

Trip Name : Helambu Village Trek

Starting Point	Drive in KTM-Sundarijal
Ending Point	Drive out Melamchi Bazaar-KTM
Type	TeaHouse/Lodge Trek
Grade	Medium
Duration	7 Days
Daily Walk	4-5 hours
People in Group	Minimum 1 and Maximum 12
Best Time	March to mid-May and September to mid-November
Max. Elevation	3510 mt.

### Trip Highlights:

- Trekking in two different national parks
- The closest trek available from Kathmandu
- Mixed culture of Sherpa, Tamang and Lama Societies
- Many old Monasteries
- The panoramic views of Langtang Himalayan range
- The great countryside, terrace farming and beautiful landscapes

### Trip Details:

The Helambu Village trail passes through two different national parks-Langtang and Shivapuri National Park. The trek begins at Sundarijal, only 12km far from the downtown and is a popular shorter trek available closer to Kathmandu and ends at Melamchi Bazaar. Sundarijal is the famous watershed area and the biggest resources of Kathmandu's drinking water supply. It is a classic trek that has the facility of home stay as well and suitable for trekkers who prefer the less crowded trekking areas. We meet Sherpa people here but they are different from the Sherpas in Solukhumbu. The Helambu village offers a wide range of mixed cultures of Sherpa, Tamang and Lama Societies. The picturesque landscape and the old monasteries are the main attractions of Helambu Village trekking. Helambu village is also popular for apple production. Along the way after Melamchi Gaon, we meet another Sherpa town called Tarkeghyang, which bears its own story. Tarkeghyang means "100 horses" & was taken from the name of a temple established in 1727 by a Lama (Buddhist monk) who was called on by the king of Kathmandu (Kantipur) to stop an epidemic. The Lama asked for 100 horses, which he brought here, as a reward. The local temple that was rebuilt in 1969 is designed in the Bhutanese style.

### Weather in the Helambu region:

Trekking in the Helambu region is possible throughout the year however the best times to trek considered are spring and autumn. The spring season starts from the beginning of March to mid of May and the autumn season starts from the beginning of September to mid of November. The days are sunny and warm here and the nights are not the freezing. It is not very cold in winter on this trail but the summers are wet. April and early May is a good time to see the trees bursting into bloom, with Rhododendrons, adding a spectacular splash of color to the landscape. The views are simply great after the summer monsoons have cleared the atmosphere of dust.

### Experience Required:

We have categorized Helambu Village trekking as medium grade trek and are suitable for passionate

trekkers who have courage to walk at least 4-5 hours each day. You might even need to walk 5 to 6 hours or more on some days. However, if you have passions, good health with average physical fitness and self confidence, the Helambu Village trek can be completed successfully. Regular exercising and jogging for some weeks prior to the trip is a good idea to enhance your strength and stability. If you have any previous hiking experience, that would be an asset. It is important that you consult with your doctor before making decision for this trek if you have any medical problems in the history. Participants with pre-existing medical conditions such as heart, lungs or any other serious disease should inform Trekking Encounters before booking the trek.

### **How We Make This Trip Responsible?**

**Trekking Encounters promotes Responsible Tourism and strictly follows the responsible travel guide lines.**

### **Cost Includes:**

- Shivapuri and Langtang National Park permits and TIMS (Trekking Information Management System)
- Three meals (B/L/D) a day on trekking from teahouse/lodge
- Accommodations at teahouse/lodge in the mountains
- An English speaking Trekking Guide
- A porter shared between two trekkers
- Staff insurance, salary, food, accommodation and their transportation
- Kathmandu-Sundarijal and Melamchi Bazaar-Kathmandu overland transfers by public bus [*Private vehicle available on request and extra*]
- First aid kit box
- Emergency co-operation service

### **Complimentary:**

- A Trekking Encounters T-shirt
- A farewell Nepali dinner with live culture program

### **Cost Excludes:**

- Hotel and meals in Kathmandu
- Bar and beverages bills, bottled water
- Nature of personal expenses
- Personal cloths and equipment such as sleeping bag, jacket, boots etc.
- Insurance for accidental, medical and evacuation
- Tips to the staff
- International Airfare and Taxes

### **Add-Ons:**

#### **Kathmandu City Tour**

**Activity:** Cultural tour to the World Heritage Sites.

**Major sites:** Swoyambhunath, Boudhanath, Pashupatinath, Kathmandu/Patan/Bhaktapur Durbar Square and Changunarayan Temple.

