Khotang Halesi Trek

Trip information · Nord Extreme Himalaya Pvt. Ltd. · delightful-orange-chimpanzee.tarevirjungleresort.com · Updated 22 November 2026

DURATION	**10 Days**
DIFFICULTY	**Moderate**
MAX ALTITUDE	**1800m**
GROUP SIZE	**17 People**
BEST SEASON	**September–November and March–May**
START / END	**Kathmandu / Kathmandu**
PRICE FROM	**USD 1,550 per person**

Trip overview

The Khotang Haleshi Trek is a culturally and spiritually significant journey in eastern Nepal that combines peaceful mid-hill trekking with one of the most sacred pilgrimage sites in the country. This trek is ideal for travelers seeking a blend of nature, local culture, and religious heritage away from the crowded mainstream trekking routes.

The main highlight of the trek is the sacred Haleshi Mahadev Temple, a unique pilgrimage site revered by Hindus, Buddhists, and Kirat followers alike. Often referred to as the “Pashupatinath of the East,” the site attracts devotees throughout the year for prayer, meditation, and religious rituals. The journey also offers scenic views of Himalayan peaks such as Makalu, Everest, and surrounding eastern Himalayan ranges on clear days.

This trek is suitable for cultural travelers, pilgrims, researchers, and trekkers looking for a relaxed yet meaningful Himalayan experience focused on spirituality and rural life.

Geography and Landscape

The Khotang Haleshi Trek is located in eastern Nepal within the Khotang district, part of the lower Himalayan mid-hill region. The route is not part of a major trekking circuit, making it a peaceful and less commercialized experience.

The landscape is characterized by rolling hills, terraced farmland, dense forests, and traditional villages. The trails pass through lush green hills covered with rhododendron, sal, and oak forests, offering a refreshing natural environment throughout the journey.

As trekkers approach Haleshi, the terrain becomes more rugged with limestone caves, rocky cliffs, and sacred natural formations surrounding the temple complex. The Haleshi caves themselves are a major geological and spiritual attraction, believed to be meditation sites used by ancient sages.

The region also provides occasional panoramic views of the eastern Himalayas, especially during clear weather conditions, where distant snow-capped peaks can be seen rising above the hills.

Climate and Best Time to Trek

The best seasons for the Khotang Haleshi Trek are spring (March–May) and autumn (September–November). These periods offer pleasant weather, clear skies, and comfortable trekking

conditions.

Spring brings warm temperatures and blooming forests, making the trails especially beautiful. Autumn offers crisp air, stable weather, and better visibility of both hills and distant Himalayan peaks.

Winter (December–February) is cooler but still suitable for trekking in lower elevations, while the monsoon season (June–August) brings heavy rainfall, slippery trails, and reduced visibility, making it less favorable.

Overall, autumn is the most recommended season for both pilgrimage visits and trekking comfort.

People and Culture

The Khotang Haleshi region is culturally diverse, home to Kirat, Rai, Magar, and Brahmin-Chhetri communities. The cultural harmony of the region is one of its most distinctive features, especially around the Haleshi area, where multiple religions coexist peacefully.

The sacred Haleshi Mahadev Temple is central to the cultural identity of the region. It holds deep significance for Hindus as a manifestation of Lord Shiva, for Buddhists as a meditation site associated with Guru Rinpoche, and for Kirat communities as a sacred ancestral place.

Villages along the trail preserve traditional lifestyles, including agriculture, animal husbandry, and forest-based livelihoods. Visitors can experience warm hospitality, local festivals, traditional foods, and spiritual rituals that reflect the deep cultural roots of eastern Nepal.

The combination of sacred pilgrimage, peaceful landscapes, and rich cultural diversity makes the Khotang Haleshi Trek a unique and meaningful journey in the Himalayas.

