

NORTH KATHMANDU: LANGTANG AND HELAMB TREK

An ideal short trek in the vicinity of Kathmandu. Helambu boasts of beautiful highland villages inhabited mainly by Hyolmo people of Tibetan origin, who practice Buddhism. The region is also a Buddhist pilgrimage site and hosts many artistic Buddhist monasteries. Similarly, the lowlands are also Hindu settlements. People here live primarily on agriculture, tourism and low-scale businesses. Discover stunning landscapes of green rolling hills with terraced fields; oak and rhododendron forests, bamboo groves, sparkling waterfalls, giant Himalayan peaks that line the northern horizon. All these natural treasures make of it a pretty diverse area easily accessible from Kathmandu.

 Region	Langtang & Helambu
 Activity	Hiking & culture Trekking
 Duration	12 days
 Code	NEPHELAM-EN
 Price	From €1,080
 Level	2/5
 Comfort	3/5

ITINERARY

📍 Day 1 **Arrival in Kathmandu (1360m)**

Welcome to Kathmandu! Your guide will greet you and escort you to your hotel. Depending on your arrival time, perhaps your trip leader can show you the old streets of Ason Tole and Indra Chowk and introduce you to the Nepalese way of living.

Accommodation: Hotel

📍 Day 2 **Visit Kathmandu**

After breakfast, it is a short transfer to Swayambhunath. This huge Buddhist monument sits perched on top of a hill overlooking the city of Kathmandu. It is also known as the Monkey Temple as monkeys from nearby forest often come to 'steal' offerings made to the Gods! Next stop, Patan, where you can enjoy lunch inside a peaceful historic courtyard. Patan was another kingdom within the valley of Kathmandu before the unification of Nepal in the 18th century and is well known for its beautiful temples, arts and crafts. Similarly, the small Buddhist monasteries hidden here called vihar are a beauty to behold.

Accommodation: Hotel

📍 Day 3 **Drive to Sundarikal, trek to Chisapani (2250m)**

After breakfast, it is a short drive to Sundarikal, the starting point of our trek. It is a steady uphill walk all the way up to Deurali, through Shivapuri National Park with its oak and rhododendron trees. On the way, we pass several Tamang settlements. A final walk along a ridge through a forest displays fantastic views over rolling green hills to Chisapani.

Accommodation: Lodge

Transport: 1 hour drive

Hiking: 4 hours

Elevation: 890m

📍 Day 4 **Chisapani - Kutumsang (2435m)**

The first leg of this trek leads to Kutumsang. Descend through meadows and fields, a lovely start to the hike with views of Langtang (7210m) and other striking mountains. You will cross many charming villages like Pati Bhanjyang and Gul Bhanjyang. Follow a beautiful ridge-top trail and then head down to Kutumsang, a relatively big Helmulu village.

Accommodation: Hotel

Hiking: 6 hours

Elevation: +300m/-450m

📍 Day 5 **Kutumsang - Thadepati (3650m)**

Today's beautiful hike starts along a relatively steep uphill trail. Journey through a forest of Oak, fir and rhododendron trees. Today, you are immersed in the nature away from local settlements. Enjoy magnificent views of the Himalayas as we walk to Thadepati.

Accommodation: Lodge

Hiking: 6 hours

Elevation: + 1210m

📍 Day 6 **Thadepati - Tarkeghyang (2555m)**

After breakfast, we head to Tarkeghyang and begin our walk with a descent to Melamchi Khola. From here, it is an uphill trek to the Helmu village of Tarkeghyang. We can visit several Sherpa settlements today and enjoy endless stunning views of the Himalayan Mountains. Today we visit Tarkeghyang monastery, one of the oldest and biggest in the region.

Accommodation: Lodge

Hiking: 6 hours
Elevation: + 1095m

📍 Day 7 **Tarkeghyang - Sermathang (2630m)**

A pleasant day of hiking without significant elevation changes. Our trail passes today continues through an enchanting forest dotted with crystal clear streams and waterfalls. On the way, we visit a beautiful monastery in the Sherpa village of Kangyul. An easy footpath leads to Sermathang – another big village amid green hills.

Accommodation: Lodge
Hiking: 4 hours
Elevation: 150m

📍 Day 8 **Sermathang – Kakani (2000m)**

Today, our trek is mostly downhill! The trail descends steadily, passing through beautiful villages, lush woodlands and past Buddhist chortens.

