



Langtang Helambu Trek (10 Days)

LANGTANG & HELAMBU REGION

10 Days

DURATION

Moderate

DIFFICULTY

USD \$900

FROM (PER PERSON)

QUICK FACTS

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

TRIP HIGHLIGHTS

✓

OVERVIEW

Langtang Helambu trek is one of the most iconic and modest trekking trial in Nepal. This trial offers you mesmerizing picturesque landscape and pleasing atmosphere which is directly located at 77 k.m northeast from Kathmandu valley. This 10 days trial is recommended for every level of trekkers and even for the beginners, is fidelity becoming one of the best sites for exploration.

This is great opportunity to trek pristine beauty of newly opened and untouched langtang, to witness the majestic visionary of mountains along with diverse flora and fauna as well rare species and wildlife. Such pleasant walk through these stunning place have infinite surprises and new for you that you'll take memories for your lifetime.

Why Langtang Helambu Trek?

Tranquil view of this trek reveals the importance of nature and preserved culture, lifestyle and the art of living in such mountains. Adorable environment and heart welcoming culture gives collective power to bring you happy and make your face smile. This trial follows by ethic culture, protected stupid and monasteries since centuries, rituals and so many importance. Moreover, you'll get chance to encounter at Langtang National Park with diverse flora and fauna as well rare wildlife and species such as Red Panda.

DAY-BY-DAY ITINERARY

DAY 1 Arrival in Kathmandu (1345m)

Our representative will warmly welcome you at Tribhuvan International Airport (TIA) and you will be transferred to your hotel. Take some time to relax, explore the nearby markets / cafes.

DAY 2 Trek preparation and sightseeing day

At the morning meeting, there will be a walk-through, safety, packing, gear check, and a briefing and introduction with your guide. And also there will be a half-day sightseeing tour in the Kathmandu Valley which will have UNESCO World Heritage Sites. We will explain you about tomorrow's trip.

DAY 3 Drive to Sundarijal and Trek to Chisapani (2,215m)

Meals: lunch

will be started after reaching Sundarijal by car or jeep we need to climb up to mulkharka when entering Shivpuri national park area, we will have lunch at mulkharka area in the middle of the villages it is located in the middle of the forest through the lush green forests, the journey will be towards Chisapani. Lovegob reaches Chisapani after a journey of 5-6 hours. Overnight at the house in Chisapani Food: Breakfast, lunch and dinner

DAY 4 Chisapani to Kutumsang (2,470m)

On this day, crossing the open grasslands and the villages of the Sherpa and Tamang tribes, we will reach Kutumsang after 6-7 hours walking , while walking we can explore stunning views of the Himalayas and the Mt.Langtang , and you will spend the night here at chisapani. Overnight at home in Kutumsang

DAY 5 From Kutumsang to Tharepati (3,690 m)

The journey should proceed towards Tharepati, covering meadows and villages and capturing 360 ° views. This place can be taken as the focal point of this trek. Tharepati can be reached after a walk of about 6-7 hours.

DAY 6 From Tharepati to Tarkeghang (2,600 m)

Tarke Ghyang can be reached by walking in the morning along with the jungles of Rodrodendrm and the abode of flowers from the middle of the Tamang settlements. Where there will be cultural immersion along with local homestays. Tarke Ghyang can be reached after a walk of 6-7 hours. Overnight at the Tomb of the Stars

DAY 7 Tarkeghang to Sermathang (2,590m)

Meals: Breakfast, lunch and dinner

Starting from Tarkeghang, the journey takes you to Sermathang (2,590m) after 5-6 hours of trekking covering traditional villages and forests, tasting locally produced farm produce and enjoying the panoramic view of Mt.Jugal and Mt.Langtang Lirung. Overnight at the house in Sermathang Food: Breakfast, lunch and dinner

DAY 8 Sarmathang to Melamchi Market (870m)

Meals: Breakfast, lunch and dinner

Walking through Melamchi bazar and the banks of the river by visiting the beautiful farms built at the local level. Melamchi market is reached after a walk of about 5-6 hours sensing a little hot sun. Overnight at the Melamchi Market Food: Breakfast, lunch and dinner

DAY 9 Drive Back to Kathmandu (1345m) after

Meals: breakfast

After the breakfast, we will arrive in Kathmandu in the afternoon, driving through the scenic mountain highway with views of the terraced hills and more local villages or scenery. For the journey to see Melamchi one reaches Kathmandu after a drive of 5-6 hours. The Hotel, Kathmandu The food: Breakfast.

DAY 10 **Day 10**

Meals: breakfast

After breakfast at the hotel for the final departure, we will pick you up at Kathmandu Airport and you will be on your way to your beautiful country.

WHAT'S INCLUDED / NOT INCLUDED

Accommodation

- + Two nights accommodation with breakfast (room with attached bathroom) in Kathmandu
- + Accommodation during the trek

Meals

- + All meals during the trek (breakfasts, lunches, and dinners)
- + Farewell dinner in Kathmandu

Guide & Porter Services

- + Government-licensed trek guide
- + Porters for trekkers’ luggage (1 porter for every 2 trekkers)
- + Guides and porters costs – meals, insurance, salary, lodging, transportation, and other necessary equipment

Permits & Taxes

- + Langtang National Park entry fee
- + Trekkers Information Management System (TIMS) card fee
- + All government and local taxes

Safety & Emergency

- + Rescue operation arrangements in case of complicated health conditions (funded by travel insurance)