



# Helambu Trekking - 7 Days



## Trip Facts

Destination	Nepal
Duration	7 Days
Group Size	2-24
Trip Code	DWTTK07
Grade	Easy
Activity	Langtang Treks
Region	Langtang Region
Max. Altitude	3,490m at Tharepati
Nature of Trek	Lodge to Lodge Trekking
Activity per Day	Approximately 4-6 hr walking
Accommodation	Hotel/Lodge/ Tea House during the trek
Start / End Point	Kathmandu/ Kathmandu
Meals Included	All Meals (Breakfast, Lunch & Dinner) during the trek
Best Season	Feb, Mar, Apr, May, June, Sep, Oct, Nov & Dec.
Transportation	Kathmandu - Sundarimal & Malemchi - Kathmandu by Private transport.

## A Leading Himalayan Trekking & Adventure Specialists

TRULY YOUR TRUSTED NEPAL'S TRIP OPERATOR.

Join in with us on a short, easy, and popular trek to the Helambu valley which is culturally, and naturally the richest trekking and hiking trail in Nepal. Along with...

## About the Trip

Join in with us on a short, easy, and popular trek to the Helambu valley which is culturally, and naturally the richest

trekking and hiking trail in Nepal. Along with striking mountain views of Gauri Shankar, Langtang Lirung, and Ganesh Himal, explore the richness in the Buddhist culture as well.

- ✔ Best Price Guarantee
- ✔ Hassle-Free Booking
- ✔ No Booking or Credit Card Fees
- ✔ Team of highly experienced Experts
- ✔ Your Happiness Guaranteed

## Highlights

- 📍 Rhododendron flowers, pine forests, green meadows
- 📍 Stunning view of Ganesh Himal (7,406m), Langtang Lirung (7,345m) and Gaurishankar (7,145m)
- 📍 Entering and exploring the Shivapuri National Park
- 📍 Exploring the Buddhist culture by visiting their ancient monasteries, shrines and stupas
- 📍 Visiting the Tibetan, Tamang, Sherpa and Hyolmo ethnic community
- 📍 No altitude sickness as the highest point will be at 3500m.

## What is Included?

- ✔ Kathmandu to Sundarjial (trek start) and Malemchi Bazaar (trek end) back to Kathmandu by Private transport.
- ✔ Tea House/ Lodge accommodation during trek ( (Twin Sharing Room) - 6 Nights
- ✔ All Standard Meals ( 7 Lunches, 6 Dinners and 7 Breakfasts) during the trek.
- ✔ Government License holder Discovery World Trekking experienced and qualified trek leader (guide), assistant trekking guide, (12 or above trekkers: 1 assistant guide) and porter to help trekkers luggage (2 trekkers: 1 porter "9 kg per trekker max limit").
- ✔ Coverage of guides and porters meals, insurance, salary, lodging, transportation and other necessary equipment.
- ✔ Langtang National Park entry permit fee.
- ✔ Trekkers Information Management System (TIMS) card fee.
- ✔ Water purification tablets for safe drinking water
- ✔ Snacks (cookies) and Seasonal fresh fruits every day
- ✔ All government, Local taxes and official Expenses
- ✔ Assistance in arranging rescue operation in case of complicated health condition (funded by travel insurance).
- ✔ Souvenir - A company's T-shirt & Cap
- ✔ Discovery World Trekking's appreciation of certificate after over the successfully trek.
- ✔ Farewell Dinner at the end of the trek

## What is Excluded?

- ⊖ International Flight.
- ⊖ Nepal Entry Visa Fees for multiple Entries on arrival at Tribhuvan International Airport- (15 days - \$25-30, 30 days- \$40-50 and 90 days- \$100-110)
- ⊖ Excess baggage charges (Limit is 9kg per Person)
- ⊖ All Accommodation and meals in Kathmandu, before and after we start our journey
- ⊖ Extra night accommodation in Kathmandu due to early arrival, late departure, early return from trekking (because of any reason) prior to the plan scheduled itinerary.
- ⊖ Personal expenses (shopping, snacks, boil bottled water, hot and cold drinks, hot shower, Alcohol, Wi-Fi, telephone call, battery re-charge fee), extra porters etc
- ⊖ Personal clothing and gear.
- ⊖ Travel insurance which has to cover emergency high-altitude rescue and evacuation compulsory
- ⊖ Tips for guide and porters (Recommended by the Culture)
- ⊖ Additional costs or delays caused by management out of control like landscape, bad weather condition, in case of itinerary modification with a view to safety concern, illness, change of government policy, political instability raises strike, moment etc.

