Himlung Himal Expedition

DURATION: 28 DAYS

Trip Facts

Group Size 1-6 Persons

Trip Grade Strenuous

Accommodation Camping

Max Height 7126 Metres

Start From Kathmandu

End At Kathmandu

Transportation Bus, Private Jeep

Duration 28 Days

Meals included Breakfast, Lunch & Dinner Days

Best season:
March, April, May, September, October & November

Trip Overview

Himlung Himal, located at 7126 m near the Tibetan border in Nepal, is a remote and untouched mountain range in Nepal. It follows the Annapurna route to Koto and Nar-Phu Gaon, offering stunning scenery, pristine land, and fascinating culture. The region's inhabitants, who reach up to Tibet's border, retain traditional Tibetan culture and religious beliefs. Few tourists visit the remote area, making it an ideal destination for those with basic mountaineering experience. Himlung Himal is also known for its **challenging climbing routes**, which attract experienced mountaineers from around the world. Despite its remote location, the region has a few basic teahouses and campsites, providing essential facilities for trekkers and climbers.

Himlung Himal, a majestic peak in western Nepal, is a less frequently climbed mountain offering a unique and rewarding experience. It is located at an elevation of 7,126 meters (23,380 feet) and is best climbed during the spring and autumn seasons. Himlung Himal requires high mountaineering skill, experience, and proper logistics, such as permits and logistics. Physical fitness and training are essential, with cardiovascular exercises, strength training, and endurance activities being crucial. Safety and risks are inherent, and climbers should be prepared to make well-informed decisions. Guided expeditions led by experienced mountaineers and reputable companies can increase the chances of reaching the summit safely. Climbers should adhere to the principles **of "Leave No Trace" to minimize** their impact on the environment and respect local culture. In addition, climbers should also ensure they have the necessary equipment and gear, such as proper footwear, harnesses, and helmets, to ensure their safety during the climb. It is also important for climbers to regularly assess their physical condition and consult with a healthcare professional before attempting any challenging climbs.

MOUNT ADVENTURE HOLIDAYS

Trip Itinerary

Day 1: Arrival in Kathmandu (1400 m)

Brekfast-Lunch-Dinner Hotel-Lodge-Tea House -Tent 7126 m

Our representative will meet you at Tribhuvan International Airport on your arrival schedule. You will be greeted and then transferred to the hotel in the heart of Kathmandu city. Our staff will help you until the check-in procedure ends at the Hotel. You can either have a rest at the Hotel or visit our office for collecting additional information about the trip.

Day 2: Preparation Day in Kathmandu

This is a day to check your gear with your guides. If needed, there’s time to buy extra gear from local suppliers in Thamel. Once the gear check is complete, you can sightsee for the rest of the day. Don’t miss some of Kathmandu's world heritage sites (e.g. Boudhnath, Kathmandu Dubar Square, and Patan Pashupatinath temple). Kathmandu is a hectic city full of culture and historic Places.

Day 3: Drive to Besisahar (800 m) to Koto (2600 m)

We leave Kathmandu early and drive first to Besisahar. After lunch, change to a four-wheel drive vehicle for the rugged journey to Koto. The road can be almost as challenging for passengers as for drivers, but it is incredibly scenic! It travels along the old Annapurna Circuit trek route, through amazing gorges and past stunning waterfalls. Arrive in Koto in time for dinner.

Day 4: Trek to Meta (3560 m)

We start our trek early, as there is a lot of distance to cover. Cross the river and enter the Nar & Phu valleys. Towns on the nearby Annapurna Circuit are relatively well-developed, but this is not the case in these valleys. Today's trekking route passes through beautiful woods, past small cave shelters and pilgrim's resting places. Emerging from a narrow canyon, the trail passes under a wide waterfall, from which point the woods become thinner and the vistas wider. The last stretch into Meta involves climbing a steep hill, from which there are amazing views of some of the giant snowy peaks in the area.

Day 5: Trek to Kyang (3740 m)

Today we trek to the village of Kyang, which is also the extensive winter settlement of Phu, on a plateau high above the river.

Day 6: Trek to Phu (4080 m)

Today's hike will be the hike to remember because we will get to see some of the unique, colorful chortens which Nar and Phu are justly famous for. We walk through scenic canyonlands and gorges, and the "leaning tower of Pisa" monolith guards the steep trail up to the Phu gate, called Pupigyal Kwe. This ancient gate provides us with our first view of the three villages of Phu.

Day 7: Trek to Himlung Base camp (4900 m)

We hike towards the east through a glacial valley leading to Himlung Himal base camp. A great place for camping and setting our base camp with amazing mountain views.

Day 8-21: Climbing Period

In this 14-day climbing period, we will do one rotation climb up to Camp III before pushing for our summit of Himlung Himal. Prioritizing health and safety, with proper acclimatization and planning, we will successfully summit the Himlung Himal.

Day 22: Trek back to Phu

We retrace our way back to beautiful Phu village after managing all the garbage we made during the expedition. We will have the experience of climbing a 7000m mountain and all the adventures throughout the climb to remember for our life.

Day 23: Trek to Meta

We follow the same trail to get back to Meta.

