

Helambu Trek with Ama Yangri



Trek Information

Duration	10 days
Difficulty	Medium
Region	Langtang Region
Highest Altitude	3771.0 m
Group Size	2-10
Season	Spring and Autumn
Individual Cost	\$0.00

Description

About the Destination

The **Langtang Region Trek** offers a perfect blend of Himalayan scenery, rich Tamang culture, and serene mountain landscapes, just north of Kathmandu. Trek through lush forests, traditional villages, and alpine valleys with stunning views of Langtang Lirung, making it an ideal trek for those seeking natural beauty and cultural depth in a shorter timeframe.

Trip Overview

Helambu trek with Ama Yangri is a popular name in the Himalayas. With its unbelievable beauty and natural features, it is now a sensational trekking destination. Helambu is a traditional trekking trail; on the other hand, Ama Yangri offers scenic journeys in the Himalayas. Combining both the trekking journeys offers an unforgettable experience on the Himalayan Trail.

The Helambu trek with Ama Yangri covers the massive landscapes of the Langtang Region. The region is also better known for its unspoiled beauty as well as less-travelled trails. It leads to its natural beauty, almost uninfluenced by heavy tourism. It makes it a more common choice for the trekkers who are seeking for some authentic traditional trekking experience.■

The trekking journey to Helambu is an incredible way to explore the Himalayan landscapes. The landscapes where the trail for this trekking journey is drawn offer the best wildlife encounters, too. Trekkers often admire the Lantang Region for witnessing rare Himalayan wildlife.

The scenic trail offers a panoramic view of mountain ranges which includes, Langtang, Ganesh Himal, Lirung, Annapurna, Manaslu, etc. Such scenery can be seen throughout the trail with lush greenery and sub-alpine landscapes.

Also, Helambu is one of the best places to experience and witness the cultural lifestyle of the Tamang people. These trekkers enjoy the lifestyle and tradition of Himalayan ethnic communities, mostly the Tamang, Magar, Gurung, and Sherpa.

So, the Langtang Trek with Ama Yangri is an incredible trekking journey that offers a blend of natural beauty, wildlife, scenic journey, and traditional immersion of ethnic communities. The Helambu Trek with Ama Yangri for 10 days of itinerary is here for you to properly discover and to explore the unforgettable trekking experience.

Trip Highlights

- Spectacular scenery of mountain ranges which includes, Langtang, Ganesh Himal, Annapurna and Manaslu
- Combining Helambu and ama Yangri in a single journey
- Stunning sunrise view from Ama Yangri
- Less crowded trails with more nature interactions
- Cultural and traditional immersion of different ethnic groups of the Himalayas
- Taste of local cuisines and dishes

Detailed Itinerary

Arrival In Kathmandu

Your itinerary for the Helambu Trek with Ama Yangri starts with your arrival at TIA (Tribhuvan International Airport). From there, you will get one of our representatives waiting for you at the arrival section. You can recognize our representative with the template they are carrying with our company logo and your name on it. After some introduction and greeting, you will be escorted to your hotel. You just need to follow the directions of our representative for a smooth transfer. You will get your hotel check-in, and thereafter, you can have your refreshment time. You can also visit nearby attractions or explore the streets, trying some local cuisines and dishes in restaurants and cafes. You will get your overnight stay in a hotel in Kathmandu. ■

Drive to Sundarijal and trek to Chisapani

On this day, you will start your trek for the Helambu Trek with Ama Yangri. After the morning breakfast, you will get a drive up to Sundarijal. From there, you will begin your trekking journey up to Chisapani. You will enter the Shivapuri National Park. It is itself a rich area in terms of biodiversity and lush forests. ■ The trail begins with a gradual ascent. The route will pass through dense forest, steep stone, and some small settlements along the trail, so get to see and enjoy the tranquil Dham Dam during this day's trek. From there, after just a hike, you will arrive at Chisapani. A small village that offers a panoramic view of a mountain range located inside the tranquil forest. You will get your overnight stay in a hotel in Chisapani.

