

Overview

This trekking trip in Nepal includes complete services Arrival from Kathmandu international to Final Departure after trip end. For this trip, you have to stay at least 3 nights in Kathmandu. During stay in Kathmandu, we have included complete sightseeing of Kathmandu Valley which includes Kathmandu Durbar Square (Known as Hanuman dhoka Durbar square or Basantapur durbar) including Kastamandap (building made by one tree), Living goddess- Kumari House, Many temples including Shiva Parvati, Taleju Bhawani, Kaal Bhairav etc. We further visit to Swoyambhunath Stupa, Boudhanath Stupa (the biggest stupa in the World) & Pasupatinath temple (Hindus temple). All these 4 Monuments of Kathmandu city is listed in UNESCO world Heritage sites and this is about 6 hours tour for second day of your trip.

This trek is a relatively low altitude one and because it is close to Kathmandu, it is convenient yet surprisingly free of trekkers. The trek passes through some beautiful forests and very interesting villages on route. Along the way, we visit the homes of Brahmins, Tamangs and Sherpa people of Nepal. In the Helambu region, the Sherpas are quite distinct from the Sherpas of the Everest region in both language and customs. The ranges of mountains that rise above us match the diversity of the people we meet. From low altitudes, we have excellent views of mountains that include the Langtang range, the Annapurnas, Manaslu and even Everest on a clear day.

Itinerary Details

Day 01 : Kathmandu (1300m/ 4265ft)

Our office Staff with Car & driver will welcome, greet you at International Airport on Arrival. After Visa formalities complete, you have to come downstairs to collect Luggage and proceed to outside from terminal Building. Please look after your Printed Name and Our Company Signboard and follow them. Meet our Staff and then Transfer to Hotel. Check in at Hotel, free welcome drinks tea/coffee or any cold drinks. Company Manager will meet you with your guide and will provide detailed Plans and Briefing about the trip. Balance trip Payment should clear if any etc. Free day for relax or explore around the city yourself.

Day 02 : Kathmandu

After Breakfast your day will start for sightseeing tour of 4 Popular UNESCO Heritage sites of Kathmandu Valley. Our first destination is Swoyambhunath. This place offers a majestic view of the entire Kathmandu valley. Stupa of Swoyambhunath epitomizes Buddhism. Your guide will enlighten you with detailed historical and cultural information about the place. After this you will visit Living goddess home and Kathmandu Durbar square. Locally this, Old royal palace area is called Basantapur Area or Hanuman dhoka Durbar Square. Our next sightseeing will be at Boudha nath (the biggest & Largest Buddhist Stupa in the World). In this Area, you will visit Buddhist Monastery and stop for lunch Break. If weather is clear you can see nearest Mountain of Kathmandu- Ganesh

Himal from top of Restaurant. After Lunch, we will visit Hindu temple Pasupatinath. After tour, drive back to hotel. Free day for self preparation, packing for trek and free day.

Day 03 : Kathmandu – Chisopani (2194m/ 7198ft)

Estimated time: 5-6 hours estimated height gain: ~2933ft Drive from Kathmandu to the Sundarijal northern edge of the Kathmandu valley for about 1 hour by private transport and start to hike up to Mulkharka, the sprawling Tamang settlement. The trail continues on a gentle climb through the forests ridges before it drops down to Chisopani (cold water) (2300m). situated on the ridge from where you can see countless snow peaks. The sunrise on the Himalaya, from Annapurna to Everest, is particularly outstanding from this point. Stay overnight there (4/5 hrs).

Day 04 : Chisopani - Gul Bhanjyang (2140m/ 7020ft)

Estimated time: 5-6 hours estimated height gain: ~178ft The trail continues to drop down on a good, sometimes level and crosses meadows and fields to Pati Bhanjyang. This is a Brahman and Chhetri village on a saddle at the bottom of the ridge at 1860 meter. From here the trail starts climbing up again on a series of steep switchbacks to Chipling (2170m) where we can stop for lunch. At the upper end of this village the trail makes another steep, 200 meter, climb on a stone staircase to the top of the Jhugin Danda ridge. From the ridge the trail descends through forest to a large chorten (round Buddhist monument) overlooking the Tamang village of Gul Bhanjyang, which is a delightful, classic hill village with a pleasant main street (5-6 hrs).

