

- Easily accessible from the capital city of Kathmandu.
- The highest point of this trek is called Tharepati. (3650m).
- Trek passes through the Shivapuri Nagarjun national park.
- Amazing snow-capped mountain views Dorje Lakpa, Ganesh Himal, Gaurishankar.

Helambu trekking lies in the northeast Kathmandu valley, situated in the Langtang region. This is short and easy trekking but there is a Surprisingly amount of uphill walking. Designed for those who have limited time Holidays. It's not as well known and popular as some other trekking route in Nepal. Trek passes through the Shivapuri Nagarjun national park. The high point of this trek is called Tharepati. (3650m).

Helambu trek is easily accessible from the capital city of Kathmandu, offers magnificent snow-capped mountain views Dorje Lakpa, Ganesh Himal, Gaurishankar, and Annapurna Himalayan range. This area of the people here, hold claims to Tibet, and so many of them look more Tibetan than Nepalese. There will be lots of monasteries, waterfalls, pine and rhododendron forests along the way. Glacier Adventure Company carefully design itinerary make your holidays unforgettable. We have many successful records with Helambu trekking.

**Trip Facts****Price:**

USD 885

**Duration:**

10 days

**Activities:**

Hiking &amp; Trekking, Tours &amp; Sightseeing

**Accommodation:**

Teahouse (Lodge to Lodge)

**Meals:**

Breakfast in Kathmandu/ All the meals during trekking

**Max. Altitude:**

3500m

**Group Size:**

Minimum 1

**Best Season:**

February, March, April, May, September, October, November &amp; December.

**Daily walking Hour:**

5 to 7 hours

**Transportation:**

Car/Van/Bus

## Route Map



## Day to Day Itinerary

### Day 1: Arrival in Kathmandu (1300m)

**Accommodation:** Tourist Standard Hotel | **Meal:** Welcome dinner

When the traveler arrives airport in Kathmandu, Our representative will meet you and transfer to the hotel, then take a rest in the evening time will have welcome dinner at Nepali restaurant.

### Day 2: Kathmandu sightseeing (1300m)

**Walking hr:** 6 hrs | **Accommodation:** Tourist Standard Hotel | **Meal:** Breakfast

After breakfast tour guide pick up you for a tour around Kathmandu valley (Pashupati Temple, Boudhanath, Swayambhu, Kathmandu Durbar square) after that prepare for trekking. Traveler meet trekking guide and team member, they check your equipment as well as advice what you need for trekking.

### Day 3: Kathmandu to Chisapani (2210m)

**Walking hr:** 5 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

After breakfast trekkers start trekking by the drive to Sundarimal. After Sundarimal trekkers enter Shivapuri National Park. The trail ascends to the top through Mulkharka and Rhododendron and pine forest then descending to Chisapani. Enjoy with Panoramic mountain views for Langtang Himalayan Range.

### Day 4: Chisapani to Kutumsang (2446m)

**Walking hr:** 6 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

After breakfast trekkers start trekking. Today is surprisingly amounting to up walking. The trail descending to Pathi Bhanjyang small and pleasant village through meadow and fields then continue to Gul Bhanjyang after that the trail ascending to pass (2620m) Then the trail descending to Kutumsang.

### Day 5: Kutumsang to Tharepati (3650m)

**Walking hr:** 6 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

Today trekkers reach the highest Point in this trek cross through rhododendron and pine forest with a surprising amount of uphill walking. The trail ascends to Magen Goth where some tea house, then continues to Yurin Danda. There are trekkers sees Gosaikund and Langtang Himalayan range after that the trail continues to Tharepati.

### Day 6: Tharepati to Tarkeghyang (2743m)

**Walking hr:** 7hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

After breakfast trekkers start walking. The trail descends to the Melamchi River through Melamchi Goan and rhododendron, oak forest. When crossed river, then the trail ascending to Tarkeghyang. Enjoy with snow-capped mountains views Dorje Lakpa, Gaurishankar, Langshisa, and Jugal. The Tarkeghyang is beautiful Sherpa village, Evening time walk around one of the oldest and biggest monasteries.

### Day 7: Tarkeghyang to Shermathang (2621m)

**Walking hr:** 4 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

After breakfast trekkers start walking. The trail is quite easier through flat with beautiful forests and crosses some small streams. Finally, reach in Shermathang. This is the beautiful Sherpa village. Trekkers can see clear views of snow-capped Jugal Himal range.

#### **Day 8: Shermathang to Melamchi Pul Bazaar (846m)**

**Walking hr:** 5 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

After breakfast trekkers start trekking. The trail descends all the way to Melamchi Pul Bazaar through meadows and cultivated fields. Trekkers cross Sherpa villages with their own particular tradition with good mountain views.

#### **Day 9: Melamchi Pul Bazaar to Kathmandu (1300m)**

**Walking hr:** 6 hrs | **Accommodation:** Tourist Standard Hotel | **Meal:** Breakfast & Lunch

Early in the morning drive bus Melamchi Pul Bazaar to Kathmandu through the beautiful Nepalese countryside to reach the Kathmandu then transfer to the hotel rest of the time explore the around Thamel.

#### **Day 10: Departure day**

**Meal:** Breakfast

We dropped you to the international airport for your departure flight to your onward destinations. The Glacier Adventure Company wishes you a wonderful Himalayan adventure in Nepal.

This above Itinerary is a guideline and a standard pattern of what we provide. Our trips can be customized in your interest to accommodate your specific requirements. We also arrange Helambu trekking without sightseeing and hotel arrangements.