Highlights

- Sacred visit to Halesi Mahadev Temple and its revered caves
- Unique blend of spirituality, culture, and natural beauty
- Insight into indigenous Kirati traditions and beliefs
- Authentic community homestays with Rai and Magar families
- Peaceful pilgrimage route for reflection and connection
- Walk alongside pilgrims, monks, and local villagers
- Off-the-beaten-path cultural trekking experience
- Easy trek requiring no mountaineering experience

Day-by-day itinerary

Day 1 : Arrival in Kathmandu (1,400m)

Altitude: 1,400m

Stay: Hotel · Visit: Nepal · Meals: Dinner

Welcome to Nepal! Upon arrival at Tribhuvan International Airport, Kathmandu, you will be warmly greeted by your trekking representative. Transfer to your hotel in the vibrant tourist district of Thamel. Enjoy free time exploring the city and relaxing after your journey. Overnight stay in Kathmandu.

Day 2 : Trek Permit Preparation and Trek Briefing (1,400m)

Altitude: 1,400m

Stay: Hotel · Visit: Nepal · Meals: Breakfast

Today is dedicated to trek preparation. Obtain the necessary trekking permits, complete final gear checks, and attend a detailed briefing session with your guide regarding the route, accommodations, and local culture. In the evening, enjoy a traditional Nepali welcome dinner. Overnight stay in Kathmandu.

Day 3 : Fly or Drive from Kathmandu to Lamidanda – Trek/Drive to Diktel (1,600m)

Altitude: 1,400m – 1,600m

Stay: Tea House · Visit: Kanchenjunga Region · Meals: Breakfast Lunch Dinner

Travel Duration: 35-minute flight or 10 to 12 hours drive + short trek/drive

Take a scenic flight from Kathmandu to Lamidanda Airport. If flights are unavailable due to weather conditions, a long but scenic drive via Okhaldhunga and Ghurmi is possible. From Lamidanda, continue by jeep or on foot to Diktel, the district headquarters of Khotang. Explore the town and prepare for the trekking days ahead.

Day 4 : Trek from Diktel to Nerpa (1,800m)

Altitude: 1,600m – 1,800m

Walk: 5 to 6 hours · Stay: Tea House · Visit: Kanchenjunga Region · Meals: Breakfast Lunch Dinner

Begin trekking through peaceful pine forests, terraced farmlands, and quaint Rai villages. Observe prayer flags fluttering in the breeze and experience the traditional rural lifestyle of eastern Nepal. Overnight stay in a local teahouse or homestay.

Day 5 : Trek to Halesi Bazaar (1,460m)

Altitude: 1,800m – 1,460m

Walk: 5 to 6 hours · Stay: Tea House · Visit: Kanchenjunga Region · Meals: Breakfast Lunch Dinner

Trek downhill crossing rivers via suspension bridges while passing terraced fields and forested hillsides. Arrive at Halesi Bazaar, a bustling market town and spiritual center visited by thousands of pilgrims every year. Overnight stay in a lodge or guesthouse.

Day 6 : Explore Halesi Mahadev Cave Temple (1,460m)

Altitude: 1,460m

Stay: Tea House · Visit: Kanchenjunga Region · Meals: Breakfast Lunch Dinner

Activity Duration: Full day exploration

Spend the day exploring the sacred Halesi Mahadev Cave Temple, an important pilgrimage site for Hindus, Buddhists, and Kirati followers. Witness local rituals, visit meditation caves, and hike to nearby viewpoints offering panoramic scenery of the surrounding hills.

Day 7 : Trek to Simpani or Rakha (1,700m)

Altitude: 1,460m – 1,700m approx.

Walk: 5 to 6 hours · Stay: Tea House · Visit: Kanchenjunga Region · Meals: Breakfast Lunch Dinner

Leave Halesi behind and trek westward through tranquil forests, terraced hillsides, and traditional villages. Experience authentic local culture and enjoy the peaceful natural surroundings. Overnight stay in a local homestay or teahouse.

Day 8 : Trek back to Diktel or Lamidanda (1,600m)

Altitude: 1,700m – 1,600m

Walk: 5 to 7 hours · Stay: Tea House · Visit: Kanchenjunga Region · Meals: Breakfast Lunch Dinner

Retrace your route or follow a loop trail back toward Diktel or Lamidanda, passing through different villages and landscapes that provide new cultural perspectives. Enjoy a relaxing final evening in the hills.

