

## **Trip Facts**

**Duration:** 12 Days

**Trip Grade:** Moderate

**Max Height:** 3597M

**Start/End:** Kathmandu

**Transportation:** Private Bus/Tourist Bus

**Activity:** Trekking

**Best Season:** Oct-Dec / Mar-May

**Per day walking:** 5 to 7 hours

## **Trip Overview**

Helambu trekking lies northeast of Kathmandu Valley and is one of the easy, short treks in Nepal due to the low elevation and slow climbing. Without any previous experience, trekkers can enjoy pleasant and favorable climatic conditions and the best cultural journey to explore the Nepalese village. This Trek offers you a jungle hike between pine forests, winding river views, rugged rock and snow-capped mountain sceneries, grassy downs, and meadows strewn with daisies and wild premolars. The benefit of Helambu trekking is less crowded and peaceful than other trekking routes in Nepal. The trail to Helambu starting with a short drive from Kathmandu to Sundarijal, climbs up to the Shivapuri ridge. You will enjoy the traditional lifestyle and culture of the Tamang people, beautiful natural sceneries of landscapes, and white shining mountains. The trek heads north to Thare Pati before turning east to Melemchi Gaon and TarkeGyang. we visit Shermathang before descending to the Melamchi Pul bazaar to End our Trek. Accommodation: Double/Twin sharing in hotel/lodge

Trek type: Tea House / Lodge

## **What's Included In The Cost**

- All international airport pick-up and drop services
- Accommodation in Kathmandu with breakfast.
- Sightseeing in and around Kathmandu with a guide and private vehicle
- All Government tax, National Parks fee, and TIMS card All grounded transportation during the trek.
- 3 times meals(breakfast/lunch/dinner)during the trek
- All accommodation best available lodges/teahouses during the trek
- Meal/accommodation/salary/insurance/equipment of Nepali crew
- Government License holder experience guide and porter (as you need) during the trek. First Aid Kit during the trekking

## **What's Not Included In The Cost**

- Meals (lunch and dinner) in Kathmandu
- International flight fare and airport departure tax
- Personal trekking gear and equipment
- Nepal entry visa fee, you can get a Nepal visa upon arrival at the Airport.
- Alcoholic, hot and cold drinks, hot water, hot and cold showers.
- Personal expenses include laundry, telephone calls, hot water, showers, snacks, beverages, bar bills, and camera battery charging.
- Travel insurance (insurance to include evacuation is mandatory. Please make sure you are covered to the correct altitude)
- Excess baggage on Domestic flights Tips to guide and porter.
- Any other expenses which are not mentioned in the Includes section.

# **Trip Itinerary**

Day 1: Arrival in Kathmandu(1300)/Transfer to hotel & overnight in Hotel.

Day 2: Half-day Sightseeing Tour at Kathmandu/trek Biring /welcome Nepali Dinner.

Day 3: Drive from Kathmandu to Sundarikal (1350m.)- 45 minutes.& trek to chisapani(2215m). Drive from Kathmandu to Sundarikal (1350m.)- 45 minutes.& trek to chisapani(2215m)-4 hours and overnight at Lodge

Day 4 : chisapani To Kutumsang(2446m.) -7 hours and overnight at Lodge

Day 5: Kutumsang To Tharepati (3597m.)-6 hours and overnight at Lodge

Day 6 : Tharepati to Melamchi Gaon(2640m.)-5 hours and overnight at Lodge

Day 7 : Melamchi Gaon to Tarkegyang(2740m.)-6 hours and overnight at Lodge

Day 8 : Tarkegyang to Shermanthang(2621m.)-5 hours and overnight at Lodge

Day 9 : Shermanthang to Melamchi Pul Bazaar(846m.)-5 hours and overnight at Lodge

Day 10: Drive Melamchi Pul Bazaar to Kathmandu – 4 hours and overnight at Hotel

Day 11: Leisure at Kathmandu – relax at the Hotel or explore the shopping

Day 12: Trip Ends/ Transfer to airport for departure.

