HELAMBU SHERPA VILLAGES TREK



Trip Overview

This trek can be conducted at various times throughout the year. The most popular times are March to the end of May and October to December. Other times even in winter January or February because is still low elevation. June July August September are not recommended at all as it’s time monsoon rains so heavily.

This is another lower-altitude trek. Given this, and the convenient location close to Kathmandu. You’d think it would be more “touristy” than it is. On this trek, you will see some great mountain views, walk through truly beautiful forests and see fascinating villages. We walk through villages settled by Brahmins, Tamangs, and Sherpa people. Each group has its own distinctive culture, jewelry, and dress. For those interested in textiles and fabrics, there’s a lot of “eye candy”! The Sherpas of the Helambu region are quite distinct from the Sherpas of the Everest region in both language and customs As well as rich cultural diversity, we get mountain views that include the Langtang, Annapurna, Manaslu, and even Everest when the planets are in alignment!

This is a good short trek for those with less time in Nepal.

Gallery



Trip Itinerary

- Day 01 - Drive to Sundaqrijal, trek to Chisopani (2300m) (5-6 hrs)
- Day 02 - Gul Bhanjyang (2140m) (5-6 hrs)
- Day 03 - Tharepati (3640m) (6 hrs)
- Day 04 - Melamchigaon (2530m) (5 hrs)
- Day 05 - Tarke Gyang (2590m) (6 hrs)
- Day 06 - Sermathang (2610m) (4 hrs)
- Day 07 - Trek to Melamchi Pul Bazaar (1730m) and drive to Kathmandu (1350m) (6 hrs walking time, 3-4 hrs driving)

Cost Includes & Excludes
Includes

- Airport transfers in Nepal
- All relevant surface transfer
- All hotel accommodation with breakfast – can be arrange for you as Himalayan Sunrise has negotiated extra price in some cooperating hotels or you can book it individually
- All meals on trek
- All internal flights (with Goma Air, Tara/Yeti Air or Buddha Air), inclusive Airport Taxes and 15kg free luggage
- Permit, National Park Entrance/Conservation Fees, personnel insurance
- Guide and porters on lodge trek
- 12 kg free luggage carried by porter
- Oxymeter
- Quality service and trek equipment

Excludes

- International flights
- Sightseeing with entrance fees, guide and vehicle – we can arrange for you comfortable day with experienced city guide
- Additional tours and meals that are not mentioned
- Beverages
- Personal bills
- Visas
- Excess baggage charge (beyond 12 Kg each)
- Insurance (for cancellation, accident, health, emergency evacuation and loss, theft of or damage to baggage and personal effects)