Day 9 : Fly or Drive Back to Kathmandu (1,400m)

Altitude: 1,600m – 1,400m

Stay: Hotel · Visit: Nepal · Meals: Breakfast Lunch Dinner

Travel Duration: 35-minute flight or 10 to 12 hours drive

Take a morning flight from Lamidanda to Kathmandu, weather permitting, or travel by road through scenic hill landscapes. Upon arrival in Kathmandu, enjoy free time for shopping, sightseeing, or relaxing at your hotel.

Day 10 : Final Departure from Kathmandu

Altitude: 1,400m

Visit: Nepal · Meals: Breakfast

After breakfast, transfer to Tribhuvan International Airport for your onward international flight. Reflect on your enriching spiritual and cultural journey through the sacred landscapes of eastern Nepal.

Altitude & temperature

Typical daytime / night temperature at each overnight stop in the best travel months. Temperatures can change with the weather.

- Day 1 · Arrival in Kathmandu · 1,400 m · day 25°C / night 9°C
- Day 2 · Trek Permit Preparation and Trek Briefing · 1,400 m · day 25°C / night 9°C
- Day 3 · Fly or Drive from Kathmandu to Lamidanda – Trek/Drive to Diktel · 1,400 m · day 25°C / night 9°C
- Day 4 · Trek from Diktel to Nerpa · 1,600 m · day 24°C / night 7°C
- Day 5 · Trek to Halesi Bazaar · 1,800 m · day 23°C / night 6°C
- Day 6 · Explore Halesi Mahadev Cave Temple · 1,460 m · day 25°C / night 8°C
- Day 7 · Trek to Simpani or Rakha · 1,460 m · day 25°C / night 8°C
- Day 8 · Trek back to Diktel or Lamidanda · 1,700 m · day 23°C / night 7°C
- Day 9 · Fly or Drive Back to Kathmandu · 1,600 m · day 24°C / night 7°C
- Day 10 · Final Departure from Kathmandu · 1,400 m · day 25°C / night 9°C

What’s included

1. Transportations

- Private/tourist vehicles for airport pickup and drop-off in Kathmandu.
- Private/tourist vehicles transfer as per itinerary to access the trailheads.

2. Accommodation & Meals

- 3 Nights 3 star hotel in Kathmandu with bed & breakfast basis.
- All Meals (breakfast, lunch & dinner with tea & coffee) during the trekking Period.

3. Permits

- Local Government entry permits.
- Trekkers' Information Management System (TIMS) permits.

4. Guide & Staff

- Professional and experience License holder trekking guide salary & insurance.
- Porter salary, equipments & insurance.
- First aid medical kit for emergency support.

Not included

1. International Flights

- Airfare from your home country to Nepal (Tribhuvan International Airport, Kathmandu).
- Return airfare from Nepal (Tribhuvan International Airport, Kathmandu) to your home country.

2. Visa Fees

- Nepal entry visa fee for entering Nepal (available on arrival at Tribhuvan International Airport, Kathmandu, or through a Nepalese embassy).

3. Travel Insurance (Mandatory)

- Comprehensive travel insurance covering high-altitude trekking, emergency medical treatment, helicopter evacuation, trip cancellation, and other unforeseen circumstances.

4. Personal Expenses

- Tips, gifts, and souvenirs for trekking guides and porters.
- Personal trekking equipment and gear.
- Charges for lodge Wi-Fi, hot showers, battery charging, and laundry services.

5. Meals & Beverages

- Lunch and dinner in Kathmandu, Pokhara, and other locations where accommodation is provided in 3-star category hotels.
- Soft drinks, bottled water, alcoholic beverages, and snacks consumed during meals

Dates & prices

- 02 Mar 2027 – 11 Mar 2027 · USD 1,550 · Available
- 16 Mar 2027 – 25 Mar 2027 · USD 1,550 · Available
- 06 Apr 2027 – 15 Apr 2027 · USD 1,550 · Available
- 20 Apr 2027 – 29 Apr 2027 · USD 1,550 · Available
- 04 May 2027 – 13 May 2027 · USD 1,550 · Available

Best time to visit

Best months: February–April and October–November. The Kathmandu Valley can be visited all year. October–November and March–April are pleasant and clear; December–February are sunny with cold mornings, and the monsoon brings afternoon showers but green, uncrowded heritage sites.

