

Trip Introduction

Helambu Trek 7- Days, a short and beautiful trip around North East of Kathmandu valley edge, on the least trekked regions by western or remote voyagers, genuinely an intriguing nation strolls on ' Remote Region Trek' with **splendid panorama of Ganesh Himal Manaslu , Langtang, Jugal Himal reaching out towards Gaurishanker range of peaks** in the eastern skyline.

Helambu Trek is the place youthful and old individuals can participate in this short and moderate walks as the height gains gradually with charming views on sensational scenes and snowy-capped peaks up and down the strolls inside pleasant and beautiful mountain and slope villages past Kathmandu valley.

Helambu Trek-7 Days will be an astounding early on trekking for individuals wanted to observe the remote villages stay away from modernization with run of the mill Nepalese customary life as it was since past 10 thousands of years, as the walk additionally leads you into its **beautiful forest of tall rhododendron, hemlocks, magnolia and pine tree lines** with clearing perspectives on mountains. The walk leads after a short drive from Kathmandu towards high slopes north of the valley with amazing views on mountains with sunrise and sunset views on route strolls, with a overnight stop in decent towns as the adventure rise reaching into wonderful Helambu nation at **Tarkeghyang of over 2,570 m high**.

In **Helambu Trek** observe **Hyalmo special Buddhist culture** the general population of **Halmo well known for wood carving** as you can be observer around its superb house inside grand towns and monasteries. **Halmo people similar Sherpa and Tamang** with Buddhism culture and religion, the craftsmanships and handicrafts are something special of the tribe of Helambu where you can observer on its well-cut furniture of Tibetan design. At long last, this incredible walk finishes with a stroll to another decent village at **Sermathang** where an energizing and fascinating drive takes you back to Kathmandu with noteworthy and superb strolls in 7 Days Helambu Trek of Langtang Region.

Day 01: Arrival in Kathmandu, (1,300m/4,264ft)

- 1350m.
- Three star rated Hotel.
- 6-7 km.

Welcome to Kathmandu. On entry to Tribhuvan International Airport (TIA), you will meet office delegate from Snowy Dream World who will be waiting for you holding your name card with our company name. Then we transfer you to the Hotel and you will take a rest. There will be welcome Dinner at night facilitated by Snowy Dream World.

Accommodation included: Three star rated Hotel.

Day 02: Drive to Sundarimal and trek to Chisapani 2,300 m - 04hrs

- 2300m.
- Best Hotel Available.

- Breakfast Lunch Dinner

-  4 hrs.

Beginning with short morning drive Sundarijal arranged at 15 k.m. from Kathmandu city, from this community at Sundarijal, trek starts with a tough stroll through little farm village, excellent journey of cascades and achieving a passageway of Shivapuri National Park, from here through patch of woods and passing many dissipated farm fields villages then, achieving the edge top at Chisapani where the air gets cooler as this little village remains at 2,300 meters neglecting stupendous scene of snow-capped mountains from Annapurna-Manaslu-Ganesh Himal, Langtang Himal towards Jugal Himal run, view on entire Kathmandu valley, this spot offers mesmerizing sunrise and sunset views.

Day 03:Trek to Kutumsang 2,446 m - 06 hrs.

- 2446m.
- Best Hotel Available.
- Breakfast Lunch Dinner

-  6n hrs.

After a pleasant morning with perspectives on the sunrise over mountain scene, walk downhill to Pati Bhanjyang, from here our walk continue's with a moderate trip tough for an hour then on the continuous twisting through a patch of woods and villages coming to Gulbhanjyang.

From this pleasant Tamang village tough with a short downhill prompting Chipplin, from here walk proceeds through farm lands disregarding great scene of encompassing green scenes and moving slopes till the day end at the overnight stop in Kutumsang.

A decent village with different tribe of Sherpa-Hyalmo and Tamang individuals offering views on snowy-capped peaks, evening free at recreation to observe this little lovely town environment.

Day 04:Trek to Thade-Patti 3,600 m / 11,811ft - 04 hrs

- 3600m.
- Best Hotel Available.
- Breakfast Lunch Dinner

-  4 hrs.

Today a short stroll of couple of hours with more opportunity to explore encompassing views with rest of the evening at relaxation, from this beautiful village walk leads further into forested regions, and after that with a last move for an hour to Thadepati at 3,597m high for lunch and overnight stay.