Trek to Chisapani to Kutumsang

Today you will get your morning breakfast and will continue your journey. The trek will head towards Kutumsang. The trail offers a journey through ascending and descending trails as a balanced journey for the day. As you continue your trek, you will start to pass through Tamang and Hyolmo. These are the small settlements where you will get an insight into the cultural lifestyle and peaceful living of local people. You will also get to enjoy the rhododendron trail and oak forests. With such a trail passing, you will get there in Kutumsang. It is a quiet village that is located on the ridges. Alongside it offers the scenic view of snow-capped mountain peaks and layered landscapes of hills. Once you arrive at your teahouse, you can rest for the day. You will get your overnight stay at a teahouse in Kutumsang. ■

Trek from Kutumsang to Thadepati

After the morning breakfast, the trail will continue uphill towards the Thadepati. The trail goes through dense rhododendron forests and oak trees. Later, you will enter a proper sub-alpine forest. As you gain altitude, the landscape reveals a breathtaking panoramic view of the mountain range, which includes peaks such as Langtang and Ganesh Himal. You will also find the trails less crowded than the trails in highlighted trekking trails. The trek for this day will be full of peaceful advancement. After you arrive at the Thadepati, you will witness a breathtaking village with stunning mountain views. It also offers a stunning sunrise and sunset view as the village is located on the ridge. You can have some rest after the arrival and check into your teahouse. You will get your overnight stay in a guest house in Thadepati.

Trek from Thadepati to Melamchi Gaun

After the morning breakfast, you will begin to descend to Melamchi Gaun from Thadepati. The trail starts to enter through forests, ridges, and small settlements of local people. As

you descend lower, you will witness scenic vegetation and a farming terrace with traditional farming. ■After about 4 hours of descent, you will arrive at Melamchi Gaun. There you will see a very beautiful village with rich culture and peaceful environments. There you can also see monasteries. In those monasteries, you can visit and participate in evening chanting too. As the daytime will be remaining in hours, you can explore the village properly and interact with locals to know more about their culture and traditions. You will get your overnight stay in a guesthouse in Melamchi Gaun. ■

Trek from Melamchi Gaun to Tarke Gyang

On this day, you will be in the middle of your itinerary on the 6th day. You will get your morning breakfast and will continue your journey towards Tarke Gyang from Melamchi Gaun. The trail offers you a journey through the forested trail, scenic views, and small settlements. I also get to go through a farming terrace and vegetation with lush greenery. Upon arrival in Tarke Gyang, you will see a small village with some monasteries and a strong Buddhist culture living within the local communities. There you can experience and witness the local lifestyle. You will get your overnight stay in a teahouse in Tarke Gyang. ■

Hike to Ama Yangri and Return

Early in the opening, you will start a hike to Ama Yangri Peak. It is a very popular peak that offers a stunning sunrise. The trail will ascend with altitude gain. So the journey begins a bit earlier in the morning. During the hike, you will pass through forests and ridges. The steep climb will offer you some easier, challenging hikes. Until you get to the top of AMA Yangri, the ascent just keeps climbing. From the top viewpoint, you will witness a stunning sunrise view. Along with the sunrise view, you will also get to see the panoramic view of himalayan range, which includes the snow-capped peaks, including Langtang, Ganesh Himal, as well as Everest in the distance. After spending some moments enjoying the refreshing air and the scenery, you will descend back to Tarke Gyang. After returning to Tarkegyang, you can spend the rest of the day exploring the village. You will get your overnight stay in a teahouse in Tarke Gyang.

Trek to Sermathang from Tarke Gyang

On this day, you will get a morning breakfast and will continue your journey to Sermathang. The trail enters the forests. After crossing the forest, you will pass through different traditional villages. The trail will offer you ascending and descending trails, which you will enjoy. After some hours of continuing the trek, you will arrive at the Sermathang. Sermathang is known for its monasteries as well as scenic mountain views. It is also known for its peaceful environment and the hospitality of local people. You will get a pleasant stop there. You will get your overnight stay in a teahouse in Sermathang.

