



**INCREDIBLE HIMALAYAN
SHERPA ADVENTURE P. LTD.**
SPECIALIZED IN ORGANIZING TREKS TOURS & EXPEDITION

Helambu Circuit Trek

Duration: 10 days

Difficulty: Easy to medium

DoT No. 1888/071

PAN No. 601340433

NMA. AM#1171, TAAN

NRB No. 1573/021/072

Govt. Regd No. 115217/070/071

Travel time: Can be freely chosen

Group size: Private Trek

Quick Trip Facts

Altitude: 3640m

Season: Spring & Fall

Accommodation: Teahouse

Overview

Helambu – The valley of glacier lies 75 km north from Kathmandu in Sindupalchowk district of Nepal. Situated in the head of Melamchi khola this valley is surrounded by more than 5000m high peaks. Helambu circuit trekking is easy and short trek nearby Kathmandu. Being so near to the Kathmandu city this area has not still been exploited. This trekking offers a panoramic view of Langtang range, Mt. Dorje Lakpa, Mt. Bhrami and makes you familiar with Sherpa culture and lifestyles. Walking through green Rhododendron and bamboo forest, exploring ancient village, musk deer, Himalayan black bear, Himalayan Tar are some of the attractions of Helambu Circuit Trekking. Being the perfect elevation and easy access trek, Helambu circuit trek offers less climbing as well as warmer temperatures. The most important benefit of this trek is that the area is less crowded & free from noise in comparison to the Annapurna trek and some parts of the Everest treks. Another feature of Helambu circuit trek is visiting ancient Buddhist monasteries along with the spectacular view of Mt. Gaurishanker, Dorjee Lakpa, Rolwaling Himalayan range and Ganesh Himal, Thadepati to Tarke Gyang.

Incredible Himalayan Sherpa Adventure has designed Helambu circuit trekking for 10 days beginning with the scenic drive from Kathmandu to Sundarikal then trekking through thick mountain forests with great Himalayan views and concludes with a drive down to Kathmandu via Panchkhal. Helambu Circuit Trek is suitable for everyone and more fruitful for people who can't go for a long trek but has a desire to observe the dazzling Langtang Himalayan range closely. The favourable time of the year for Helambu Circuit Trek is from January to December. People with busy schedule can plan for this trekking.

Incredible Himalayan Sherpa Adventure offers Helambu circuit trek in good price with an experienced guide.

Incredible Himalayan Sherpa Adventure Pvt. Ltd

Thamel, Kathmandu, Nepal

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Email: info@himalayansherpaadventure.com

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Highlights:

- A.** Trekking nearby Kathmandu Valley
- B.** Low elevation and easy access
- C.** Exploring ancient village, Sherpa culture, of Mt. Gaurishanker, Dorjee Lakpa, Rolwaling Himalayan range & Ganesh Himal, Thadepati to Tarke Gyang
- D.** Walking through Rhododendron and bamboo forest
- E.** Favourable for people who can't do long trekking

Suggested Itinerary:

Day 01; Arrive Kathmandu

A representative of IHSA will welcome you at the airport and transfer you to your hotel. There will be a trek briefing and afterwards you are invited to a welcome dinner at Tsering's home.

[Overnight at hotel]

Day 02; Kathmandu Tour

Your tour in Kathmandu of the most beautiful UNESCO World Heritage sites-Swayambhu, Boudha, Pashupatinath. Return to hotel and trek preparation.

[Included meals: Bed & Breakfast]

Overnight at hotel

Day 03; Chisopani (2140/7020.997 ft.), 5-6hr walk

Trek commence with short drive to Sundarjal(1460m). From here we climb on a large trail, mostly paved beside a large water pipe to the entrance to the Shivapuri National Park. We continue on ascend trail through forests to a scattered Tamang settlement called Mul Kharaka(1900m). we continue trek to a ridgeline that encircles that Kathmandu Valley and small pass, Borlang Bhanjang(2420m). further we walk through an oak forest to the Chisopani. The journey offers us gradient with views of Shivapuri and Himalayan peaks.

[Included meals: Breakfast+Lunch+Dinner]

Overnight at Teahouse

Day 04; To Kutumsang (2450m/8038.058 ft.), 6-7hr walk

Initial section of walk begins with descend ridge to a saddle at Pati Bhanjang(1770m) and then climb to Thankune Bhanjang. From here from here we climb to the top of the Manjyu Danada(2455m) and descend trail bring us to Golphu Bhanjang(2130m). We climb continue to a ridge to the north, take the larger track at each junction, until we reach another saddle and the beautiful Sherpa community of Kutumsang.