Day 24: Trek to Koto

The trek to Koto will be our last trekking day for this Himlung Expedition. A small celebration awaits at Koto.

Day 25: Drive to Besi Sahar

We have our breakfast in Koto and then a private vehicle will take us to Besisahar.

Day 26: Drive to Kathmandu

After breakfast in Besisahar, we will drive back to Kathmandu, which is a roughly 6 -7-hour drive depending on the road and traffic conditions on the main highway. On arrival in Kathmandu, we will transfer you to your hotel where you will rest for the evening.

Day 27: Free Day in Kathmandu

Today is free time for souvenir shopping and other independent activities. A massage is highly recommended to relax your tired muscles before your long-haul flight home. At night you can prepare for departure, packing, and returning gear.

Day 28: Final Departure

Our Airport Representative will drop you at the International Airport as per your flight schedule.

Cost Includes

- All arrival and departure transfer services to and from the International airport with other necessary surface transport as per itinerary.
- Assistance at the Kathmandu International Airport by Mount Adventure Holidays during your arriving and departing flights.
- Experienced and government-licensed trekking and climbing Sherpa guide during the trekking and climbing period.
- The appropriate number of porters during the trekking period.
- Land transportation during the trip for all clients, Sherpa guide, liaison officer, and kitchen staff.
- All kitchen tents, storage tents, dining tents, client tents, toilet tents, tables, chairs, and cooking utensils at base camp.
- Common climbing equipment like rope, ice bars, ice screws, and snow bars.
- 3 meals a day: Breakfast, lunch, and dinner with tea and coffee.
- Accommodation at hotel/lodge/guest house or tent camps during the trekking period.
- All camping accommodations for members and staff during trekking and climbing period. You will be sharing sleeping quarters with one other member.
- All food and fuel for base camp during the climbing period.
- 50kg baggage allowance per person during the trekking period. will be carried by porter/mules.

- Daily weather report services.
- Services of chef and kitchen assistant at advanced base camp.
- Trekking permit (Annapurna Conservation Area Permit).
- TIMS card (Trekking Information Management System).
- Annapurna area trekking permit during the period of the expedition.
- Expedition royalty and permit of Nepal government to climb Himlung Himal.
- Nepalese government royalty.
- All wages, equipment, medical, and accident insurance for all involved staff during the trekking and climbing period.
- Helicopter rescue insurance for all involved expedition staff.
- Medical consultation services at the base camp with the HRA clinic at the base camp.
- Equipment allowances and wages for chefs, kitchen assistants, and government liaison officers.
- First aid medical kits for the group and the staff.
- A satellite phone carried by the guide for communication is available upon request for clients at the cost of USD 3 per minute.
- A heater will be provided at the base camp for the dining tent.
- Emergency oxygen mask and regulator provided for clients if needed. An appropriate charge will apply.
- Each expedition member will have an individual tent available in the Himlung advanced base camp.
- Solar panel for light and electronics charging.
- Gamow Bags (Portable hyperbolic chambers) for high altitude sickness.
- We provide Sherpa's tents, food for climbing, and insurance.
- Free assistance service for cargo clearance and duties.
- Transportation of food supply from Kathmandu to base camp by porter/mules.
- Our service charge and government taxes are levied in Nepal.
- Complete pre-departure information.
- Flight ticket reconfirmation and visa extension procedure services.
- Farewell dinner in a typical Nepali restaurant with a cultural show in Kathmandu before departure.

MOUNT
ADVENTURE HOLIDAYS

Cost Excludes

- Lunch and dinner during your stay in Kathmandu (except farewell dinner).
- Any packed food/snacks, aerated drinks, energy drinks, mineral water, alcohol, cigarettes, chocolates, and nutrient bars.
- Items of personal nature, laundry expenses, tips.
- Expenses incurred from usage of landlines, mobile devices, walkie-talkies, satellite phones, and Internet.
- Clothing, packing items or bags, personal medical kit, personal trekking gear.
- Any extra services, products, offers, or activities that are not mentioned in the itinerary.
- Any extra expenses arising out of various/unforeseen situations like natural disasters, landslides, political disturbances, strikes, and changes in government regulations.
- Any additional staff other than the specified.
- Rescue, repatriation, medicines, medical tests, and hospitalization expenses.
- Medical insurance and emergency rescue evacuation if required.
- Travel insurance and helicopter rescue.
- Airfare for international flights.
- Nepal entry visa fee (Visa insurance is easy upon arrival).
- Ice fall garbage deposit fees (Sharing with another member) if applicable.
- Walkies talkies &filming permit.
- Ice falls charges.
- All tents for camps 1, 2, 3
- Personal climbing gear.
- Personal climbing Sherpa Guide(s).
- Emergency oxygen and mask regulator.
- Our services will not be involved in any capacity above the advanced base camp. This means we do not allow any staff or equipment from Mount Adventure above ABC.
- High altitude food for Sherpa and clients.

- Nepal custom duty for import of expedition equipment.
- Tips, gifts, souvenirs.
- Any other item not included in the “THE PACKAGE COST INCLUDES” section.

Trip Map