Helambu Yoga Trek

Duration: 8 Days | Location: Langtang, Nepal



Trip at a glance

Category: Langtang

Location: Langtang, Nepal

Duration: 8 Days

Difficulty: 6/10

Trip Style: Helambu Village Trek

Best Time: Autumn (Sep-Nov) and Spring (Mar-May)

Transportation: Private Vehicle, Domestic Flight

Accommodation: Semi Lodge/ or fully Camping

Max Altitude: 36,00 m

Group: Min-1, Max 20

Summary

Helambu Yoga Trek/The Helambu Village Yoga Trek is Part of the Eastern Sindupalanchowk District Nepal/ Trek is the views of the Langtang Lirung (7245m)Nepal

Overview

Trip Introduction

The Helambu Yoga Trek is Part of the Eastern Sindupalanchowk District Nepal. The trek is easy and provides the spectacular views of the Langtang Lirung (7245 m), Ganesh Himal (7405m), Dorje Lhakpa (6990 m) and other small mountains of Langtang Himalayan range. The warm and friendly people of Helambu are mostly Buddhists. It is an ideal trip for those who have a short time and like to combine both cultural scenes. You will enjoy visiting the culturally rich Tamang villages, Buddhist Gompas and the fantastic landscape with rice fields. Everest View Trek

The unpaved road from Kathmandu turns into trail near a small hydroelectricity plant. The Helambu village Yoga Trekking offers a wide range of mixed cultures of Sherpa, Tamang and Lama Societies. The picturesque landscape and the old monasteries are the main attractions of Helambu Village Trekking. The combination of Hindu, Tibetan and Buddhist cultures makes this place on of a kind. Helambu village is also popular for apple production. Along the way after Melamchi Gaon, we meet another Sherpa town called Tarkeghyang. This place marks the end of our exciting short trekking trail in this region.Ganesh Himal Trekural village area close to that of Kathmandu Valley. The trekking trail then enters through the Shivapuri Watershed and Wildlife reserve. As we move on further, we come across the first tamang settlement at Mulkharka. We also meet Sherpa people a bit further ahead on our trail here, but they are different from the Sherpas in Solukhumbu.

The magnificent views of the Mount Langtang Lirung (7,245 m), Mount Ganesh Himal (7,405 m), Mount Dorje Lakpa Peak (6,990 m), and other small mountains, the hospitality of friendly Buddhist people of Helambu villages and the pleasant climate undoubtedly will make your trek unforgettable. If interested you can Gosaikunda Trek . Helambu gosainkunda rubyvalley trek .

Day by day itinerary

Trip Itinerary

Day 01: Arrival in Kathmandu and transfer to hotel.

Day 02: Drive from Kathmandu to Sundarijal and trek to Chisapani.

Day 03: Trek from Chisapani to Kutumsang.

Day 04: Trek from Kutumsang to Tharepati.

Day 05: Trek from Tharepati to Tarkeghyang.

Day 06: Trek from Tarkeghyang to Talamarang.

Day 07: Talamarang to Melamchi pool bazar (approx. 2 hr) and same day drive back to Kathmandu by private vehicle.

Day 08: Final Departure, transfer to the airport.

Package: Standard Package

Contact for pricing

Pricing depends on dates and group size. Contact us for a quote.

Inclusions

- All land transfer, arrival, and departure as per the itinerary.
- Hotel accommodation with bed and breakfast on Twin sharing basis as per the itinerary.
- Food during the trek 3 meals a day (breakfast, lunch, and dinner) in specified local lodges or prepared by our cook.
- English speaking experienced & professional trekking guide licenses holder.
- Porters (1 porter carries the luggage up to 25 kgs of 2 participants during the trek).
- City tours as mentioned in the itinerary with English speaking guide and all land transportation with private car/jeep/van.

- All necessary trekking and climbing related permit including TIMS, National Park Entrance fee, and ACAP Fee.
- Insurance, proper warm clothing, shoes, sunglass and daily wages for guide and porter.
- Camping Trek daily wages, Guide, Sherpa helpers, Cook, Kitchen Boys, Porters, with food allowance while trekking.
- Accommodation in 2 men Tents during Trek supported with a dining tent, Kitchen tent, Toilet tent, Shower tent, Table, chairs and Mattress.
- Necessary kitchen utensils.