☐ All the costs and expenses which are not listed in "cost includes" will be counted as excludes

## Overview

**The Helambu Trek** is a very pleasant and easy trek as the altitude is not high compare to another trek as the elevation range would be between **800m to 3600m**. The Helambu valley comprises of the Hyolmo ethnic and culture. We will be visiting many **Tibetan Buddhist monasteries, shrines, and stupas. Inhabited by the Sherpas and Tamangs**, we will get to know their lifestyle which is pretty interesting.

This trekking trail is less crowded and nature surprises with its beauty. While trekking, we will be crossing by ridgelines and through dense forests that give us the amazing scenery of the blooming rhododendron flowers and bamboo forests. The landscapes and green meadows give us peaceful scenery.

**72 kilometers northeast of Kathmandu valley**, we will drive to Sundari Jal for about an hour and trek to our destination; Chisopani. After a few hours of trekking, we will enter the Shivapuri National Park and further arriving at Chisopani. Following a ridgeline, the trail passes through Kutumsang which is the first permanently inhabited village of this trek. Trekking through beautiful rhododendron and bamboo forests we will reach Tharepati. Tharepati is the highest point of the trek. From Tharepati, we trek along the Melamchi Khola, and above it is the old village of Melamchi Gaon. **The monasteries in this village give us an insight into the Tibetan cultures followed by the locals** and also a mesmerizing mountain view. The next few days will be interesting as we walk through the Melamchi Khola valley crossing green meadows and fields of the Melamchi Pul Bazaar. The following day we will drive back to Kathmandu where our enjoyable trek finally comes to an end.

The Helambu trek is a short and easy trek that you would not want to miss. Discovery World Trekking also has other trekking choices that are much more challenging yet rewarding. **Please feel free to contact us for further trekking adventures.**

## Day to Day Itinerary

### Day 1

#### Drive to Sundarijal (1,385m/4,545ft), Trek to Chisopani (2,295m/7,655 ft)

##### Itinerary Facts

<b>Driving Hours</b>	1 hr
<b>Trek Distance</b>	13 km/ 8 miles
<b>Highest Altitude</b>	2,295m/7,655 ft
<b>Trek Duration</b>	4-5 hrs

After early morning breakfast, we will go on an hour's drive to Sundarijal. It lies at the foothills of the valley and is the starting point of our trek. Upon arrival at Sundarijal, we begin our trek to Chisopani that will take about four to five hours. As we begin to trek, we will come across a small hydroelectric plant. The trail further takes us to Shivapuri National Park. Soon after, we arrive at the first settlement which is called Mulkhara after trekking up a ridge at 1895m and about 600m above Sundarijal. It is mostly inhabited by the Tamang people. We can take a short break at Mulkhara as they have tea and snack shops. Then we walk by the ridge and through a dense forest of oaks and rhododendron. During spring, the forest will be blooming with multiple colored rhododendrons. After trekking through the forest we will finally reach Chisopani.



Overnight at lodge



Included meals: Breakfast, Lunch, Dinner

### Day 2

#### Trek from Chisopani (2,295m/7,655 ft) to Khutumsang (2,470 m/8,250 ft)

##### Itinerary Facts

<b>Trek Distance</b>	17 km/ 10.5 miles
<b>Highest Altitude</b>	2,470 m/8,250 ft
<b>Driving Hours</b>	6-7 hrs

Waking up before dawn to watch the sunrise is a perfect treat to us as the viewpoint from Chisopani is magnificent. Watching the sun rays hit the Himalayan range will definitely be sight a to behold. After taking our breakfast, we head for a journey to Kutumsang which takes about five to six hours. Our today's trek starts with a decent trek by the meadows and fields enjoying the magnificent views of the Langtang Mountains. Then we descend to a saddle in the ridge, arriving at Pathi Bhanjyang, a small and pleasant village. We further trek to Gul Bhanjyang climbing over landscapes and a ridge to another pass. Another downhill trek from the pass takes us to Kutumsang.



