

## **Himlung Himal Expedition 7126m**



**Himlung Himal** is considered one of the less difficult and technical in the category of 7,000 meters. The Himlung Himal expedition is less technical and much safer to climb. However, the climbers should not underestimate the challenges of this expedition. As per the Himalayan data, Himlung Himal has the most success rate of summit.

Initially, the Himlung Himal was opened in the year 1992 for tourists for the first time. The peak climbing was completed by the Japanese expedition team members. It is situated in the Khumbu Valley of Solukhumbu district of Nepal. It lies in the same mountain region as the Manaslu and Annapurna peaks that are between the Nepal and Tibet border.

You will start the expedition by joining the standard trekking route of the Annapurna region. Eventually takes you to the Nar Phu Valley to the Manaslu region which is northeast of Annapurana. The Himlung expedition in Nepal travels through the wild, unpopulated regions of the borders between Nepal and Tibet as well as the mysterious, secret valleys of Nar and Phu in the Himalayas, which were only recently made accessible to travelers.

One of the major attractions of this Himlung expedition is the remote high-altitude settlements that clearly reflect Tibetan and Buddhist culture. This will provide you the opportunity to experience their unique culture. You will also witness the panoramic views of majestic mountains such as Ganesh

Himal, Annapurna, Manaslu, Pisang Peak, Gyaji Kang, and Peak 29. The route passes through the varied wildlife of the Annapurna and Manaslu Conservation Areas, adding to the experience of the area's natural beauty.

Therefore Himlung Himal is the ideal choice for you if you are seeking adventure. Bookings are still open for 2024 and 2025. Contact us for further details.

## Highlight

- The ascent of a mythical 7,000 in Nepal
- carriers for collective equipment
- Phu village and beautiful acclimatization trek
- the success of the summit Himlung Himal

## Trip Itinerary

### DAY 1: ARRIVE IN KATHMANDU

Upon your arrival in Kathmandu, our local team warmly welcomes you at the airport. You will then be escorted to the hotel, where you can enjoy some well-deserved relaxation. The itinerary includes a briefing about the trek's progress and presentation, followed by leisure time. If you arrive in the morning, you'll have the entire day at your disposal. This can be used for rest or for those interested, to explore the surroundings freely. It's an ideal chance to deeply experience Nepalese culture and indulge in the local culinary delights.

Transfer to hotel

Final altitude: approximately 1350 m

Meals: Dinner

Accommodation: night in the hotel

### DAY 2: PREPARE FOR TREKKING AND EXPLORE KATHMANDU VALLEY (1350M)

Have breakfast and then you have the whole day to explore the best Kathmandu Sightseeing spots with your guide. You can visit and explore one of the most famous Shiva temples, Pashupatinath, recognized as the monkey temple; Swyambhunath, the largest Stupa in the world, also called Boudhanath Stupa; and finally the Royal Palace, Kathmandu Durbar Square. The next day, you will begin your trek on the Annapurna Circuit, so you have to check your equipment to make sure that you are ready for your adventure and climb. Have dinner and stay overnight in the same hotel in Kathmandu

Final altitude: approximately 1350 m

Meals: Breakfast

Accommodation: night in the hotel

### **DAY 3: DRIVE FROM KATHMANDU TO KOTO (2600 M)**

A long day devoted to the transfer of the group, the local team and the equipment to Koto (2600 m). The rather comfortable journey to Besisahar becomes challenging on the motorable tracks that lead to Koto. Beautiful landscapes of rice fields along the way. Beautiful views of the Himal Chuli (7500 m).

Transfer by jeep 10 hrs

Final altitude: approximately 13,50 m

Meals: Breakfast

Accommodation: night in the hotel

### **DAY 4: TREKKING FORM KOTO TO META (3550M)**

We leave the classic route of the Annapurnas tour to follow the course of the Naar Phu Khola to discover the high valleys of Naar and Phu, which opened to tourism ten years ago. Stage of gradual ascent through beautiful coniferous forests. Beautiful south-facing views of the Lamjung Himal. After a good hour of walking, we cross a small torrent, then the path straightens sharply for the last hour, before reaching the village of Meta where the inhabitants of Naar live during the winter months. The Khampa warriors, originally from Kham (eastern Tibet), settled in Metha after the Chinese invasion of Tibet in 1959, before being driven out in 1975 during a Nepalese military intervention. From their passage, there remain some ruins of an old fort, above the village.

7hrs of walking

Final altitude: approximately 13,50 m

Meals: Breakfast

Accommodation: night in the hotel

### **DAY 5: TREKKING FROM META (3550M) TO CHYAKU (3880M)**

Panorama on Pisang Peak (6092 m), Kang Guru (6990 m), Lamjung Himal, Annapurna II. Continuation of the walk until Jhunum (3695 m), where we cross two torrents. The steep path climbs to the village of Chyakhu.

