Destination Unlimited Treks & Expedition Pvt. Ltd Pvt. Ltd.

Helambu Himalayan Trek – 9 Days

Duration: 9 Days

Itinerary (Plan)

Day 1 Arrival in Kathmandu

- Time : N/A
- Max Altitude : 1400m

Accommodation: na

Meal: na

You will arrive in Kathmandu and you will spend this day at the hotel rooms. Kathmandu is the capital city of Nepal. That's why it may feel a bit crowded but you'll love the way of the culture, the way people present in front of you, how they serve you and many more things that you will get to see in Kathmandu. If you're not so tired you can freshen up and visit the local market which will be available right outwards from your hotel. You will have dinner at the hotel after coming back from the market and have a good sleep and be ready for tomorrow's trip towards Helambu.

Day 2 Drive from Kathmandu to Sundarijal and Trek to Chisapani

- Time : 5-6 hrs
- Max Altitude : 1400m

Accommodation: nan

Meal: na

Today, you will start early in the morning after breakfast. The distance from the city area to Sundarijal is almost 1.5 hours by drive. You'll get to see a lot of waterfalls, electricity dams, rivers, temples, and a thick forest blowing fresh air towards you which makes you more energetic while hiking upwards the hill. After reaching Sundarijal Bus Park, we will start our trek to Chisapani, which is 15 km from Sundarijal, and this may take up to 4 to 5 hours by walk. Our trek starts exactly from here. After moving 15–20 steps of your excited feet, you will get to see a big board which has been kept as the entrance of Shivapuri Nagarjun National Park. We need to pay a small entrance fee at Shivapuri National Park (around USD 5–10 depending on nationality). Now, we will walk upwards from the entrance point. You can even worship the goddess Sundari Mai, whose temple is situated in the middle of forest and the river near Nepal Army Basecamp

Checkpoint. After reaching Chisapani, you are going to feel more obsessed with what you are going to see after this. The dopamine that your mind releases at this moment is gonna be very high and awesome. Here, you can enjoy the panoramic views of Langtang range and explore Chisapani village till the evening. You will have a local Nepali typical dinner and spend this night over here, then you need to be ready for tomorrow's trails which are going to be more thrilling and adventurous.

Day 3 Trek from Chisapani to Kutumsang

- Time : 6 - 7 hours
- Max Altitude : 2,470m

Accommodation: na

Meal: na

Wake up early in the morning and have a cup of tea and some light breakfast. Now, you will start your trail to Kutumsang from Chisapani, which takes around 6–7 hours to reach Kutumsang Village. You will pass through a narrow path covered with greenery on both sides. You can also enjoy a forced coming of waterfalls side by side. Your feet may get tired but your heart still says, I need to get on the top to see more mystical and heart-taking natural beauties. On the way, there is the place from where you can see an amazing view of sunset and sunshine. By enjoying and having fun, meeting some strangers while some may be getting down and some climbing up, you will reach Kutumsang. From Kutumsang you will get a closer view of the Langtang range and the Himalayas like Dorje Lakpa and Langtang Lirung. You can also enjoy the local lifestyle of the majestic Langtang region. Local people may welcome you with some organic food. You can also taste it and have a good night over Kutumsang Village and be well prepared for tomorrow.

Day 4 Trek from Kutumsang to Mangengoth

- Time : 5-6 hours
- Max Altitude : 3,640m

Accommodation: na

Meal: na

Our destination is Mangengoth on this fourth day. The journey takes around (5–6) hours. This will be a bit of a challenging segment for your trek but this will also be absolutely a pleasant experience for you, I am sure about that. You will go through small hills, alpine huts, and local tea houses as a pleasure for many hikers. Mangengoth is the village having its own specialties. This may be a good point to see the view of Langtang Himalayas and other snow-capped peaks if the visibility is clear. You can create a moment for your memory through clicking insane photographs by attaching yourself and your friends on the frame. You can enjoy the village life like farmers working in the field, animals gazing at the hill, and the pleasant smell of flora and fauna which makes you really refreshed that are found in these areas. You will have a rest tonight in this village. If you are lucky then this point is mostly potential to spot a rare animal called Red Panda because they are found in very few numbers and many people can't see them as we know, the animal is now rare in the wild.

Day 5 Trek from Mangengoth to Thadepati

- Time : 4-5 Hours
- Max Altitude : 3,640m

Accommodation: na

Meal: na

You will pack your backpacks and all of your belongings then start your trails to Thadepati from Mangengoth, which is about (4–5) hours long. Your trail goes along with forest and the heart-taking views of Langtang range, Mount Ganesh, and other attached mountains. Thadepati is a small part of Helambu valley which is interconnected to many other hiking trails. You can enjoy the stunning views of various mountains from Thadepati. This will be your highest point of Helambu Circuit Trek. This place is also known as the gateway to Langtang National Park. You will have an overnight stay in this village.

