

NEPAL TREKKING: LANGTANG VALLEYS

HNTR # 8: HELAMBU TREK

Itinerary:

Day 01:

Arrival at Kathmandu airport

You will be met by our representative and transfer to hotel. After refreshment in hotel, short briefing about the programs.



KATHMANDU DURBAR SQUARE: Durbar Square, one of the old capitals of the Kathmandu valley, is a synthesis of Hindu and Buddhist temples, stupas and statues, and is often the site of festivals, marriages and other ceremonies.

Day 02:

Kathmandu city sightseeing (1,315 m)

Today we explore the Kathmandu valley

SWOYAMBBHUNATH: Climb the many steps to Swayambhunath (the monkey temple) with its commanding views of Kathmandu, its whitewashed stupas and its unique synthesis of Buddhism and Hinduism.

PASHUPATINATH: It's a sacred temple complex on the banks of the holy Bagmati River. Here, monkeys run up and down the steps of the burning ghats, and trident-bearing sadhus draped in burnt-orange and yellow sit serenely meditating - when they are not posing for photos for rupees.

BOUDHANATH: The striking Buddha eyes of Boudhanath Stupa watch over a lively and colorful Tibetan community and attract pilgrims from all over the Himalayan Buddhist realm. In the midst of traditional gompas, and hung with long strings of multi-colored prayer flags, Boudhanath attracts Sherpas, Tibetans and tourists alike for daily circumambulations (koras) of the stupa.

Day 03:

Drive to Sundarijal & trek to Chisapani (2,300 m / 7,544 ft) : Drive 1 hr, Trek 4 hrs

Today, we make an hour's drive to Sundarijal (1,350 m), our trek start point. From Sundarijal, trek to Chisapani (2,300 m). We begin our trek along a small hydroelectric plant. The trail then enters through into the Shivapuri National Park. The first settlement we come across is Mulkharka mostly inhabited by the Tamang people. Then we walk along the ridge through a forest of oaks and rhododendron to Chisopan.

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Day 04:

Trek from Chisopani to Kutumsang (2,446 m / 8,022 ft) : 7 hours

After taking our morning breakfast, we head for a journey to Kutumsang. Our today's trek starts with a decent crossing meadows and fields.

Enjoy the magnificent

views of the Langtang Mountains. Thus we arrive at Pathi Bhanjyang and Gul Bhanjyang. From Gul Bhanjyang, the trail climbs the ridge to another pass. Another downhill trek from the pass takes us to Kutumsang.



Day 05:

Trek from Kutumsang to Thadepati (3,650 m / 11,972 ft) : 6 hours

We climb above Kutumsang on a steep trail mostly through fir and rhododendron forest where there are no permanent settlements. The trek continues to Yurin Danda with magnificent views of the Himalayas. Finally, we arrive at Tharepati for our overnight stay

Day 06:

Trek to Tarkeghyang (2,560 m / 8,397 ft) : 6 hours

Today we head for Tarkeghyang. During early part of the trek, the trail descends until we cross the Melamchi Khola. Then we trek up to Tarkeghyang passing through Sherpa settlements. Enjoy the Himalayan peaks after appear before you glistening in the sunshine. Discover the village and its monastery which is one of the oldest and biggest monasteries in the region. The village is more popularly known as Helambu, since most of the inhabitants belong to the Helmu caste.



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Day 07:

Trek to Sermathang
(2,610 m / 8,563 ft):
3 / 4 hr

Since, we do not gain altitude that much today, it's going to be comparatively easy walk today. We'll see forests, streams, and waterfalls. The trail

makes a sweep around the wide valley end between Parachin and the Sherpa village of Gangyul. From Gangyul, we arrive at Sermathang. Discover the village. There is also a Buddhist monastery at the highest point of the village.



Day 08:

Trek to Malemchi Puul Bazaar & Drive to Kathmandu: 3 / 4 hrs trek & 2 hr drive

On our final day of the trek, we walk down to Malemchi Pul Bazaar. The village is mostly inhabited by the Sherpa, but there are also people of other ethnicities. Our Jeep will be waiting for you there & we'll drive back to Kathmandu. Transfer to Royal Penguin Boutique Hotel & Spa.

Day 09:

Departure

After breakfast we'll head towards airport for final departure or continue your onwards trips.

Tour ends with THANK YOU!!



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Package Cost:

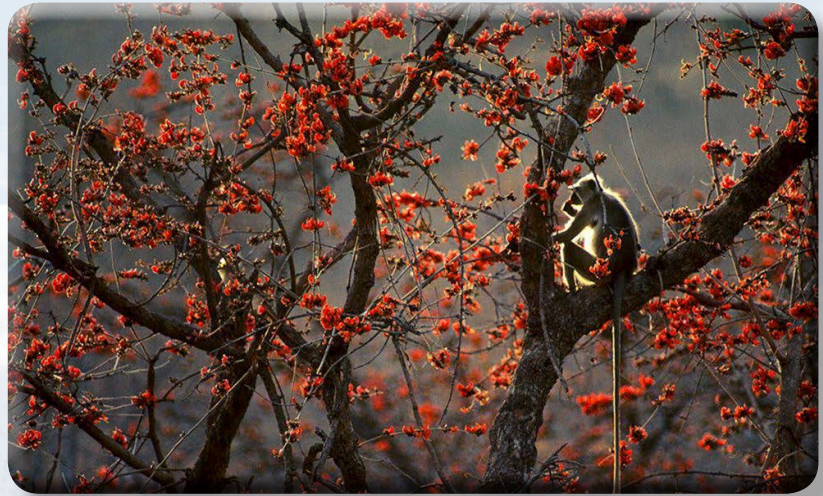
1 pax: US \$ 1350
 2 – 4 pax: US \$ 1100
 5 – 8 pax: US \$ 950
 9+ pax: US \$ 850

Single Supplement:

US \$ 195 per person

Hotels:

Kathmandu:
 Royal Penguin
 Boutique Hotel & Spa



In the tour it is also possible to take **1 hr mountain flight to Everest.**

SERVICES INCLUDED:

- Accommodation in twin sharing basis with breakfast
- All sightseeing by deluxe vehicle with guide
- National Park entry fee & TIMS permit
- Accommodation (in lodges along the way)
- Food: 3 meals a day (provided from the menu)
- Tea / Coffee 3 times a day
- A good English speaking Sherpa guide & porter/s
- Essential equipment like trekking stick, sleeping bag, dawn jacket, water bottle, rain poncho
- First Aid Kit Bag
- Insurance for Staffs

SERVICES EXCLUDED:

- Lunch & dinner during stay in Kathmandu
- All bar bills, Laundry, Tips
- Emergency rescue
- Any extra cost due to weather or political problem.