[Included meals: Breakfast+Lunch+Dinner]

Overnight at Teahouse

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Day 05; Trek onward Tharepati (3640m/11942.26 ft.), 6-7hr walk

Trek continue to climb through oak forests and then through an impressive forest of red, white and pink-flowered rhododendrons. The trek offers us good views of the broad lower valleys and Shivapuri behind us. We continue climb steepens and reach at Kyuola Bhanjang(3220m) and gradually at Mangengoth(3390m) surrounded by rhododendrons forest. From here we climb through rhododendron forest until climb to the Tharepani. Typically snow covering the trail during the Spring season.

[Included meals: Breakfast+Lunch+Dinner]

Overnight at Teahouse

Day 06; To Melamchi Ghyang (2530m/8300.525 ft.), 3-4hr walk

Trek commence with descend from the ridge at Tharepati through forests and meadows full of ruined goths, before descending rapidly to the large village of Melamchi Ghyang. The trek offers us woeful views of mountains, scenery. The last stage of the walk is an unforgiving drop on an almost vertical trail that will teach us the meaning of the word impact. On 11th century Milarepa meditated close to the village. Melamchi Ghyang village is colourful picturesque village was founded in 1859 with gompas.

[Included meals: Breakfast+Lunch+Dinner]

Overnight at Teahouse

Day 07; To Tarke Ghyang (2590m/8497.375 ft.), 5-6hr walk

From here we drop rapidly into the forest, passing a series of large Chortens, a remeber of the strong Buddhist influence in the valley. Soon we reach at Thimbu. We continue follow this grassy path down to the suspension bridge, passing the river and climb steeply and reach at Nukote(1980m), centred on a large Gonpa with a flag stone. From here we climb continue to Tarke Ghyang. Tarke Ghyang is good place for Ama Yangri hiking and take rest.

[Included meals: Breakfast+Lunch+Dinner]

Overnight at Teahouse

Day 08/09; Thimbu (1580m/5183.727 ft.)/Sermothang (2610m/8562.992 ft.) & to KTM (1350m/4429 ft.)4-5hr walk & 5hr drive

Trek begin with descends more steeply. 4hr of walk bring us to Thimbu. Or alternate option, we trek to Sermothang and next morning we drive to Kathmandu.

[Included meals: Breakfast+Lunch+Dinner & in city Bed & Breakfast]

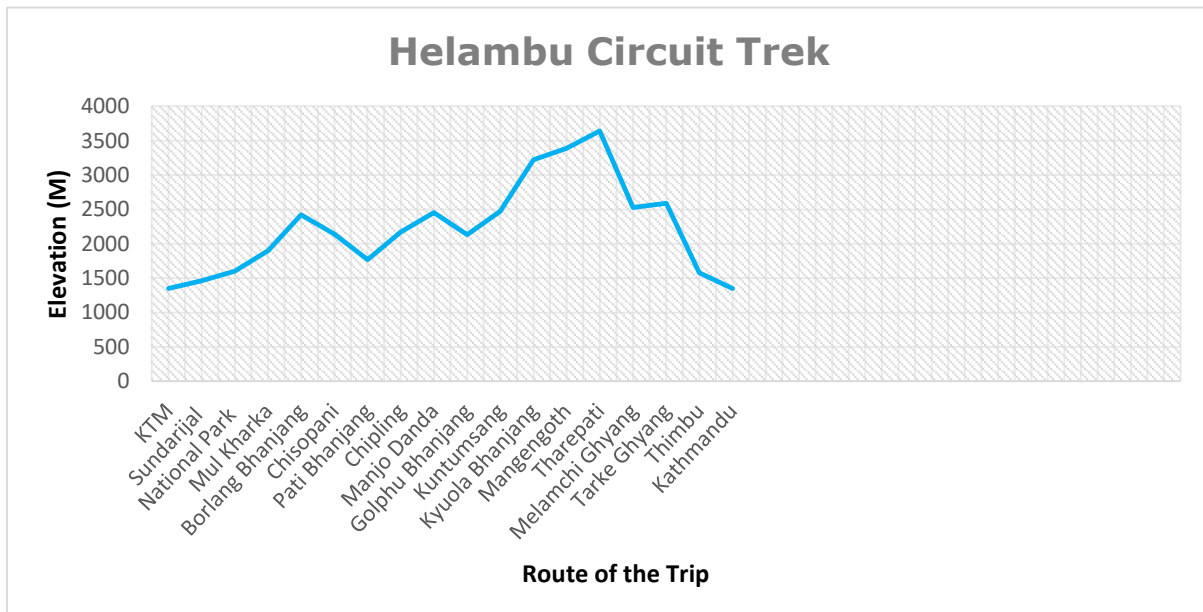
Overnight at Teahouse & hotel in City.

