



Marvel Treks & Expedition Pvt. Ltd.

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Helambu Trek

Nature, Culture, and Panoramic Peaks

Duration: 5 Days

Max Altitude: 3,250 m (Tarke Ghangyul)

Trek Grade: Easy to Moderate

Start / End: Kathmandu

Accommodation: Lodge / Tea House along the trail | Hotel in Kathmandu

Best Season: March–May | September–November

Group Type: Private or Group Joining



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Overview

The **Helambu Trek** is a **short and scenic trek near Kathmandu**, known for its **lush forests, traditional villages, and peaceful Himalayan landscapes**. The trail passes through **Helambu region villages**, famous for **melons, apples, and unique Hyolmo culture**, before reaching the **Tarke Ghangyul viewpoint**.

Ideal for **beginners, families, and travelers with limited time**, the trek combines **nature, culture, and moderate trekking**, making it perfect for a **quick Himalayan getaway**.

Trip Highlights

- Trek through **forests, terraced fields, and rhododendron groves**
- Visit **traditional Helambu villages** and experience Hyolmo culture
- Enjoy **panoramic views of Langtang and Rolwaling ranges** from Tarke Ghangyul
- Short trekking days suitable for beginners
- Combine **cultural immersion with Himalayan nature**

Itinerary

Day 1: Drive Kathmandu → Sundarijal → Chisapani (2,100 m)

Morning drive from Kathmandu to Sundarijal (3-4 hours). Begin trekking through lush forests, terraced fields, and small villages, gradually ascending to Chisapani. Trekking time: 4-5 hours. Overnight stay in a lodge.

Day 2: Trek Chisapani → Khutumsang (2,500 m)

Trek through dense pine and rhododendron forests, passing local villages and scenic viewpoints. Duration: 5-6 hours. Overnight in a lodge.

Day 3: Trek Khutumsang → Tharepati (3,100 m)

A steady climb through alpine landscapes, enjoying panoramic views of the surrounding hills and distant peaks. Trekking time: 5-6 hours. Overnight in a lodge.

Day 4: Trek Tharepati → Tarke Ghangyul (3,250 m)

Trek across open ridges and forested trails with breathtaking mountain vistas. Duration: 5-6 hours. Overnight in a lodge.

Day 5: Trek Tarke Ghangyul → Sermanthang (2,590 m), then drive Sermanthang → Kathmandu (1,350 m)



Descend gradually to Sermanthang (5-6 hours trek), then drive back to Kathmandu (3-4 hours), concluding the Helambu trek.

All You Need to Know

1. Visa Process

Nepal's tourist visa fees vary by duration, with common options on arrival being \$30 for 15 days, \$50 for 30 days, and \$125 for 90 days, plus \$3/day for extensions.

2. Guide In Nepal

You will need a guide for tour, trekking, peak climbing as well as expedition.

- Tour Guide: A professional who leads sightseeing tours and provides local information.
- Driver Guide: A driver who also acts as a guide during travel.
- Trekking Guide: An experienced guide who leads trekking routes safely.
- Peak Climbing Guide: A trained guide for high-altitude mountain climbing.
- Expedition Sherpa Guide: A skilled Sherpa who supports and guides challenging expeditions.
- Porter: A helper who carries luggage or trekking gear, sometimes also assisting as a guide.

3. Accommodation

Stay comfortably with options to suit every traveler from budget backpacker stays (USD \$10) to 5★ city hotels (USD \$90) to cozy teahouses with attached bathrooms and camps along the trekking trails.

4. Transportation

Choose from local buses, private cars, shared or private jeeps, domestic flights, and helicopter transfers for convenient travel across Nepal.

5. Permits and entrance fees

Trekking and visiting protected areas in Nepal require permits and entrance fees to support conservation and local communities. Key permits and fees include:

- TIMS (Trekking Information Management System) Card: Required for most trekking regions.
- ACAP Permit (Annapurna Conservation Area Permit): Needed for trekking in Annapurna region.
- KCA Permit (Kanchenjunga Conservation Area Permit): Required for Kanchenjunga treks.



- SAC Permit (Sagarmatha National Park Entry Permit): Needed for Everest region treks.
- Langtang National Park Entry Permit: Required for treks in Langtang region.
- Manaslu Conservation Area Permit (MCAP): Needed for Manaslu trekking.
- Royal Chitwan National Park Entry Fee: For visiting Chitwan National Park.
- Bardia National Park Entry Fee: For wildlife safaris in Bardia.

Fees vary by nationality and trekking region.

6. Meals

During your trek, meals are usually served in teahouses or lodges, with options for local Nepali cuisine, vegetarian, and international dishes. Breakfast is usually included in accommodation. In the city, you can enjoy a wide variety of restaurants, cafes, and hotel dining.

7. Health & Safety

- Altitude sickness awareness and proper acclimatization are crucial when trekking above 2,500m.
- Carry basic medications and a personal first-aid kit.
- Drink bottled or purified water only.
- Vaccinations (such as Hepatitis A, Typhoid, and Tetanus) are recommended before travel.
- Emergency rescue services are available in major trekking regions.

8. Currency & Payments

- Nepalese Rupee (NPR) is the local currency.
- ATMs are available in major cities but limited in remote areas. Credit cards are accepted in hotels, restaurants, and shops in cities.
- Cash is essential for trekking regions.

9. Communication & Internet

Local SIM cards (Ncell or Nepal Telecom) are easily available at the airport and in cities.

Mobile network coverage is good in cities and popular trekking routes.

Wi-Fi is available in hotels and teahouses, sometimes at an extra cost in remote areas.

10. Cultural Etiquette & Local Customs

Dress modestly, especially in rural areas and religious sites.

Remove shoes before entering temples and homes.



Respect local traditions and festivals.
Ask permission before taking photos of people.

11. Responsible & Sustainable Travel

Avoid single-use plastics and use refillable bottles.
Respect wildlife and natural environments.
Support local communities by using local guides, porters, and accommodations.
Follow “Leave No Trace” principles during treks.

Important Information

Fitness Level: This trek is easy to moderate, suitable for beginners, families, and travelers with limited trekking experience. Daily walking is 5–6 hours with gradual ascents, making it accessible for most healthy individuals.

Altitude Sickness: The trek reaches a maximum altitude of 3,250 m at Tarke Ghangyul, so the risk of altitude sickness is low to moderate. Trekkers should acclimatize gradually, stay hydrated, and follow guide instructions.

Weather Conditions: Spring and autumn are the best seasons, offering clear skies, mild temperatures, and blooming rhododendron forests. Nights can be cool, so warm clothing is recommended.

Luggage Limits: Accommodation is in lodges and tea houses, so trekkers should carry light backpacks with essentials. Storage is limited, so pack efficiently.

Cultural & Environmental Guidelines: The trek passes through Hyolmo and Tamang villages. Visitors are encouraged to respect local customs and traditions.