Overnight at lodge



Included meals: Breakfast, Lunch, Dinner

### Day 3

#### Trek from Khutumsang (2,470 m/8,250 ft) to Tharepati (3,690 m/11635 ft)

##### Itinerary Facts

<b>Highest Altitude</b>	3,690 m/11635 ft
<b>Trek Duration</b>	6-7 hrs

After breakfast, we head towards the north of the Himalayas and this route gives us beautiful views of the snowy peaks approaching ahead. We climb above on a steep trail mostly through fir and rhododendron forest where there are no permanent settlements. The forests are lush and dense blooming Nepal's national flower; rhododendron. The trek continues to Yurin Danda with magnificent views of the Himalayas. Shortly we arrive at a few lodges at Magen Goth near a pleasing meadow with mountain views. Finally, we arrive at Tharepati.



Overnight at lodge



Included meals: Breakfast, Lunch, Dinner

#### Day 4

##### Trek from Tharepati (3,690 m/11,635 ft) to TarkeGyang (2,600 m/9,115 ft)

###### Itinerary Facts

**Highest Altitude** 3,690 m/11,635 ft

**Trek Duration** 6 hrs

The trek today will be interesting as we will be seeing a different culture and lifestyle. This trek is about 5 hours. At the beginning of the trek, we will head towards the east, off the ridgeline, and descending downwards as we will reach the fascinating Melamchi village. It is inhabited by Sherpa people but they are different from the Sherpa to the east in Solu Khumbu. This village has interesting Buddhist Stupas shrines and monasteries that have been visited by Guru Rinpoche and it is considered to be very scary. Then we trek up to Tarkeghyang passing through Sherpa settlements enjoying the Himalayan peaks. We will also discover the village's ancient monastery which is one of the oldest and biggest monasteries in the region. The village is more popularly known as Helambu since most of the inhabitants belong to the Hyolmo caste.



Overnight at the lodge



Included meals: Breakfast, Lunch, Dinner

#### Day 5

##### Trek from TarkeGyang (2,600 m/9,115 ft) to Sermanthang (2,590 m/8,715 ft)

###### Itinerary Facts

**Trek Distance** 10.5 km/ 6.5 miles

**Highest Altitude** 2,600 m/9,115 ft

**Trek Duration** 5 hrs

The trek today will be pleasant as we will not be gaining much altitude. The route will take us through dense forests, streams, and waterfalls that have a stunning sight. As we trek, we will be coming across many small villages between Parachin and the Sherpa village of Ganguly. From Gangyul, we arrive at Sermanthang. It is a beautiful settlement with quite a few Buddhist monasteries. We will be exploring them as we learn about Buddhism. From Sermanthang the mountain views are absolutely breathtaking.



Overnight at lodge



Included meals: Breakfast, Lunch, Dinner

#### Day 6

##### Trek from Sermanthang (2,590 m/8,715 ft) to Malemchi Bazar (850 m/2825 ft)

###### Itinerary Facts

**Highest Altitude** 2,590 m/8,715 ft

**Trek Duration** 5-6 hrs

After enjoying a relaxed morning with breakfast, we cherish the sunrise mountain views. Being the last day of the trek, today will be exciting and pleasant. Today we make an amiable hike down the beautiful valley to the Melamchi River. Just out of Sermanthang we pass a large shrine to Guru Rinpoche and then descend through villages and terraced fields. Over the Melamchi River, we meet the road and at Melamchi Bazaar we arrange transport back to Kathmandu for the following day.



overnight at lodge



Included all standard meals ( Breakfast + Lunch, Dinner)

## Day 7

### Drive from Malemchi Bazar (850 m/2825 ft) to Kathmandu

#### Itinerary Facts

**Driving Hours** ( 64 km/ 39.7 miles) 4-5 hrs.

Today we will be departing the hills for a return to the ancient city of Kathmandu. The scenic route follows first along the Melamchi River offering pleasant views of the natural scenery and farmland. The drive back to Kathmandu will take about four to five hours. Shortly, we will reach the capital city; Kathmandu. Trekkers will be escorted to their respective hotels. Trekkers may freshen up and choose to explore the city during the night as Thamel would be a great option.