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Altitude Profile



We offer two packages: Basic and comfort. The basic package takes care of your trek while for the comfort package we also organize your stay in Kathmandu including some unmissable sightseeing. Both can be flexibly adjusted to your requirements.

Basic Package:

- + 10 days Helambu Circuit Trek
- + Guide and porter services
- + Food throughout the trip
- + Air & sharing land transportation service
- + Airport pick up & drop off personally. For details see below.

Price: USD 575 per person with group size of 2

Comfort Package:

As Basic and

- + 3* Hotel in Kathmandu
- + Sightseeing with guide. For details see below.

Price: USD 685 per person with group size of 2

Group Discount:

There is a further discount for larger groups. Please contact us for details.

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Trek Duration:

Standard itinerary – 10 days. Can be shortened or extended depending on time and fitness.

Includes:

- + All airport transfers. We'll pick you up personally
- + Accommodation in a quality 3* hotel with breakfast in Kathmandu [upgrade possible]
- + sightseeing in Kathmandu by private vehicle and professional English speaking guide
- + Private trek with an English speaking trekking guide
- + 1 porter (between two clients) to carry your luggage during the trek (max 20 kg; i.e. 10kg pP)
- + Private car from KTM-Sundarjal & sharing bus from Thimbu/Serموthang
- + Full board meals (Breakfast+Lunch+Dinner) during the trek
- + Accommodation during the trek in carefully selected teahouses
- + All trekking permits and TIM
- + First Aid kit
- + Guides' and porters' medical and accidental insurance

Excludes:

- International Airfare to and from your country
- Nepal Visa fee for on arrival entry visa (US\$ 40 for 30 days & US\$ 100 for 90 days. You also require 2 passport sized photos)
- Lunch & Dinner in Kathmandu
- Any alcoholic beverages, cold drinks and boiled mineral water as well as snacks, deserts etc. during the trek
- Other charges at lodges/tea houses such as showers, internet access or battery re-charging
- Personal clothing and equipment
- Personal travel insurance /medical/trip cancellation/rescue insurance
- Any rescue costs or costs of early departure from the expedition
- Excess baggage charges over 30kg of personal luggage
- Any costs associated with early departure from the expedition
- Gratuities
- Tips for Guides & Porters
- Unforeseen expenses not under our control such as flight cancellations or delays, weather related issues, illness during the trek, rescue costs etc.

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Additional Options:

+ Hotel upgrade in KTM: [35 USD for 4* hotel, 90 USD for 5* hotel per night]

If you feel like a little luxury before and after your trek, you can upgrade your hotel in Kathmandu to 4*/ 5* category.

+ Optional Extended Route [continue to following destinations]

If you prefer to extend the trip and continue to Gosainkunda, Langtang Valley, Tamang Heritage Trail rather than return to return to KTM, this can also be arranged.

+ Private Jeep (210USD for Thimbu to Kathmandu]

For a more comfortable ride from Thimbu/Serموthang to Kathmandu

Trip Related Information

Trekking Day; Our trekking itineraries are designed to be challenging, but not exhausting. The day starts with a comfortable breakfast at the teahouse after getting the baggage ready (as porters often set off early). We tend to set-off just in time to enjoy the morning sun. At noon we stop for a lunch break and relax a bit before the final bit of trekking for the day. The afternoon sections tend to be shorter and we aim to arrive at the destination by 3pm. This leaves some time for local explorations or simply a game of cards at the lodge. Dinner is generally around 6.30PM at the lodge.

Trekking Guides; The trekking guide is in charge of the trek and responsible for looking after you. You can address the guide regarding all problems, concerns and questions. All our guides are professionally trained and will be happy to answer any questions or deal with any issues. Communication is usually not an issue but remember they are local guides and their English proficiency can sometimes be limited outside of trek-related topics.

