



PEACE NEPAL TREKS

... guiding you through your journey of a lifetime.

8 days Helambu Trek

OVERVIEW

If you have limited time and want to enjoy that hard earned break, Helambu can be the perfect place for a short introduction to trekking in Nepal. Besides offering stunning mountain views of the Jugal Himal and Rolwaling ranges, Helambu also allows you to observe Tibetan Buddhism and Sherpa culture in a very short period.

The trek across Helambu never crosses the 3000 meter mark, which is why you won't be needing those extra days of acclimatisation and previous hiking experience to complete this trip. Your trek starts in Sundarikal, which is only 45 minutes away from Kathmandu. From Sundarikal you'll follow a trail that passes through forests, suspension bridges and several peaceful villages as you walk right across Helambu. Among these villages, Tarke Gyang and Sermathang have some very interesting Gompas (monasteries). You can also see the sun rise over the Himalayas from Sermathang and the sun set, when seen from there, is quite extraordinary too. After six days of trekking, this short but adventurous trip comes to an end in Melamchi Bazaar.

Even at the height of the season in October, Helambu will have considerably fewer trekkers than other commercial trekking destinations. If you're looking for a quiet and crowd-free environment, well, look no further than the Helambu trek.

ITINERARY

- Day 1

Arrival at the Tribhuvan International Airport. Transfer to Hotel.

After your arrival in Kathmandu our representatives at the airport will transfer you to your hotel and help you in checking in.

- Day 2

Kathmandu to Sundarikal. Trek to Chisopani (2,165m).

From Kathmandu we drive for about 45 minutes to Sundarikal. Our trek starts here as we follow a trail through forests of oak and rhododendron to reach Chisopani.

- Day 3

Chisopani to Kutumsang. O/N in Kutumsang (2,470m).

From Chisopani the trail first drops to Pati Bhanjyang and then makes a steep ascent to Chipling. The trail then reaches Thodang Betine after which we descend to the Tamang village of Gul Bhanjyang and make our way to Kutumsang.

- Day 4

Trek to Thare Pati. O/N in Tharepati (3,690m).

From Kutumsang the trail passes through forests of fir and rhododendron as we arrive in Magen Goth (3420m), Panghu and finally reach Thare Pati.

- Day 5

Thare Pati to Tarke Gyang. O/N in Tarke Gyang (2,600m).

The trek to Tarke Gyang from Thare Pati is a gentle

climb across a school and a meadow.

- Day 6

Targe Gyang to Sermathang. 0/N in Sermathang (2,590m).

Today the trail passes through dense forests and crosses a number of streams before we make a gentle climb to the village of Sermathang.

- Day 7

Sermathang to Melamchi Bazaar. 0/N in Melamchi Bazaar (870m).

From Sermathang the trail drops as we reach Nigale, Gyalsha and Raithani Gyang. We finally arrive in Melamchi Bazaar after a down hill hike from the village of Dubha Chaur.

- Day 8

Melamchi Bazaar to Kathmandu.

A long bus ride brings us back to Kathmandu from Melamchi Bazaar. Once in Kathmandu you have the option of being transferred to the airport or staying at a hotel.

Note: Above holiday itinerary can be customized as our guest specific requirements and can make shorter and longer. We design your holidays accordingly.

INCLUDES

- Return transfers from international airport to your hotel.
- One night stay at the Hotel in Kathmandu.
- All government taxes and langtang national park entry fees.

- TIMS CARD (Trekking Information Management System).
- Required number of experienced English speaking guides and support staff (we pay for their daily wages, insurances, trekking equipments, food and accommodation).
- Lodge accommodation during the trek on tea house services.
- necessary ground transportation depending upon your request (via tourist bus or private vehicle).
- Trekking poles, sleeping bag (we provide these if necessary).
- Trekking maps.
- Rubbish disposal.
- PNT service charge and government taxes.

Medical support: An emergency first aid kit is carried by the support staff at all times.

Accommodation and meals: During tea house treks our guests pay for their food (breakfast/lunch/dinner) at the lodge while we provide guides/accommodation/necessary permit and transportation.

Water: Mineral waters are available at all stops during tea house treks. You can also use tap water if you choose to use water purification tablets.

EXCLUDES

- All meals in Kathmandu & tea house trek.
- extra nights hotel in Kathmandu.
- Tips to guides and support staff.
- Additional costs in case of emergency (You must have adequate travel insurance to cover any kind of emergencies).
- Additional medication for altitude sickness (Acetazolamide etc).

- Personal expenses and any other unforeseen expenses.
- Personal trekking equipment.

Travel Insurance: –

Travel Insurance is mandatory for all clients who choose to trek or climb with us. The insurance should cover you in case of emergencies like accidents, altitude sickness and ambulance and helicopter rescue charges if required. Please carry a copy of your insurance papers while travelling in Nepal and do send us a copy as well. This will help us in making all the necessary arrangements in case of any sort of emergencies.

SEASONS

Nepal has four climatic seasons

- Spring : March – May
- Summer: June – August
- Autumn: September – November
- Winter: December – February

While there are no seasonal constraints on traveling to Nepal, different regions are best visited in different seasons. Once you inquire about any trekking itinerary we'll email you regarding the best season for that particular trek.

EQUIPMENTS

Check-list of personal equipment:

- Good standard trekking boots
- Camping shoes/thongs
- Socks-polypropylene

- Down Jacket
- Fleece
- T-shirts
- Trekking trousers
- Shorts (both casual and for treks)
- Swim wear
- Sun Hat
- Woollen Hat
- Nylon Windbreaker
- Gloves
- Gaters
- Strong Rucksack
- Sleeping Bag
- Water Bottle
- Torch/headlamp (with spare batteries)
- Toiletries/soap
- Toilet paper
- Sun block
- Travel Towel
- Wet-wipes
- Medication (cough medicine, throat soothers, water purification tablets)
- Sunglasses
- Binoculars
- Camera & lenses
- Memory cards
- GPS Tracking Units may be helpful
- Altimeter
- Compass
- Book/music player/pack of cards
- Padlock
- A plastic bag for waste
- Energy/snack bars

The following equipment are needed during the Climbing period:

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(Warm Down Jackets, Sleeping Bags, Warm Trousers, Koflach

Shoes, Trekking Shoes and Sandals, Perfectly fitting Crampons, Gaiters, Ice Axe, Jumar, Ice Screw, Rock, Picton, Snow Bar, 2 locking Carabiners, Gloves, Sun Glasses, Head Light, Helmet, Rope, Stove, Harness, Figure -8, Gore – Tex Jackets).