Detail Itinerary

An Easy and Scenic Himalayan Escape Near Kathmandu

Located just north of Kathmandu, the Helambu region offers an accessible yet exhilarating trekking experience in Nepal. The route presents stunning panoramic perspectives of major mountain groups, including Ganesh Himal, Langtang Lirung, Dorje Lhakpa, along with various other prominent peaks across the Langtang, Ganesh Himal, Gaurishankar, and Everest ranges. The local communities are predominantly Buddhist, featuring welcoming villages rich in Tamang and Sherpa culture. Although the local Sherpas share linguistic and cultural roots with their Everest-region counterparts, their traditions possess unique local characteristics. This journey is ideal for travelers with limited time who wish to experience a harmonious blend of rich cultural heritage, terraced farmlands, and snow-capped mountain vistas without venturing too far from the Kathmandu Valley.

Traditional Foothill Trails and Alternative High-Pass Routes

Helambu trekking provides a peaceful walking journey across the Nepalese Himalayas, free from the altitude and flight-dependent logistical challenges often associated with destinations like Lukla, Jomsom, or Simikot. For travelers seeking a more demanding high-altitude adventure with sufficient time, the route can be extended by first traversing the Langtang Valley, crossing the high Laurebina La pass (4610m), and descending into the Helambu valley. An alternative and equally challenging approach involves crossing the rugged Ganja La pass (5106m). Consequently, Helambu remains one of the most classic and rewarding foothill trekking destinations in Nepal.

Trip Facts

- Trip Duration: 09 days
- Trek Duration: 06
- Primary Activity: Trekking
- Secondary Activity: Tamang Cultural
- Starts Point: Kathmandu
- Ends Point: Kathmandu
- Trip Grade: Easy
- Accommodation: Lodge
- Season: Jan - May, Sept - Dec.

Detail Itinerary

Day 01: Your arrival to Tribhuwan International Airport (TIA) kathmandu
One of Nepal Kailash Trekking Company’s representative picks you from airport and transfer to hotel, overnight at hotel inclusive Bed and Breakfast (B.B.)

Day 02: Full day Kathmandu sightseeing
Sightseeing of Kathmandu valley (Pashupatinath Temple, Boudhanath, Swayambhunath, and Kathmandu Durbar square), overnight at hotel. B.B.

Day 03: Drive Kathmandu to Sundarijal and trek to Chisopani (2300m), overnight at lodge

After 45 minutes drive from Kathmandu by car / van, you will reach to Sundarijal, the starting point of the trek. As you arrive Sundarijal, you can observe Shivapuri watershed and Wild life Reserve there. From Sundarijal, the trail heads up to the concrete steps beside the pipeline which supply drinking water for the valley. Finally, we leave the pipeline from near the dam. We then reach Mulkharka, sprawling up the ridge around 1895m, which 600m above Sundarijal. There you can take some time to spend in the convenient tea shops, and to enjoy the nice view back over the Kathmandu valley. We then continue walking to Chisopani (2300m) from where stunning mountains' view can be seen.

Day 04: Chisopani to Khutumsang (2470m), overnight at lodge
After breakfast, the trail leads down to Pati Bhanjyang (1770m), a small fine village. After reaching Pati Bhanjyang, the trail leads up and downs to the village called Gul Bhanjyang (2140m). From here the trails climbs up to 2620m and then again descents along the rocky route to Khutumsang (2470m).

Day 05: Khutumsang to Tharepati (3490m), overnight at lodge
Following a ridge line the trails continues via lightly populated forest to Magen Goth from where view of Langtang and Gosaikund peak is stunning and finally reaching to Tharepati (3490m). The trails to Gosaikund branches off north - west from here.

Day 06: Tharepati to Tarke Gyang (2620m), overnight at lodge
The trail steeply descends a ravine through small Sherpa village of Malemchigaon (2530m) with nice lodges and fine an old and artistic monastery.The trail again descends leaving the village and crossing Malenchi Khola by a bridge at 1890m and making the long climb up the other side of the valley to Tarke Gyang at 2620m, which is the largest village in Helambu.

Day 07: Tarke Ghyang to Sermathang (2620m) or kakani, overnight at lodge
The trails gently descends through a beautiful forest to Sermathang (2620m). It is the centre of an important apple growing area from where nice view of the Himalayas and is seen.

Day 08: Sermathang to Malemchi Pul Bazar (846m) and drive to Kathmandu, overnight at Hotel
By leaving Sermathang the trails then continues to descent to Dubhochaur at 1500m and then again steeply down to Malemchi Pul Bazar (830m) where we find our van / bus waiting for us.

Day 09: Transfer to Airport for your onward Journey

Cost Includes

• All ground transports by private vehicle as per itinerary required

• Kathmandu accommodation inclusive breakfast as per itinerary

• All entry fees as per itinerary like Langtang National Park Fee, Trekker’s Information Management System Card fee (bring 2 copies passport size picture)

• Three times meals including Lunch, Dinner and breakfast during trek with tea/coffee

• An English speaking, highly experienced, friendly and helpful trekking guide

• One porter for two members

• Guide salary/food/accommodation/insurance and required transports

• Porter salary/food/accommodation/insurance and required transports

• Rain protection duffel bag for luggage

• The company guarantees the rescue services if needed; please hand over your insurance policy copy to us

• Government taxes and office service charge

Cost Excludes

• International airfare

• A Nepal visa fee, which obtained at the airport on arrival, a multiple tourist visa for 15 days US $ 25, for 30 days US $ 40 and for 90 days US $ 100 or Equivalent convertible currency (bring 2 copies passport size picture)

• Alcoholic beverages, soft drinks bottle of mineral/hot water, hot shower and snack foods during trekking

• Meals in Kathmandu

• Battery charge during trekking

• Any personal medical or evacuation expenses incur and strongly recommend international Travel Insurance

• Extra porter for the personal day bag pack

• Extra cost of natural disaster

• Sleeping bag, can be rented for company @ USD 00.80 cent per day

• Any other expenses which are not mentioned in the cost include

• Tips to staffs