Overnight at your own selected hotel at Kathmandu.



Included standard meals ( Breakfast + Lunch)

 Route Map

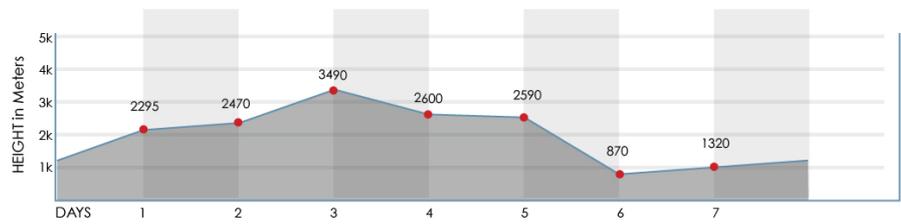


**7**  
DAYS  
**HELAMBU**  
TREKKING

- Difficulty level
- Best Season Feb-Jun, Aug-Nov
- Main Trekking Route
- Drive Route
- Secondary Route
- Passes
- View Point
- Max. Altitude 3490, Tharepati



Altitude Chart



## Trips Notes

### How you'll start your journey towards langtang valley trek?

The first day is your arrival day in Kathmandu (Tribhuvan International Airport-TIA), Nepal. On the second day, we drive to Sundarjal.

Kathmandu to Sundarjal and Malemchi Bazaar back to Kathmandu by Private transport.

### Don't Worry, We'll Pick You!

Discovery World Trekking provides free airport arrival and departure transfer on any flight for the Helambu Trek package. You will be received from our representative crew from Discovery World Trekking regardless of the flight you take holding a pamphlet of your name and our company name with a warm-hearted welcome with either a khada or a marigold garland and you'll be escorted to your hotel with all comfort possible.

### Accommodation Details During The Helambu Trek

7 days Helambu trek includes **six nights lodge to lodge** stay at a mountain, where we use the best available lodge and select the best accommodation in Helambu. (Generally twin Sharing room)

Two nights of Hotels in **Kathmandu before and after the trek is** required which is not included in the package. Kathmandu has a wide range of hotels for all budgets and your interest. We prefer your choice.

### The Meals

Our trek is all over high elevations near the world's highest peak which means your body needs enough carbohydrate, protein, nutrition as food is fuel for the body to hike on such humongous Himalayan trails. The meal on this trek is very convenient but not as in cities.

There will be **7 Breakfasts, 7 Lunch and 6 Dinners** will be provided in the trek.

Some of the popular menu items are -

**Seven breakfasts** - ( Oatmeal, Corn Flakes, French toast with Jam, Butter, Cheese, and Honey Tibetan bread or Chapati Local tsampa porridge, Hashed brown eggs, Varieties of eggs (Omelets) Pancakes Muesli Breads Fruits and Vegetables Hot drinks like varieties of teas and coffees Hot chocolates, etc)

**Seven lunch** - (Dhal, Bhat & Tarkari (Dal Bhat power 24 hours) Tibetan Bread Various Soups items Sherpa Stew Steaks Sandwiches Momo (dumplings) Macaroni dishes Tenduk Spaghetti Noodles Thukpa Pasta Vegetable curry Potatoes items Vegetable and salad Pizza (Tomato, Mushroom, Mixed) Snakes (Papad, Prawn) Desserts items (Rice Pudding, Apple pie), etc)

**Six Dinners** - ( Dhal, Bhat & Tarkari Tibetan Bread Various Soups items Sherpa Stew Steaks Sandwiches Momo (dumplings) Macaroni dishes Tenduk Spaghetti Noodles Thukpa Pasta Vegetable curry Potatoes items Vegetable and salad Pizza (, Tomato, Mushroom, Mixed) Snacks (Papad, Prawn) Korean Raman Desserts items (Rice Pudding, Apple pie), Hard Drinks Steaks, etc.) are available on the menu during the trek. The best selected from the menu of the lodge which will be fresh, hygienic, tasty, and nutritious. The menu is a combination of traditional local, Asian, and western cuisine almost everywhere but as we go up close, the menu list will be shorted. We highly recommend liquids green tea, lemon tea, hot lemon, ginger tea and garlic soup(must), etc. at high altitude and also the fresh vegetable items for health benefit.

