



Chisapani Helambu Trek (5 Days)

LANGTANG & HELAMBU REGION

5 Days
DURATION

Easy
DIFFICULTY

USD \$650
FROM (PER PERSON)

QUICK FACTS

Duration		Trip Difficulty	
Activities		Accommodation	
Meals		Max Elevation	
Group Size		Best Time	

OVERVIEW

The Chisapani Helambu Trek is a shorter but equally rewarding trekking route in Nepal, offering stunning views, cultural experiences, and a diverse range of landscapes. This 5-day itinerary is perfect for those with limited time who still want to experience the beauty of the Himalayas and the warmth of the local culture.

If you're looking for the trekking trial but you have very short time, no worries we have perfect option for you to lust in nature. Chisapani Helambu trek covers a total distance of approximately 80 kilometers at around 5 days located at Sindapalchowk district as a part of Langtang national park.

This trial consists of mesmerizing landscape, beautiful mountains, wildlife, flora and fauna along with diverse culture and village and even the shortest Nepal Trekking route with much diversified attraction. Here you will find plethora of the water resources and forest along with the spectacular view of Moutains including Langtang, Ganesh himal, Gaurisankhar, Rolwaling and Manaslu. Moreover, the village of different ethnic and background tribal community is found in Helambu. Specially, Hyolmo people are native over here practicing Buddhism. Trek is considered to be moderate, although it is essential doable for anyone in good physical condition.

The Chisapani Helambu Trek is a teahouse trek, offering accommodation in local lodges that provide basic but comfortable facilities. This trek is known for its cultural richness, as you will encounter diverse ethnic groups, including Tamang, Sherpa, and Hyolmo communities. The trek also offers beautiful views of the Langtang and Jugal Himal ranges. For more detailed information and booking options, visit the Chisapani Helambu Trek.

DAY-BY-DAY ITINERARY

DAY 1 Drive from Kathmandu to Sundarijal then Trek to Chisapani (2300m)

Meals: dinner

Our journey starts with the rumble of the jeep, not our boots. We drive out of Kathmandu after morning tea, watching the buildings give way to patchwork fields. In about an hour and a half, we reach Sundarijal. The name means “beautiful water,” and we see why at the first waterfalls. With our permits checked, we enter Shivapuri National Park. The trail is a steady climb of stone steps under a cool canopy of oak and rhododendron trees. We take our time, listening to the chatter of unseen birds. After about four hours of walking, the trees open up and we reach Chisapani on its wide ridge. The view is our welcome gift. To the north, the Himalayan frontier stands sharp against the sky. We spend the night in a simple, clean lodge, where the dinner dal bhat tastes better than any city meal, and the evening air is sweet and cold.

DAY 2 Chisapani to Kutumsang (2446m)

Meals: breakfast

We wake before the sun, wrapping ourselves in jackets to step outside. It is a quiet ritual, watching the first pink light touch the summit of Langtang. The warmth returns with a hot breakfast. Today’s walk is what we came for. We spend five or six glorious hours tracing a high ridge. The path is dirt and stone beneath our feet, and the world falls away on both sides. We walk through small hamlets like Pati Bhanjyang, where we might get a smile and a “namaste” from a farmer tending his potato field. The simplicity is beautiful. By afternoon, we descend slightly into Kutumsang, a village of sturdy stone lodges nestled in a green hollow. Our room is basic but comfortable, and the shared dining room fills with the low hum of fellow trekkers sharing their day.

DAY 3 Kutumsang to Tharepati (3650m)

Today our legs earn their keep. We climb steadily out of Kutumsang, the air growing thinner and cooler with each step. The forest changes around us; the tall trees give way to twisted rhododendron and swaying bamboo. If we are lucky and it is spring, the forest floor is carpeted in fallen red petals. The final push to Tharepati Pass is steep but short. And then we are there, at 3,650 meters. The view stops us in our tracks. It is a raw, magnificent wall of snow and rock, with Langtang Lirung feeling close enough to touch. Tharepati is just a few lodges clinging to the pass, a lonely but powerful place. Our teahouse is humble, but the common room has a wonderful iron stove. We huddle around it, steaming mugs in hand, feeling wonderfully small in this vast landscape.

DAY 4 Tharepati to Tarkeghyang (2560m)

After the stark beauty of the pass, today feels like a gentle release. We begin a long, winding descent into the Helambu Valley. The trail drops for five or six hours, following the melody of the Melamchi River down, down, down. Our knees will remind us of the descent tomorrow, but the changing scenery is a fine distraction. We are entering the land of the Hyolmo people. We see it in the architecture: carved wooden windows and painted doorframes. Our destination is Tarkeghyang, a village that seems to belong in a storybook, with an ancient monastery at its heart. The family that runs our teahouse greets us like old friends. The warmth here is not just from the stove; it is in the genuine hospitality. We might be offered a taste of local chang, a homemade brew, as we share stories.

DAY 5 Tarkeghyang to Thimpu (1580m) then back to Kathmandu.

Our last morning of walking is a gift of peace. We spend about four hours on a soft, descending trail through a magical forest of pine and oak. The sunlight filters through in long, golden shafts. It is a time for quiet conversation or comfortable silence, a chance to let the journey settle in our minds. The forest path eventually leads us to the roadside at Thimpu. Here, our vehicle is waiting. The four-hour drive back to Kathmandu is a blur of winding roads and returning sights. We arrive in the late afternoon, a little dusty, pleasantly tired, and filled with the quiet certainty that comes from time spent in the hills among good company. It is a short trek, but the memories, we find, have a long reach.

WHAT'S INCLUDED / NOT INCLUDED

Accommodation

- + Two nights’ accommodation in Kathmandu with breakfast (room with attached bathroom)
- + Accommodation during the trek (tea houses/lodges as per itinerary)

Guides & Porter Services

- + Government-licensed trekking guide
- + Porters for trekkers’ luggage (1 porter for every 2 trekkers)
- + All guide and porter expenses, including meals, salary, insurance, accommodation, transportation, and necessary equipment

Permits, Fees & Taxes

- + Trekkers’ Information Management System (TIMS) card fee
- + All applicable government and local taxes

Safety & Emergency Support

- + Rescue operation arrangements in case of complicated health conditions (Rescue costs covered by the client’s travel insurance)

Meals

- + Daily meals during the trek (breakfasts, lunches, and dinners)
- + Farewell dinner in Kathmandu at the end of the trek