**Vat No:** 600106861 **Gov Regd No:** 12345678

# ASIAN EXPEDITION PVT. LTD

Kathmandu, Nepal | Contact: +977-9851347921, +977-015358373
info@asian-expedition.com | www.asian-expedition.com

# Helambu Adventure Trek



## Tour Overview

A short escape into the serenity of nature mixed with adventure and culture, beautiful mountain peaks Langtang range and meet the friendly people. Buddhist Hyolmo culture of Tamang, many amazingly stood monasteries and Chortens, nature walking through the forests and villages gives you pleasant trek to Helambu.

## Detailed Itinerary

**Day 1: Arrival in Kathmandu and transfer to hotel**

You will be greet at the airport and taken to the hotel where you check in and relax for some time. Later we will take you for a short tour of Thamel, the main tourist hub in Kathmandu, to show you some good restaurants, ATMs, money changer and other necessary places you might need to go. We will do this tour and short trip briefing. Overnight at Hotel.

**Day 2: Kathmandu Sightseeing Tour**

We will take you for a historical and heritage tour of Kathmandu valley today after breakfast. A full day sightseeing today in Kathmandu takes you to the amazing heritage sites of Boudhanath is considered as the biggest Buddhist Stupa in the world which lies in the middle of a beautiful square. The giant Buddhist shrine is a very important pilgrimage site for Tibetan Buddhist people. The stupa is considered to have been built in 4th/5th centuries and carries some interesting stories behind its establishment. A stupa is basically a relic monument considered as a sacred shrine in Buddhism but there are several other types of stupas other than relic stupas. A stupa symbolizes the journey of a human being from material world to the world of enlightenment. Pashupatinath is a Hindu Temple area where you can see a very unique cremation culture for the Hindu dead people. The temple which is considered as the most important Shiva temple in Nepal is open for Hindus only thus non-Hindu people have to stay outside the temple premises observing the Hindu death rites and rituals. We can encounter some Sadhus, the holy men, around who look so fascinating for photographs. The place is a rich spiritual and cultural source to have an insight on Nepali life and rituals. Overnight at Hotel. - B

**Day 3: Kathmandu trek To Chisapani 2,300m**

We are going to start the trekking part of this journey today. We drive for about 40 minutes to Sundarijal, the trek starting point. We set off the trail up towards Chisapani, a beautiful place that provides panoramic views of the mountains and natural surroundings. About five hours of uphill trek through forest and village finally takes us to Chisapani to stay overnight. We spend leisurely time around Chisapani once we reach there. Overnight at Hotel. – B/L/D

**Day 4: Chisapani trek to Kutumsang 2,450m**

The walk today is pretty much easier given its less involvement of steep ascent and descent. Although we have to walk some uphill and downhill trail in some places on the route to Kutumsang today, the trek can be considered as moderate in its difficulty level. As we traverse the trail we can enjoy the view of the mountains in Langtang range. The beautiful walk of the days ends when we reach Kutumsang where we can wander around and explore the place. Overnight at Hotel. – B/L/D

**Day 5: Kutumsang trek to Thadepati 3,650m**

We trek to Thadepati today. About six hours of trekking journey takes us to Thadepati for overnight stay. The trail section brings some spectacular views and beautiful experience of trekking. We can enjoy marvelous views of the Himalayas from Yurin Danda and some natural wonders come along the trail today before we reach the destination. Overnight at Hotel. – B/L/D

**Day 6: Thadepati trek to Tarke Ghyang 2,743m**

The walk from Thadepati to Tarke Ghyang today is a wonderful exploration of Helambu region. The walk takes us to this beautiful Sherpa village of Tarke Ghyang via Melamchi Gaun in the region. We can explore monasteries and the village once we are in Tarke Ghyang. Tarke Ghyang is an incredible place to observe the mixture of culture and spirituality. We immerse in to the charm of both, culture and spirituality.

**Day 7: Tarke Ghyang trek to Sermanthang 2,620m**

Sermanthang is another village rich in culture and is full of natural wonders surrounding it. About five hours of walk takes us to Sermanthang. Along the trail, we pass through many other villages rich in Sherpa culture and inspiring simplicity of life. We also walk through some forested area along the trail before reaching Sermanthang for overnight stay. Overnight at Hotel. – B/L/D

**Day 8: Sermanthang trek to Melamchi Pul Bazar & Kathmandu**

As the final day of walk in the Gosainkunda Helambu region, we trek to Melamchi Pul Bazar. We trek down past many villages with their traditional cultures. We will also walk through terraced fields that people do the farming on. Once we reach Melamchi Pul Bazar, we will stop for the lunch before setting off on a drive back to Kathmandu. It takes us about four hours of drive to reach Kathmandu. Overnight at Hotel. – B/L

**Day 9 : Kathmandu Tour (Hidden places in Kathmandu and Durbar square)**

Walk with us around the local town in Kathmandu to experience the local life and culture. If you are looking for the theme-based walking tour in the center of the Kathmandu valley, the tour lets you a great opportunity to experience historical, cultural and spiritual affluence to unveil the social and historical mysteries. Bustling city, to view the artistic Kathmandu Sightseeing Tour bequeaths you an opportunity to capture the snaps of the centuries old monuments and historical crafts in the Kathmandu city. On this walking tour, we explore the Local market of Ason, glass beads market at Indrachowk, oldest supermarket at New Road, Kilagal, and Hidden Stupa etc.
After exploring these hidden charms of Kathmandu, we walk to Kathmandu Durbar Square. It is famous for its unique historical, cultural and religious traditions. The most unique experience in the square is the visit to the temple of living goddess Kumari & Durbar square walking tour will be a perfect mixture of culture, history, art, architecture and traditional values prevalent in Kathmandu valley. Overnight at Hotel. – B

**Day 10 : Departure Day to your Home country- B**

## Pricing Information

## Price Details

Namaste to All,

The cost depend on group size and the service you want for the trek and your staying period of time in Kathmandu. So Please be kindly do contact us by email. Thanking you.

## Price Includes

1. 4 night’s hotel in Kathmandu with bed & breakfast
2. Guided sightseeing in Kathmandu valley
3. Trekking Permit ,TIMS ,
4. Meal: All meal Breakfast, Lunch, dinner during the trek best available restaurant.
5. One experience trekking guide 1 porter for 2 trekkers (each member 13KG)
6. Land transportations/ Pickup /drops
7. Langtang National park permit Fee
8. Life, Medical Insurance for Guide & Porter
09. All accommodation during the trek best available hotel/guesthouses
10. Our service charge

## Price Excludes

1. Private expenses
2. Any alcoholic drinks, cold drinks, mineral water
3. Nepal entry Visa fee,
4. Clients insurances,
5. Clients Equipment for trekking
6. Tips for Guide and Porters