Tho plenty of non-veg items will be available we won't recommend any of them because the meat in such places is not hygienic and healthy during the trek. We highly encourage to avoid dairy and cheesy items and strongly suggest not to consume Alcoholic drinks, caffeinated items, hot chocolates as experts suggest to avoid such items during such high elevation treks.

All Personal Bills (Alcoholic Drinks, Hot and Cold Drinks) in tea house/ Lodges or in cafe except Standard Meals(Breakfast, Lunch, Dinner with seasonal fruits) are excluded from Package

### Best Time To Helumbu Trek

The weather is one of the most important factors to look at when deciding to trek to Helambu cause no one is beyond nature.. People trek **12 months of the year up to Helambu trek** but certainly, there is ups and downs in every season, It is best suited to trek during the spring and the autumn as the sky is crystal clear from dusk till dawn, the rainy weather stops and thick sun-blocking clouds also fades. The Magic of clear azure skies provides the most spectacular vistas. With added those breathtaking views, Tho during the winters and monsoon, it becomes a bit challenging to trek due to heavy snowfall, cold temperature but that's what excites many trekkers.

Although trekking is possible throughout the year each season has different advantages and attractions and advantages offer for trekking in the Langtang region. The temperature in the mountains also depends according to **the altitude range – the higher the altitude, the lower the temperature**. In brief, below are the detailed information about the climatic condition of every quarter of months.

### March-May - Spring

Destination towards Helambu trek is Spring (March-May) is a season in which mountain lovers and travel enthusiasts come to Helambu in a very large number. In this season, the climate is mild, the rainfall is quite low and the trekking conditions are perfect. The mean daily temperature in the Helambu is **between 15 to 20 degrees C**. Lower regions along the trek are even warmer making it pleasant for any nature lover.

Trekking season begins after March in the spring. By April, the trek route throughout the Himalayas will be rewarded with different full blossom rhododendron of red, pink, and white even at an elevation of over 3,000 meters. The temperature starts rising from mid-March up to mid-May. The weather is cool at this time. The sky is very clear and you can enjoy the clearest views of the mountains.

### June to August -Summer

If you are coming to trek Helambu between July to August, you are signing up for summer. Summer season falls in the month of June, July, and August. Summer is the month of the hottest temperature and therefore has the most pleasant trekking conditions compare to other months. But the monsoon that coincides with the summer means that you have to be more careful with your preparation as the trekking trails might be wet and slippery.

It usually rains during this season. Monsoon generally begins around the end of June and continues up to the second week of August. The temperature during the days usually ranges from **10°C to 28!** and gets relatively colder at night (**10°C to 13?**) mornings are usually clear with clouds building up during the afternoon and disappearing again at night. Though the rain may cause some problems. various plants bloom during this season, the valleys will be a green and totally different view than during other seasons.

### September to November -Autumn

Autumn (September, October, November), like Spring, is a season that invites travelers around the world to trek in the Helambu. Moderate temperatures, mild wind, and low precipitation make Autumn a season of wonderful trekking conditions.

This is a favorite among tourists with the most favorable weather and perfect climate condition. The sun shines brightly the skies are clear you get a superb view of mountains and the temperature is perfect for the daytime trek. you can enjoy spectacular starry skies since the sky is clear at night. The monsoons will be over by early September and the weather ranges from mild to warm days. Daytime temperatures can reach up to **22c in high altitudes**, the nights are colder with temperatures that may go **down around 10c**. the greens that grew during monsoon fade to golden/amber proving a spectacular contrast against the crystal blue skies, grains are ripening in the enclave. The environment is clean and the lowlands are lush. The biggest festivals of Nepal like Dashain, Tihar also fall during these seasons. It is also a busy season, the clearest month, with the crisp and sparkling sky. The daytime temperatures at this month are usually the most stable, from mild to cool conditions the humidity is also pretty dry with very cold nights

### December to February- Winter

Winter (December - February) treks in the Langtang region are as popular as the Spring or Autumn treks. The places along the Annapurna Base Camp trek can be cold during the winter but that's what excites most trekkers. The temperature of Helambu itself can be **as low as -3 degree C** which tempts trekkers to visit this region in pleasant climatic conditions.