Trek to Melamchi Bazar and Drive to Kathmandu

You will be returning to Kathmandu on this day. You will get your morning breakfast and will get a drive to Kathmandu. The drive will offer you a scenic drive through the hilly landscapes, with a glimpse of the Helambu region. You will get to experience the riverside road trip with the scenery of villages, terraced farms, and landscapes. Upon your arrival in Kathmandu, you will be transferred to a Hotel. Afterward, you can have your refreshment time. You can also explore nearby attractions or have a nightlife experience in Thamel before your departure. You will get your overnight stay in a hotel in Thamel.

Departure from Kathmandu

You will get your morning breakfast and will get a drive which will take you to the airport. When you arrive at TIA(Tribhuvan International Airport), you will conclude your itinerary of

a 10-day Helambu Trek with Ama Yangri. You will get your departure on a scheduled flight.

What's Included

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What's Not Included

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Equipment & Packing List

Best Time For Helambu Trek with Ama Yangri

The best time for the Helambu Trek with Ama Yangri is suggested as the seasons of Spring and Autumn. It is due to its wide features and the advantages. The factors such as weather, visibility, temperature, etc plays a crucial role in enhancing your journey. So, in these two seasons, you will get to enjoy the peak features of nature in the trekking trails of Nepal.

Spring

During the spring, the landscapes will bloom with different flowers. Mostly, the rhododendron is the most admired one for making the green forest color during this season. The weather will get stable, as well as visibility, which gets clearer due to pre-monsoon rain. The refreshing journey will be there to add more flavour. So, ultimately, you will get to enjoy the refreshing journey as well as scenic trails if you choose Spring to do the Helambu trek.

Autumn

During the season of Autumn, you will get the best weather of the year. The weather will be more stable than in any other season. The trails will get colorful with dry leaves. It makes your journey mesmerizing. The visibility will be clearest of the year. It is the best season for picturesque journeys. So, you will get a mesmerizing and picturesque journey if you choose Autumn for the Helambu trail.

Overall, the season of Spring and Autumn is picked as the best season considering its features and advantages that the trekkers can enjoy. On the other hand, it also depends upon your preference and your own interest in adventurous journeys, which can be done in seasons like the monsoon or in winter.

Accommodation, Foods and Drinks

Accommodation of the Helambu Trek with Ama Yangri comes with a basic structure. All the basic logistics will be covered. You will get proper basic services during the trekking journey.

The menu for foods mostly includes the local dishes and cuisines such as Dal Bhat Tarkari, Mo:Mo, chaumwin, Thukpa, and other cuisines. You will certainly get to enjoy your favourite western dishes while in Kathmandu.

For an overnight stay, you will get teahouses and guesthouses during the trek. These stay options will offer you comfortable and clean rooms, a basic food menu, and wifi in some teahouses. Standard hotel rooms will be provided during your stay in Kathmandu, which include standard rooms, 24-hour hot water, and wifi access.

All the basic logistics will be covered, but the costs that are not included in the package or that are due to personal interest will not be included. The services like bars, beverages, ice cream, desserts, sweets, or any cost that are not part of this itinerary or the package will be excluded. You can look for the cost section for better insights.

Also, keep in note that the services will be basic during your trekking journey. You will also find prices of some products due to remote locations and the hardship to transport goods in such high altitude regions. So, recommend not to argue over prices even if you see them as more expensive than the marked price.

Preparation and Fitness

The Helambu trek with Ama Yangri is a proper trekking journey that includes the Himalayan terrains. So, proper preparation for the journey is necessary and equally

important for such a diverse journey. Proper preparation in different aspects of trekking is also helpful and plays an important role in your safety.

Pack the essential gears and equipment such as trekking poles, water bottle, trekking boots, gloves, etc or what you think is necessary for your trek.

