

Helambu Valley Trekking

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Helambu is a lush region to the North of Kathmandu inhabited by Sherpas and Tamang people. This trek passes through beautiful forests and very interesting villages en route.

Helambu valley trek is ideal for those people who have a short time and wish to travel not too far from the Kathmandu Valley. This trek is one of the favourites for home stay. As well as staying in trekking lodges on the way. You will be staying at home with the local Nepali people. This is a great way to experience Nepali life and of course get a taste of real home cooked food.

During your Nepal homestay, you'll really become part of the family, stirring the boiling copper pot before meals and listening to stories of rural life and journeys of the Tibetans who settled in this valley decades ago. Although this trek features only small differences in altitude, it is really quite challenging and a good level of fitness is required.

Itinerary

Day 01: Arrival Kathmandu (By Flight)

Upon arrival at Kathmandu airport meeting assistance at the airport & transfer to the Hotel. Rest day free for Leisure. Overnight stay at Hotel.

Day 02: Kathmandu Sightseeing

After breakfast, proceed for a city tour of Kathmandu visiting Pashupatinath and Boudhanath, Swayambhunath, Kathmandu Durbar Square & Patan Durbar Square. Pashupatinath Temple is situated five km east of Kathmandu, the temple of Lord Shiva, Pashupatinath with two tiered golden roofs and silver doors is considered one of the holiest shrines of Hindus. The Boudhanath stupa lies 8kms east of Kathmandu. This ancient colossal boudhanath stupa is one of the biggest in the world and the center of Buddhism in the world. It was listed in the UNESCO Heritage Monument in 1979. Kathmandu Durbar Square, the complex of palaces, courtyard and temples, built between the 12th and 18th centuries used to be the seat of the ancient Malla kings of Kathmandu. Swyambhnath Stupa, atop the hillock is one of the holiest Buddhist sites in Nepal enlisted in the World Heritage Site. Patan City is an enchanting melange of palace buildings, artistic courtyard and former palace complex. One remarkable monument here is a 16th century temple dedicated to the Hindu God Lord Krishna, built entirely of stone. Evening back to the hotel. Overnight stay at Hotel

Day 03: Drive Kathmandu to Sundarijal and trek to Chisopani 2300 m. 6hrs

Today, you will be picked up by our guide & drive to Sundarijal, where you will start the trek. Then, it's time to lace up your hiking boots and start the Nepal homestay trek along a steep mountain path and then across the countryside. All around you, the views will be breathtaking. On your way, you'll pass a water basin and several small Tamang villages where the children will run out to meet you and stare in curious amazement. After a short break, the homestay trek continues through oak forests filled with rhododendrons (in bloom

in spring) and then ends back in Chisapani, where you will stay in a lodge built especially for trekkers. Chisapani is perched at a height of 2300 metres.

Day 04: Trek Chisapani / Kutumsang 2130m.6 hours

Today, you will hike through beautiful terraced fields and a couple of idyllic villages. The local children love it when you stop to say hello or 'namaste' and wave goodbye. Whether it's hide-and-seek or a quick kick around, they'll beam and giggle in appreciation. Although it may be very tempting, we don't recommend giving them any money. You will spend the night in the friendly village of Kutumsang. This is a traditional Tamang village with a great rural atmosphere, at an altitude of 2130 metres.

Day 05: Trek Kutumsang to Tharepati (3600 m.)6 Hours

Today it's a long climb to the highest point of the Nepal homestay trek – a whopping 3490 metres. As the vegetation becomes more sparse, you'll soon be rewarded with beautiful views across the surrounding mountain ranges and the sweeping valleys below. At the top of Tharepati, you can catch your breath and enjoy the view of the snow-capped peaks all around you. You will spend the night in Tharepati in a completely unique lodge built into the rock face. After dinner you'll probably hit the sack. It tends to be early to bed and early to rise when trekking in Nepal.

Day 06: Trek Tharepati to Tarke Ghyang (2550 m.). 4Hours

This is one of the most spectacular days of the Nepal homestay. At dawn, you'll enjoy some spectacular views as the soft morning light slowly colours the mountains. Then, you'll descend through a forest with giant trees where you can see the Himalayan peaks glistening through the branches. After heading downhill for a couple of hours, the temperature will become a lot more comfortable and after crossing a couple of hanging bridges, the path heads steeply downhill and ends at the river flowing through this narrow valley. You can catch your breath here before starting the steep climb to the village of Tarke Gyang at 2600 metres. You will be generously rewarded for all your hard work. Tarke Gyang is a very pretty, historic settlement with narrow streets and a Tibetan temple with a traditional prayer wheel. Tonight, you'll be the honourable guests of none other than the mayor himself. He speaks excellent English and if you are lucky he may have time to share some fascinating stories about life in the villages. This Nepal homestay is a really great experience.

Day 07: Trek Tarke Ghyang to Shermathang.5 Hours

Today is the most relaxing day of the Nepal homestay. The trail remains fairly level throughout the journey, and on the way you can see local farmers working the fertile land. After passing a couple of streams and waterfalls, you'll end up in the village of Shermathang at 2620m. There is an unusual monastery at the highest point of the village, which has

allegedly been home to a very strict and elusive buddhist order for the past few decades. The members of the order are very rarely seen, but in the evening you'll hear their meditative prayers echoing through the valley. You'll stay in a homely mountain lodge run by a very friendly family. The mother of the house is a fantastic cook but more importantly, they take care of the child of a Tibetan refugee as well as a young girl from a neighbouring village. By staying the night here you can do your bit for the family and the children that they have taken.

Day 08: Trek Shermathang to Melamchi Pul . 4 Hours

Today you will say goodbye to your Nepal homestay and prepare for the hefty 2km trek downhill. Don't forget to look back on the way down. In the distance you'll see the majestic silhouette of the Himalayas and you can catch a glimpse of the river far below. The major part of the descent is very gradual. Later on you'll head upwards again for a short climb before your final descent. Once you reach the bottom you'll cross the river to Melamchi Bazaar at 830m, which is essentially the end point of the homestay trek. Melamchi is a lively trading town with a rural character, though after all the tiny villages you passed on the way it'll seem like a huge town. You will spend the last night of your Nepal homestay trek in a friendly guesthouse with views across the river. The evenings are surprisingly warm here compared to the cooler nights you experienced high up in the mountains.

Day 09: Drive from Melamchi Pul/ Melamche Bazaar to Kathmandu .3-4 Hours

After enjoying your Nepal homestay experience and a refreshing night in the lowlands you will head back to Kathmandu. Passing through some beautiful rural areas you can see the local farmers working with their bales of hay and rice mats. Tourists rarely visit this area. The road starts to ascend steeply and then via a bumpy route downhill you'll reach the Kathmandu Valley

Day 10: Warm Departure

Free for adequate personal activities until your departure transfer from hotel to the International