

Helambu Trek

8 Days Easy to Moderate Trek



The Helambu Trek is a serene 7 to 8 days' journey into the scenic and culturally rich Helambu region, located north of Kathmandu. Known for its lush forests, terraced fields, traditional Tamang villages, and spectacular Himalayan panoramas, the trek is accessible and ideal for those seeking a moderately challenging adventure. The trail passes through monasteries, prayer flags, and charming villages, offering trekkers an authentic experience of rural Nepalese life.

About the Langtang Region

Situated just north of Kathmandu within the Langtang National Park, the region is both culturally rich and ecologically diverse. It is home to the Tamang people, whose Tibetan Buddhist heritage beautifully assimilates in the landscape through gompas, chortens, prayer wheels, and colourful mani walls.

Despite its proximity to the capital, Langtang remains relatively uncrowded – offering a quieter, more intimate and accessible trekking experience. Though the 2015 earthquake devastated many villages here, the community has since rebuilt with remarkable resilience, welcoming trekkers with open arms.

TRIP OVERVIEW

Duration: 8 Days

Difficulty: Easy to Moderate

Max Elevation: Kuti Pass (3,050m), Tarkeghyang (2,600m)

Best Season: Spring (March–May) and Autumn (September–November)

TRIP HIGHLIGHTS

- Visit traditional Tamang villages and monasteries along the trail.
- Enjoy panoramic views of Ganesh Himal and Langtang Himal.
- Walk through rhododendron forests and terraced farmlands.
- Experience local culture, traditional houses, and homemade foods.

OUTLINE ITINERARY

Day 1 – 2: Arrive in Kathmandu; sightseeing and trek preparation.

Day 3 – 4: Drive to Sundarikal and trek to Chisapani and to Kutidanda.

Day 5 – 6: Trek to Melamchi Gaon, Tarkeghyang and Sermathang.

Day 7 – 8: Trek down to Sundarikal, and return to Kathmandu

WHAT TO EXPECT

Physical Challenge: Moderate trekking with gentle climbs and descents.

Accommodation: Simple teahouses and lodges in villages.

Food: Nepali and Tamang meals, including dal bhat, momo, and vegetable stews.

Weather: Pleasant days during spring and autumn; chilly nights above 2,500m



Detailed Itinerary

DAY 1: ARRIVAL IN KATHMANDU

Activities: Arrive at Tribhuvan International Airport, transfer to hotel

Accommodation: Overnight in Hotel

DAY 2: KATHMANDU SIGHTSEEING & TREK PREPARATION

Activities: Optional visit to Swayambhunath, Bouddhanath, and Pashupatinath; trek briefing and gear check.

Accommodation: Overnight in Hotel

DAY 3: DRIVE TO SUNDARIJAL AND TREK TO CHISAPANI – 5/6 hours trek

Activities: Scenic drive to Sundarijal and start trekking through forests of pine and rhododendron, passing small villages en route to Chisapani.

Accommodation: Teahouse in Chisapani.

DAY 4: CHISAPANI TO KUTIDANDA – 5/6 hours trek

Activities: Gradual ascent through forested trails; enjoy views of Langtang and Ganesh Himal peaks as we enter the heart of Helambu region.

Accommodation: Teahouse in Kutidanda.

DAY 5: KUTIDANDA TO MELAMCHI GAON & TARKEGHYANG – 5/6 hours trek

Activities: Descend gently to Melamchi Gaon, a picturesque Tamang village, then ascend slightly to Tarkeghyang.

Accommodation: Teahouse in Tarkeghyang.

DAY 6: TARKEGHYANG TO SERMATHANG (2,570M) – 5/6 hours trek

Activities: Trek through forests and terraced fields, visit small villages, and observe local life.

Accommodation: Teahouse in Sermathang.

DAY 7: SERMATHANG TO SUNDARIJAL – 5/6 hours trek

Activities: Descend through villages and farmland to Sundarijal.

Accommodation: Drive back to Kathmandu.

DAY 8: FREE DAY – KATHMANDU

Activities: Free day in Kathmandu to explore or rest.

Accommodation: Overnight in Hotel

DAY 8: MARDI HIMAL BASE CAMP HIKE AND RETURN

Activities: Pre-dawn trek to Mardi Base Camp for a spectacular Himalayan sunrise, something that poets write about, and return to High or Low Camp

Accommodation: Teahouse in High or Low Camp