What to bring — packing checklist

Clothing

- [ ] Moisture-wicking base layers (top and bottom)
- [ ] Fleece or light insulated mid-layer
- [ ] Down jacket (–10 °C rated for high trails)
- [ ] Waterproof, breathable shell jacket and trousers
- [ ] 2–3 trekking shirts and 2 pairs of trekking trousers
- [ ] Warm hat, sun hat or cap and buff
- [ ] Light liner gloves and warm insulated gloves
- [ ] Underwear and sports bras

Footwear

- [ ] Broken-in waterproof trekking boots with ankle support
- [ ] Camp shoes or sandals for teahouse evenings
- [ ] Hiking socks (4–5 pairs) and warm wool socks for nights

Equipment

- [ ] Daypack 30–35 L with rain cover
- [ ] Sleeping bag rated to –10 °C (we can provide one)
- [ ] Trekking poles
- [ ] Sunglasses with UV protection
- [ ] Duffel bag for the porter (provided by Nord Extreme)

Health & personal

- [ ] Personal medication and a small first-aid kit
- [ ] Altitude medicine (Diamox) after consulting your doctor
- [ ] Water bottles or a 2–3 L hydration bladder, purification tablets or filter
- [ ] Sunscreen SPF 50, lip balm with SPF
- [ ] Hand sanitiser, wet wipes, quick-dry towel
- [ ] Headlamp with spare batteries, power bank

Documents & money

- [ ] Passport valid for 6+ months, plus copies
- [ ] Travel insurance policy (covering helicopter evacuation)
- [ ] 4 passport photos for permits
- [ ] Cash in USD / Nepali rupees for tips, snacks and extras
- [ ] Credit or debit card

Down jackets and sleeping bags can also be rented in Kathmandu.

Essential information

Accommodation

Accommodation is provided in basic teahouses, pilgrimage lodges, and local homestays along the

route.

Lower trail sections offer simple but comfortable guesthouses, while areas near Halesi Mahadev Temple provide more accommodation options due to its religious significance.

Rooms are generally twin-sharing or shared family-style lodging with basic facilities.

Meals

A full-board meal system (Breakfast, Lunch, and Dinner) is available throughout the trek, prepared in local lodges and homestays.

Typical food includes:

- Traditional Dal Bhat set meals
- Local millet, maize, and seasonal vegetables
- Noodles, rice, and soups
- Eggs, bread, and light snacks
- Tea, milk tea, and local beverages

Food is simple, hygienic, and based on local hill cuisine.

Difficulty & Physical Requirements

The Khotang Halesi Trek is classified as easy to moderate, suitable for beginners, families, and religious pilgrims.

Daily walking ranges from 3 to 6 hours, with gradual ascents through hill trails and rural settlements.

No technical climbing or high-altitude risk is involved.

Permits

Required permits include:

- Local area entry permits (Khotang region, if applicable)
- TIMS Card (Trekkers' Information Management System)

Permits are usually arranged by trekking operators or local authorities.

Best Season

- Spring (March–May): Pleasant weather and clear hill views
- Autumn (September–November): Best visibility and festival season
- Winter (December–February): Cold mornings but good pilgrimage experience
- Monsoon (June–August): Green scenery but slippery trails

Transportation & Access

The trek is accessed via eastern Nepal travel routes:

- Flight or drive from Kathmandu to Lamidanda Airport (weather dependent)
- Road access via Okhaldhunga or Salleri routes
- Trekking begins from local hill villages toward Halesi

The journey passes through scenic mid-hill landscapes, terraced fields, and rural settlements.

Safety & Acclimatization

This is a low-altitude trek, making it safe for most travelers.

Key considerations include:

- Moderate walking on rural trails
- Seasonal weather variations
- Basic hydration and sun protection
- Respect for religious and cultural sites

Guides are helpful for cultural interpretation and route assistance.

