



## **Helambu Trekking - Itinerary**

### **1. Arrival in Kathmandu**

Welcome to Kathmandu, our Sunrise Adventure Trek airport representative will pick you in the airport and transfer you to your hotel. Take some rest there and at evening we will give you short briefing regarding further details of the trip program. Overnight stay in hotel

### **2. Kathmandu to Sundarimal (1410m) - 1 hr drive & Trek to Chisapani (2215m)**

Today after the breakfast, we take a scenic drive to Sundarimal from Kathmandu where we get to see green forests and local settlements of people. And then trek to Chisapani. On the way we can meet up Tamang peoples mostly in Mulkharka and beautiful rhododendron flower and oak trees. During the trek we pass through the Shivapuri National Park. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

### **3. Chisapani to Kutumsang (2470m)- 7 hrs**

After breakfast we begin our next journey to Kutumsang, we will have to cross meadows and fields. From Chisapani to Kutumsang, there is no any residence of people. We can witness awesome views of langtang Himal through the walk. We walk downhill after passing the two Bhanjyangs, ( Pathi and Gul), walking for some hours, we reach to Kutumsang for overnight stay. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

### **4. Kutumsang to Thadepati (3610m) - 6 hrs**

We have our breakfast and take the steep trail. Passing through fir and rhododendrons, we climb uphill from Kutumsang and reach Thadepati for our stay. During the trail we pass through the Yurin Danda, from where we get to see the magnificent Himalayan views. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

### **5. Thadepati to Tarkeghang (2740m) - 6 hrs**

Today trek to Tarkeghang from Thadepati. First we descend until we cross Melamchi Khola and then, ascend up to Tarkeghang. We will pass through beautiful Sherpa settlements with spectacular Himalayan views around us. We can see biggest monastery of the district during the trek. This area is dominated by Helmu caste. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

### **6. Tarkeghang to Kakani (2070m)**

From Tarkeghang we head to Kakani, after visiting the old monasteries, today's trek is gentle and we reach to Kakani which is Sherpa village in the outskirt of Kathmandu. The trail includes glorious streams, forests, and waterfalls. Along with this, there is a Buddhists monastery at the top of Sermathang village. Meals included: Breakfast, lunch and dinner and finally an overnight stay in the trekking lodge

## **7. Kakani to Melamchi Bazaar (840m). Drive to Kathmandu – 2-3 hour**

Through Kakani, we visit the national park and head down towards the Melamchi. Melamchi is mostly covered by Sherpa people. From here we catch a bus and drive to Kathmandu. It takes around 2-3 hours to reach Kathmandu. Arrive at Kathmandu, take some rest or do shopping the rest of the day. Join the evening meal and cultural program provided by the company. Meals included: Breakfast, lunch and dinner and finally an overnight stay in hotel.

## **8. Departure and Farewell**

Hope you enjoyed the stay in Nepal. Our airport representative takes you to the airport before 3 hours of your departing time. Or you can join another adventures trip in Nepal or outside Nepal with Sunrise Adventure Treks. We are always here for operating your trips. Have a safe flight!

## **INCLUSIONS**

- Airport pick up and departure and all ground transportation during trips
- Hotel in Kathmandu two or three star category in twin sharing bed and breakfast basis
- Kathmandu sightseeing with city tour guide
- Accommodation in lodge and full board meals during the trekking
- Govt. trained guide and necessary no. of porters with their insurance, salary and meals
- All entry fees TIMS card and entry Permit
- Domestic Flight according to Itinerary
- Sleeping bag and Down jacket for trek necessary equipment's during the trek
- One cultural show and dinner program

## **EXCLUSIONS**

- International Flight major meals in cities\
- Airport tax and monuments entrance fees
- All personal expenses such as bar bills, beverage, snacks etc
- Tips to guide and porter and your insurance

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