Rest of the evening free for short hike and to explore snow-capped peaks of Jugal-Langtang Himal range and Ganesh-Manaslu towards west.

Day 05:Trek to Tarkeghyang 2,570 m - 06 hrs.

- 2570m.
- Best Hotel Available.
- Breakfast Lunch Dinner
-  6 hrs.

After a spectacular morning at Thadepati, venture proceeds with short move to an edge top, then on down – slope into thick woodland of rhododendron, hemlocks, firs and pines trees.


Walk carries on through a few Sheppard's cottages and impermanent settlements and after that at long last coming to at Melemchi river, crossing the river and afterward a moderate move to reach at Malemchigaon of Buddhist religion populated by Hyalmo and Tamang tribes with beautiful cut houses.

From here on downhill way into forests of pines and rhododendron trees, after crossing a bridge with tough move to reach at Helambu main town Tarkeghyang for overnight stay.

Here with time to visit an old Buddhist monastery inside Tarkeghyang, Helambu well known for Buddhist culture and handiwork on woods with complicated Tibetan structure and carving, renowned for tasty green apple that growss around.

Evening allowed to enjoy the beautiful village and its old monastery committed to Goddess Ama Yangri, arranged over the village.

Day 06:Trek to Sermathang 2,693m - 04 hrs walk and drive back to Kathmandu.

- 2693m
- Three star rated Hotel.
-  4 hrs.

Morning afterof leaving this pleasant village walk downhill through cool forested way passing a few decent looking monuments with Chhorten (Buddhist supplication landmarks), to reach at Gangyul a little town, then,following the way with magnificent views on moving slopes and tops to reach at Shermathang another stunning Hyalmo village with time to visit it's another old fascinating monastery

Our last day of this grand trip finishes up with a drive downhill towards hotter region around Melamche bazaar, from here on great wide street to Kathmandu passing the hilly village of Dhulikhel and Banepa lastly venturing into the busy city in Kathmandu

Day 07:Final Depaarture.

- 1350m.
- Breakfast

Today is the final day of our trip. Our agent will drop you Airport 3 hours before your planned flight. Have a nice and safe flight. See you next time.

Notes:

- All above trekking hours and distances are approximate and it's absolutely for general ideas only.
- The above data is a guide and standard layout of what we give. Our trek can be customized at your request to suit your particular necessities
- Your safety is of supreme concern while engaging with Snowy Dream World. Please note that your leader has the authority to adjust or cancel any part of the itinerary if it is estimated required due to safety issues. Every determination will be made to keep to the above itinerary; though, since this journey involves travelling in remote mountainous areas, we cannot assure that we will not suffer from it. Weather conditions, health condition, unexpected natural disasters can all affect in the itinerary. The leader will try to ensure that the trip runs according to plan, but please be prepared for the happening if required.

Included in the Cost

- Airport pick up and drop off services - (Airport- Hotel- Airport)
- 2 nights' Accommodation service in Kathmandu with twin sharing basis.
- All accommodation and meals (Breakfast, Lunch and Dinner) during the trek.
- An experienced and governmental licenced English-speaking trek guide and Sherpa porters to carry luggage including their salary, insurance, equipment, food and lodging.
- Porter 1:2 ratio. 1 porter for 2 people weighing around 15-20 kg of weight.
- Sleeping bags and duffel bags, Walking Sticks in return basis, if necessary. ➤
- First aid kit will be available if necessary.
- Trekking maps.
- Our Company provides Adventure Trekking Certificate.
- Our administration charge and government charges.

Not Included in the Cost

- Food in city like Kathmandu and Pokhara.
- Extra Hotel Lodging Charges in Kathmandu because of Early arrive or late departure. early arrive from mountain than our schedule Itinerary.
- Tips to Guides and porter.
- Additional charge in case of emergency (You must have adequate travel insurance to cover any kind of emergencies, like (ground transportation & Heli rescue/medical/hospitalization. Medical etc).
- Your International flight ticket airfare.
- Chocolates/energy drinks/alcohol/mineral water/cigarettes/packing food /snacks etc.
- Additional medication for altitude sickness (Acetazolamide etc).
- Personal and any other expenses such as Laundry/WIFI on trek/phone call.
- Trekking equipment