4hrs of walking

Final altitude: approximately 13,50 m

Meals: Breakfast-lunch-Dinner

Accommodation: night in the hotel

### **DAY 6: TREKKING FROM CHYAKU (3880M) TO PHU (4100M)**

The terrain softens, and a pleasant path leads us to the Khampa hamlet of Kyang. The inhabitants of the alpine hamlet of Phu come to shelter there in winter. Along the way, a clear view of Annapurna II and IV, the northern Kang Guru glacier and the Juna Himal. We continue hiking on a superb path carved into the rock, then we descend to the waters of the Phu Khola, which we follow for some time. We have to gain altitude again to reach the village barrier and, beyond, the village of Phu itself. Wide view of the summit of Kang Guru (6981 m), the Juna Himal to the east. The habitat here is typically Tibetan. Beyond, the valley continues towards Tibet and the high peaks of Peri Himal (Himlung and Ratna Chuli).

4hours of walking

Final altitude: approximately 13,50 m

Meals: Breakfast-Lunch-Dinner

Accommodation: night in the hotel

## **DAY 7: ACCLIMATIZATION DAY IN PHU**

The rest day is essential to acclimatize. Two nights at 4000 meters altitude will not be too much to acclimatize for the climb to the Himlung base camp (4900 m). It is also an opportunity to take time in the most isolated village of this region. To the north, no obvious access to Tibet; to the south, the path has long been complicated. The people of Phu were cut off from the world. The architecture of the village bears witness to this relative isolation: we can still clearly see the old fortifications erected on a rocky outcrop. The monastery is run by a nun. Its visit is not essential, however, the point of view is worth the detour

## **DAY 8& 10: PHU (4100 M) - HIMLUNG BASE CAMP (4925 M)**

From Phu, a few hours of walking make it possible to reach, by undulating slopes and moraines, the base camp Kari Kobler at 4900 meters. It is the new official Himlung base camp and is located on the left bank of the Pangri Glacier. We will do this stage of 800 meters of elevation gain in two days in order to optimize our acclimatization. If the conditions are favorable, we will make our base camp at the French camp which is located on the right bank of the glacier. This camp allows you to avoid making tedious round trips on the glacier to acclimatize and reach the summit. In this case, we will therefore have to cross the glacier and climb the moraine opposite to settle in (1 to 2 hours of additional walking).

4hrs of walking

Final altitude: approximately 13,50 m

Meals: Breakfast-Lunch-Dinner

Accommodation: night in the Tent Camp

## **DAYS 11 - 23 HIMLUNG HIMAL EXPEDITION**

The Himlung is a magnificent 7000-meter peak at the bottom of the Phu Valley. Very aesthetic, it is also a belvedere on the Damodar Himal, the Annapurnas, and the Tibetan highlands. It is surrounded by three other "7000": the Ratna Chuli, the Nemjung, and the Kiagikang. In recent years, the old normal route through which the first climbers had passed has become dangerous. A new normal path has therefore been found. This route has the advantage of being much less exposed. However, it is a route rated "not very difficult higher" which requires good experience in crampons on 35/40° slopes. The ascent of the Himlung is carried out via three altitude camps. Here is a brief description of the route:

**FRENCH CAMP - CAMP 1 (5450 m):** Ascent of gentle slopes on hilly morainic terrain. Arrival at camp 1 located in a very rocky area. 2 to 3 hours of walking.

**CAMP 1 - CAMP 2 (6000m):** This step is the most technical and delicate. We first go up a succession of scree interspersed with spurs. For a few years, the passages of climbers have made it possible to create a correct trace. Then, we will cross a more or less long zone between rocks and glaciers to reach the latter in its less steep part. We will certainly equip part of the route with fixed ropes to facilitate our progression. Then, by a gentler but crevassed slope, we progress roped up to reach a flat area where we can set up camp. The summit is in sight!

Depending on the conditions, 4 to 6 hours of ascent.

**CAMP 2 - CAMP 3 (6250 m):** with a magnificent view of the Gajikang and the Himlung, we move across to reach a beautiful flat area. We set up camp and we can observe the final slopes of our objective. 1h30 to 2 hours of ascent.

**CAMP 3 - SUMMIT (7126 m):** A great day awaits us: 8 to 10 hours of travel in rare oxygen! Departure at night to reach the pass by steep and exposed slopes in crossing, before reaching a less steep zone which allows you to breathe a little. Then, we begin a sustained section of 400 meters at 30/35°. The slope eases gently before a final jump that protects the summit. Descent the same day to camp 3. The next day, from camp 3, we reach base camp.

