

Helambu Circuit Trek

Destination: Nepal

Best Season: March-May, Sep-Nov

Max Elevation: 3300 m

Trek to Helambu, it's one of the easiest and greatest Himalayan trekking routes of Nepal which is the closest and accessible hiking trail of Kathmandu Valley. The Helambu is a trek with a real heart that takes you to the most fascinating land of the mountains where you will have

Helambu Circuit Trek Highlights Nepal

- A short and scenic drive to Sundarimal from Kathmandu.
- A breathtaking view of the Himalayas like Langtang, Helambu, Ganesh Himal, and so on.
- Walk through the beautiful local villages along the way.
- Explore the local traditions of Tamang and Sherpa people and lifestyle

Helambu Trek Guide, Itinerary, Insurance, Safety and accommodations

The Helambu Trek; truly an ideal trip for the trekkers who have short vacations and want to explore to combine both culture and scene, this trek provides stunning passes of cascading terraces, Tamang and Sherpa villages, Buddhist Gompas, and the fantastic landscape with rice fields also the beautiful alpine valley meadows, rhododendron (The national flower of Nepal) and spectacular mountain views along the way.

As we start this trek we walk up and down the valley through the Sherpa and Tamang villages with outstanding Mountain View with breathtaking scenery, while trekking in this area you will be able to explore the unique untouched cultural blend of Tamang and Hyolmo groups and it with views of magnificent Himalayas.

This trek provides magnificent mountain views such as Langtang Lirung (7245m), Ganesh Himal (7405m), Dorje Lhakpa (6990m), and much more like small peaks of the Langtang Himalayan range.

Especially people from this area are Buddhists and people are friendly and very kind.

The Helambu Trek starts from Sundarijal after short driving from Kathmandu then enters Shivapuri National Park and Continuing trek ascent up to the Chisopani, Kutumsang, Thadepati, and Sermathang, the trek ends at the Melamchi Pul Bazar in the Helambu region.

Following beautiful Tamang villages and Sherpa villages along the way provides such an amazing Himalayan view and a number of splendid Buddhist monasteries along the way.

Besides the amazing Himalayas and typical culture, the trek offers flora and fauna as well as wild animals.

We also organize different trekking programs, so you may like our offer for [Annapurna Base Camp Trek 12 Days \(https://www.alpineramble.com/annapurna-base-camp-trek-12-days\)](https://www.alpineramble.com/annapurna-base-camp-trek-12-days) , [Everest Base Camp trek \(https://www.alpineramble.com/mount-everest-base-camp-trek-14-days\)](https://www.alpineramble.com/mount-everest-base-camp-trek-14-days) , and [Langtang Valley Treks \(https://www.alpineramble.com/langtang-trekking-region\)](https://www.alpineramble.com/langtang-trekking-region) as well,

Travelers may like to see our short version of the [Everest base camp trek \(https://www.alpineramble.com/everest-base-camp-trek-8-days\)](https://www.alpineramble.com/everest-base-camp-trek-8-days) , [Annapurna base camp trek \(https://www.alpineramble.com/short-annapurna-base-camp-trek-5-6-days\)](https://www.alpineramble.com/short-annapurna-base-camp-trek-5-6-days) , and [Langtang valley trek \(https://www.alpineramble.com/langtang-valley-trek-10-days\)](https://www.alpineramble.com/langtang-valley-trek-10-days) that

departures almost every day, and that can be organized in joining and personalized at any time round the year.

Ready to go on the adventure of a lifetime? [Get in touch today](#) with the most trusted and recommended local company Alpine Ramble Treks, we will ensure your high level of safety and security, and satisfaction while traveling with us at any corner of Nepal's Himalayas. Booking is open now, book with confidence- [Free Online Booking form](#) (https://www.alpineramble.com/trip-booking.html?trip_id=18) !!

Helambu Trek Full Benefits

- Free Airport ride on arrival and departure day by private vehicles at any time.
- A free arrangement of trekking equipment such as the Sleeping bag, Down jacket, and walking poles if needed.
- Trekking or Hiking Duffle bag; water residence if required (Optional).
- Souvenir: Trekking route map or browser and printed ART's hiking T-shirt with the good size.
- An Oximeter to monitor Oxygen and Pulse at altitudes.
- A communications phone (WOKI-TOKI) during the trek

Day to Day Itinerary

Day 1: Arrival at Kathmandu 1350m/4428ft.

Day 2: Kathmandu valley sightseeing with tour guide

Day 3: Kathmandu – Chisopani 2300m/7545ft- 5hrs Trek.

Day 4: Trek to Gul bhanjyang 2200m/7215ft- 5hrs.

Day 5: Trek to Magnigoth 3300m/10825ft- 5hrs.

Day 6: Trek to Melamchigaun 2560m/8399ft- 5hrs.

Day 7: Trek to Tarke Gyang 2580m/8465ft- 5hrs .

Day 8: Trek to Kakani 2400m/7872ft- 4hrs.

Day 9: Drive back to Kathmandu 1350m/4428ft

Cost Includes

- Free International Airport- Hotel- Airport pick up and drop off by private vehicles.
- Full-board basis (**Breakfast, Lunch, and Dinner/ the main course**) during the trek.
- Alpine Ramble's experienced, government-licensed, English-speaking trekking guide.
- Local strong porter to help the trekkers luggage during the trek (1 porter = 2 trekkers with limited weights '10kg each max')
- All salary, food, drinks, accommodation, transport, and insurance for the guide and porter.
- All necessary papers including conservation area **permit** and **TIMS card** (Trekking Information Management System) fee.
- **Trekking equipment** such as the Sleeping bag, and down jacket on request (optional)
- Trekking lodges (**Tea House**) throughout the trek
- Assistant guide for the group 8 or above
- All the ground transfer including Kathmandu- Sundarjal- Kathmandu- Melamchi Bazaar)
- Supplementary snacks: energy bar, crackers, and cookies, etc.
- Seasonal fresh fruits dessert every evening after dinner.
- Appreciation of certificate after the successful trek.
- Farewell Dinner at a typical Nepalese restaurant with traditional music and dance
- **Alpine Ramble's** complimentary free T-shirt/ route map and a duffel bag (if required)
- Oximeter to measure your oxygen and Pulse level during the trek in the mountain, it's very useful for all the trekkers to be aware of the high altitude sickness.

- Compressive first aid box (Guide will carry it throughout the trek).
- **Emergency rescue** operation assistance in arranging in case of complex health condition (funded by your Travel Insurance)
- All government, Local taxes/ vat and official Expenses

Cost Excludes

- Nepal entry visa fees (you can easily issue the visa on arrival at Tribhuwan International Airport, Kathmandu). \$25 USD for 15 days Visa.
- Extra accommodation and meals behind schedule (Foods and accommodations before or after the trek)
- Extra drinks as alcoholic & non-alcoholic such as Fanta, Coca-cola, sprite, water, beer, etc.
- Additional cost by out of management control due to the landscape, weather condition, illness, change of government policies, strikes, and physical condition, etc.
- Personal expenses such as snacks, laundry, telephone, WIFI, hot shower, etc at tea houses on a trek.
- Travel insurance has to cover emergency rescue evacuation from the high-altitude
- Personal trekking equipment for this trek
- Tips for guide and staffs (Tipping is expected)
- Any other expenses that are not mentioned in the Price Include section of this trek.