**If This Itinerary Doesn't Suit Your Requirement And You Want To Customize It, Please Feel Free To Contact Us. This Trek Could Be Customized As Per Your Required Time Frame And Budget Limits.**

## **Useful Information**

### **Arrival:**

You will be met at the airport by our representative; holding a play card with your name on it, in front of the arrival gate. After the greeting, you will be transferred to the Hotel, where rooms have been booked for you. In the evening, our trekking guide gives you a trip briefing about transportation, day-to-day lifestyle, difficulty, altitude sickness, accommodation, mountains, culture, food, etc.

### **Visa:**

You can get your Nepal visa either at the Tribhuvan International Airport in Kathmandu or any land border when you arrive in Nepal or leave home.

### **Temperatures & Clothing:**

Spring and autumn are the main trekking season in Nepal. During the spring season (March-May) is usually warm (T-shirt, sandals, light pants or skirts) in the day in Kathmandu and in autumn it is a bit chilly (light fleece or windproof top) in the afternoon.

In the afternoon for a fleece, sweater, or light Jacket, and evening, cold enough that you can wear a light down Jacket, if you're sitting outside in the much colder winter, you won't leave the hotel without your down jacket. It's not snowing in Kathmandu; leave your snow boots behind. Keens or lightweight sports shoes, sandals great for wandering around Kathmandu and for trekking in lower altitudes

Trekking is a mixed bag of temperatures. LAYERS are the key as hot can change quickly to freezing crossing the passes, and snowfalls are common. We often have some rain below 3000 meters in the spring and early autumn. It can rain hard in the summer. Have a wide

range of layer-able trekking clothes for summer to winter temperatures. Keep a lightweight down jacket or windproof jacket with you at all times, available inexpensively in

Kathmandu. A lightweight rain poncho for trekking is recommended in spring and summer,

Be prepared; Check our GEAR LIST

for all details on gear, shoes, clothing, electronics, and medicine for the trek.

There are lots of real gear shops (North Face, Mountain Hardware, Marmot, Sherpa Gear)

and of course many fake ones in Kathmandu, so if you don't think you have the right gear

starting the trip it will be easy to pick up stuff once in Kathmandu. We provide sleeping

bags, duffel bags, and down Jackets, especially for the camping trek and peak climbing. If

you are doing a tea house trek you can buy or hire (rent) trekking gear in Kathmandu at a

reasonable price.

Dress conservatively in Kathmandu and on the trail as a rule. Shorts are okay if they aren't

too short; a mini-skirt isn't recommended. Sleeveless t-shirts are fine, but perhaps avoid

tank-tops on the trail. Super tight doesn't go over so well with the village elders.

### **Tips for staff:**

A tip is expected, so we recommend at least \$ 10 – \$15 per client/per day tips for the staff end of the trekking. Please bring Nepali currency (NPR) with you on the trek for your expenses (see cost includes/excludes section) and for tips. It's nice to buy the drinks for the staff and the group will celebrate the last day party in the night.

### **Equipment List:**

This is a guideline for the gear that is suggested during the trekking. You may consider bringing it with you when you are doing a teahouse or Camping (Tent) trek with us; Most of the gear can be purchased or hired in Kathmandu at reasonable prices.

The following basic equipment checks list help you with your packing. 15 kg (33 lbs) is the maximum weight limit for the duffel bag plus your hand luggage for Domestic flights. If you

have excess luggage, you have to pay extra money as per airline rules. Per client, 12 to 14 kg weight is limited on the trek.

