Helambu Trek

Description

One of Nepal's most breathtaking short treks, the Helambu trek retains its natural beauty and traditional lifestyle despite its proximity to the capital. The Helambu Trek is a stunning off-the-beaten-path journey through the Langtang Region of the Himalayas.

The trek typically starts after driving to Thangkune from Kathmandu. The Helambu Trek takes about 11 days to complete depending upon the pace of the trekkers and the trails taken. The maximum altitude the trekkers trek through is 3,600m above sea level at Tharepati. The trekkers usually have to trek on average about 6 hours a day. The best season to trek the Helambu Trek is from March to May and September to November.

The Helambu Trek takes you to the hometown of the Hyolmo tribe, the origin of the name Helambu. This area offers views of the Himalayans, known as the Langtang. Although the area is close to the capital, its natural beauty and traditional lifestyle remain untouched and can be appreciated in their natural state.

A beautiful lifetime experience in the Himalayas of Nepal is offered through a combination of spectacular views of the Himalayan peaks, a unique Hyolmo cultural lifestyle, creative Buddhist monasteries, and important Buddhist pilgrimage sites during this short trek. This moderate trek, which takes about a week to complete, takes you through beautiful forests and past alpine meadows and offers breathtaking views of the Himalayan mountain range.

The trek is a popular choice for adventurers seeking a mix of natural beauty and cultural experiences. The Helambu Trek is of moderate level so trekkers who do not have prior experience can enjoy the trek. However, It is recommended to be in good physical condition to trek Helambu Trek. The trek with a proper experienced guide will fully elevate trekkers adventure and parallelly learn about the culture & tradition along the way.

Highlights

- Glorious views of the Langtang Himalayan range along with Annapurna, Gaurishankar, Jugal Himal, and other peaks
- Interaction with the local Hyolmo, Sherpa, and Tamang people
- Get insights into fascinating Buddhist customs and pass through attractive medieval and ancient traditional villages with magnificent monasteries
- Visit UNESCO World Heritage Sites in Kathmandu

Itinerary

Days	Description	Altitude	Hours
1	Arrival in Kathmandu	1,440 meters	

Days	Description	Altitude	Hours
2	Sightseeing Kathmandu: Boudha and Pashupatinath	1,440 meters	
3	Drive to Thangkune and trek to Chipling	2,170 meters	6-7 hours
4	Trek to Kutumsang	1,470 meters	4-5 hours
5	Trek to Magengoth	3,285 meters	5-6 hours
6	Trek to Tharepati	3,600 meters	6-7 hours
7	The trek from Thadepati to Melamchighang		6-7 hours
8	Trek from Melamchighyang to Tarke Ghyang	2,590 meters	6-7 hours
9	Trek from Tarke Ghyang to Sermathang	2,610 meters	6-7 hours
10	Trek from Sermathang to Kakani Bhanjyang and drive back to Kathmandu.	1,810 meters	8-9 hours
11	Departure to Airport		

Detailed Itinerary

Day 1: Arrival in Kathmandu, (1,440 m)

Welcome to Nepal, on your arrival at TIA our Precious Adventures representative will pick you up at the airport. The representative will transfer you to the hotel where you will stay. After your long and tiring journey to Nepal, you can either relax in your room or perhaps explore the local vicinity and be fascinated by the diverse culture of Nepal. In the evening you are cordially invited for a complimentary dinner where you meet with your trek guide and they will further provide detailed information about the trip. For dinner, you will have staple Nepali food which includes rice, daal, and vegetable along with meat depending on your choice.

Day 11: Departure to Airport

With hopes that you enjoyed the experience with us, we bid you goodbye. We will be looking forward to more precious adventures together. Have a safe journey.