Accommodation; Throughout the trek you will be accommodated in lodges and teahouses with the usual basic standard you can expect in the mountains. Rooms may be twin or multi share with some basic shared toilet facilities (rooms with en-suite bathrooms are available in some of the lodges but this is rare). Hot showers are available in some places (charges apply).

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Food; On the trail, meals are available in tea houses and lodges. The choice can be limited due to their remoteness. Expect simple but tasty meals – we also encourage you to opt for the local options. On top of that you may want to buy plenty of snacks before leaving Kathmandu as your body burns plenty of calories on the trail, especially at altitude. Healthy cereal bars are a good (and not too heavy) choice.

Your luggage; Your daypack should contain everything you need during the day but keep it as light as possible. Examples: water, some warm clothing, your camera, sunscreen, etc. Note that luggage you hand the porters might not be available to you during the day as they sometimes set their own pace.

Money and Tipping; It is best to bring a mixture of cash and traveller's checks in a major currency [some currencies are not convertible to NPR]. USD, GBP, CAD, EUR, and AUD are generally fine. Ensure you have also small denominations. As a guideline for baseline spending money we suggest USD 8 - 10 per meal in Kathmandu and USD 35 – 45 per day whilst trekking in the Everest region (if you drink or smoke or plan some major shopping this could be higher). You should exchange enough money into Nepalese Rupees to last the entire time of your trek BEFORE leaving Kathmandu. There are no exchange facilities in the villages along the trail but plenty of money changers in KTM. Tipping is, of course, voluntary but tips are not included in the trip price. If you are happy with the performance of the trekking staff, we suggest the following as a minimum: USD 9 per person and day in a medium sized group. This will be shared among guides and porters.

Insurance; Travel insurance is not included in the trip price but is absolutely essential. Your travel insurance must provide cover for personal accident, medical expenses and especially emergency evacuation and repatriation (including helicopter rescue). Make sure the insurance is valid at an altitude of >5000m.

Preparation and Health Issues; Trekking in the Himalayas, especially at altitude, is more challenging than some leisurely walking at home. Keep in mind: Altitude and affects everyone differently. Regardless of age or fitness, some preparation before you arrive is essential. We suggest some regular exercise. Feel free to contact us if you need some specific advice of how to prepare. There are no specific health requirements but as this trek reaches altitudes above 5000m, you should be generally healthy. While serious problems are rare, it makes

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sense to come prepared. Please consult your doctor and check your national health authority for up-to-date information regarding vaccinations, high altitude medication and medications for any foreseeable illnesses whilst trekking in Nepal – especially considering the remoteness of some parts of the trek. Be aware that some drugs have side effects at altitude. Please discuss this carefully with your doctor. There is a small health post for emergency treatment with limited equipment in Jomsom but close-by treatment options are often very limited or completely absent. In a serious emergency, helicopter evacuation might be the only possibility. A personal First Aid kit and sufficient quantities of any personal medical requirements (including a spare pair of glasses) are highly recommended.

Altitude Issues; AMS (acute mountain sickness) is a serious condition. It can affect anyone, regardless of age, fitness or previous experience. It usually occurs above 3000m and the probability of symptoms and their severity increases with altitude. It can present with a variety of symptoms caused by the body's incomplete adjustment to altitude. Symptoms can include headaches, sleeplessness, dizziness, nausea, breathing difficulties and swelling of extremities and tissue. If two or more symptoms occur, an immediate descend might be required. A quick descend (of about 300m vertical distance) typically resolves the issues. The body can then complete the acclimatization. Although our routes are carefully planned following international guidelines, you may experience some effects of the altitude; particularly in the beginning and at higher altitudes. Breathlessness and mild headaches are not uncommon and generally decrease as your body adjusts. Maintaining adequate fluid intake is essential. Your guide will encourage you to drink plenty of tea and water. Please refrain from drinking alcohol during any acclimatization phase as it can amplify the problem. Please advise your guide if you feel more severe symptoms and inform the guide about any medication you are taking.

Climate and Temperature; At lower altitudes the climate is generally warm and mild. Above 3500m, the temperature can fluctuate a lot during the day but nights are often cold (below freezing). Above 4,100m a colder climate prevails comparable to the higher elevations of the Alps. The weather can fluctuate strongly and unexpectedly. Always be prepared for a change in conditions and note that if severe or dangerous weather conditions occur your guide's decision on any course of action is final.

Have a Good Trip . . .

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