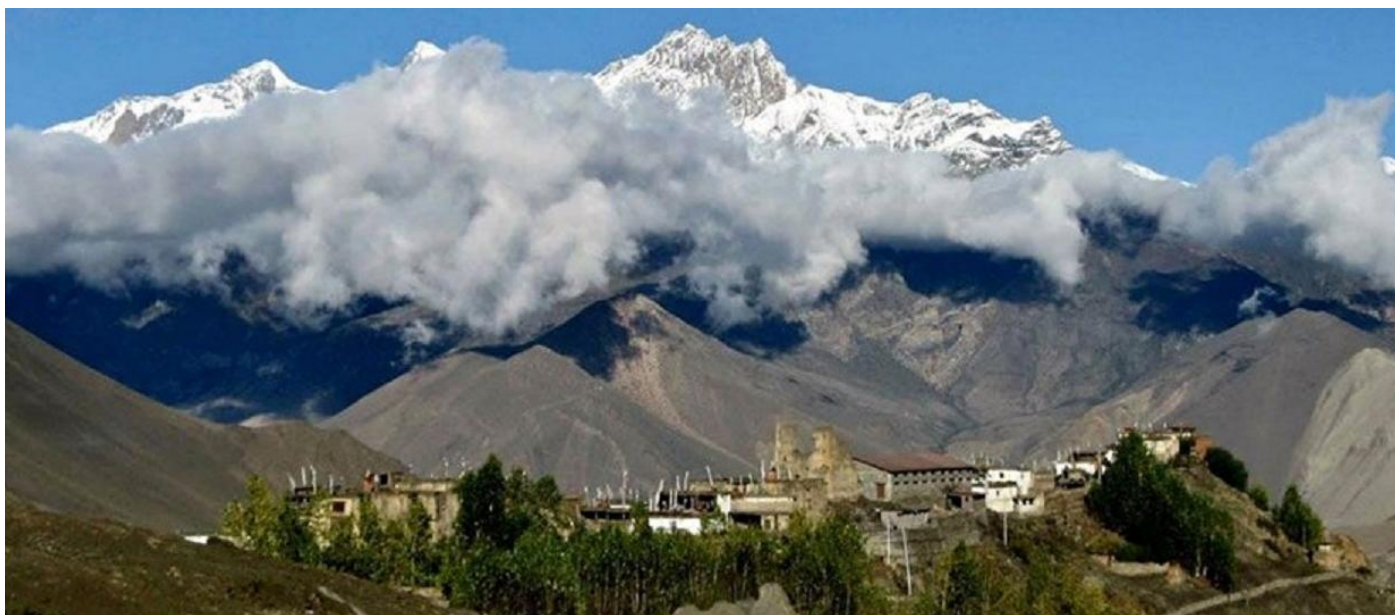


Newsletter

June 2025

Dear Readers

With the June 2025 newsletter, in addition to the travel information on www.nepaltravelsandtours.com, I would like to arouse your curiosity and interest in the **Helambu Cultural Trek**, a short, comfortable and safe trekking trip that takes place at moderate altitudes near the Kathmandu Valley:



The **Helambu Cultural Trek** begins with a short drive to the headwaters of the Bagmati River, Sundarimal. We then follow the trail through Shivapuri Nagarjun National Park to Chisapani. Afterward, we return to Kathmandu. The Helambu cultural trek is a pleasant walk that offers insights into both Hindu and Buddhist cultures. Helambu is primarily inhabited by Sherpas and Tamangs, who originally came from Tibet. Thus, this cultural trek is a truly magnificent opportunity to experience the true culture, lifestyle and traditions of the local people. Furthermore, you will surely appreciate and enjoy the magnificent views of landscapes, lush green valleys, forests and waterfalls. – The suitable seasons are September to November or March to May.

“A plague once struck the Kathmandu Valley and claimed countless lives. The king was greatly concerned and asked his ministers for advice. One of them suggested that he seek the help of a famous lama who lived in the village Keyrung in Tibet, just across the Nepalese border. The king then had two of his men immediately set out for Keyrung to invite the lama to Kathmandu. The lama felt compassion and, to see if he could do anything for them, took a little rice in his hand and threw it away. He would go with them once the rice had reached Kathmandu. So he set out, and within a week, he had stopped the plague in the valley. The people were happy and the king was delighted. He asked him what he could do to thank him. The lama thought of a few horses that would be useful to him at home. The king gave him a gift of one hundred horses. The lama soon realized what a mistake he had made. For the horses were a great burden for him. When the king saw the lama's plight, he took the horses back and gave him a large area north of Kathmandu, an area known today as Helambu. There, he built a ghyang and settled down. From there, he proclaimed the words of the Buddha. Hence, the monastery built by the lama was called Targhe Ghyang”.

Thank you for reading. I hope you feel inspired again to explore Nepal. See you soon!

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