Day 10: Trek from Sermathang to Kakani Bhanjyang and drive back to Kathmandu, (1,810 m), 8-9 hours

The 10th day marks the final leg of the trek. On this day we finish our Helambu trek with a short 3-hour walk to Kakani Bhanjyang. From Seermanthnag, we walk through Nigale Bhanjyang and Nagidanda before reaching Palchowkdanda. If you want we can take a short break here. Make sure to relish the beauty of this pristine landscape for the last time before your departure. From Kakani Bhanjyang we take a ride back to Kathmandu. After your arrival, you will be transported to your hotel rooms for an overnight stay in Kathmandu.

Day 9: Trek from Tarke Ghyang to Sermathang, (2,610 m), 6-7 hours

After breakfast, we begin our adventure for another exciting day in the Helambu region. Today we travel through numerous villages in this region and witness the authentic beauty of the surrounding. We walk through a small section of forest and reach Ghangyul. We take the lunch break at Ghangyul. And follow the trail to Sermanthang. It is a Sherpa village, where most people practice Buddhism. If you wish to we can explore the local Monastery. Overnight at Sermanthang.

Day 8: Trek from Melamchighyang to Tarke Ghyang, (2,590 m), 6-7 hours

Today we begin our journey from Melamchighyang to Tharkeghyang. Crossing several small settlements along the way, local tea shops serve heartwarming tea to the hikers. You get a close encounter with the ethnic community of Hyolmu. Fine carvings on windows and doors of houses, which is called 'Mircha Kumba' design in the Helmo language can be seen in the residential houses. Last but not least we visit the Geke ghompa, an old Buddhist monastery accompanied by a charming view of snowcapped peaks and mountains. Overnight at Tarkeghyang.

Day 7: The trek from Thadepati to Melamchighang, (2530m), 6-7 hours

On this day we walk to Melamchighyang after breakfast. On the trail, we come across Thadepati pass from where magnificent views are observed. Melamchighyang, centre of Beyul Yalmo .According to ancient Buddhist texts, Beyul is known as the hidden valleys predicted by Guru Padmasambhava. Melamchighyang is a small village with many Buddhist pilgrimage sites. We will visit a cave where the mark of the sun and moon is observed on a stone. If you wish you can do a short meditation over here. Overnight at Melanchighyang. A wonderful exploration of the Helambu region.

Day 6: Trek to Tharepati, (3,600 m), 6-7 hours

On the 6th day of the trek, we embark on our journey from Magengoth to Tharepati. While we are on the trail, you can enjoy marvelous views of the Himalayas and a section of the Langtang range. We cross through the Thadepati pass before we reach our today's destination. The trail offers some beautiful views of the wonders of nature. Today we rest at Tharepati.

Day 5: Trek to Magengoth, (3,285 m), 5-6 hours

After the walk uphill in the forest area we cross Bolamche village the trail diverges into two roads, one leading to Manegaira village. In the spring season, this trail is adorned with pink, white, and red rhododendron flowers. Our today's route takes us through splendid terrains of classic rural Nepal. Followed by the hike we have lunch at Magengoth and we rest here for the night.

Day 4: Trek to Kutumsang, (1,470 m), 4-5 hours

We start our today's trek after breakfast. For this day we will be trekking to Kutumsang which is a 4-5 hour trek. We go through Jogini Danda, Thotundanda where we can see various Mane build around the trail. Following that we arrive at Gul Bhanjyang also known as Golphu. We have our lunch break in this village. Finishing our lunch, we head towards Kutumsang. On the way also see traditional Tamang settlements. Kutumsang is a lovely settlement where we can find the outskirts of the village beautifully decorated with manistones and stupas. The National park office is also located here. Overnight at Kutumsang.