**Duration:** Full/Half day.

**Frequency:** Tour can be organized in any day and at your suitable time.

**Cost:** US\$ 50 per person. Group discounts available.

**Ground transfer:** Included by a private vehicle as per group size (Car/Van/Bus).

**Guide:** English Speaking City Tour Guide included. Additional language Guides are also available on demand.

**Meals:** Not included.

**Entrance fee:** Applicable and not included.

### **Mt. Everest Flight**

**Activity:** Mount Everest sightseeing flight.

**Duration:** One hour.

**Frequency:** Everyday in the morning between 6am to 9am.

**Cost:** US\$ 224 per person. Group discounts available.

**Ground transfer:** Included by a private vehicle. Two persons minimum needed.

**Airport tax:** Included.

**Airline:** Buddha Air, Simrik Airlines and Yeti Airlines.

### **Jungle Safari in Chitwan National Park**

**Activities:** Jungle safari on elephant-back, jungle walk, canoe ride, jeep drive, experience of Tharu culture.

**Accommodation:** Resorts, Hotels and Lodges.

**Transportation:** Private Car included (Kathmandu/Pokhara-Kathmandu).

**Meals:** Included.

**Duration:** 3 days and 2 nights.

**Cost:** Starts from US\$ 225 per person.

### **Jungle Safari in Bardia National Park**

**Activities:** Jungle safari on elephant-back, jungle walk, boat ride, jeep drive.

**Accommodation:** Jungle lodges.

**Transportation:** Not included.

**Meals:** Included.

**Duration:** 4 days and 3 nights.

**Cost:** Starts from US\$ 475 per person.

### **Bird Watching in Koshi Tappu Wildlife Reserve**

**Activities:** Bird watching, boat ride and wildlife viewing on jeep drive.

**Accommodation:** Resorts, Tented camps.

**Transportation:** Not included.

**Meals:** Included.

**Duration:** 3 days and 2 nights.

**Cost:** Starts from US\$ 480 per person.

### **Rafting in Nepal**

**Trishuli River:** 2/3 Class – 1 Day – 17 Kilometers – Cost starts from US\$ 30 per person.

**Seti River:** 3 Class – 2 Days – 32 Kilometers – Cost starts from US\$ 80 per person.

**KaliGandaki River:** 4 Class – 3 Days – 56 Kilometers – Cost starts from US\$ 140 per person.

**BhoteKoshi River:** 4/5 Class – 2 Days – 18 Kilometers – Cost starts from US\$ 85 per person.

- **Cost includes:** Top quality Rafting equipment, Highly trained Crew, Well organized camping, Hygienic food.

- **Transportation:** Bus transportation included and depends.

## **Bungy Jumping / Canyoning / Paragliding / Ultralight Flight**

We can check and deliver information and cost as per your interest received for Bungy Jumping, Canyoning, Paragliding and Ultralight Flight. Bungy and Canyoning can also be customized together.

## **Shopping Tours**

Package available on demand.

**Shopping items:** Pashmina items, Paubha/Thangka, Woolen Carpets, Root Art, Ceramics, Shaligram (Holy Rocks), Masks of deities, Khukuri, Tea, Spices, Garments and Knitwear, Musical Instruments and Music, Glass Ornaments, Jewelry and Gems, Metal Wares, Sculptures, Wood Carvings, Rudraksha (Rosary), Incense, Natural Buttons, Fiber Products, Wood Game Boards, Fancy Hats, Bamboo Crafts, Bags and Accessories, Leather Articles, Lokta Paper and items made by Lokta, Nepali Dolls, Home Decors, Books and Maps and innumerable other unique items which are found nowhere else.