Travel Insurance

Recommended travel insurance should include:

- Basic trekking coverage (low altitude)
- Medical emergency coverage
- Trip cancellation protection
- Accident coverage for rural travel

Additional information

Guide & Porter Services

Local guides are highly recommended for cultural insight, pilgrimage explanation, and route navigation.

Porters are optional due to the moderate difficulty of the trek.

Cultural & Natural Highlights

The Khotang Halesi Trek is best known for its deep spiritual and cultural importance:

- Sacred Halesi Mahadev Temple cave pilgrimage site
- Hindu, Buddhist, and Kirat religious harmony
- Ancient cave temples and meditation sites
- Scenic mid-hill landscapes and terraced fields
- Authentic rural Kirat and Rai culture
- Peaceful and less-crowded pilgrimage route
- Spiritual rituals and festivals throughout the year
- One of Nepal’s most important eastern pilgrimage destinations

Essential Equipment

Recommended trekking gear includes:

- Comfortable walking shoes
- Light clothing for hill trekking
- Warm jacket for mornings/evenings
- Rain protection (seasonal)
- Hat, sunglasses, and sunscreen
- Small daypack (20–30L)

- Basic first aid kit

Communication & Connectivity

Mobile network coverage is available in most parts of the route, especially near settlements and Halesi area.

Wi-Fi is available in some lodges but may be limited in remote stretches.

Why Choose the Khotang Halesi Trek?

This trek is ideal for spiritual travelers and cultural explorers:

- Sacred pilgrimage to Halesi Mahadev Temple
- Unique blend of Hindu, Buddhist, and Kirat traditions
- Easy to moderate trekking route suitable for all ages
- Peaceful and less commercialized experience
- Rich cultural immersion in eastern Nepal villages
- Scenic mid-hill landscapes and rural beauty
- Year-round accessible pilgrimage destination
- One of Nepal’s most important spiritual trekking routes

Frequently asked questions

How difficult is the Khotang Halesi Trek?

The Khotang Halesi Trek is graded Moderate — suitable for most active travellers. Expect 5–7 hours of walking on most days on mountain trails with plenty of ascents and descents. Regular cardio training — hiking, running, cycling or stair climbing — for 6–8 weeks before departure makes the trip far more enjoyable.

What is the best time for the Khotang Halesi Trek?

For the Kathmandu Valley & mid-hills region the best months are February–April and October–November. The Kathmandu Valley can be visited all year. October–November and March–April are pleasant and clear; December–February are sunny with cold mornings, and the monsoon brings afternoon showers but green, uncrowded heritage sites.

What permits do I need for the Khotang Halesi Trek?

You need entry tickets for the heritage sites you visit. Nord Extreme arranges every permit for you before the trip starts — check the "Includes" section above for exactly what is covered in the price. Just bring your passport and a few passport-size photos.

What is the accommodation like on the Khotang Halesi Trek?

In Kathmandu you stay in a comfortable hotel; on the trail we use the best available family-run teahouses and lodges with twin-share rooms, shared or attached bathrooms and a warm dining room. Upgrades to luxury lodges are possible on popular routes such as Everest and Annapurna.

Can I book the Khotang Halesi Trek as a private trip or join a group?

Both. You can join one of the fixed departures listed under "Dates & Prices", or book a private trip for just you, your family or friends on any date. Solo travellers are welcome — you will always have your own licensed guide.

Do I need travel insurance for the Khotang Halesi Trek?

Yes, travel insurance is compulsory. It must cover medical treatment and emergency helicopter evacuation up to the trip's highest altitude, plus trip cancellation. Please send us your policy details before departure.

What should I pack for the Khotang Halesi Trek?

See the "What to bring" checklist on this page for the full list. The essentials are broken-in boots, warm layers, a down jacket, a waterproof shell, sun protection and a daypack. Down jackets and sleeping bags can be rented cheaply in Kathmandu, and a porter carries your main bag (up to 10–12 kg).

Ready to book or have a question?

Trip page: https://delightful-orange-chimpanzee.tarevirjungleresort.com/holiday/package/khotang-halesi-trek/

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