For clothing packs for warmer clothes as well, which can properly cover your body. Do not wear it if the fitting for your clothing is uncomfortable. It can ruin your experience, especially on a longer journey. But do not include any equipment or essentials that are not necessary for you or which you will not use often during your journey. It just increases your burden for backpacking and can ruin the experience, too.

Here are some gear checklists that you can include,

- Trekking pole
- Trekking boot
- Gloves
- Water bottle
- Sunglasses
- Gloves
- Backpack
- Battery backup
- First aid
- Paper map

Note: these are just the suggestions that you can include by having some idea about the equipment and gear. You can pack more essential items that you think you will need during your journey to make it more enjoyable.

Also, include first aid as compulsory. It is one of the most important and crucial items that you can carry. You will be in remote areas. As well as in proper Himalayan terrains, so uncertain incidents are not unavoidable. In such cases, it can be very helpful.

Permits and Regulations

The Helambu trek with Ama Yangri lies inside the Langtang Region. It is a conserved area in the Himalayas. So you need to have some permits to get access inside and to do activities like trekking. Also, you will travel through the Shivapuri National Park, which adds on permits. The permits are as follows,

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Lantang National Park Entry Permits

- Shivapuri National Park Permits
- TIMS(Trekking Information and Management System)

All of the above permits should be with you, along with properly filled-in leaf information. Without these permits, entering the trail is restricted. All of the permit works are usually managed by the travel agencies.

Conclusion

The Helambu trek with Ama Yangri is an incredible trekking experience in the Himalayas. It combines natural beauty, cultural immersion, traditional lifestyle, wildlife encounters, and scenic viewpoints. Beginning from Kathmandu, this trek offers an unforgettable escape into nature with peaceful landscapes and proper Himalayan terrains without the challenge of high-altitude regions.

Throughout the trek for the Helambu trek with Ama Yangri, trekkers will explore the trail which passes through the lush forests, traditional villages, scenic viewpoints, and the culture of people living in these regions. The tranquility in the region, too, is another feature that can make your journey more enhanced.

This trek is ideal for those who want to explore the Himalayas with earlier access to trails and routes. It is also ideal for beginner trekkers.

So, for those who seek to escape into nature and the people's cultural lifestyle, the Helambu Trek with Ama Yangri is an unforgettable experience on the ridges of high mountains.

Pricing

Group Size	Price per Person (USD)
Individual	\$0.0

Frequently Asked Questions

Q: What is the difficulty level of the Helambu Trek with Ama Yangri?

A: The difficulty level of the Helambu trek with Ama Yangri is considered moderately easy. It also depends on your experience with trekking journeys. If you are a beginner, it can be a bit difficult, but if you are an experienced trekker and have already done a longer trekking journey before, then it can be easier. Altogether with no technical climbs, gradual ascents, and short walking of an average of 4 to 7 hours per day, makes it a moderately easy trekking journey.

Q: What is the best time to do the Helambu Trek?

A: The best time for trekking in the Helambu trek is the spring and autumn seasons. During these seasons, you will get stable weather, clear visibility, mild temperature and scenic trails. Such features in these seasons, along with other beauty features which bring along with the season, make the best times for the Helambu trek with Yama Yangri.

Q: What kind of accommodation and food are available during the trek?

A: During the trekking journey, you will be having your accommodations in a teahouse or in guesthouses. These accommodation options offer basic services with comfortable rooms and basic logistics. The menu for food will be provided with local items such as Dal Bhat Tarkari, Mo:Mo, chaumein, eggs, and other local cuisines. Foods are provided that are locally produced and prepared freshly, which is itself an ultimate experience.

Q: Is altitude sickness a concern on this trek?

A: Altitude sickness occurs after an altitude gain of 3500m. And during this trek, you will be travelling above 3771m at some point. So, altitude sickness can be concerning if proper precautions are not followed. The precautions like acclimatization, staying hydrated, slow pace, and avoiding intense physical movements can be helpful.