The coldest time is from December through early February, after late February, the climate gradually gets warmer Temperatures to get cold dropping to -5 degree C at high altitudes. daytime is pleasantly and relatively warm with sunshine. Despite being cold the skies are usually very clear, mountain views are at their best. with snowy caps, it might snow and the ground will be snow the trails are the least busy at this time.it may not be the best season for beginners but experienced trekkers will have no problem.

The weather in the Himalaya is so unpredictable and the temperature may change quickly from day to night.

### Acclimatization

In this trek, we will not be **acclimatizing** as it is an easy, short, and pleasant trek. Altitude sickness is commonly faced by many trekkers and will need immediate treatment and shouldn't be left ignored. Our trekking leader and guide have extensive first aid training and well-experienced in the Himalaya we urge to inform your group leader and guide at first signs of the symptoms, we guarantee your health will be in reliable hands. Your trek leader or guide will suggest precautions. The best way is to take your time and drink plenty of water at least 4 liters a day. If it is severe the only cure for altitude sickness is to descend immediately. Please note that your group leader has the ultimate responsibility to decide or stop your ascent based on your overall condition. It is essential to keep in mind that some are more vulnerable than others.

### Physical Condition & Experience Requirements

The Helambu trek is an easy and rewarding trek. The hiking will be from 3-7 hours a day depending on the on the destination, taking regular breaks where we admire the mountain views. The trek routes involve long treks, steep descents, and a steep forward trail in the rocky paths and the forests as well. To go on such treks, the fitter, the more comfortable and enjoyable the journey will be. If you have experience or enjoy trekking, this may be an advantage for you. This trek is not recommended to those who suffer from sensitive medical conditions such as heart or lung disease.

### Trekking group/single

We organize a group as well as a private trek. The price of **group discount** is applied with having your own paxes at your group and price will be the same whether group joining or private touring. We are able to lead and handle any size of the participants in a group. There will be a group leader Guide, a porter for every two trekkers, and an assistant guide for a group of **12 or above trekking members**.

### A typical day on trek

Every day will be rewarded with a unique experience of trekking, climbing enjoying the scenery, taking photos and exploring the local villages. During the expedition, experienced friendly and qualified expert Sherpa will share information and historical facts about the places as they accompany us throughout the trek. The porters who carry our luggage will also accompany us. However, we will be carrying our own small backpack with the necessary items.

The day starts with an early morning hot cup of tea/coffee. After packing our bags and gorging on a wholesome breakfast, we set off on the days walk around 7 AM to 8 AM, depending on the duration and nature of the days walk. After trekking for three to four hours, we will have lunch around midday on the route to the next destination, and we continue after about an hour of rest. The afternoon walk is generally shorter: about two to three hours. Once we reach our overnight lodge/tea house/tent, we snack on the extra dietary food. We will also have free time to explore nearby places. Dinner is served around 6 PM to 7 PM. Before going to bed, we will spend some quality time in friendly conversations and discuss the experience of that day. The expedition leader/guide will brief us about the next day's plan. After this briefing, we enjoy onboard games like monopoly, cards, and watch available mountaineering documentaries. Most of the foreigners indulge in light and fun learning of Nepalese language from our crew or read books before heading off to bed for a well-deserved sleep.

### Communication on trek

On the Helambu Trek, the use of internet service will be available at the lodges with some extra service charge. You can contact your family and friends via the lodges, but once we reach high altitudes communication will be through the phone for safety proposes.

We'll communicate all our valuable clients through our leader at least once a day to make sure you're fine, safe, feel right, and have everything up there. You'll always be connected to **Kathmandu's DWT office** for any kind of help during the trek. Also, depending on the kind of network you use, there will be a signal but not very strong before the high altitude. At your request, we can provide you with a separate local sim card (**Most of the places have wifi service available with an extra cost**) for good access to connect.

Normally Wi-Fi works every part of the trek in lodge/lodges which will be provided with an extra cost.

