

Helambu Trek

ascendhikes@gmail.com
[+977 9803667776](tel:+9779803667776)



Helambu Trek

URL: <https://ascendhikes.com/package/helambu-trek/>

Destination

Nepal

Activity

Trekking

Start / End Point

Kathmandu / Kathmandu

Duration

6

Region

Langtang Region Treks

Max. Altitude

3660m

Best Season

Spring and autumn

Per Person From

USD 475

Group Size

1 - 14

Trip Difficulty

Easy

Accommodation

Guest house

BLD

Breakfast, Lunch and Dinner

Overview

Helambu trek is cultural site, easy and short trekking from Kathmandu with wonderful mountain views and cultural trails. This is 6 days trekking from Kathmandu to Kathmandu, about 73km walking distance from Sundarijal to Melamchi gaun. Experience of rich Sherpa culture and wonderful mountain views

make enjoyable and memorable trek.

Gaining the highest elevation 3660m Tharapati, where langtang trail join. Mangin Goth, Tharapati – Kutumsang – Melamchi gau and Shermathang is the main and highlights of the trek. If you are looking for easy Himalayan trek near Kathmandu, then this Helambu trek is the [best choice for you](#).

How much is the Helambu Trek Permits cost?

Helambu Trekking is inside of the national park area, so you should buy a Sivapuri -Nagarjun national park permit cost is Npr. 3000/- per person.

What is the best time for Helambu Trek?

Spring (March to May) and autumn (September to November) is the best time for trekking in Helambu region. Clear and stable weather is always welcoming you in the Helambu valley.

Helambu Trek Difficulty.

Helambu trekking route is beautiful trekking trails. Shortly bring you to the Himalayan valley. Easy trails, warm hospitality, wonderful mountains view, exploring culture make this trek easy and memorable route.

Details Itinerary for Helambu Trek

Day 01: Drive Sundarimal and trek to Chisopani

Highlights of the day:

- Sivapuri Nagarjun nationalpark entering.
- Sundarimal and waterfalls.
- Forest and small villages.
- Mountain views.
- Wonderful trails into the forest.

Trek Distance:

13km

Trek Duration

5-6 hours

Drive Distance

17km

Drive Duration

1.5 hours

Highest Altitude:

2215m

Meals:

Lunch and Dinner

Accommodation:

Basic tea houses

Day 02: Trek to Kutumsang**Highlights of the day:**

- Beautiful valleys passing.
- Trails ascending some wild animals.
- Local activities and old villages.
- Mountain views.
- Tamang cultures and passing stupas

Trek Distance:

17km

Trek Duration

6-7 hours

Highest Altitude:

2470m

Meals:

Breakfast, Lunch & Dinner

Accommodation:

Basic Tea - House

Day 03: Trek to Tharapati**Highlights of the day:**

- Steeps ascend trails.
- Beautiful grassland.
- Rhododendron forest.
- Pine forest & alpine vegetation.
- Mangin Goth and Tharapati.
- Wonderful mountains views.

Trek Distance:

10km

Trek Duration

5-6 hours

Highest Altitude:

3670m

Meals:

Breakfast, Lunch and dinner

Accommodation:

Basic Tea-house

Day 04: Trek down Melamchi Gau

Highlights of the day:

- Flora and fauna.
- Den forest way down to Melamchi.
- Beautiful Melamchi gaun

Trek Distance:

10km

Trek Duration

5-6 hours

Highest Altitude:

2530m

Meals:

Breakfast, Lunch and dinner

Accommodation:

Basic Home stay

Day 05: Trek to Tarkigyang

Highlights of the day:

- Stupas and river.
- Monastery and valley.
- Terrace and Tarke ghyang.

Trek Distance:

9-10km

Trek Duration

4-5 hours

Highest Altitude:

2600m

Meals:

Breakfast, lunch and dinner

Accommodation:

Basic teahouse

Day 06: Drive to Melamchi and drive back Kathmandu

Highlights of the day:

- Driving with valley views and mountains.
- Narrow road trip but nice experience.
- Drive through nice village, Melamchi bazar

Drive Distance

90km

Drive Duration

5-6 hours

Meals:

Breakfast and Lunch

What's included for Helambu trek Trek?