Accommodation: Lodge
Elevation: - 650m

📍 Day 9 **Kakani - Melamchi Pul**

Our last day of trekking. We hike all the way down to Melamchi Pul, a beautiful village in a subtropical region. Then, drive to Kathmandu where you can enjoy an evening at leisure in the vibrant city.

Accommodation: Hotel
Transport: 3 hours drive
Hiking: 2 hours

📍 Day 10 **Visit Kathmandu**

Today we continue our exploration of Kathmandu with an expert cultural guide. It is a short transfer to Bhaktapur, which is just fabulous anytime of the day! People making offerings of flowers, colors and lights to thousands of Gods and Goddesses... Bells ringing, farmers selling their local produce and children playing... This ancient kingdom is now a UNESCO World Heritage Site with a 55-window Palace, courtyards, and fountains, not to mention the myriad of pagodas - a marvel to behold. Then, we drive to the Buddhist stupa of Bodhnath, another UNESCO heritage site where Buddhist pilgrims circle the holy dome praying and turning prayer wheels. There is also a small Tibetan settlement nearby where pious Tibetans pray in various monasteries.

Accommodation: Hotel

📍 Day 11 **Free day in Kathmandu**

Enjoy a day at leisure in the vibrant city of Kathmandu. A day to relax, purchase souvenirs and soak in the atmosphere...

Accommodation: Hotel

📍 Day 12 **End of our services**

Breakfast and airport transfer

The details in this programme are updated regularly but imponderables and unpredictable circumstances may result in inaccuracies. In order to provide the adventure which is best suited to your demands, the weather and the operational conditions, changes to the programme may be made. For safety reasons, we reserve the rights to interrupt your participation in this programme at any time if your technical level or fitness are deemed unsuitable or if you are seen as a danger to yourself or to those around you. This will in no case give rise to refunds or compensation.

PERIOD & BUDGET

When to travel?

The best period for travelling is during the following months:

Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----

Price

1200 US\$ per person (based on 2 travelers)

The budget is an indication of the price per person, subject to availability. Your local agent will send you a customized quote with the exact price. The price can vary according to availability, level of services, period of travel, number of participants, booking time frame and other items.

Included

- All in-country transfers by private vehicle as detailed in itinerary
- Accommodation in 3 * hotel or B&B in Kathmandu (Hotel Tibet, Manaslu or similar)
- Trek includes full-board and lodging
- An English speaking Altaï Guide
- Visits as per itinerary: with a cultural guide in a private vehicle
- Luggage transport - up to 11kg maximum per person during the trek
- Trekking support team: assistants and porters
- Trekking permits: Langtang National Park and TIMS
- Staff Insurance

Not included

- Entrance fees to historical sites & monuments
- Meals in Kathmandu & Kathmandu Valley
- Nepalese visa: US \$ 25
- International flights
- Insurance: Repatriation, Medical & Helicopter Services
- Drinks, tips and personal expenses - all that is not in "THE PRICE INCLUDES"

Notes

For many years, we put our know-how and our experience of Himalayan destinations to the service of travelers coming from different horizons. You will be able to find in your groups participants coming from our various partners.

Level 2/5

This trips demands a very good physical condition, suitable clothing and good hiking boots. Regular and serious training (running, swimming, brisk walking...) during the 2 to 3 months prior to your trip is recommended. This trek includes an average of 5 to 6 hours of hiking per day and daily elevations of +/- 500m.

Terms and conditions

Booking conditions

Booking a trip with Altaï Nepal implies acceptance of the terms and conditions of sale. Each customer is required to complete a registration form and, subject to availability at the time of registration, travellers are expected to pay a deposit of 35% of the total price to complete their booking. Payments can be made online or by bank transfer. You will receive an e-mail with your booking confirmation.

Invoice procedure

Once your booking is confirmed you will receive an invoice by e-mail. The full balance of the trip must be received at least 35 days before your departure date. Altaï Nepal reserve the right to cancel your booking, free of charge, if this deadline is not respected.

Cancellation policy

If for any reason you have to cancel your trip, Altaï Nepal require written confirmation of your decision. The money you have paid will then be refunded according to the following deductions:

- Cancellation received more than 30 days prior to the departure date: a sum of €50 per person will be retained
- Cancellation received 30 to 21 days before the departure date: your deposit, 30% of the total trip price will be retained
- Cancellation received 20 to 14 days before the departure date: 50% of the total trip price will be retained
- Cancellation received 13 to 7 days before the departure date: 75% of the total trip price will be retained
- Cancellation received less than 7 days before the departure date: 100% of the total trip price will be retained

Special cases:

Please note that, regardless of the date of cancellation or modification if you have agreed to pay for services such as hotel reservations, flights or additional activities, these services are usually non-refundable so additional fees may apply.

