DESTINATION: HELAMBU TREK

Helambu Trek

6 Days

— Starts at	— Ends at	— Season

OVERVIEW

The trip

The Helambu trek is a short six-day teahouse trek that loops out of the Kathmandu valley into the Hyolmo Sherpa homeland north-east of the capital. From the trailhead at Sundarijal you climb to the ridge village of Chisapani, follow forested ridgelines through Kutumsang up to Tharepati at 3,690 metres, then drop into the villages of Tarkeghyang and Sermathang, where whitewashed monasteries, prayer walls and apple orchards sit among terraced fields. It stays low, needs no flight and rarely tops 3,700 metres, so it is one of the easiest ways to walk among the middle hills, meet Hyolmo culture and still catch the Langtang, Jugal and Dorje Lakpa peaks on a clear morning. The loop begins and ends with a short drive to and from Kathmandu.

HIGHLIGHTS

Trip highlights

The moments this trip is built around.

- Max altitude: 3,690 m at Tharepati
- Difficulty: Easy to moderate
- Best season: September to May
- Walking: about 5 to 6 hours a day

ITINERARY

Day-by-day itinerary

Your day-by-day plan. Everything is customizable — add nights, swap activities, or change hotels.

1 Drive to Sundarijal and Trek to Chisapani

- Short drive from Kathmandu to the trailhead at Sundarijal
- Climb through Shivapuri forest past waterfalls and the water-supply weirs
- Reach the ridge village of Chisapani (2,165 m) for a sweeping Himalayan skyline

2 Trek to Kutumsang

- Follow the ridge through Pati Bhanjyang and Gul Bhanjyang
- Walk between hillside farms, chortens and rhododendron stands
- Overnight in the Tamang village of Kutumsang (2,470 m)

3 Trek to Tharepati

- Steady climb through fir and rhododendron forest into higher country
- Cross grazing pastures and mani walls to Tharepati (3,690 m)
- The high point of the loop, with open views over the Jugal and Langtang ranges

4 Trek to Tarkeghyang

- Long descent off the ridge into the Melamchi valley
- Enter Tarkeghyang, the largest Hyolmo Sherpa village on the trek
- Visit the old monastery and wander the stone-paved lanes (2,600 m)

5 Trek to Sermathang

- Gentle, mostly level walking through villages and forest
- Pass gompas, prayer walls and apple orchards along the way
- Overnight at Sermathang (2,590 m), a quiet Hyolmo village with wide valley views

6 Trek to Melamchi and Drive to Kathmandu

- Descend through terraced farmland to Melamchi Bazaar
- Final riverside stretch out of the hills
- Drive back along the Melamchi valley to Kathmandu

INCLUSIONS

What's included

Included

- Private vehicle, Kathmandu to Sundarijal
- Private jeep, Melamchi Bazaar to Kathmandu
- Licensed guide
- Teahouse nights with meals on the trek
- Shivapuri and Langtang national park entries

Not included

- Lunch on day 6, drinks and snacks
- Travel insurance
- Tips and personal expenses

PACKAGE PRICING

Package pricing

Price per person for 1, 2 and 3 people. Ask us for any other group size.

PRICE

$450 / person

1 person	$673 / person
2 people	$506 / person
3 people	$450 / person

Prices are per person, in US dollars. No card fee · no hidden costs. What each price includes and excludes is in the What's included section above.

LEGAL & POLICIES

Booking & cancellation

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PAYMENT SCHEDULE

1. **30% — at booking confirmation**
   This first payment confirms your dates and lets us secure permits, domestic flights, guides, porters and your teahouse or hotel nights. Bookings made 15 days or fewer before the start date are payable in full on confirmation.
2. **40% — 15 days before your trip starts**
   The second instalment is due 15 days before the trip starts. For a group of seven or more travellers it is due 30 days before instead.
3. **Balance — 2–3 days before departure**
   Anything still outstanding is settled 2–3 days before departure, or at your pre-trip meeting in Kathmandu.

REFUND TIMELINE (CANCELLATION)

30 days or more	FULL REFUND
15–29 days	25% FEE
8–14 days	50% FEE
7 days or less	NO REFUND

Introduction

At **Uncover Nepal** we believe a trip should be stress-free from the very first step. This policy outlines how bookings work, what happens if plans change, and what you can expect from us at every stage of your journey in Nepal.

Bookings are confirmed in writing by email and are subject to availability at the time of payment. We accept bank transfer, credit card and authorised payment gateways, in US dollars or the Nepalese rupee equivalent; international transaction fees are borne by the traveller, and a payment counts as made only once the funds reach our account.

Non-refundable services

Some costs are committed to third parties the moment they are issued and cannot be recovered, regardless of cancellation timing:

- **Trekking permits** — ACAP/national-park entry and restricted-area permits are issued in your name.
- **Domestic flight tickets** — Kathmandu–Lukla, Pokhara and similar sectors, once ticketed.
- **Entrance tickets** to parks, monuments and heritage sites, once issued.
- **Chartered helicopters**, peak-climbing royalties and pre-paid activities.
- **Special hotel rates** booked on non-refundable terms at your request.
- Unused services, early descents, early departures and voluntary trip curtailments.

Permits & domestic flights

Permits

- Permits are issued by the relevant government authority and in your name; issuing them is not at our discretion.
- Permit and park fees are non-refundable once issued, including if you turn back on the trail.

Domestic flights

- Mountain sectors such as Lukla are weather-dependent. Delays and cancellations are common in cloud and are outside anyone's control.
- All cancellations and changes are subject to the airline's fare rules.
- Where a mountain flight is cancelled we will help you rebook or arrange an alternative, but Uncover Nepal is not liable for the delay itself or for onward connections you have booked separately.

How refunds are paid

- Cancellations must reach us in writing at contact@uncovernepal.com. The timeline above runs from the date we receive that email.
- Approved refunds are processed within 7–15 working days of our acknowledgement.
- Money is returned by the original payment method and in the original currency.
- Bank and transaction fees on both the original payment and the refund are borne by the traveller.

No-show & early departure

- Travellers who do not arrive for the trip are charged the full trip cost.
- Leaving a trip early, and any service you choose not to use, is charged in full and is not refunded.

Liability & disclaimer

Events beyond our control

Uncover Nepal is not liable for delays or cancellations caused by events beyond our control, including weather, landslides and road closures, natural disasters, government actions, strikes or pandemics.

Your own international flights, travel insurance and Nepal entry visa are your responsibility. We strongly recommend insurance that covers trekking to the maximum altitude on your itinerary, including helicopter evacuation.

Talk to us

Questions about a booking or cancellation? Email contact@uncovernepal.com or call +977 9705413894. For urgent queries, WhatsApp us for a faster response.

uncover nepal

Ready to book this trip?

Share your dates and group size. A Uncover Nepal travel expert will build the best plan for you — free, no pressure.

View tour on web → | WhatsApp us

Call / WhatsApp: +977 9705413894
Email: contact@uncovernepal.com · **New Baneshwor, Kathmandu, Nepal**
Web: uncovernepal.com

This itinerary is indicative and subject to a final booking agreement. Prices, inclusions and day sequence may change with availability, season and group size. Zeta Tours and Travels Pvt. Ltd.