NOTE: During the trips, weather conditions, local politics, transportation or multiple other factors. They are beyond our control, can change itinerary. However, Unlikely that itinerary would be substantially altered, if necessary, Group leader will decide the best alternative, they considering the best one of the whole group. Where a change does occur, we do everything best. we minimize its special effects but we cannot be responsible for the results of delays.

## **Trip Cost Includes**

- Airport / Hotel / Airport pick up & drop by private car / van / bus.
- Standard twin sharing accommodation in two/three-star hotel in Kathmandu breakfast included. (3 nights)
- Welcome and farewell dinner.
- All accommodation and meals during the trek
- A full day sightseeing tour in Kathmandu valley including the tour guide and Entrance fees
- Government licensed, experienced English speaking Guide. Two people, one porter. 4 people 1 Sherpa.
- The required number of local staff and Porters to carry your luggage during the trek.
- Food, accommodation, salary, insurance, equipment, and medicine for all staff.
- Langtang national Park permits/TIMS.
- Down Jacket and sleeping bag (which needs to be returned after the trek.)

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CONVERT DREAM TO REALITY

- Free duffle Bag/T- shirt/trekking map
- Surface transfer from and to Kathmandu
- All our government taxes.
- Official expense.

## Trip Cost Excludes

- Your travel and rescue insurance
- International airfare and airport departure tax.
- Nepal entry visa, you can obtain a visa easily upon your arrival at Tribhuvan International Airport in Kathmandu.
- Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porters, bottle or boiled water, shower etc)
- Personal trekking Equipment.
- Tips for staff.
- Others expenses which are not mentioned on Price Includes.
- Excess baggage charges
- Lunch and evening meals in Kathmandu and Pokhara (and also in the case of early return from the mountain than the scheduled itinerary)
- Extra night accommodation in Kathmandu and Pokhara because of early arrival, late departure, and early return from the mountain (due to any reason) than the scheduled.

## IMPORTANT NOTE

Trekker's safety is our paramount concern while trekking with Glacier Adventure. Every effort will be made to keep to the above itinerary. Helambu trekking is located in the Langtang region. Glacier Adventure can't guarantee it such as weather conditions, availability of porter and the health team members can all contribute to change. The guide will try to ensure that the trip runs according to plan, but please be prepared to be flexible if necessary.

## Pre-trip meeting

Glacier Adventure hosts the Pre-trip meeting in Kathmandu 2nd day itinerary. Trekkers introduce with trek leader. We will provide an opportunity for individuals to ask questions about Helambu Trekking. The pre-trip meeting covers personal equipment, acclimatization, and to introduce you to another team member. Glacier Adventure hopes pre-trip meetings have excellent, informative, supportive, and fun.

## Acclimatization

Glacier Adventure's Helambu trekking itinerary is focus rules AMS (Acute Mountain Sickness) when going up too fast cause a medical condition serious enough to kill. The higher mountain area is less oxygen in the air. The trekkers want to make safe Helambu trekking. Their body needs some days to rest in the less air environment. Especially, travelers need to know the heart, lungs/blood diseases to consult their doctor before leaving home. Glacier Adventure's itinerary designed to try to prevent AMS as much as possible. It is important to remember that some people are more susceptible than others.

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### **Physical Condition & Experience Requirements**

Normally, Helambu trekking is a remote mountain in the Langtang region. This is suitable for physically fit walkers. The traveler must be in good health and physical condition. Most parts of treks five to six hours walk, but some days are seven hours. It is a good idea; prepare yourself in the lead-up to your trip with some regular exercise. The best form of which has long walked in the hill area. Technical experience is not required, hiking experience is an advantage, but the most important thing is a positive attitude and a generous amount of determination. If you have any pre-existing medical conditions, it is vital you let us know the details of these before setting. Also, before coming to Nepal it's important to consult your doctor regarding vaccination and any other medical concerns the trip may raise. "Medical and emigration expenses are your responsibility."

### **Insurance**

When traveling with Glacier Adventure. Trekkers must be fully insured, including Air rescue, Air ambulance, and treatment service. Has an accident? Trekkers should be careful in choosing a policy; however, some make special exceptions for adventure travel. Please note that Glacier Adventure doesn't arrange any insurance.

### **Staff Arrangements**

Glacier Adventure staffs try to make successful, enjoyable, and memorable in your Helambu trekking. They are innocent, helpful, experienced, and Careful. Your trip leads from the best and most professional leader. He had a long experience. He has knowledge of the Culture, Ecosystem, flora and fauna, geography, and history of Nepal. Glacier Adventure's leader trained in the following things

English Language.  
Trekking guide training.  
First aid course.  
Conservation & Biodiversity

### **Porter care**

Trekking is an adventure. Porter's job is a hard-working job. They carry trekker supplies and baggage that makes a journey easy and comfortable in the remote mountains in the Langtang region. We ensure all our porters are well trained, well paid. Porters who become sick are treated with the same care and attention as team members and we have previously used helicopters at Tour expense to rescue porters in dangerous situations. For the porter's sake, we require all trekkers to keep their bag weight of 15 to 20kg. We support the work of the International Porter Protection Group (IPPG), Provides help and advice to those organizations to improve the working conditions of the porters on whom we depend.

### **Accommodations**

All accommodations for Helambu trekking are twin sharing basic included in the trip cost. The trip based on, standard service and Standard hygiene food. There are two types of accommodations on the trip. Standard tourist hotel in Kathmandu and during the treks, Trekkers spends standard Guesthouse which one normal room with wooden beds and foam mattress. Glacier Adventure also provides the attached bathroom where is possible. Some places are only having shared shower/washing and toilet facilities. We always try to provide good rooms in all places.

