



COMMUNITY ACTION TREKS

---

# Helambu Skyline Trek

This is an immensely rewarding trek for walkers of good fitness and average ability.



NEPAL





**GRADE**  
GENTLE

**MAX ALTITUDE**  
3771m

**TREKKING DAYS**  
8

**TRIP LENGTH**  
12 DAYS

**MIN PEOPLE**  
4

# Helambu Skyline Trek

The great attractions of this trek are the people in the villages through which we pass and the opportunity to take in several previous Community Action Nepal projects.

This is an immensely rewarding trek for walkers of good fitness and average ability.



**TREKKING WINDOW**  
MAR - MAY & OCT - DEC

## PRICE

£1280 per person\* (land only price - see last page)  
\*prices are subject to change



Helamby Skyline Trek

# Itinerary

LODGE TREK

walking times are approximate

## Day 1

### Arrive Kathmandu

Namaste! And welcome to Kathmandu, the colourful capital of Nepal where ornately carved balconies mingle with beautiful shrines and temples. Your adventure begins with a welcome meeting on arrival at the exit gate of Kathmandu airport. Our staff will welcome you with CAT's palm plate and take you to your hotel. For the rest of the day, you can relax at the hotel or take a short evening walk around the local markets on your own.

## Day 2

### Free day in Kathmandu

Explore the fascinating city of Kathmandu, with its temples and markets, or take an optional excursion (can be booked locally through our Nepal office) into the Kathmandu Valley.

## Day 3

**Drive to Sundarijal 1350m, Trek to Chisopani 2194m (5-7 hours walking).**

A short drive brings you to the road head at Sundarijal for the start of your trek. From here we ascend through the Tamang village of Mulkharka, then on through Chaubas and Burlang Bhanjyang where you cross the end of the Shivapuri Ridge. The trail descends now through oak forest to Chisopani.

## Day 4

**Chisopani to Gul Bhanjyang 2130m (7 hours walking).**

The distant views of the Himalayan sunrise from this point can be awe inspiring, stretching from Everest to the Annapurnas. After descending to 1770m, we begin a steep climb onto Jhogin Danda Ridge for more fantastic panoramas. We lunch in Chipling village and walk on to Gul Bhanjyang.

## Day 5

**Gul Bhanjyang to Sona Ghopte 3100m (4-7.5 hours walking).**

We continue to Kutumsang, only a stone's throw from the five-roomed Health Post built by Community Action Nepal, where we will be guaranteed a warm welcome and lunch! We move on to Sona Ghopte.





## Day 6

### **Day 6 Sona Ghopte to Tharepati 3690m (7 – 8 hours).**

We wake to the beauty of distant snow-capped peaks. Today will be a tough but rewarding day as we climb high into the rhododendron forests, still following the ridge to reach Tharepati. Situated on a pass, the cluster of shepherd huts commands impressive views of the Ganesh Himal, Dorje Lapka and the distant Gaurishankar to one side, while to the other a broad valley drops away towards the peaks of Gosainkund. If you are still feeling fit and have energy left there is a chance to scramble up the Thare Danda ridge for better views, including the Langtang peaks.

---

## Day 7

### **Tharepati to Melamchigaun 2530m (6 – 7 hours walking).**

A long descent through magnificent forests, past waterfalls, and raging torrents to the prosperous Sherpa village of Melamchigaun with its Tibetan Buddhist temple. We can visit Guru Rinpoche's cave and other important sites of pilgrimage in the area. There will also be a chance to meet the staff and children from the school which Community Action Nepal has refurbished and extended.

## Day 8

### **Melamchigaun to Tarkeghyang 2740m (8- 9 hours walking).**

There are visits to other Buddhist sites as we go steeply down to Melamchi Khola. We then make the long steep climb up to Tarke Ghyang, site of 270-year-old Gompa called the 'Temple of the 100 Horses'. The temple was established in 1727 by a Lama who was called by the King of Kirtipur to stop an epidemic in Kathmandu.

---

## Day 9

### **Tarkeghyang to Shermathang 2590m (5-10 hours walking).**

Today there is the option for fitter trekkers to ascend Ama Yangri Peak (3771m) which overlooks the village. It is the legendary home of Ama Yangri, the Goddess that protects and brings prosperity to the region. On the summit is a large, squat Chorten from where there are tremendous views of the Langtang and Jugal Himal. Those opting for Ama Yangri Peak come back down to the ridge and then continue by a wonderful ridge crest path south to Shermathang where there are teahouses and two Gompas. Those not climbing the Ama Yangri peak will walk diagonally from Tarkeghyang via Gangjwall to Shermathang.

## Day 10

**Shermathang to Kathmandu via Kieul (4 hours walk, 5-hour drive).**

We get up early to see the snow topped mountains of Langtang and Jugal Himal before breakfast and then trek down a zig-zag path to the roadhead at Kieul. Transport will be waiting to take us on the drive back to Kathmandu and the welcome comforts of your hotel.

---

## Day 11

**Free day in Kathmandu.**

A day to explore Kathmandu and do some last-minute shopping.

---

## Day 12

**Depart Nepal.**

Transfer to Kathmandu airport.





#### The price includes on lodge basis:

- Transfers between Kathmandu airport and hotel accommodation.
- Journeys in Nepal (by road and 4WD)
- Accommodation for 4 nights in Kathmandu in rooms on sharing basis (single supplement extra) with shower and WC and inclusive of breakfast, as per itinerary.
- Three meals a day (open Lodge menus) and accommodation (sharing basis) during the trek.
- Participation in the trek as per itinerary inclusive of full board.
- Services of local porters (15 kg load per participant), Sirdar (head guide) and assistant guide (depending on group size).
- All Nepalese staff insurance as per Government regulations.
- All trekking permits.

#### Not included:

- International flights
- Nepalese visa - (please refer to our document "Preparing for your trek: Nepal" for latest prices).
- Meals other than breakfast in Kathmandu.
- Travel insurance.
- Tips.
- Items of a personal nature such as drinks, laundry, telephone calls and souvenirs (allow approximately £250 spending money).

#### Land only prices

The cost of international flights, particularly those to Nepal, are less predictable than they used to be. Airlines now request full payment upfront. As a result, we will quote you a land-only cost.

#### Options

Extra nights are available in Kathmandu in our group hotel, and in Pokhara in our choice of accommodation. Extension packages can also be organised in Nepal, Tibet or Bhutan.

Please refer to our Himalayan extensions guide for more details. Extensions should be arranged prior to booking international flights.

# Contact us

for more information about any of our treks, please contact us and speak to our professional travel guides using the information below:

#### DENISE PRIOR (LONDON)

+44 (0) 7986 372 558

deniseprior@catreks.com

#### BHAI B. TAMANG (KATHMANDU)

info@catreks.com

or visit our website at [www.catreks.com](http://www.catreks.com)

Community Action Treks,  
Stewart Hill Cottage, Near Hesketh Newmarket,  
Wigton, Cumbria,  
CA7 8HX

#### Important Note

Whilst we expect that the trek will run as per the itinerary, participants should accept that there is a possibility of changes being necessary subject to local conditions.