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TRAVEL

五洲旅行社

8 Days 7 Nights Nepal Trek Adventure "Halembu" Trek

Welcome to Nepal Mountain Trekking!!!

Nepal is a never-ending outdoor adventure play-ground. The best way to experience Nepal's unbeatable combination of natural beauty and cultural riches is to walk through them.

"Nepal Mountain Trekking" is proud to share nature & century old cultures, and many years of experience in this field with you and give you an excellent unforgettable beautiful Nepal



Trip Facts

Trek days: 5 Days

Max Altitude: 3,800m

Trekking grade: Moderate

Per Day Walking: 4 - 6 Hours

Accommodation: Hotel / Trekkers
Lodge (Teahouse/Guesthouse)

Best Season: February, March,
April, May, October, November



DAY 1: ARRIVE IN KATHMANDU

Arrive at Kathmandu airport, you will be met and greeted by our local tour representative and transferred to the hotel. After check-in at hotel, rest of the day and free at own leisure.

DAY 2: KATHMANDU (B)

Morning after breakfast, depart to visit **City Dubar Square**, it's a cluster of ancient temples, palaces, courtyards and streets that date back to the 12th and 18th centuries. The square is known to be the social, religious and urban focal point of the Capital City. Continue visit to **Swayambhunath Temple**, said to be 2500 years stupa on a hillock, which offers a breath-taking view of Kathmandu City. After lunch, proceed to Padan, the ancient city, once a kingdom in itself, is situated across the Bagmati River to the south of Kathmandu. **Patan Durbar Square** offers the finest display of Newari urban architecture in Nepal. There are temples devoted to Shiva, Krishna, Ganesh and Vishnu all actively visited by residents and visitors.

DAY 3: KATHMANDU – SUNDARIJAL – CHISOPANI (2140m) (B, L, D)

Today, gear up to head towards Sundarijal, 1350m above sea level, that take about one hour drive. The unpaved road from Kathmandu turns into a trail near a small hydroelectric plant. The trail passes through the Shivapuri Watershed and Wildlife Reserve. The first settlement you will come across is Mulkharka with Tamang inhabitants. The route heads down the ridge through the forest of oaks and rhododendron to Chisopani, 2140m above sea level, that will take about four and a-half hours. Chisopani is cold for its weather. It has magnificent views from Annapurna to Everest. Overnight in Chisopani at a lodge.

DAY 4: CHISOPANI – KUTUMSANG (2446m) (B, L, D)

After breakfast, start to trek from Chisopani to Kutumsang (2446m), takes about seven hours. The trail continues to drop from Chisopani on easier paved, sometimes level trail that crosses the meadow and fields. You will then descend through Pathi Bhanjyang till Gul Bhanjyang. The trail climbs the ridge from Gul Bhanjyang to pass 2620m. The meadow makes a good camping spot, its downhill to Kutumsang at 2446m, in a saddle atop the ridge. Overnight in Kutumsang at a lodge.



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DAY 5: KUTUMSANG – THAREPATI PASS (3650M) (B, L, D)

Today takes about five and half hours to trek from Kutumsang to Tharepati Pass (3650m). The trek continues north up the Yurin Danda ridge and affords views of the peaks. The trail climbs above Kutumsang on a steep, eroded trail mostly through fir and rhododendron forest where there are no permanent settlements. The trail then descends gradually to Magen Goth. There are few lodges and Goths (Domestic Animal Shed). The trail gradually ascends through the enchanting forest enriched with beautiful rhododendron, oak and other trees. Tharepati, in fact, is a great view point where you can take a glimpse of the breathtaking view of the snow-capped mountains such as Dorje Lakpa, Gaurishankar, Langshisa, Jugal, Numbur and many others. Overnight in Tharepati at a lodge.

DAY 6: THAREPATI – TARKEGHYANG (2743m)

This morning, trek from Tharepati to Tarkeghyang (2743m) via Melamchi Gaon (2640m) that takes about five and a-half hours. From Tharepati the trail steeply descends through the pine and rhododendron forest with great views down into the Helambu valley and across to Jugal Himal and Numbur in the Solu Khumbu. Melamchi Gaon is surrounded by beautiful forests, where it is mainly inhabited by Sherpa people with their distinctive culture. Leaving Melamchi Gaon, you trek along the descending path until you cross the stream named as Melamchi. Now you trek gently up to Tarkeghyang passing through Sherpa settlements. Tarkeghyang is a beautiful Sherpa village with one of the oldest and biggest monasteries. Tarkeghyang, also known as Helambu is named after the Helmu caste. The Sherpa people living here originally belong to Helmu caste. Overnight in Tarkeghyang at a lodge.

DAY 7: TARKEGHYANG – TIMBU – KATHMANDU

Take two and half hours to trek from Tarkeghyang to Timbu, then leave Timbu and drive back to Kathmandu that takes about 5 hours on the road. On arrival in Kathmandu, check-in hotel then free time.

DAY 8: DEPART FROM KATHMANDU (B)

At scheduled time, transfer to airport to catch your homebound or onward flight. Home Sweet Home!



What to Bring for Trek?

The following is a list of suggested items that you should bring with you on any trek to ensure your own comfort and protection from the elements - particularly at altitude. It is not however exhaustive, and please feel free to contact us for further advice.

For Head

- *Cap for sun protection during trek
- *Sunglasses
- *Sunscreen lotion / sun balm

For Body

- *T-shirts and long sleeved shirts / down jacket
- *Fleece / jumper/sweaters
- *Wind / water proof outer garment

For Leg and Hand

- *Water proof trouser
- *Hand gloves
- *Thermal legging for colder areas

For Foot

- *Woolen and cotton socks
- *Waterproof hiking boot
- *Trainer or casual shoes
- *Gaiter for rain and snow