Day 3: Drive to Thangkune and trek to Chipling, (2,170 m), 6-7 hours

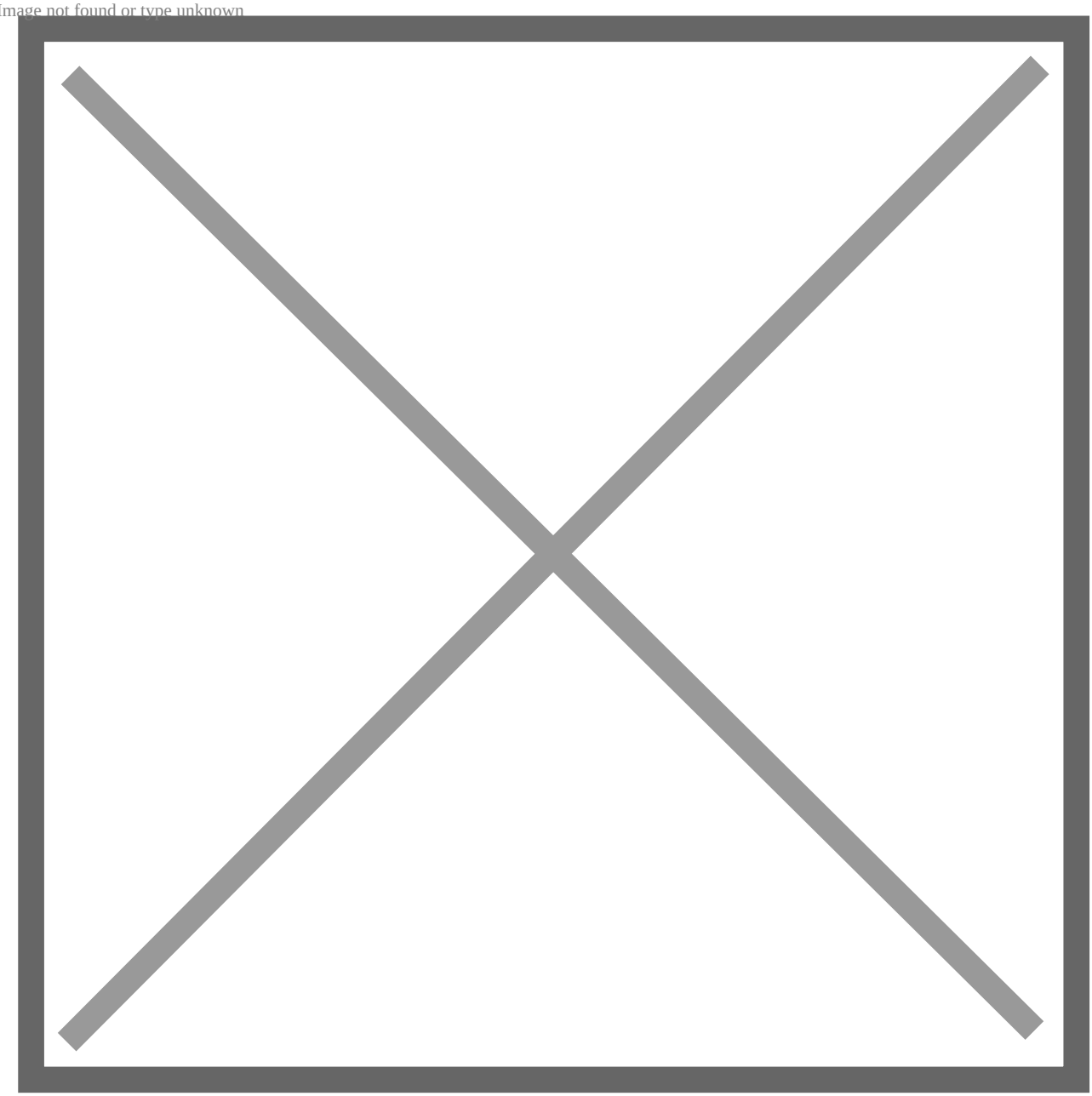
On this day we begin with an early drive to Thangkune. We ride through scenic villages and travel through picturesque valleys. We have lunch at Thangkune. From here on we begin our trek to Chipling. We walk on a stony path enclosed by forests, and rice fields and reach our today's destination. At Chipling we enjoy the beauty of the local village. Today we rest at Chipling.