## **DAYS 24 - 27 RETURN TO PHU, KOTO, THEN KATHMANDU**

We follow the path taken in the ascent to Koto and end with a day of the transfer to Kathmandu. This time we take a Jeep from Koto to save time; so the Jeep ride is a bit longer.

## **DAY 28: FREE DAY IN KATHMANDU**

Reserve day, free and without a guide.

Meals: breakfast at the hotel

Accommodation: night at the hotel

## **DAY 29: FINAL DEPARTURE TO INTERNATIONAL AIRPORT**

free time depending on the departure time of your flight and our representative will drop you at the airport, ending your journey in Nepal. We hope to be of service to you again. Thank you and safe travels

Meals: Breakfast

### **TREKKING GEAR**

- Woolen hat
- Fleece hat
- T-shirt
- Thermal full t-shirt (base layer)
- Fleece jacket
- Down jacket
- light insulating wear (mid-layer)
- Gore-Tex jacket
- Thermal Trouser (base layer)
- Trekking trousers (flexible )
- Down pant
- Gore-Tex pants
- Gore-Tex gloves
- Thin/warm gloves
- Rain punch
- Woolen shock (thick)
- Sandal
- Camp shoes (sports shoes)
- Trekking boot
- Sun /glacier glass (uv protection)
- Snow gaiter (also buy in Nepal )
- Sleeping bags
- Personal first aid
- Pocket knife
- Washing soap, towel, tooth pest/ brush
- Sun lotion enough +30 /50 & lip guard
- Trekking poles (u can buy in Nepal as well) 1 pair
- Headlights, water bottles, Thermos
- Books, a camera, playing card

## CLIMBING GEAR

- Climbing helmet
- Alpine boot
- Crampons (good condition )and fit for alpine boot
- ATC Guide
- Ascender (jumar)
- Screw gate carabineer
- Open gate carabineer
- Ice Axe normal
- Ice screw 22m
- Auxiliary cord 8m in length with 6mm diameter
- Dynamic safety cord - 3m length with 8mm diameter
- Harness
- Tape sling- 180cm- 120 cm
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## Included

- **ARRIVAL AND DEPARTURE:** Airport - Hotel transfers – Airport (Pick Up and Drop), by private vehicle.
- **HOTEL ACCOMMODATION IN KATHMANDU:** 4 nights hotel in Kathmandu (4-star category) - single room on bed and breakfast plan.
- **WELCOME DINNER:** One Welcome Dinner in a tourist standard restaurant in Kathmandu with Office Staff.
- **PERMITS:** Expedition Royalty and a permit fee from the Nepal Government to climb Mt. Himlung Himal, ACAP, and **Nar Phu Valley special**
- **LIAISON OFFICER:** 1 Government Liaison officer with full equipment, salary, and accommodation.
- **GARBAGE MANAGEMENT:** Stool Shipment Transfer & Garbage Deposit fees.
- **INSURANCE:** Medical & Emergency rescue Insurance for all involved Nepalese staff during the trek and expedition.
- **MAP:** Trekking and climbing map.
- **DUFFLE BAG:** One Alpinist club Duffle Bag.
- **MEMBER TRANSPORTATION:** - **Private** Transportation from Kathmandu – Besi Sahar koto and koto - Kathmandu, as per itinerary.
- **EXPEDITION STUFFS TRANSPORTATION:** All necessary expedition equipment transportation for all Members and Staff from Kathmandu - Besisahar -koto and Base camp (by Porters / Yak) – While returning: Base camp to koto (by porters / Yak) and koto to

Kathmandu (by jeep).

