



Helambu Short Trek

This trek is proposed for those travellers who have less time to stay in Nepal but wish to travel not too far from Kathmandu Valley. Helambu is a low level trekking region north of Kathmandu. The trekking trail allows us to walk through forests of rhododendron, pine, oak and ultimately we reach picturesque villages of Malemchigaun and Tarke Gyang inhabited by Sherpas and Tamang ethnic people. The Sherpas of this region differ in their social practices from those inhabiting the Everest region. The village people are very nice and friendly. They welcome the travellers to their homes. Some nights we will spend in these so called "home stays". Upon you wish we can combine the Helambu cultural trekking with the Langtang and Gosainkunda trek. This combined trek can be completed in 14 days. Helambu cultural trekking can be easily organised throughout the year though in the winter there could be some snowfall on the higher ridges and the temperatures could drop near Tharepati.

Trip Features

Trip Duration: 8 days

Trek Duration: 7 days

Max. Elevation: 3510m

Grading: Moderate to Strenuous

Trek Style: Lodge-to-Lodge(Teahouse)

Best Season: All Year, but most enjoyable from March-May & September-November

Itinerary:

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| Day1: | Drive to Melamchipul Bazaar & Trek to Pokhare Bhanjyang |
| Day2: | Pokhare Bhanjyang to Shermanthang (2580m) |
| Day3: | Shermanthang to Tarkegyang (2770 m) |
| Day4: | Tarkegyang to Melamchi Gaon (2530 m) |
| Day5: | Melamchi Gaon to Tharepati (3510 m) |
| Day6: | Tharepati to Kutumsang (2470m) |
| Day7: | Kutumsang to Chisopani (2200m) |
| Day8: | Chisopani to Sudarjial (870m) & drive to Kathmandu |

Costs:

Starting from €599,-

Highlights:

- Langtang Range
- Home Stay
- Local Cultures





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... Travel Beyond



Day One - Drive to Sundarimal (1400m) and trek to Chisopani (2200m)

We will kick off our trek with a one hour drive to Sundarimal located in the North-East of Kathmandu Valley. Our trek commences with a long climb to Bulang Bhanjyang (2440m). On the way to there we ascend through light forests and pass through Mulkharka (1800m), a small Tamang village. From Bulang Bhanjyang the trail descends slightly through oak and rhododendron forest till we reach our overnight village, Chisopani.

Day Two - Trek to Gol Bhanjyang (2140m)

Today we start going down to Pati Bhanjyang (1900m), a local village. A steep ascent from here takes us to Chipling (2170m). The trail proceeds to Thodang Bateni from where we have a good mountain view on clear days. Finally, we descend down to a Tamang village known as Gol Bhanjyang where we will spend the night.

Day Three - Trek to Tharepati (3640m)

Today's trek brings us through Kutumsang (2500m) and fir and rhododendron forests. On the way we have some great views on the Langtang peak before we arrive in Tharepati after an eight hours trek.

Day Four - Trek to Phedi (4100m)

In the morning we start our walk descending, however this will soon change as we continue to Ghopte, from here on we keep climbing till we arrive in Phedi.

Day Five - Trek to Gosaikunda (4380m)

Today we will reach the highest point of our trip, the Laurebina Pass (4610m), after 5 hours walking uphill. From here we drop down to the Gosaikunda lake. While dropping down to Gosaikunda you see various smaller lakes like Surya kunda, Naga kunda, Damodar Kunda, Gai Kunda etc. Then in around an hour we finally reach the Holy Gosaikunda lake.

Day Six - Trek Kutumsang (2470m)

The trail descends down through Oak and Rhododendron forest to Kutumsang, a small traditional village.

Day Seven - Trek to Chisopani (2200m)

The walk offers beautiful view of the Himalayas.

Day Eight - Trek to Lama Hotel (2380m)

On our last day we descend down passing through dense forests and traditional Nepali villages accompanied by a beautiful landscape. At the end of the trek you pass the Sundarimal Waterwork Project which is the major supplier of drinking water in Kathmandu. In Sundarimal your vehicle and driver will be waiting to take you back to Kathmandu.



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