Day 2: Sightseeing Kathmandu: Boudha and Pashupatinath, (1,440 m)

Today we drive around Kathmandu for sightseeing and visit two of the UNESCO world heritage sites in Kathmandu. Boudhanath stupa holds a prominent place among Buddhist people. A stupa is a hemispherical shaped structure or mound which is prominent in Buddhism. Though the Boudhanath stupa is bustling with day-to-day activities, the atmosphere around here is rather tranquil.
Pashupatinath temple is one of the most sacred and significant Hindu temples in the world. The temple is dedicated to Lord Pashupatinath, who is an incarnation of Lord Shiva. While visiting the temple we can see some Hindu rituals and ceremonies taking place. Indeed both religious places are beacons of diverse religions, cultures, and history. For lunch, we have local delicious cuisine, a hallmark of Nepali traditional food. Overnight atKathmandu.

Map

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Practical Information

Q. Food and Accommodation
A. Nepalese, Tibetan, and more popular Continental and Indian dishes are served during the trek. Sometimes dishes on the menu might not be offered. The typical food offered is Dal Bhat, which consists of rice, lentil soup, vegetables, salads, and meat. There is a simple teahouse along the trekking route. The accommodation is not as excellent as Kathmandu, but it is pretty comfortable and clean. The area is cozy and clean. Toilet paper may not be available due to the standing toilets along this trail, but no toilet paper. Therefore, you need to bring a toilet paper roll for this walk.

Q. Best Season for the trek
A. MargritHelambu Trek can be done all year round. However, some seasons make the hikes easier. The skies are always clear from dusk to dawn in the spring (March to May) and autumn (September to November). No rain or heavy clouds are blocking the sun. The most spectacular sights are made possible by the beauty of the beautiful blue sky. Winter and summer hikes are a bit difficult. The monsoon season in Nepal occurs in the summer, and the trails are slippery and moist.

Q. Trip Category
A. The MargritHelambu Trek is an easy-grade trek. The hiking trails are simple and marked. You will hike an average of 5 hours per day for seven days. The altitude gain is not that high, with the highest altitude just being 3690 m at Tharepati.

Q. Health and Safety along the trail
A. There are few basic medical facilities along the trail. Therefore, it is essential to have a first aid kit at hand. This may include antibacterial treatments, bandages, electrolytes, etc. However, trekking takes place at a lower altitude, so you don't have to worry about altitude sickness. The trail is also inhabited enough to ensure that you won't become trapped even in the worst-case situation. Water for personal hygiene is readily available along the route. For drinking water, it is advisable to bring a purified pill or LifeStraw. The toilet is simple but clean. Hot showers are also offered at a reasonable price.

Frequently Asked Questions

Q. How long is the Helambu Trek?
A. The Helambu Trek is typically a seven-day trek, although the exact length can vary depending on the route and the pace of the trekker. Some trekkers may choose to take longer and explore the area more thoroughly, while others may choose to complete the trek in a shorter period of time.

Q. What is the best time of year to do the Helambu Trek?
A. The best time to do the Helambu Trek is from September to November and from March to May, when the weather is generally clear and dry. The trek can be done in the winter months as well, but the weather can be cold and the trails may be slippery due to snow and ice.

Q. How difficult is the Helambu Trek?
A. The Helambu Trek is considered to be a moderate trek, suitable for trekkers with some previous hiking experience. The trek involves several days of walking, often over uneven terrain and at high altitudes, and may require some physical fitness. However, the trek can be customized to suit the abilities and interests of the trekker.

Q. What should I bring on the Helambu Trek?
A. Some essential items to bring on the Helambu Trek include: - Comfortable, broken-in hiking boots - Warm and waterproof clothing - Sun protection (sunscreen, hat, sunglasses) - Adequate water and snacks - First aid kit - Cash for any additional expenses - A good quality backpack to carry all of your gear

Q. What kind of accommodation is available on the Helambu Trek?
A. Accommodation during the Helambu Trek will vary depending on the route and the preferences of the trekker. Some trekkers may choose to stay in teahouses or lodges along the way, which offer basic accommodations and meals. Others may choose to camp, either in designated campsites or in the wilderness. It is also possible to hire a guide and a porter to carry gear and set up camp.