

# Himlung Expedition

## Facts

**Destination:** Nepal

**Trip Difficulty:** Adventurous

**Trip Style:** Peak Climbing

**Transport:** As per Itinerary

**Food:** Breakfast, Lunch & Dinner (BLD)

**Accommodation:** Hotel and tea house/camp

**Group Size:** min.2

**Max Elevation:** 7,126 m

Himlung Expedition is a difficult, adventurous, and once in a lifetime venture that leads to the top of Mt. Himlung. You will be exploring the western part of Nepal while Himlung Expedition. Many mountaineers climb Mt. Himlung to prepare for 8,000 meters above expeditions. Standing 7,126 meters above from the sea level, Mt. Himlung is situated above an ancient Tibetan village, Phu. Talking about the exact location, Mt. Himlung is situated northeast of Annapurna and northwest of Manaslu. To go on Himlung Expedition, you need to get special permission from the government of Nepal, as this region falls under restricted area.

Mt. Himlung was first climbed in 1992, October 3rd. After that this mountain has attracted the attention of many adventure enthusiasts from all around the globe. Still, only a handful of climbers scale this mountain every year making the trail less-crowded and unspoiled. If you are looking for adventure in solitary, then Himlung Expedition is the perfect option for you.

Climbing Mt. Himlung is more than just reaching the top of 7,000 meters above the

mountain. This is a journey that lets you explore the hidden villages, Nar and Phu. You will get to spend the night in these villages observing the unique lifestyle and rich culture of the locals. Likewise, you will get to see breath-taking views of numerous Himalayan mountains like Annapurna Range (8,091 m), Mt. Dhaulagiri (8,167 m), Mt. Gangapurna (7,455 m), Mt. Tukuiche (6,920 m), Mt. Nilgiri (7,061 m), Mt. Machhapuchhre (6,993 m), etc.

## Highlights

- Adventurous trekking and climbing
- Off-the-beaten trekking experience
- Observe different ecosystems and climatic zones
- Trek through picturesque villages and lush forests
- Experience rich culture and unique lifestyle of locals
- Get to see unspoiled nature
- Reach the top of Mt. Himlung
- Witness tempting views of Himalayan mountains like Mt. Dhaulagiri, Annapurna range, Gurja Himal, Tukuiche Peak, Mt. Fishtail, and many others

## Day to Day Itinerary

**Day 1: Arrive at Kathmandu and transport to the hotel.**

**Day 2-3: Sightseeing and preparation day.**

**Day 4: Drive to Jagat (1,350m); 7 hrs.**

**Day 5: Trek to Dharapani (2,100m); 7 hrs.**

**Day 6: Trek to Chame (2,710m); 6 hrs.**

**Day 7: Trek to Pisang.**

**Day 8: Trek to Ngawal.**

**Day 9: Trek to Nar via Kangla pass.**

**Day 10: Rest day.**

**Day 11: Trek to Kyang (3,820m).**

**Day 12: Trek to Phu.**

**Day 13: Himlung Base Camp.**

**Day 14-25: Climbing period.**

**Day 26: Back to Meta (3,560m); 5/6 hrs.**

**Day 27: Trek to Koto (2,600m); 6/7 hrs.**

**Day 28: Drive to Beshisahar.**

**Day 29: Drive to Kathmandu.**

**Day 30: Leisure day in Kathmandu.**

**Day 31: Depart Kathmandu.**

## **Cost Includes**

- Arrival and departure transfer services to airport as per itinerary
- Three-star or similar hotels for accommodation in Kathmandu
- Experienced and government-licensed trekking guide during the trekking & climbing period
- All trekking and mountaineering equipment like; kitchen tent, store tent, dining tents, toilet tents, tables, chairs, and cooking utensils, sleeping tent twin basis for base camps and above
- Common climbing equipment (rope, ice bars, ice screws, snow bar, etc.)
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Cook and kitchen assistant at Base Camp and 1:1 climbing Sherpa per member

- 3 meals a day (breakfast, lunch & dinner with tea/coffee) during the journey
- Availability of the daily weather forecast during the entire expedition
- Required Tent for the high camp and high altitude food
- Welcome & farewell dinner in a typical Nepali restaurant
- All food and fuel for base camp and higher camps during the venture
- Food and accommodation during the trek
- Per person 60kg baggage that will be carried by porters or mule
- All necessary permit and Garbage disposal and management fees
- Government liaison officer with his daily wages, equipment, food insurance, and transport
- Expedition royalty and climbing permit of Nepal Government to climb Mt. Himlung
- All wages, equipment, medicals, and accidental insurances for involved staff
- All the ground transportation for the equipment, staffs, and members

- First Aid medical kits
- Satellite phone carrying by Guide for communication and available for members with the cost of US\$ 3 per minute call
- The heater will be provided at base camp for heating the dining room
- Emergency Oxygen, mask, and regulator provided on requirement of guest with appropriate charge
- Solar panel for light and battery charge
- Trekking and climbing map
- Complete pre-departure information
- Flight ticket reconfirmation
- Visa extension procedure services (if necessary)
- Free Ascent Trails T-shirt, cap or duffel bag

## **Cost Excludes**

- Airfare of international flights
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Nepal entry visa fee (Visa issuance on arrival in Kathmandu)

- Lunch and dinner during your stay in Kathmandu (except for the welcome & farewell dinner)
- Any packed food/snacks, aerated drinks, energy drinks, mineral water, alcohol, cigarettes, chocolates, nutria-bars during the trekking
- Any personal expenses like laundry, charging, etc
- Any extra expenses arising out of various/unforeseen situations like natural calamities, landslides, political disturbances, strikes, changes in Government regulations, etc
- Extra transportation out of the itinerary program
- Any additional staff other than specified
- Rescue, repatriation, medicines, medical tests and hospitalization expenses
- Travel Insurance and helicopter rescue
- Wallie-talkies & filming permit (if any special camera or walkies-talkies are taken on the journey)
- Personal climbing gears
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Expenses incurred towards usage of landlines, mobiles, walkie-talkies or satellite phone & Internet expenses

- Nepal custom duty for import of expedition goods
- Summit bonus for climbing Sherpa Guides as per Mountaineering Association rules (minimum US\$ 1500.00 per climbing Sherpa guide)
- Tips and gifts for base camp and high altitude trekking and climbing staff
- Any extra services or products or offers or activities, which are not mentioned in the itinerary
- Any other item not included in the “COST INCLUDES” section