



## Helambu Trek

The Helambu trek lies north of Kathmandu and easily accessible. The region is famous for its sweet apple and an indigenous group of people known as Yolmo who migrated from southwest Tibet three hundred years ago and identify themselves as Helambu Sherpas.

Helambu Circuit Track Trek takes you to one of the most beautiful scenery and Sherpa villages. Not so high and not so far away from Kathmandu it's a superb trek to get close to the traditional villages and Sherpa people.



## Detailed Itinerary

### Day 1: Arrival in Kathmandu

Welcome to the Capital of Nepal " KATHMANDU". Upon Arrival our representative will welcome you and drive you to Hotel. Refresh and Relax

### Day 2: Explore Kathmandu

"Kathmandu" which has exclusive blend of art, culture, history and religion. It bears varieties from pre-history to modern art, culture and custom. Today we explore some of its most popular UNESCO heritage sites. Afternoon walk around the main tourist hub of Kathmandu and prepare for your trek.

### **Day 3: Drive to Sundarijal, trek to Chisapani.**

Take a refreshing breakfast and attend one-hour drive to Sundarijal. The trip starts with uphill trail through the Shivapuri Watershed and Wildlife Reserve. We pass by couple of waterfalls and see some beautiful species of bird. Just before we arrive at Mulkharka, we stop by small reservoir which is supposed to be 2nd hydropower project of Nepal.

### **Day 4: Trek to Kutumsang**

We have steep descend for 25 minutes along the ridge and terraced fields. Then we have an easy walk through terraced fields with the view of Langtang and Jugal Himal view. We come to the ridge again and we continue the journey through terraced fields until Kutumsang. Kutumsang is small village of Tamang people with the view of mountains to the north.



### **Day 5: Trek to Tharepati**

From Tharepati the trail stirs steep up through forest along the ridge. We have some trivial ups and downs in route, but a good number of steps stroll on uphill trail. The forest is full of pine and rhododendron trees that keep on following our rhythm. From Mangengoth we pass by some small hamlets and terraced fields until Tharepati.

### **Day 6: Trek Tarkeghyang**

After checking out Tea House, we get to meet two trails but take the one to our right, the one we skip is the way to Gosaikunda. We have steep downhill track through the mixed forest of pine and rhododendron until Bolgaon. From Bolgaon the track mounts steep to the village of Melamchigaon. Melamchi is Sherpa village and famous for its antique and well decorated Kitchen. Then we climb down steep to Melamchi River through the forests. The trail ends up in the village of Tarkeghyang.

### **Day 7: Trek to Timbu**

An amazing farewell by the fresh mountain air and sunrise from Tarkeghyang is followed by gradual and steep downhill track through village, forests and terraced fields. We cross the Melamchi River again. Upon crossing river, we come to small settlement which is our last overnight camp. Timbu stands next to Melamchi River with few tea houses.

### **Day 8: Drive to KTM**

A breakfast in tea house. Pack your all trekking gears into backpack because we don't bother our feet anymore. Take a jeep/local bus ride back to Kathmandu through terraced fields, river valleys and villages.

### **Day 9: Fly back**

Drive to the airport and farewell



**HIGHLANDER**  
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