



Langtang Helumbu Trek



Introduction

The Langtang Helambu trek, Even being so close to Kathmandu, The Helambu region remains relatively un-spoiled by the outside world. Trek starting from Sundarimal, with an hour's drive from Kathmandu to enter Shivapuri National Park. Continuing our walk along the Chisopani, Kutumsang, Thadepati and Sermathang, the trek ends at the Melamchi Pul Bazar in the Helambu region. The trek passes through thick mountain forests with great Himalayan views and toward the end of the trip, you will also trek through some beautiful rice terraces and a number of splendid Buddhist monasteries.

Majestic waterfalls, Snow-capped High Himalayas, High mountain Hyolmo people and their culture, The green Rhododendron and bamboo forests and the great Himalayan scenery at the border with Tibet and monasteries makes this trek one of the most diverse and enthralling treks experience near Kathmandu. This Trek is a perfect short trek for those who wish to explore the untouched and unspoiled natural beauty of Nepal's within few days near Kathmandu.

Facts

- Altitude: 3650m<
- Duration: 9 days
- Grade: Moderate
- Group: 2 - 15
- Country: Nepal

- Best Season: Oct - Dec, Feb - Apr
- Start/Ends: Kathmandu (Capital of Nepal)
- Accommodation: Hotel, lodge
- Transportation: Private/Local bus
- Meals Includes: Breakfast and welcome or farewell dinner in Kathmandu / Full board in Trekking (Breakfast, Lunch & Dinner).

Highlights

- Cultural and traditional Tamang and Tibetan Lifestyle
- Deep Gorge and river as well as terraced meadow and fascinating forest
- Absolutely superb view of Dorji Lakpa, Langtang-Ri and Langtang Lirung
- Red Pandas, Monkeys and species of Birds
- Fantastic ice faces of Tumbling glacier
- Old Buddhist monastery and Yak Cheese factory
- Deep gorges & rivers as well as terraced meadows & fascinating forest.

Itinerary

- **Day 1** : Arrive at Tribhuvan International Airport (KTM) Kathmandu
- **Day 2** : Trip Preparation and sightseeing around Kathmandu. Included meals: Breakfast Dinner
- **Day 3** : Drive to Sundarjal & trek to Chisapani (2300m/7544 ft): Drive 45 minutes to 1 hour, Trek: 4 hours. Included meals: Breakfast Lunch Dinner
- **Day 4** : Trek from Chisapani to Kutumsang (2440m/8022ft): 5-6 hours Included meals: Breakfast Lunch Dinner.
- **Day 5** : Trek from Kutumsang to Thadepati (3650m/11972ft): 5-6 hours. Included meals: Breakfast Lunch Dinner
- **Day 6** : Trek to Tarkeghyang (2560m/8397ft): 5-6 hours. Included meals: Breakfast Lunch Dinner
- **Day 7** : Trek to Sermathang (2610m/8563ft): 4 hours. Included meals: Breakfast Lunch Dinner
- **Day 8** : Trek to Melamchi Pul Bazar: Drive to Kathmandu: 2-3 hrs trek/ 2 hr drive. Included meals: Breakfast Lunch Dinner
- **Day 9** : Departure day from Kathmandu (1264m). Meal includes: Breakfast

Note: The above itinerary can be tailor made as per client's request, we can make the itinerary shorter/Longer by cutting or adding days. People who have longer time can add the White Water Rafting, Jungle safari tour in Chitwan National park, Paragliding and Bungee jumping in Pokhara and other extra activities so feel free to write us on info@xtremeclimbers.com for further details.

Cost Includes

Full Board Service Includes

- Airport / Hotel / Airport pick up & drop by private car or van. It is depend of the group.
- 3 nights accommodation in 3 star category hotel in Kathmandu.
- Meals on full board (Breakfast, lunch and dinner) during trekking.
- Local fresh fruits like orange, apple, banana and grape etc.
- All accommodations during the trek.
- Trekking map.
- all Transport during a Trekking .
- An experienced Government licensed holder guide and porter to carry your luggage during the trek.
- Food, drinks, accommodation, insurance, salary, equipments, transportation, local tax for Guide and porter
- Group medical supplies (first aid kit will be available).
- Thuraya SAT Phone (Emergency use only)
- Radio Walki Talki
- All necessary Government paper works and national park entry permits and TIMS Card etc.
- Travel & Rescue arrangement.
- All government taxes and Vat.

Cost and payment details

The cost is depending on group size, affected due to the requirement of number of guides and porters, requisite of Hotel in Kathmandu, method of land/air transport. The itinerary is changeable and modifiable as per needs and time frame of trekkers. Cost will be re calculated if the itinerary is changed or modified. Additional activities may be added as per

trekkers request with appropriate additional cost. For Total Tour cost **EMAIL US**, we will send you within 24 hours as your requirements.

Why we don't include cost in our website?

NOTE: To provide you service in reasonable cost and attempt to address your each requirement **Xtreme Climbers** desired to provide you with some information which directly affects the cost and also helps us breakdown the cost. That is why we have decided to clarify our customers that due to the following reasons mentioned below we have not included the cost of each package in the company website.

1. Climbing season: The climbing permit royalty cost for mountain will be different during Spring and Autumn season. Normally most of the climbers climbs Himalayas in the Spring season. Climbing permit during Autumn will be 50% less than the spring season.
2. The cost of the trip depends on Number of persons joining in group for High expedition or Mountain Climbing including number of climbers, non-climber, base camp supporters, medical doctors, The number of climbing Sherpa guides, high altitude porters, kitchen crew, mode of transport you prefer and many other factors can affect the cost of the trip. Alpine climbing guide as well as the category of the hotel accommodation and the facilities that you aspire in the mountains affect the cost.
3. We operate the High Expeditions, Peak Climbing in full arrangement package and basic arrangement service (full board or base camp service) which directly affects the expedition cost.
4. Request numbers of oxygen, mask regulators and the brands the clients require
5. The itinerary may be changed after reaching an understanding between the agency and the client. Other activities could be added or reduced as per the client's request before processing the trip. Price for reduced activities could be deducted and additional activities could be added in mutual understanding.
6. Either you want to operate as expedition as international group joining basics of Xtreme Climbers or individual (private arrangement) expedition
7. Type of high camp food that clients want. Specialized food that has to be ordered from foreign countries will be costlier compared to the one available here.
8. Either any of the climbers intend to attempt any world records? If so, do they require special services or equipment?

Due to the reasons mentioned above we would like to discuss with our client directly before offering the cost. So please feel free to drop your queries in [CONTACT US](#) or login to [Xtreme Climbers](#) for any information about your selected package.

Cost Excludes

Full Board Service Excludes

- Meals yourself Kathmandu (L+D).
- Your Travel insurance.
- International airfare.
- Nepal entry visa (You can obtain a visa easily upon your arrival at Nepal's Airport in Kathmandu).
- All kind drinks (Alcoholic, Special Coffee,cold drinks etc.)
- Personal shopping and laundry etc.
- Personal trekking Equipments.
- Tips for trekking staff and driver. (Tipping is expected, but it is not mandatory)
- If do any tour and sightseeing and other activities etc.