Day 05 : Gul Bhanjyang – Tharepati (3600m/ 11811ft)

Estimated time: 5-6 hours estimated height gain: ~4791ft From Gul Bhanjyang the first part of the trail climbs up a steep, eroded trail through rhododendron forest passing only a few shepherd's huts to a pass at 2580 meter. The treks proceeds north up the Yurin Danda ridge and affords views of Langtang and Gosaikund Peaks. We will cross the pass at 3510 meter before we descent to Magen Goth where we stop for lunch. Afterwards, we pick up the ascending/descending trail again, passing through forests, across flower-strewn meadows and crossing streams till we reach Tharepati (3640m) (6 hrs).

Day 06 : Tharepati – Melamchigaon (2530m/ 8300ft)

Estimated time: 5-6 hours estimated height gain: ~3511ft From the northern end of the village the trail turns east and drops steeply into a ravine. Here the vegetation changes to large firs, then oaks and rhododendrons, as we rapidly lose altitude. After crossing the Chhyadi Khola on a suspension bridge, the trail makes a short final ascent to the prosperous Sherpa village of Malamchigaon at 2530m. We will arrive here early and the rest of today's time can be spent strolling around the village. Melamchigaon is a large prosperous Sherpa village with extensive fields of barley, corn and potatoes. The gompa (Tibetan Buddhist temple) here has a line of prayer flags at the front, brightly painted walls

Helambu Valley Trek

and statues of Guru Rimpoche and his consorts. It is local believe that Guru Rimpoche mediated in a cave above the village and wore robes made by dakinis (female angels) (5 hrs).

Day 07 : Melamchigaon - Tarke Gyang (2550m/ 8366ft)

Estimated time: 5-6 hours estimated height gain: ~66ft From the Melamchigaon gumpa, the trail descends through jungle to a bamboo teashop at 2360 meter, then drops steeply through fields to the Malemchi Khola river. After crossing the suspension bridge at 1890m the trail begins its long climb towards Tarke Gyang, which is the largest village in the Helambu region. The stone house here are build close together with narrow alleyways separating them. The gumpa of this village has a large brass prayer wheel (6 hrs).

Day 08 : Tarke Gyang – Sermathang (2693m/ 8835ft)

Estimated time: 5-6 hours estimated height gain: ~469ft The trail leaves the village and makes a sweep around the wide valley to the pretty Sherpa village of Ganyul at 2520 meter. The people in this village practice Drukpa Kagyu Buddhism, the same as the national religion of Buthan. From here the trail drops over a ridge but soon starts climbing up again through deep forests, crossing a number of stream to a crest at 2620 meter. We continue our way passing the large gumpa at Chumnik, before another gentle climb leads as to the village of Sermathang. In the afternoon we can visit the gumpa here (4 hrs).

Day 09 : Sermathang – Kathmandu (1300m/ 4265ft)

Estimated time: 5-6 hours estimated height gain: ~4570ft From Sermathang the trail follows the ridge all the way down to Malemchi Pul Bazaar, making a drop of 1730 meter. The trail passes chorten after chorten in the settlements of Nigale, Gyalsha and Raithani Gyang. From here we descent through chir pine forest to yet another chorten at Kakani, which is the last Sherpa village on the trek, and we now enter the lowlands inhabited by Brahmans and Chhetris. From Kakani the trail drops steeply to the attractive village of Dubhachaur in a saddle at 1610 meter. Continuing firther down the ridge our trail will eventually bring us to a large suspension bridge which crosses the Indrawati river and brings us into Malemchi Pul Bazaar. From here we will take private transportation back to Kathmandu (6 hrs walking time, 3-4 hrs to Kathmandu). Overnight stay at hotel. Free in afternoon for Last Minute shopping or remaining day for Relax at hotel

Day 10 : Departure

Morning free for last Minute shopping or time as your own. Our driver and airport representative drive you to the airport in time for your flight back home. We ensure that you leave Kathmandu with cherishing memory and an experience of a lifetime.