- Fixed airfares: if your airline ticket was issued in advance, often done to avoid significant surcharges, you will be charged 100% of any non-refundable fees if you wish to change or cancel your flight plan.
- Fixed in-country costs: early charges for firm bookings will be charged if you cancel or modify your trip.
- Insurance costs: if you have taken out comprehensive or cancellation insurance, the cost of insurance is due and cannot be refunded.

Please note that fees apply according to the date Altaï Nepal receive your cancellation or modification request in writing.

If we have to cancel a departure due to an insufficient number of participants, you will be informed no later than 21 days before departure and a full refund will be issued, you will not be entitled to further compensation. We reserve the rights to cancel departures due to exceptional circumstances which may impact the safety of participants. Such circumstances include those amounting to 'force majeure' in which case participants will receive a full refund but they will not be entitled to any compensation.

Changes to travel contract

If you wish to make a change to your booking please contact us in writing; you will be expected to pay any fee which might arise from this change. In the event of unforeseen external events, Altaï Nepal may change some aspects of the travel contract. If any changes are necessary you will be informed as quickly as possible.

Pricing

The prices on our website are updated regularly and all of the prices we advertise are accurate when published. Altaï Nepal reserve the rights to make changes to any of these prices. Before you make a booking we will give you the up-to-date price of your chosen holiday including any supplements, upgrades or additional activities you may have requested. If the number of travellers is fewer than the indicated number of participants on the website, a small group surcharge may be applied. For all of our trips we include details of services, prices and what is/is not included but please be aware that changes to the prices may be necessary in accordance with exchange rates or price changes of various components of the journey.

Contract transfer

If you are unable to travel with Altaï Nepal for any reason, you can transfer your booking to another person in which case our modification conditions apply. Both the transferor and transferee will be jointly and severally liable for payment of the total holiday price and other associated expenses. Some airline carriers treat name changes as cancellations and you may be required to pay for the cost of a new ticket.

Insurance

We strongly recommend that you take out personal travel insurance for your trip with Altaï Nepal as soon as your booking is confirmed. We advise you to purchase a travel insurance policy which covers flight cancellations, luggage loss and emergency health care. Please look carefully at which activities are covered by your insurer and do not forget to bring all necessary documents and information with you (name of the company, name of the contract, insurance policy number, telephone number...)

PRACTICAL INFO

Staff

This trip is led by a professional Nepali English-speaking team, who is part of the Altai Nepal Team.

Food

Meals in lodge during treks

We plan Dal Bhat, Nepalese national food, in our menus. The dhal bhat (literally lentil-rice) is the basis of all meals, this national dish is often enriched with a variety of vegetables and sometimes meat. It is a balanced dish in energy and nutritive intake, not fat and above all very digestible (digestion is more difficult at altitude). For all trekkings requiring intense efforts, we provide energy snacks (type dried fruits). Vous savourerez également: Mo:Mo, Chowmein, Chapatis, Pain Tibétains...Meals in Kathmandu and in the valley are not included. You will have plenty of time to discover Indian, Bhutanese, Chinese, Thai and other cuisines. All drinks are at your expense.

Accommodation

In Kathmandu and in the cities in general, you are accommodated in 3 * hotels. In trek, depending on the regions and itineraries, you sleep in lodge or homestay. A "Nepali lodge", an evolution of homestay, is a Nepalese house arranged to receive hikers. Comfort varying, they are certainly not hotels but they allow to make a trekking in appreciable conditions, and this even in high altitude: bed, mattresses, tables and chairs, toilets, etc. In addition, the use of lodges considerably reduces the number of porters and cut down the infrastructure of trekking.

Transportation

Transport/transfer by bus & plane

Budget & exchange

In Nepal, the national currency is the Nepalese Rupee: 1 US\$ ~ 100 / 1 € 115 Nepalese Rupees. The easiest currencies to trade are the Euro and the US dollar (cash or traveler's checks). Credit cards are accepted in the shops of major hotels. You can withdraw currencies with your visa card in Kathmandu.