- Privet jeep/Car to Nagarkot from Kathamndu.
- All the permits and paper work.
- Professional English speaking Ascend Hikes guide.
- Porter (2 people basis one porter Max. Luggage 22kg).
- All the Government Taxes and Permits
- All the official work.
- Breakfast, Lunch and Dinner during the Trek.

Cost Excluded for Helambu Trek

- Visa fee and international flight.
- Lunch and Dinner in Kathmandu.
- Hotel in Kathmandu.
- Trekking gear (all trekking equipment).
- Travel Insurance.
- All the Hot and cold beverages (water, tea, coffee and etc.).
- Excess Baggage charge.
- Personal expenses: Wi-Fi, Battery charge etc...

Group Discounts Available

No. of Persons	Price per Person
1	USD 720
2	USD 520
3	USD 475
4	USD 455
5	USD 445

No. of Persons	Price per Person
6+	USD 425

Trip Information

Gear lists For Helambu Trek.

What is the Must necessities things need to carry for Helambu Trek?

Here are the must necessities equipment recommended to pack for the trekking to Khobra Danda trek.

Travel Documents to carry.

- Valid Passport (incase some place you need it).
- Debit/Credit Cards (For your own safety).
- PP Size Photo (2 Pieces) (need for the permits).
- Insurance paper and contact address (need for the rescues).
- Family members / company's contact address.



Helambu Trek

Medical/First Aid.

- Small First Aid Kit -Include first aid medicines, Bandage, Ibuprofen, Blister tape, personal medications, etc.
- Medications and prescriptions – Bring antibiotics (Azithromycin, etc.) painkiller tablets, and altitude medicine such as Diamox.

Head wear.

- Sun Cap: to protect sun burn during the day trip.
- Warm Hat: need for the high altitude to avoid cold.
- Neck Gaiter (Scarf): protect your neck to keep warm.
- Head lamps: remote area, most needed.

Footwear,

- Normal Socks (3-4Pairs)
- Warm Socks (1-2Pairs)
- Trekking Shoes: comfortable to hikes.
- Sports Shoes: for the evening.
- Slipper: a pair for the evening and the morning.

Eye care.

- Sunglasses: important to protect your eye.
- Eye drop: better to have one.

Hand Wear.

- Thin Fleece glove a pair: keep your hand warm.
- Wind Stopper glove a pair: useful for high altitude.
- Walking Stick: it helps a lot on the trekking.

Bag Packs,

- Day Bag Maximum 35L for during the day hike.
- Duffle Bag 40L -50 L waterproof would be better.

Toilet and daily used things.

- Hand sanitizer: to clean your hand.
- Toilet Paper and Wet Tissue, it needed.
- Toothbrush: it is daily used things.
- Soap and Shampoos: you need every day in the mountain.
- Towel: important to have one.

Budy Weare.

- Thermal Top Base Layer (2-3 pieces).
- Fleece Jacket (1Piece).
- Gore Tex Jacket (1 Piece).
- Warm Jacket (1-2 Piece).
- Insulated Down Jacket (1 Piece).
- Cotton T-Shirt (2-4 Pieces).

- T-shirt - Sport- quick dry and breathable (1-2/1-2 Pieces).

Lower part of Body wear.

- Thermal Layer (1 Piece)
- Fleece Trouser (1piece)
- Light Trekking Pant (1-2 pieces)
- Quick dry Trekking Pants (2-3Pairs)
- Half pants (1-2Pieces)
- Under Wear (3-4 pieces)

Miscellaneous.

- Pocket Knife (Swiss): travelling knife is must important.
- Umbrella / Raincoat: if it is rain would be useful.
- Nail Cutter: in the mountain most useful.
- Altimeter Watch: to discover altitude.
- Power Bank: in the remote area, must needed,
- Camera, your future memories.

Water Drinking bottle.

Sleeping Bags

Booking and enquiry

Ascend Hikes Privet Limited for Trekking | Tour | Travel |Ticketing booking through Ascend Hikes, feel free to contact Us, our contact details are:

Contact Person: Niru Magar

Call: +977 - 98512-32566

WhatsApp: +977 - 98512 32566

Email: guideniru@gmail.com

info@ascendhikes.com

Address

Ascend Hikes PVt Ltd.

Address: [Budhanilkantha-12, Kathmandu Nepal](#)