

# Helambu Circuit Trekking in Nepal

Make it either a cultural trekking tour or even a geographically lavish hiking expedition, both come under the **Helambu Circuit Trek**. In and around Langtang region, this trek to Helambu shows its visitors the typical Nepali culture and tradition still intact in the Himalayan regions of the country and of course, mixed with the panorama of **high peaks** and meadows.

Unlike the trekking packages in the Khumbu Region such as the [Everest Base Camp Trek](#) and [Everest High Pass Trek](#), both of which start from the same point, the trek to the Langtang Region is somewhat different. The trek commences with a short drive to Sundarjal which holds a small hydropower project and connects a drinking water pipeline to Kathmandu. Climb uphill along the Shivapuri Watershed and Wildlife Reserve to arrive at Mulkharka and eventually at Chisapani. Plunge along a muddy trail to a **Bhraman Chhetri village** and up towards another village with Sherpa settlement. Up a danda/hill to finally settle down at the **Tamang village** of Gul Bhanjyang via a rhododendron forest.

It's time for another **Helambu Valley** village to come our way! Out and about from Gul Bhanjyang sees us first at the Kutumsang Village and then to Magen Goth. A short hike uphill sees us at Tharepati. **Tarkeghyang** is another village in the valley that stays as a Sherpa settlement. Finally, the last town of our trek, Sermathang makes its entry following a fun descend through the **rhododendron forest**. The end of our trip will also be from a different place, to be exact, **Melamchi Bazaar**. Back to the hustle and bustle of the city then! While on this trek, landscape views of the Jugal, Numbur, Rolwaling, Ganesh, Gosaikunda, Langtang, and even the tallest peak in the world, Everest are on view.

So are you ready to experience the blend of **culture** and geography?

Duration: 8 days

Price: \$1200

Rating: 5 Star

Grade: Moderate

Destination: Nepal

Activity: Trekking

Region: Everest Region

## Itinerary:

**Day 1:** Arrival in Kathmandu (1440 meters)

Set foot at the Tribhuvan International Airport where our representative will transfer you to your hotel. Settle in and freshen up prior to meeting up with the guide and discussing about the upcoming trek. And, don't forget to try out your first ever typical Nepali cuisine.

**Day 2:** Drive to Sundarjal (1350 meters) and Trek to Chisapani (2300 meters)

A very short drive to the village of Sundarijal sees the start of our trek. Hike along the water pipeline and the concrete steps up the Shivapuri Watershed and Wildlife Reserve to find ourselves at the village of Mulkharka. From there, it's an easy trek to Chisapani.

**Day 3: Trek to Gul Bhanjyang (2140 meters)**

Plummet towards a muddy trail to the Bhraman and Chhetri village of Pathi Bhanjyang and hike uphill towards Thakuni Bhanjyang, a Sherpa village. Up towards a steep hill to Chipling and still up towards Jhugin Danda. Plunge through a forest of rhododendron to arrive at the Tamang village of Gul Bhanjyang.

**Day 4: Trek to Tharepati (3597 meters)**

Start off with a hike uphill to another pass. Advance up via an oak and rhododendron forest to the Yurin Danda. While here, enjoy the views of the Langtang and Gosaikunda peaks. Up above the Kutumsang village sees us descending through yet another rhododendron forest to Magen Goth. Finally, a steep climb followed up by a gradual hike marks our arrival at Tharepati.

**Day 5: Trek to Tarkeghyang (2590 meters)**

Hike past the pine and rhododendron forest to enter the Helambu Valley. Across a bridge and then an ascend leads us to Nakote village. Yet another climb uphill sees us at the Sherpa Village of Tarkeghyang. Explore the town and enjoy the views of the Jugal and Numbur Himal.

**Day 6: Trek to Sermathang (2610 meters)**

Advancing to the last days! It's always fun when the trekking day is quite easy. A fun hike downhill past the rhododendron forest alongside the views of the Helambu marks our arrival at Sermathang. Relish in the views of the high peaks such as the Langtang, Gosaikunda, Ganesh, Jugal, Rolwaling, and even the Everest.

**Day 7: Trek to Melamchi Bazaar (828 meters) and Drive back to Kathmandu**

A short hike downhill first sees us at Dubhachaur while farther descend marks our entry at the Melamchi Bazaar. Look back at your beautiful trip and drive back to the capital city of Nepal, Kathmandu.

**Day 8: Onwards Departure**

This day marks the official end of your trek! If you have plans to stay and explore Nepal more, we can arrange scenic tailor-made trips for you. However, for those of you having to travel back, we will arrange your travel to the airport and wish you a happy journey ahead.

**Highlights:**

- Helambu Valley
- A blend of different cultures prevalent in the country
- Sundarijal – Waterfall and Hydropower Project
- Shivapuri Watershed and Wildlife Reserve
- Langtang, Rolwaling, Gosaikunda, Jugal, Ganesh, Numbur, and Other Peaks

**Cost Include:**

- All Ground Transportations

- Three Daily Meals During the Trek
- Twin Sharing Lodge for Accommodation during the Trek
- One guide and a porter (1:2 ratio) and their food, accommodation, equipment
- Trekking Map and Trip Achievement Certificate
- First Aid
- TIMS and Shivapuri Watershed and Wildlife Reserve Entry Fee
- Government Taxes and Office Service Charge

**Cost exclude:**

- Water, Soft Drinks, and Other Liquid Beverages
- Meals Besides Meals Inclusion
- Snacks and Other Personal Expenses
- Personal Trekking Equipment
- Hot Showers except
- Tips to Trekking Staff and Others
- Personal Travel Insurance
- International Airfare
- Nepal Entry Visa