Tips

Tipping is still very present in Asia, in general, and in Nepal in particular. Linked to the customer's satisfaction, it is an integral part of the "tourism" culture of the country: independent of the salary level, the tip is taken by the Nepalese as a sign of appreciation. Its amount depends on your appreciation of the services rendered and your generosity. Your guide can help you on this subject by making a collective envelope to ensure a just share for the staff. Like money, if you have clothes to give, do not hesitate to seek the guide's help who will make a fair distribution. In addition, we ask you specifically not to give sweets and / or bars energy / chocolate to children: there is virtually no dentist in mountainous areas. The same rule applies for medicines: they are not necessarily adapted to Nepalese who have, moreover, a lot of trouble to follow the correct dosage.

Vital equipment

Clothes, from head to toe:

- Trekking shoes. They must combine three qualities: strength, good grip of the foot and ankle (high stems) and impermeability. Choose shoes with non-slip soles, crampons and relatively rigid, they must have a grip on the ground. The "Vibram" type soles have a good reputation, pick them if you have a choice.
- Light shoes (tennis) or sandals for cities, villages or for evening after the day's walk
- Few pairs of walking & mountain socks
- 2 trekking trousers
- Underwear. This is the first insulation you will have, take care of it. Fine technical fibers, such as Carline or Polartec are very effective, warm, flexible, comfortable and lightweight. They dry very quickly
- 1 or 2 breathable T-shirts
- 1 fleece jacket. It has the advantage of being resistant, warm, light, and dries quickly, with a soft touch. The most adapted, well known among the mountain people, are the Polartec, Carline and Ulfrotté fibers
- 1 mountain jacket. The most efficient jackets against wind and rain are made of Goretex, or Micropore, a "breathable" material

that allows the rapid evacuation of perspiration.

- 1 down jacket is recommended (you find in Kathmandu for 40 to 50 € or US\$)
- 1 rain coat
- Gloves or mittens and hat
- Hat
- Good Sunglasses
- Warm Sleeping Bag
- Water purifiers (micropur, aguatabs ...) Nepal is in the northern hemisphere. Temperatures increase from January to May and decrease from September to December. From April until the end of October, provide lighter clothing.

Material

- A sleeping bag (essential for all trekking trips). Warm, comfortable, tailored to your size, shaped sarcophagus (closer to the body and has a closing hood), with side zipper closure for an opening at your convenience. To sleep in all seasons, it is necessary that your bag is powerful enough to fight temperatures of -5 °C to -15 °C (according to trips, altitude and periods, the coldest months December to February). Feel free to take a comfortable sleeping bag, indeed, "He who can do the most, can do the least!"
- A toiletry bag and bath towel
- Sunblock cream (face and lips)
- Headlamp, with batteries and spare bulbs
- Waterbottle of 2 liter minimum, light and isothermal
- Pocket knife, multi-purpose preferably
- Toilet paper + lighter

Helpful equipment

- Walking sticks
- Waterproof bags to protect your belongings
- Notebook or travel diary

Luggage

All of your luggage must be divided into 2 bags: - Provide a flexible travel bag with side zipper giving easier access to its contents, bag type marine 80 L and about 13 Kg maximum (16 kilos for camp/tent trekking). No suitcase or trolley because it is untransportable by the porters. We use the porters' service during the treks. You have the possibility to leave part of your belongings, that you will not use during the trek, at the hotel in Kathmandu. - A small backpack (capacity about 40l) for your belongings each day of trekking: sweater, spare t-shirt, water bottle, picnic-lunch, sunglasses, small things ... To protect your travel bags, we will provide Altaï Bags too. They are solid and waterproof.

Passport

Passport: & months validity minimum

The information mentioned is only indicative. They may be subject to change without notice by the Nepalese authorities. It is therefore prudent to check with embassies and consulates in your country the month before you leave. Passport valid for 6 months after the return date. Children must have an individual passport. They can no longer be registered on their parents' passports. ID card is not accepted

Visa

This is an individual visa. Obtaining your visa is under your responsibility. It is obtained on the spot as soon as you arrive in Kathmandu. Rates are as follows:

- 15 days Visa : 25 US\$ (or equivalent in euros)
- 30 days Visa : 40 US\$ (or equivalent in euros)
- 90 days Visa : 100 US\$ (or equivalent in euros)

To obtain Trekking permits, you must provide your passport and 1 photo ID. You must provide us with the good quality scans of the double page containing all the information of your passport and 2 photos of identity.