Exclusions

- Lunch and dinner while in Kathmandu or in Pokhara stay.
- Personal gears and expenses of personal nature and Personal medical and travel insurance emergency evacuation.
- Hard and any form of soft drinks.
- All confectionary and snacks, Charges for desserts including shower and boiled drinking water, Phone calls, Laundry and Alcoholic beverages etc.
- Any airfare: Domestic International departure taxes and any excess baggage charges.
- Tips and Gratitude for Guides and Porters according to a custom of trekking in Nepal.

Gear checklist

Equipments List

EQUIPMENT LIST

Nepal Trekking Equipment List

This piece info is creating data on consumer goods and equipment needs, For those that would love an extra detailed discussion for equipment for Nepalese Himalayan Trek.

The following equipment list is required for Nepal Trekking and climbing and a list, you have to have suggested equipment just have with you, however, that you just might have your own personal first

choice equipment which can be equally as appropriate

Footwear

- Walking boots with suitable ankle support that have been worn-in prior to the trek, and which are waterproof.
- Trainer or casual shoes, for trekking and/or for travelling.
- Warm socks for colder areas.
- Gaiters, in case of rain or snow

Legwear

- Loose, casual trousers for trekking.
- Thermal leggings for colder areas.
- Long skirt for women as an alternative to trousers.
- Waterproof trousers

Body

- Selection of T-shirts, and long sleeved shirts, preferably not cotton.
- Thermal shirt for colder areas.
- Warm shirt, possibly fleeces, for colder areas.
- Fleece jacket or warm wool jumper.
- Windproof, waterproof outer shell garment for higher altitudes.
- Down jacket (optional for cold nights & mornings; can be hired in Kathmandu cheaply)

Head/Hands

- Wool or fleece hat, or balaclava.
- Hat or cap for sun protection while trekking.
- Sunglasses or goggles.

- Warm gloves

Other items

- Strong rucksack or large hold all to be carried by porters.
- Daysack to be carried personally.
- Plastic bags or stuff sacks to store/separate trekking gear inside your main bag.
- One litre water bottle.
- Personal first aid kit to include essential items.
- Sleeping bag, 4 seasons.
- Torch, ideally head torch.
- Digital Camera and spare battery and battery charger! – For those not to be forgotten shots of the Himalaya.
- Toilet items and towel.
- Large handkerchief/bandana for neck

Optional items

- Binoculars
- Books (see Recommended Reading)
- Altimeter
- Compass
- Playing cards / backgammon / chess set

Recommended Mountaineering Kit

In addition to the items mentioned above for trekking, the following is a list of the additional specialist items which are required for the trekking peaks.

Plastic or leather mountaineering boots, with gaiters and crampons that have been tested for a good fit.

Peak Climbing

- fleece trousers
- Additional mitts and gloves suitable for climbing
- Ice axe, and ski poles (note – ice axe can be hired in Kathmandu)
- Climbing harness
- 2 x tape slings
- 2 x screw gate karabiners
- Descended/abseil device
- Ascender

Trip notes

Trip Highlights

Trip Details:

Total Duration: 8 Days.

Group Size: Min-1, Max 20.

Trekking Region: Langtang.

Trip Type Name: Helambu Village Trek.

Highest Altitude of the trek: 3600 m.

Highest Point: Helambu Village Trek (3600 m)

Grade: Easy.

Transportation: Private Vehicle, Domestic Flight.

Accommodation: Semi Lodge/ or fully Camping.

Type of Tour: Trekking, Hiking, Walking, Culture

Trekking Hour: Approximately 6-7 hours each day.

Best Season: Autumn (Sep-Nov) and Spring (Mar-May).

Starting from: Kathmandu.

Ending at: Kathmandu.

Grade: Easy to moderate.

Max. Altitude: 36,00 m.

Duration: 8 days.

Trek Days: 6 days.

Type of trek: Lodge/Teahouse.

Departure

Departure

Review

Trip gallery



Helambu Yoga Trek - photo 1



Helambu Yoga Trek - photo 2

Plan your journey with our team

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