Sherpa Nomad Trek
Thamel Marg, Kathmandu, Nepal
Tel: +977-9851433082 | Email: info@sherpanomadtrek.com

Short Helambu Trek - 7 Days

SHORT HELAMBU TREK- 7-DAY PACKAGE

The Helambu Trek is a scenic and accessible trekking route in Nepal, situated within the Helambu region near the Kathmandu Valley, an area distinguished by its cultural richness and natural beauty. This trek represents an ideal choice for beginners and those seeking shorter trekking experiences. The region is characterized by prominent Buddhist traditions and the Hyolmo people, who maintain deep-rooted cultural practices. The trek combines stunning landscapes, traditional settlements, and authentic Buddhist heritage. Beginning from Sundarijal, the route follows a circular path through villages including Chisapani, Kutumsang, Thadepati, Tarkeghyang, and Semathang, traversing through verdant forests and tranquil mountain ridges. This moderate-difficulty trek is optimally experienced during the spring and autumn months. The journey offers panoramic vistas of surrounding peaks such as Ganesh Himal and Langtang Himal, while providing an exceptional opportunity to engage with local customs and hospitality. This beautiful and scenic trek is perfect for creating lasting travel memories, and its relatively undiscovered status makes it an excellent choice for those seeking a shorter trekking adventure in Nepal.

The Helambu Trek stands as an exceptional short, accessible, and beginner-friendly trekking option in proximity to Kathmandu, showcasing eight of Nepal's thirteen Himalayan ranges. This route provides immersive experiences through authentic local culture, diverse vegetation, picturesque Hyolmo villages, breathtaking landscapes, terraced agricultural fields, traditional monasteries, and the genuine warmth of local hospitality. Although this trek is brief in duration, it delivers an exceptionally thrilling and joyful experience that creates lasting memories. The accessible trail makes it ideal for families, beginner trekkers, and travelers with limited time. If you have a short window to explore Nepal's natural splendor and cultural richness, we invite you to book this remarkable short trek with Sherpa Nomad Trek Pvt. Ltd. and benefit from superior service quality, comprehensive safety protocols, competitive pricing, and an authentic journey guided by

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knowledgeable local experts.

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DETAILED ITINERARY

Day 1: **Arrival in Kathmandu (1350m): Transfer to Hotel**

Day 2: **Kathmandu to Sundarijal drive and Trek to Chisapani Village (2165m): 6 hours**

Day 3: **Trek from Chisapani to Kuntumsang (2470m): 6 hours**

Day 4: **Trek From Kutumsang to Thadepati (3,650m): 6 hours**

Day 5: **Trek from Thadepati to Tarkeghyang (2,560m):6 hours**

Day 6: **Trek to Sermathang (2610m) and drive to Kathmandu (1350m)**

Day 7: **Departure**

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PRICE INCLUDES

- International Airport Pick-up and Drop-off
- 2 Nights Deluxe Hotel in Kathmandu, Ramada Encore
- 4 nights Mountain Accommodation in the best Lodge during the Trek
- Mountain meals (Breakfast, Lunch, & Dinner)
- 3 Cups of Tea or coffee every day in the Mountain
- Organic Fresh Fruit, Nuts, and energy bars every Day in the Mountain
- A professional, ethical English-Speaking Guide certified by the Nepal Government
- A porter will be provided for the 2 trekkers, max weight 18 to 20 kg in total
- All the required permits and formalities
- Kathmandu to Sundarijal by comfortable private Jeep
- After the trip is complete, you will be back in Kathmandu by Private Jeep
- First Aid service and all the required equipment.
- Trekking gear such as a map, a duffel bag, & a sleeping bag
- Government Tax and official Fees.
- Guide and Porter's Salary, Meals, Insurance, Trekking Gears, and Accommodation
- Farewell Dinner after the trip is completed in Kathmandu
- Baggage storage facility
- Wifi, Hot Shower, Battery charge in the Mountain

PRICE EXCLUDES

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- Nepal Visa Fees (USD 30 for 15 Days, USD 50 for 30 days, USD 125 for 90 Days) - You can obtain an on-arrival visa at Kathmandu Airport.
- International Flight fare
- Travel insurance for clients is recommended for safety purposes
- Lunch and Dinner in Kathmandu
- Extra drinks (Drinking Water, Hot, cold, and hard Drinks)
- Extra days accommodation and activities
- Chitwan Safari Tour: 2nights/3 Days: USD180 per person
- Everest Flight Tour: 2-3 hours: 220$ per person
- Kathmandu sightseeing: 6-7 hours: USD 80 per person
- Tips for Guide, Porter, and Driver
- Personal expenses

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EQUIPMENT & GEAR

Backpack

- 20–30 L daypack and Rain cover
- Dry bags or zip-lock bags for electronics and clothes

Clothing

- 1–2 moisture-wicking T-shirts
- 1–2 long-sleeve hiking shirts
- 2 pairs of trekking pants
- Thermal top and bottom (for cold mornings/nights)
- Fleece jacket & Lightweight down jacket
- Waterproof and windproof jacket
- Waterproof pants (especially during the monsoon)
- 2 pairs of quick-dry underwear
- 2–3 pairs of trekking socks

Footwear

- Broken-in waterproof trekking boots
- Lightweight sandals or camp shoes
- Optional gaiters (rainy or snowy season)

Head & Hands

- Sun hat or cap & Warm beanie
- Buff or neck gaiter & Lightweight gloves

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Sun Protection

- UV-protection sunglasses
- Sunscreen (SPF 30+)
- Lip balm with SPF

Sleeping

- Sleeping bag (-1°C to -15°C is sufficient for most seasons; many teahouses provide blankets)
- Sleeping bag liner (optional)

Water & Food

- Reusable water bottles (1.5–2 L total)/Thermos
- Water purification tablets or a filter
- Energy bars, nuts, or trail snacks

First Aid & Toiletries

- Personal medications, Blister treatment (e.g., Compeed or moleskin)
- Pain reliever, Bandages, and antiseptic wipes
- Toothbrush and toothpaste, Hand sanitizer
- Wet wipes, Quick-dry towel & toilet paper
- Soap or Shampoo for Shower and laundry

Electronics

- Headlamp with spare batteries
- Power bank (10,000–20,000 mAh)
- Phone charger & Camera (optional)

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Trekking Accessories

- Trekking poles (highly recommended for the long stair sections)

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