

# Upper Helambu Circuit Trek

## Trip Overview

Helambu is a beautiful region of highland place in Nepal which is only 80 kilometers north of Kathmandu (4/5 hrs drive). This valley is surrounded by many above 5,000 m. peaks and different mountain ranges including Jugal Himal Range, Langtang Himal Range, Dorje Lakpa, Gaurishankar, Gang Chenpo Mountains and many more. Helambu Circuit trek also known as Upper Helambu Circuit Trek.

Helambu is the home place of the Hyolmo's, Tamangs, Brahmins, Chhetris and Dalits. They have their culture and traditions, and they are very rich in their culture, tradition and heritage. Helambu is renowned for its Buddhist and Hindu pilgrimages, and the temples and monasteries reflect their artistic and historical significance. Helambu is also known as Beyhul which means Sacred valley. Helambu is the most easily accessible popular tourist destination since trekking started in Nepal. Melamchi Ghyang, Tarkeghyang, Sermathang, and Ghopteghyang are some of the most visited places. The ongoing "Great Trail" is an inspiring 60 km trekking route and surrounds the whole of Helambu Valley. Buddhist and Hindu pilgrimages and the temples and monasteries are the main attraction point of Helambu like Aama Yangri Peak and Palchoki mai Temple is the main attraction. Helambu Trekking is one of the most popular trekking destinations in Nepal. Helambu Circuit Trek also known as the snakes through the dense mountains, Peaks and through beautiful and colorful Rhododendrons, breathtaking waterfalls and many more natural ornaments. Helambu is also blessed with a rich array of flora and fauna. The wildlife is specially protected due to the peaceful Buddhist communities in the higher mountains. There are two types of trek In Helambu. Helambu Circuit trek and other is Lower Helambu trek. Helambu Trek which begins from Sundarjal to Chisopani, Kutumsang, Ghopte Ghyang, Thadepati, Melamchi Ghyang, Tarkegyang, Aama Yangri, Sermathang and ends at the Timbu in the Helambu region. Helambu Circuit Trek, which begins 6, 7 hrs, drives from Kathmandu to Melamchi Ghyang, Dawalang, Lehbarmar, Simi Sidang base, Ve dadar, Thadepati, and the trek ends in Ghopte Ghyang.

Ganjala pass is also one of the most extreme and adventurous trekking destinations in Helambu, Which connects Langtang Helambu.

The trek passes through thick mountain forests with great Himalayan views and a number of splendid Buddhist holy places.

We Climbing Himalaya Offer Package of Helambu Circuit Trek that covers: Logistic, Climbing Himalaya also provides a customizable Helambu Circuit Trekking itinerary option, where trekkers can customise their Upper Helambu Circuit Trek itinerary, and we offer the private Trip package and fixed departure of various Trips. Transportation, Accommodation, and Professional trekking Guide - all of precisely what we need for Helambu Circuit Trek and at a reasonable price. Helambu Circuit Trekking costs offered here are reasonable in a sense that we make sure that you have the best of everything. We would like to explore the Himalayas and make professional peak climbing and Trekking in Nepal. We believe we are proficient enough to handle any kind of problems perfectly and professionally.

## Trip Highlights

- Behyul Hyolmo ( Sacred Hidden valley)
- Aama yangri peak
- Milarepa and Guru Rinpoche cave
- Architect monasteries
- Different colours of rhododendron and bamboo forests and majestic waterfalls
- Traditions, culture, and hospitality of Hyolmo community on the

- Great Trail
- Himalayan shepherd life
- Peak Climbing
- Panoramic view of majestic mountains: Jugal Himal Range, the Langtang Himal Range, the Dorje
- Lakpa, the Gaurishankar, Naya Khang, Ganchenpo, and many more
- Hyolmo /Tamang Culture and traditions
- View of Mt. Shishapangma, 8000-meter mountain

## **Trip Itinerary**

**Day 01:**

## **Cost Includes**

- Airport Pick Up
- KTM 3 star 2 (two) night Hotel with B/B plan on twin sharing basis
- Trekking Permit (TIMS and National Park fee)
- English speaking government license holder Trekking Guide
- one porter between two members for luggage
- Necessary porter for Camping
- Assistant Guide After 4 Pax
- Necessary Kitchen Crew on Camping Period
- Transportation
- Kathmandu to Kathmandu Standard Full board meal (trekking period)
- Guide, cook, kitchen staff and porters Accident and Medical Insurance

## **Cost Excludes**

- Kathmandu All Activities
- All accommodations after two nights in Kathmandu
- All Personal Expenses on trekking
- Personal Trekking Gear
- Single Supplement Charge
- Travel, search and Rescue insurance
- All Bar Bill, cafeteria, cold drinks and others
- Other other Activity, sightseeing, Mountain Flights, rafting, etc
- Tips to All Staff (Guide, cook, kitchen staff and porters)