## **Trip Itinerary:**

### **Day 01 : Drive Kathmandu to Sundarijal and trek to Chisapani (2,215m/7,267ft).**

We drive about 12km from Kathmandu to Sundarijal. Sundarijal is situated at the elevation of 1350 meters where we start our trek. Beyond Sundarijal, the trail climbs continuously through forest to a medieval looking reservoir, the dam and waterworks. The trail leaves the water supply system and climbs steeply to a road to 1550 meters. Then cross the road and continue climb to the top of the Shivapuri ridge, the first village on the trail with the sprawling Tamang settlement of Milkshake at 1895 meters. There are few small tea shops where you can stop for a cup of tea and enjoy a spectacular panoramic view of the Kathmandu Valley. Beyond Mulkharka, the trail continues to climb steadily. After passing through the army camp, the trail enters into Shivapuri National Park. Most of the Shivapuri ridge has dense forest of pine and oak. Climb continues down the ridge through a forest of oak and rhododendron to Chisapani. Stay overnight in Chisapani or Chisopani (Cold water) at a teahouse. Trekking time 4-5 hours.

### **Day 02 : Trek Chisapani to Kutumasang (2,470m/8,104ft).**

From Chisapani or Chisopani (Cold water), the trail continues to descend and crosses meadows and fields and soon we reach Patibhanjyang. We then head north out of Patibhanjyang through a forest over the ridge and then descend to a large chorten which is the Tamang village of Gul Bhanjyang (2,130m/6,988ft). This is a delightful, classic hill village. Again we climb on the ridge from Gul Bhanjyang and finally descend again and reach our overnight stop, Kutumasang. Trekking time 4-5 hours.

### **Day 03 : Trek Kutumasang to Tharepati (3,510m/11,516ft).**

Today we climb above Kutumasang on a steep, eroded trail, mostly through fir and rhododendron forests. We then descend to Magen Goth (3,220m/10,564ft). There are no settlements between Kutumasang and Magen Goth. We continue further from Magen Goth and finally reach Tharepati for overnight rest. Trekking time 4-5 hours.

### **Day 04 : Trek Tharepati to Melamchi Gaon (2,530m/8,300ft).**

From Tharepati, we descend steeply down a ravine. A trail separates for Gosainkuna Lake and Langtang Valley at Tharepati. The vegetation changes to large firs, then to oaks and rhododendron. After crossing over

a stream on a suspension bridge, we make a short final climb to reach the prosperous Sherpa village of Melamchigaon, our next overnight stop. Trekking time 4-5 hours.

**Day 05 : Trek Melamchi Gaon to Tarkeghyang (2,740m/8,989ft).**

Our trek descends to the Melamchi Khola (River) and after crossing the suspension bridge, we start climbing up the other side of the valley towards Tarkeghyang. Tarkeghyang is the largest and picturesque village in the Helambu region. Trekkers enjoy at this beautiful village located on a shelf high above the river. 'Tarkeghyang' means "100 horses" & was taken from the name of a temple established in 1727 by a Lama (Buddhist monk) who was called on by the king of Kathmandu (Kantipur) to stop an epidemic. The Lama asked for 100 horses, which he brought here, as a reward. Trekking time 4-5 hours.

**Day 06 : Trek Tarkeghyang to Sermathang (2,590m/8,497ft).**

After having a memorable stay at the beautiful village of Tarkeghyang, we continue descending down from the edge of the ridge but then continue at around the same altitude along the side of the ridge crossing a number of streams and waterfalls and a landslide. Then we pass by a Gompa and reach the village of Sermathang for overnight rest. Trekking time 4-5 hours.

**Day 07 : Trek Sermathang to Melamchi Bazaar (870m/2,854ft) and drive back to Kathmandu.**

Today we follow the ridge all the way down to Melamchi and after passing a large Gompa at the southern edge of the village, we undulate along the west side of the ridge passing chortens one after another before dropping down to Kakani (1,996m/6,548ft). From Kakani we descend down to a small village of Duwachaur (1,500m/4,921ft). From here the trail continues to descend even more steeply down the ridge to the junction of the Indrawati and Melamchi Rivers. After crossing the suspension bridge over the Melamchi River, we will finally reach Melamchi Bazaar. Trekking time 3-4 hours. We then drive along the Helambu highway to Kathmandu. It takes about 2-3 hours to reach Kathmandu from Melamchi Bazaar.

**Option available for extending your trip with Jungle Safari adventure, white water rafting or a trip of your choice.**