juicy apples. Buddhist pilgrim sites are plus point of Helambu trek. The snow-topped mountains like Gang Chhenpo, Jugal Himal, Nayagang Himal, Dorje Lakpa, Ganesh Himal and Langtang Lirung are some of the highlights of Helambu trek.

**Do I need restricted area permit for Helambu Trek?**

No, you will not need a restricted area permit. Helambu region does not fall under the restricted regions. You can get the permit and even trek on your own in this region.

**What is the best time to trek in Helambu?**

The best time to trek in Helambu is spring (March to June) and autumn (September to December). The temperature is moderate and in these seasons you can have amazing views.

**Do I need any physical condition and experience requirements?**

It is best that we prepare ourselves for the trek by doing some physical exercises like jogging and exercising regularly. Trekking to the Helambu is relatively easier for those who have experience walking/trekking in a high altitude environment.
What kind of Meals will we get during the trek?

While trekking you will be provided Nepalese, Tibetan, the more common continental and Indian cuisines are common choices in the menu. Sometimes meals included in the menu may not be available.

What are the major attractions of Helambu trek?

Throughout the Helambu trek, you will get the opportunity to get amazing views of pristine Himalaya range. Remote farm with fascinating Buddhist cultures. Enchanting Rhododendron and oaks woodland. Fascinating old and medieval traditional villages with impressive monasteries.”

The most important benefit of this trek is that the area is less crowded & free from noise in comparison to the Annapurna trek and some parts of the Everest treks. Besides this, the trek offers a wide range of cultures and spectacular scenery. The Helambu Short trek is a perfect short trek nearby Kathmandu Valley. Despite being so close to Kathmandu, the Helambu region remains relatively un-spoilt. Besides the hyolmo culture of high mountain people, the company of green rhododendron and bamboo forests, majestic waterfalls, and the snow-capped Himalayas make the trek one of the most diverse treks near Kathmandu. The great Himalayan scenery at the border with Tibet and monasteries make a trek to the region an enthralling experience.

So, will you prefer Helambu Trekking for 5 Days with Nepal Trek Adventure? If your answer is yes, book this short trip with us.

If it is not enough, no worries. We offer more Helambu Trekking itinerary of 9 days, which is the extended route of the predecessor. To know more about this 9 days’ trek, go through the given link: Helambu Trekking

Free Cancellation Policy
Free Cancellation up to the 8th day before departure. For more to know click our Payment Term and Condition Policy.

Itinerary Details

Day 01 : Drive to Sundarijal and Trek to Chisopani

A 15km drive from Kathmandu takes you to the starting point of the trek. On arrival at Sundarijal, you can visit Shivapuri Watershed and Wildlife Reserve. From Sundarijal, the trail heads up to the concrete steps beside the pipeline which supply drinking water for the valley. We leave the pipeline near the dam, and then on to Mulkharka, trekking up the ridge at around 1895m, some 600m above Sundarijal. There you can take some time to
Day 02 : Chisopani to Khutumsang

From Chisopani the trail leads down to Pati Bhanjyang (1770m), a lovely small village. After reaching Pati Bhanjyang, the trail leads up and then down to the village of Gul Bhanjyang (2140m). From here the trail climbs up to 2620m and then again descends along the rocky route to Khutumsang (2470m). Included suppers: Breakfast Lunch Dinner Walking time- 6 hours Altitude- 2446m Difficulty level- easy to moderate Main attractions for the day- Langtang Range Mountains, Meadows, and Fields.

Day 03 : Khutumsang to Tharepati

Following a ridgeline, the trail continues via the lightly populated forest to Magen Goth from where the view of Langtang and Gosaikund peak is stunning and finally reaching Tharepati (3490m). This walk from is one of the best ridges walks among all treks in Nepal. The trails to Gosaikund branches off north-west from here. Walking time- 6 hours Altitude: 3650m Difficulty level- easy to moderate Main Attractions of the day- Rhododendron Forest, and snow-capped mountains.

Day 04 : Tharepati to Tarke Gyang

Turning east, the trail rapidly descends down a ravine through small Sherpa village of Malemchigaon (2530m) with splendid lodges and fine old and artistic Gompas. The trail again descends leaving the village and crossing Malenchi Khola by a bridge at 1890m and making the long climb up the other side of the valley to Tarke Gyang at 2620m, which is the largest village in Helambu. Walking time- 7 hours Altitude- 2743m Difficulty Level- easy to moderate Main Attractions of the day- Sherpa Village, Melamchi Gaun, Monasteries, and beautiful forest.

Day 05 : Tarke Ghyang to Sermathang

The trails gently descend through a beautiful forest to Sermathang (2620m). It is the center of an important apple-growing area from where a fantastic view of the Himalayas is seen. Walking time- 4/5 hours Altitude- 2160m Main Attractions of the day- Sermathang to Melamchi Pul Bazar (846m)

Day 06 : Sermathang to Malemchi Pul Bazar (846m) and drive back to Kathmandu

As we leave Sermanthang the trails then continue to descent to Dubhachaur at 1500m, and then again steeply down to Melamchi (830m) where it meets the road. This village
Helambu has a good collection of teahouses and lodges and all kinds of transportation including buses to get to Panchkhal on the Kodari road. From there, we can catch a bus to Kathmandu (4-5 hours drive by bus).

**Cost Includes**

- Free airport picks upon your arrival and a drop at the end of your trip
- Shivapuri National park Permit
- All necessary ground transportation as per the itinerary
- Trekking Map
- Complete free trekking information before going to trek
- Tasty and hygienic organic welfare dinner at the end of the trek in Kathmandu
- Full Board (Breakfast, Lunch, and Dinner) during the trek
- All nights in local teahouses/lodges during trekking
- An experienced licensed holder guide and needed number of porters as per your group size
- Medical first aid kit box (which is carried by your team)
- Foods, accommodations and local tax for guide & porters

**Cost Excludes**

- Hotel in Kathmandu
- Your travel insurance (Travel insurance is compulsory to take an adventure trip and it must be covered both medical & emergency evacuation with the worth of USD100, 000.00 minimum.
- Nepal entry visa fees
- Any kind of drinks (tea, coffee, water, hot water, etc) and of bar bills (alcoholic beverages)
- Hot shower, WIFI, any electronic battery charges during only in trekking
- Tips and gratitude to your guides, porters, and drivers
- Accommodation or meals will not be included in Kathmandu in case of early return from trekking (due to any reason) than the scheduled itinerary