Mandatory vaccines

Although no vaccine is required, be sure that vaccines commonly used in western countries (tetanus, diphtheria, polio, typhoid) are still valid. Hepatitis A and B vaccines also recommended.

Health information & recommendations

Your Tour-leader has a pharmacy of first urgency. It is recommended to bring your personal medication (in sufficient number): aspirin, elastoplast, iodized alcohol, intestinal antiseptic, small scissors, tricosteril, face and lip sunscreen ... Also think about visiting your dentist, if you have some untreated caries, they have the annoying habit of waking up with altitude.

- Recommendations: Even if no vaccine is required for Nepal, you will ensure that vaccines currently practiced in Western countries (tetanus, diphtheria, polio, typhoid) are still valid. Hepatitis A and B vaccine also recommended. The risk of malaria is small, because we usually move more than 1500/1800 m, above the altitude of life of mosquitoes. The other areas crossed are hardly infested.

- Hygiene: water is not drinkable in Nepal. On the tourist grounds, it is always possible to buy bottled water. However, in order to limit pollution and preserve natural areas, we strongly recommend that you drink purified water. For that, think to bring a water bottle of minimum 1.5 liters and purifying tablets of water (micropur, agua tabs ...). Some hygiene rules: wash your hands frequently, and before each meal (there are pharmacy antimicrobial solutions to use without rinsing, useful in case of excursions); ensure the maintenance of perfect body hygiene and careful care (disinfect) of skin wounds; do not consume tap water, not drinkable, drink only boiled water for 30 minutes then filtered, or preferably bottled water capsulated (avoid drinking natural drinks like pressed fruit juice); do not consume ice cream or "lassi" (milk-based beverage) bought on the street; meat and fish / shellfish should be cooked well before consumption.

Weather

From the eternal snows of high peaks to the tropical lowlands, Nepal has a wide variety of climates.

- In autumn (October to mid-December): the days are very beautiful but can be fresh in altitude. At 3000 m altitude, temperatures can drop to -10 ° C at night.

- In winter (m-december to mid-february): The nights are generally cold, the climate is dry. If nighttime temperatures drop easily below 0 ° C to 3000 m, the days are often sunny. Treks below 4000 m are very pleasant. Few tourists at this time.

- In spring (March to end of May): at this season, Kathmandu is in full bloom and the rhododendrons are magnificent. The weather is nice and it's getting hot with some night storms. Temperatures vary between 10 ° C and 28 ° C, but can rise to over 30 ° C. Between 2000 and 3000 m, temperatures rarely drop below 0 ° C. On the other hand, a few rare frosts or snowfalls are possible in March from 4000 m.

- In summer: it's the monsoon season. It interrupts the majority of trekking from June to the end of September. Certain regions of the "Trans-Himalayan" zone, Mustang and Dolpo, however, remain sheltered from the monsoon regime that prevails in the rest of the country. These are the only circuits accessible in Nepal in summer.

Electricity

In recent years, due to a lack of hydropower facilities, electricity and water outages are becoming more frequent in Nepal, especially in Kathmandu (mainly in winter and spring). The hotels have generator but the electricity is limited. It is the same for the consumption of water.

Sustainable tourism

In a concern of respect for the environment, Altai engages for a minimum impact on the environment. Altai has always worked for a more responsible tourism and is part of a journey organization that respects equitable and sustainable principles.

Harmonization of practices ensures a fair distribution of economic benefits and improved working conditions of local teams and their awareness of the protection of the environment Adopt, you too, simple actions during your travels and act in favor responsible tourism.

- Avoid leaving garbage behind: drop them in garbage cans or bring them back with you

- Use drinking water sparingly (prefer showers to baths and report leaks) and avoid wasting it (prefer biodegradable soaps for washing etc.)

- Avoid degrading cultural sites: do not touch the statues, do not move stones and objects etc.

- Prefer exchanges to donations (gifts too important given the standard of living of the country can destabilize the local economic balance)

- Take a walk, especially in some fragile ecosystems, observe the wildlife from a distance, do not leave the trails, limit trampling and do not bring back "memories": give up picking rare flowers, collecting fossils, etc.
- In some hotels, you will have individual air conditioning. It is strongly recommended to avoid excessive energy consumption and greenhouse gas emissions to cut it systematically when you are not present in the room.