### Electricity and battery recharge, water on the trek

Throughout the lodges at Helambu, electricity for the camera and mobile battery recharge is available at an extra cost in all lodges. Most of the lodges have hydroelectricity and some of them have used solar panels. Water during the trek,

you can buy either packed mineral water from local lodges and en route shop or filling boiled water at an extra cost.

**A water purification pill is will be provided to make water drinkable.**

you shouldn't drink water from the river, tap, well up there cause it might not be drinkable as it seems.

## Travel insurance

This trip grade is ranked moderate with less risk of potential high altitude sickness. However, this mountain journey is not for a usual visits, and other unforeseen or unexpected events such as injury, illness, flood, landslide or sudden climate changes, etc may face.

Travel insurance is a significant part of our booking condition for the Helambu Trek. All the members of trekking must provide a copy of their comprehensive travel insurance policy certificate to Discovery World Trekking. The policy must cover medical and emergency repatriation inclusive of helicopter rescue and evacuation expenses at high altitude for trekking members.

Trekking members are kindly requested to send their detailed insurance information once they book for trekking. In case of emergency situations, we will be using the insurance policy and informational documents you sent us. This will help us arrange a quick and effective rescue operation, transfer for emergency medical help, etc. Please ensure that the insurance company includes the cost incurred for mountain rescue service at the highest elevation of the trekking. Trekking members are kindly requested to send their detailed insurance information once they book for trekking. In case of emergency situations, we will be using the insurance policy and informational documents you sent us. This will help us arrange a quick and effective rescue operation, transfer for emergency medical help, etc. Please ensure that the insurance company includes the cost incurred for mountain rescue service at the highest elevation of the trekking.

Before you buy travel insurance (Don't just believe them what they say on their website) make sure you call them and recheck if they have Helicopter-rescue and evacuation up to 6000m according to your trekking height.

## Extra personal expenses on trekking

Discovery World Trekking tries to provide all extra expenses excluded from the package. Meals and accommodations in Kathmandu are up to our clients themselves as all kinds of hotels/lodges (**both luxury & budget**) can be booked easily online or even we can do it on request. All our valuable clients will have to bring personal spending money with them to cover costs of accommodations in Kathmandu, visa process, travel insurance policy purchase, beverages, snacks for the trek, hot and cold drinks, tips to the trekking crew members, souvenirs, etc. We recommend bringing cash (dollars) which can be changed to rupees here cause during the trek only Nepalese currency is accepted.

## Passport and visa

All foreigners except Indians, require a visa to enter Nepal. Visa is available on arrival at the Tribhuvan international airport. Visa can be extended at the central immigration office [www.immigration.gov.np](http://www.immigration.gov.np) The visa application will require at least a passport of 6 months' validity, and a passport size photo. The current cost of the visa fee is the US \$50 for 30 days which have to be paid in cash on arrival at Tribhuvan International Airport. Citizens of China and the SAARC countries will receive a free visa. There are certain countries (Nigeria, Ghana, Zimbabwe, Swaziland, Cameroon, Somalia, Liberia, Ethiopia, Iraq, Palestine, and Afghanistan) that may not receive the visa on arrival and so you will have to contact your local Nepalese embassy.

## Money exchange

**Nepali Rupees (NPR/Rs) is the local currency.**

**(1 USD = ~ Rs.100 NPR).**

We can exchange most of the foreign currencies through local banks and legitimate money exchanges in Kathmandu and all over Thamel. Small amounts of cash can also be exchanged at the hotel. The ongoing rate of exchange is visibly displayed. The government of Nepal has banned the import, export, and use of 500 and 1000 Indian Rupee note in Nepal. You should ensure that you are not carrying these notes on arrival in Nepal as they will be confiscated and you may also be fined. Despite having the security advantage of a traveler's cheque, we prefer cash exchange to avoid hassles like a lengthy process and a high rate of commission at the banks. You can withdraw cash (in Rupees only) from one of the many ATMs in Kathmandu and Thamel itself. There are quite a several ATMs that are open around the clock. The maximum withdrawal amount is 35,000 Rupees for a 500 Rupees processing fee if you are using your foreign card. If you use the money exchange facility at banks and financial institutions the service fee charge imposed is about four percent or more depending upon the bank.