- Duffel Bag
- Rucksack (45L to 55L)
- Sleeping Bag (Resist -10 to -15 degrees Celsius, above 4000m)
- Down Jacket
- Trekking Boots (waterproof)
- Normal Socks for Trekking Boots(2 pairs)
- Warm woolen socks (2 pairs)
- pair of adjustable Trekking poles (optional)
- Short pants for Hiking
- Short and Long sleeved T-shirts or shirts
- 2 Trousers- (loose and comfortable) One thin, one thick, and warm
- Underwear
- Waterproof jacket
- Gloves with a waterproof shell outer
- Rain Poncho (for rain)
- Sanitary napkins
- Warm hat and sun hat
- Sunglasses with UV protection
- Sun Screen Cream
- Towel
- Bar of soap or tube of liquid soap
- Toilet paper (can buy in Kathmandu & on trek)
- Flashlight with spare batteries & bulb
- Water bottle

- Camp shoes (sandals)
- Small-sized first-aid kit with Some common medicines such as Band-Aids
- Aspirin for headaches, pain killer, Dimox (for altitude sickness), etc Other things of your interest

### **Important Documents:**

- Passport and extra passport copies (4 copies)
- Insurance info (With photocopies)
- Flight info (Printouts of e-tickets and leave a copy at our office, if you need to change flight date)
- Durable wallet/pouch for travel documents, money & passport.

### **Hotel / Accommodations:**

We provide accommodation in a standard 3\*star hotel in Kathmandu, Pokhara, Nepalgunj, and Lumbini as well as Bhutan, Tibet, and India Tour as per itinerary and stay in the best available guesthouse in the mountains during the trek. You may have to share a bed with a companion during the mountainous trip. But if you need, a single supplement you have to pay extra yourself.

### **Food:**

You will be served with bed and breakfast during your stay in Kathmandu. All other meals Lunch and Dinner will be paid for by the clients themselves but Himalayan High Path Adventure provides a welcome dinner before the trek. We provide 3 meals (breakfast, Lunch, dinner) during the trek.

When you are on the trip, you will get the menu and choose a food that you like to have but we suggest not to have oily foods or nonvegetarian (meat is not fresh) foods. Sometimes we

prefer to eat local food such as Dal Bhat (Lentil soup and rice), noodles, Tibetan bread made of buckwheat, spaghetti, different types of soup fried potato, and many more.

### **Best time to travel:**

The best time for trekking in Nepal is either in the spring season (March to May) or in autumn (September to November). It offers magnificent views in these two seasons.

Trekking is also possible in other seasons despite having extremely cold weather, climate, and temperatures which may not suit, and we do not guarantee to see the panoramic views.

### **Points to consider:**

The mountain flight and Kathmandu /Lukla / Kathmandu flight may be delayed depending on the weather conditions. It is very likely to delay the flights from one to two hours until the next day. In case you miss the scheduled flight due to the weather conditions, you will have to wait or you may pay US\$ 600 for an emergency helicopter lift. So, it would be better if you keep a few days more in reserve to cope with such conditions. Depending on the time and situation concerning your safety and security, your Guide may change the itinerary in Mutual understanding.

### **Useful Notes:**

- You will stay in a three-star hotel and we assure you that you receive quality service. A single supplement will be served on request and will cost an additional USD 50.
- Please make sure you take travel insurance at home before arriving here. It is mandatory and you cannot take it in Nepal. Your insurance agent will know which insurance plan suits your travel.
- You should free up a few days before and after your trip schedule. The itinerary may have to be altered for reasons beyond our control like flight delays, accidents, and natural hazards.

- Please inform us and our guides if you have any medical condition that might affect your trip. Please consult your doctor beforehand for any precautions you need to take and always carry medicines if you need them. However, our guides and local support staff have been trained in basic medical intervention and your travel insurance covers any emergency rescue or evacuation.
- You may decide to alter your itinerary to some degree as long as there are no time constraints and everyone consents, if you are traveling in a group. Talk to us before embarking on the trip or you may also talk to our guides to see if we can arrange something.
- There will be an ATM corner in the main cities. But in case of emergency and non-availability of an ATM, there will be a need for cash. Also for personal expenses, it will be more hustle to run to the ATM immediately. So, it is highly recommended to carry some bucks with you, which will come in use anytime anywhere.