Helambu Trek

Nepal / Langtang Helambu Region | Trekking package



Your journey at a glance

Duration: 10 days

Trip grade: Medium

Maximum altitude: 3650 m

Best season: September–May

Group size: 1 - 20

Route: Kathmandu - Kathmandu

Price from: USD 1,250.00 per adult

Accommodation: Deluxe hotel in Kathmandu; best available tea-house accommodation during the trek. Camping is also listed as an option in the supplied package details.

Transportation: Private vehicle from Kathmandu to Sundarijal and from Melamchi Pul Bazaar to Kathmandu; local walking during the trek.

Meals: Full-board meals (breakfast, lunch and dinner) during trekking.

Package overview

The Helambu Trek is a rewarding short trek that begins close to Kathmandu Valley. Although the region is near the capital, Helambu remains relatively unspoilt and offers an opportunity to experience the culture and traditions of the Hyolmo people of the high mountains.

The trail passes through green rhododendron and bamboo forests, along streams and past waterfalls, with views of snow-capped Himalayan peaks. Monasteries and traditional mountain settlements add a cultural dimension to the journey. The people of the Langtang region have Tibetan ancestry, and their language and traditions reflect that heritage.

Day-by-day itinerary

Day 1 - Arrival in Kathmandu

Arrive at Kathmandu airport and transfer to the hotel (approximately 1,350 m). Attend the evening trek briefing and enjoy a welcome dinner at a Nepali cultural restaurant.

Meals: Dinner
Accommodation: Deluxe hotel in Kathmandu
Altitude: 1,350 m

Day 2 - Kathmandu sightseeing and trek preparation

After breakfast, visit Pashupatinath, Boudhanath and Swayambhunath temples. After lunch, prepare for the trek.

Accommodation: Deluxe hotel in Kathmandu
Altitude: 1,350 m
Walking / trekking: Half-day sightseeing

Day 3 - Drive to Sundarijal and trek to Chisopani

Drive from Kathmandu to Sundarijal (1,350 m), the starting point of the trek. Begin walking beside a small hydroelectric plant, then follow a ridge trail through oak and rhododendron forest to Chisopani (2,300 m).

Meals: B, L, D
Accommodation: Tea-house accommodation in Chisopani
Altitude: 1,350 m / 2,300 m

Travel time: Drive to Sundarijal
Walking / trekking: 4–5 hours

Day 4 - Trek from Chisopani to Kutumsang

After breakfast, descend across meadows and fields, enjoying views of the Langtang Mountains. Pass Pathi Bhanjyang and Gul Bhanjyang, then climb the ridge to another pass before descending to Kutumsang (2,446 m).

Meals: B, L, D
Accommodation: Tea-house accommodation in Kutumsang
Altitude: 2,446 m
Walking / trekking: About 7 hours

Day 5 - Trek from Kutumsang to Tharepati

Climb above Kutumsang on a steep trail through fir and rhododendron forest, where there are no permanent settlements. Continue towards Yurin Danda, with Himalayan views, and reach Tharepati for the overnight stay.

Meals: B, L, D
Accommodation: Tea-house accommodation in Tharepati
Altitude: 3,650 m
Walking / trekking: 6–7 hours

Notes: The package heading lists a maximum altitude of 3,600 m, while this day lists Tharepati at 3,650 m. Confirm the correct figure.

Day 6 - Trek from Tharepati to Tarkeghyang

Descend from Tharepati until reaching the Melamchi Khola, then climb towards Tarkeghyang (2,560 m), passing Sherpa settlements along the way. Enjoy views of the Himalayan peaks and visit the village monastery, described in the source as one of the oldest and largest in the region.

Meals: B, L, D
Accommodation: Tea-house accommodation in Tarkeghyang
Altitude: 2,560 m
Walking / trekking: About 6 hours

Day 7 - Trek from Tarkeghyang to Sermathang

Enjoy a comparatively gentle walk through forests, across streams and past waterfalls. Follow the trail around the wide valley between Parachin and the Sherpa village of Gangyul before reaching Sermathang (2,610 m). Explore the village and its Buddhist monastery.

Meals: B, L, D
Accommodation: Tea-house accommodation in Sermathang
Altitude: 2,610 m
Walking / trekking: 4–5 hours

Day 8 - Trek to Melamchi Pul Bazaar and drive to Kathmandu

Walk downhill to Melamchi Pul Bazaar, a settlement inhabited mainly by Sherpa people along with other communities. From the bazaar, take the road transfer back to Kathmandu and transfer to the hotel. The supplied source also mentions a farewell dinner on arrival, although another farewell dinner is listed on Day 9.

Meals: B, L, D
Accommodation: Hotel in Kathmandu
Travel time: Drive from Melamchi Pul Bazaar to Kathmandu

Notes: The source names Himalayan Glacier Trekking as the dinner host; that third-party operator attribution has been omitted from this Ojha Holidays package.

Day 9 - Kathmandu leisure day and farewell dinner

Enjoy free time in Kathmandu to rest or explore at your own pace. The supplied source lists a hotel transfer and an evening farewell dinner on this day as well as on Day 8; confirm which day should carry the farewell dinner.

Accommodation: Deluxe hotel in Kathmandu
Altitude: 1,350 m

Notes: The source repeats the hotel transfer and farewell dinner after Day 8 already returns to Kathmandu.

Day 10 - Departure from Kathmandu

After breakfast, transfer to Kathmandu airport for your onward departure. The trip concludes.

Meals: Breakfast

What is included

- Airport–hotel–airport pickup and drop-off in Kathmandu by private vehicle.

- Deluxe hotel accommodation in Kathmandu on a bed-and-breakfast basis, according to the selected category.

- Full-board meals (breakfast, lunch and dinner) during trekking.

- Best available tea-house accommodation during the trek.

- Services of an experienced, government-licensed trekking guide.

- Trekking porter / Sherpa support to carry luggage during the trek.

- Food, drinks, accommodation, insurance, salary, equipment, transportation and local taxes for the guide and porters.

- Private ground transportation from Kathmandu to Sundarijal and from Melamchi to Kathmandu.

- Group medical supplies (first-aid kit).

- Necessary paperwork and Helambu conservation entry permits (the source also mentions “ACAP Fees”; verify the exact permit terminology).

- Trekkers’ Information Management System (TIMS) fee.

- All government taxes and company service charges.

What is excluded

- Your personal travel insurance.

- International airfare and airport departure tax.

- Nepal entry visa fee.

- Tips for trekking staff and driver. Tipping is expected but not mandatory.

- All kinds of drinks (hot, cold and alcoholic), personal shopping and laundry.

- Personal trekking equipment.

Plan your journey

Prices, itinerary and availability may change. Contact our team to confirm travel dates, inclusions and final pricing.

https://ojhaholidays.com.np/package/helambu-trek