Day 6 Trek from Thadepati to Melamchi Gaon

- Time : N/A
- Max Altitude : 3640m

Accommodation: na

Meal: na

We are going straight towards Melamchi Gaon on the sixth day of our trek. Our hike will last for (5–6) hours from Thadepati to Melamchi Gaon. You will walk by taking the crystal view of Langtang range with your own eyes and enjoy the beautiful views of rhododendron forests and traditional Tamang villages. There will be one thrilling adventure on this day while you cross the Melamchi River which makes you feel like wow I did it. After crossing the river you are into Melamchi Valley. Melamchi is also known as a Sherpa village. You will get to see a lot of typical things in this small village. Now, you'll stay overnight in Melamchi and provide some rest for your body, have a good sleep and recharge your body for tomorrow.

Day 7 Trek from Melamchi Gaon to Timbu

- Time : 4-5 Hours
- Max Altitude : 2,625 m

Accommodation: na

Meal: na

The trek from Melamchi to Timbu takes about (4–5) hours. The pitch from Melamchi to Timbu is the main access road of Melamchi Valley. We will raise our tired legs towards Timbu from the village. You will find one local market in the village which is known as Melamchi Bazaar. You can explore this market too. You can buy Nepali handicrafts and many more daily used local Nepalese products. Timbu will be the last point of our trek based on the hike. You will spend your evening by seeing the scenic view of Melamchi Valley. You can make your body warm by burning firewood burned by the villagers. Villagers are very friendly in the village, they may even offer you some local Nepali wine which leads your body to dance. You can take pictures and videos and create a beautiful album of your Helambu Circuit Trek. Just have fun tonight.

Day 8 Trek from Timbu to Melamchi Bazaar and Drive Back to Kathmandu

- Time : 4-5 Hours
- Max Altitude : 2625 m

Accommodation: na

Meal: na

We will get down to Melamchi Bazaar. It takes about (2–3) hours due to downhill. Calmly, gossiping with the mates or the friends who are with you, you will proceed downstairs to Melamchi Valley. You can rest for a while, drink water and you can even take lunch accordingly if you are too hungry. Our vehicle will be standby for you at the Melamchi Bazaar waiting for you. After all, finishing up everything, you will drive back to Kathmandu, which is only 43 km and takes nearly 5 hours due to bumpy tracks, the off-roads, and the narrow two-lane roads. We will directly drop you to the hotel on this day because you will not be in the condition of roaming somewhere for sightseeing. Just recall all of the uphills, trails, stairs, views, moments, waterfalls, rivers, mountains. Each and everything that you've got to see will never vanish. This Helambu trekking journey will be your lifetime memory and you will obviously be worth it. This will be the last night in Kathmandu, have a good night. Representatives from the office will meet you tomorrow and ask you about your experiences during your trek. You can share your whole trip experience with him/her, like what you faced, what you got, and what you rate.

Day 9 Departure from Kathmandu

- Time : N/A
- Max Altitude : 1400 m

Accommodation: na

Meal: na

This day will be your departure farewell. Be ready with your backpacks and be sure that you haven't forgotten your belongings at the hotel rooms. Our vehicle will come to the hotel and pick you. If your flight ticket is a bit late then we will plan some sightseeing for you accordingly then you can explore some additional places depending on your flight time. After all, our driver will drop you to departing terminals at Kathmandu Tribhuvan International Airport. Just remember us for the next experience if you love it. Bye Bye, have a good time on your upcoming journey of life.

Cost Include

- Accommodation in a teahouse or lodge during the trek on a full-board sharing basis (breakfast, lunch, and dinner).
- All airport transfers in Kathmandu.
- Trekking permits including Shivapuri National Park entry and TIMS card.
- Transportation from Kathmandu to Sundarijal and back.
- Transportation from Kathmandu to Sundarijal and back.
- Trekking map and free t-shirts.
- Government taxes and service charges.
- Trekking certificate from Destination Unlimited Treks.

Equipment List & Gear Guide

Hello World

Cost Exclude

- Nepal entry visa and personal travel insurance.
- Tips for guides, porters, and drivers.
- Personal expenses such as drinks, snacks, mobile/internet charges, souvenirs, etc.
- Lunch and dinner in Kathmandu.
- Rescue or emergency evacuation costs.
- Any extra personal services or assistance not mentioned in the itinerary.