Most of the established banks in Asia will not accept foreign currency notes that are old, torn or faded. Please ensure that you have new, clean notes

### How Much Luggage can I take during 7 days helambu trek?

The weight limit for your luggage is 9 kg per trekker, Porters will be assigned to carry your luggage, Two people will be assigned with one porter, combined luggage should not exceed more than **18 kgs. We never overload our porters.** but a should carry your own knapsack or backpack (with your valuables or anything important) on your own. Only carry what is essentials, You can leave any excess baggage either at your hotel or at the **Discovery World Trekking store for free and it'll be completely safe.**

We'll recheck everything (Luggage, equipment, etc.) in our briefing before we start our journey from our Office.

### Helambu Trek Safety

**Discovery World Trekking guarantees** our valuable client's **safety, security, and satisfaction.** **Safety** is the utmost important concern for us. For the trek, we will be carrying all the necessary gears, equipment, and first aid kits.

**Our leaders and guides have vast knowledge and have extensive first aid** training. If a trekker falls sick due to the altitude, it is entirely up to the trekker to decide if he/she will further continue as health is very important. In case of emergency, the rescue helicopter will always be ready to bring you back from the higher elevation. During the trek, every group will be together so that everyone is safe and won't wander off alone.

### Equipment Checklist

#### Equipment lists for Helambu Trek

It is recommended to carry the basic clothing and accessories needed for the trek. The followings are suggestions that should be brought, although we understand that our clients have their own preference of clothing. Porters will be carrying the main luggage which should not exceed more than 20kg. Equipment can be hired in Kathmandu as well.

#### Head

-  Sun hat or scarf
-  Winter hat or insulating hat or Wide brimmed hat
-  Headlight with extra batteries

#### Face

-  Sunscreen
-  Sunglass with UV protection
-  Face/body wipes

#### Hands

-  Light weight gloves
-  Heavy weight winter glove
-  Light weight gloves
-  Heavy weight winter gloves

#### Body

-  Hiking shirts
-  Long sleeved shirt
-  Hooded rain jacket
-  Fleece jacket

-  Light weight cotton pants
-  T- Shirt (bring Light weight wool)
-  Polypropylene underwear
-  Down jacket (available in rent in Kathmandu)
-  Sweater
-  Water proof jacket and pants

### Foot wear

-  Hiking Boots
-  Thick wool socks (Take an extra pairs of thick light socks)

### Essential gear

-  Backpack or daypack (Size depends on whether you take porter or not).
-  Thermal bottle
-  Water purification
-  Trekking pole
-  Sleeping bag (-15 bag is best in the high-altitude trekking)

### Toiletries

-  Medium size drying towel
-  Tooth brush
-  Tooth paste
-  Deodorant floss
-  Bio degradable bar soap
-  Nail clippers
-  Small mirror

### Personal accessories

-  Money
-  Watch
-  Cell phone
-  Camera

### Extra items

-  First aid kit
-  Extra passport photos and photocopies of passport
-  Notebook and pen
-  Binoculars

## Join Upcoming Trips

The given prices are per person basis and fixed in which the International flight cost has excluded. In addition, trek cost includes and excludes details is applied. The dates schedule is fixed, 100 percent guaranteed and confirmed to departure trekking. We are flexible to organize trek in your own departure trek date. We organize private and group trek. For this, trekker can send us message submitting your own departure trek date.

Departure Dates	Price
01 Dec, 2020 - 08 Dec, 2020	\$950 \$400
04 Dec, 2020 - 11 Dec, 2020	\$950 \$400
08 Dec, 2020 - 15 Dec, 2020	\$950 \$400

Departure Dates	Price
11 Dec, 2020 - 18 Dec, 2020	<del>\$950</del> \$400
15 Dec, 2020 - 22 Dec, 2020	<del>\$950</del> \$400



## Discovery World Trekking

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**Location:** Saat Ghumti Chowk, On the way to Kaldhara Marg, Near to the International Guest House, Kaldhara, Thamel, Kathmandu, Nepal. [Opening hours – 8 Am to 7 Pm]

### 24 Hrs. Emergency Call

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Quick Questions? Email Us

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