



Helambu

Sundarijal - Gyaldum 7 Nights/8 Days

Best season for trekking: September to November and March to May

Helambu Trek:

Helambu is located about 72 kilometers north-east of Kathmandu. The region is noted for its amazing scenery and moderate climate. The **Helambu** region is extending from north of **Taramarang to Laurebina Pass** and the lower slopes of **Jugal Himal** on both sides of the Malemchi Khola between altitudes of 1,370m to 3,490m. The area is populated by **Sherpa, Tamang and Chetries**.

The trekking starts in **Sundarijal** or **Talararang/Gyaldum**. The drive to Sundarijal takes approximately 30 minutes. Alternatively you can go to Talararang/Gyaldum via Arniko highway in a approximately 4 hrs drive with a local bus.

The **Helambu Sherpa** are farmers. The language of the Helambu Sherpa is very similar to Tibetan. A large number of Sherpa are living in Kathmandu, in Solu Khumbu or in the Rolwaling valley. The name Sherpa means "**People from the East.**" Woman and men wear special dresses called **bhokkus**. Most of the Sherpa are **Buddhists**. Every home has a decorated corner set aside for their gods. Helambu is known for its famous **thanka artists**. A thanka is a Buddhist religious painting.

The forests of Helambu region and Langtang are protected by the **Langtang National Park**. This region is known as a temperate climatic zone with a sub alpine vegetation. The dense **oak and pine forests** along the trail are of particular interest. You can enjoy the red, white and pink colours of the **rhododendron flowers** during spring season (March to May) .

In **Tarkeghang** you have the option to climb to the **Ama Angri Danda** (3,750m) from where there are sweeping views of the central Himalayas. From low altitudes we have also excellent views of mountains that include Langtang, the Annapurna, Manaslu, Langtang, Dorje Lakpa, Gauri Shankar and even Everest on clear days.

ITINERARY:

Day 1	Kathmandu	to Sundarijal by bus and to Chisapani
Day 2	Chisapani	to Gyaldum Two River Lodge
Day 3	Gyaldum	to Thimpu
Day 4	Thimpu	to Tarkeghang
Day 5	Rest day or climb up to Ama Angri Danda (3.750m)	
Day 6	Tarkeghang	to Shermathang
Day 7	Shermathang	to Gyaldum Two River Lodge
Day 8	Gyaldum	to Kathmandu by bus

In Brief:

- Duration of the trek: 7 days
- Starting from: Sundarijal or Talararang/Gyaldum
- Ending at: Sundarijal or Talararang/Gyaldum
- Mode of trek: Teahouse/Camping
- Grade of the trek: Moderate
- Maximum elevation: 2,750m Tarkeghang or Ama Angri Danda 3,750 m
- Destination: Takreghang/Shermathang
- Itinerary Type: fixed/customized
- Attractions of the trek: Langtang, Dorje Lakpa, Gauri Shankar, culture, countryside, Tamang and Sherpa villages



Services will be as given in below:

- Experienced guide (I)
- Porters as required
- All needed camping equipments
- Trekking permit
- Food (Breakfast, launch,dinner)
- Boiled water every morning for shower.
- Hot drinks as coffee, tea,and so on
- Kitchen staff along with experienced cook.
- Transportation to and from starting and ending point of trek.

Price will not include:

- Personal Expenses
- Hard drinks as whisky rum and so on.
- Rescue charges
- Domestic flights
- Emergency expenses (if needed)



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