- **MEMBER LUGGAGE:** Up to 40 Kg per member for personal baggage during the trek to be carried by porters or Yaks.
- **FOOD AND LODGING:** 3 meals a day (breakfast, lunch, and dinner; including tea and coffee) along with accessible accommodation at Hotel/Lodge during the trek and at the Basecamp. Hygienic and fresh green vegetables, fresh meat, fruits, and soft drinks will be served during the entire expedition using helicopter flights. Well-managed base camp set up for members & Staff.
- **PORTER:** Porters per member up to the Base camp and from the Basecamp (both ways).
- **BASE CAMP STAFF:** Experienced and well-trained Base Camp Cook & kitchen Helpers as required.
- **STAFF SALARY AND ALLOWANCE:** All Nepalese staff & porters' daily wages, salary, equipment, food & clothing.
- **BASE CAMP TENT:** Each member will have an individual tent in Base Camp.
- **BASE CAMP EQUIPMENT:** Single Tent, foam mattresses and pillow per member, 1 Dining Tent, 1 Kitchen Tent, 1 Communication tent, 1 Toilet & 1 Shower Tent, 1 Staffs Tent, 1 Tent for Nepalese base camp staff, Store tents, Tables & chairs & all necessary cooking gears.
- **HEATER:** Heater at base camp in each Dining and other necessary camps.
- **SOLAR/GENERATOR/LIGHT:** 1 Solar panel and Generator for lights at base camp, battery charge, laptop and other electronic devices.
- **TRAINING:** Oxygen, Mask Regulator, Ice wall, and gear training at Basecamp by Sherpa Guide.
- **HIGH ALTITUDE CLIMBING SHERPA:** 1 government-licensed climbing Sherpa per member (1 Member: 1 Sherpa), during the entire climb from Basecamp to the summit and back, and on each rotation.
- **ASSISTANCE:** Climbing Sherpa to assist in carrying your gear to the high camps.
- **CLIMBING SHERPA SALARY & ALLOWANCE:** Climbing Sherpa Salary, Equipment, Food, and Clothing.
- **BONUS:** Carry Bonus of Sherpas and Route Fixing Charges.
- **OXYGEN BOTTLE (O2):** Oxygen bottles will be in stock at base camp in case of an emergency (with an appropriate charge).
- **OXYGEN MASK & REGULATOR:** 1 Set of Summit Oxygen masks will be in base camp in case of an emergency.
- **HIGH CAMP SERVICE (INFRASTRUCTURE AND LOGISTICS):** High Altitude Tent, Necessary cooking EPI gas, cooking pot, High food for a member, Sherpa, and other crews at (C1) (C2) and (C3). Group climbing gears, and fixed and dynamic rope during the climbing period as required.
- **HIGH ALTITUDE TENT:** Members will share tents in high camps (2 members: 1 tent).
- **ROPE FIXING TEAM:** The team of experienced Sherpas will fix the rope and the route.
- **SATELLITE PHONE:** Satellite Phone for emergency communication carried by Sherpa, also available for members with an appropriate charge.



- **WALKIE-TALKIE:** WalkieTalkie for communicating from Base Camp to Mountain and Mountain to Base Camp.
- **WEATHER FORECAST:** Weather forecast report during the entire expedition.
- **MEDICAL KIT:** Comprehensive Medical kit for members and staff.
- **CERTIFICATE:** Himlung Himal climbing certificate(after climbing Himlung Himal successfully).

## Excluded

- **AIRFARE:** International flight airfare (from and to Kathmandu).
- **NEPAL ENTRY VISA FEE:** The Nepalese Visa fee is USD 125 for 90 Days.
- **LUNCH & DINNER:** Lunch & dinner during the stay in Kathmandu (also in case of early return from Trekking / Expedition than the scheduled itinerary).
- **EXTRA NIGHTS IN KATHMANDU:** Extra nights' accommodation in Kathmandu. In case of early arrival or late departure, early return from Trekking / Expedition, or domestic flight cancellation (due to any other reason) than the scheduled itinerary.
- **INSURANCE POLICY:** Insurance covering both medical and high-altitude evacuation costs (for the trip cancellation, interruption, high-altitude rescue & air evacuation, medical treatment, repatriation, etc.) \*Mandatory
- **PERSONAL EXPENSES:** Telephone Calls, Internet, Toiletries, battery recharge, hot shower, laundry, soft drinks, beers, and any Alcoholic beverages (during the trek and in Kathmandu but we will have soft drinks for members at base camp).
- **PERSONAL CLIMBING EQUIPMENT:** Clothing, Packing Items, Bags, Personal Medical Kit, and all kinds of Personal Trekking / Climbing Gear.
- **FILMING:** Special Filming, Camera, and Drone permit fee.
- **INTERNET SERVICE:** Not included during the trek and the expedition.
- **SUMMIT BONUS:** Summit bonus for climbing Sherpa - Minimum 700 USD.
- **TIPS:** Calculate some tips for Basecamp and high camp staff – Minimum 350 USD.
- **EXTRA:** Any other services or activities not mentioned in the itinerary and other items not listed in the “Cost Includes” section.

Note: The provided itinerary is for reference only and may vary per participant. It's flexible to accommodate weather conditions. Follow your guide's recommendations, who may cancel or stop the expedition for safety or physical reasons. Remember, this is an autonomous expedition with potential hazards. Alpinist club, your expedition leader, guide, or local teams cannot be held responsible for any unforeseen issues.

## Trip Features

Duration	Grading	Group Size	Transport
30	Non technical	16	Private Bus

Food	Accommodation	Activities	Trip Price
Breakfast-Lunch-Dinner	Hotel-Lodge-Tent	Expedition	9000 / Per Person

## Why Choose Alpinistclub ?

1. Visit eight villages showcasing Polynesian culture
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## Price From

**9000 \$ USD / 1 Person**

**8000 \$ USD / 2 Person**

**6500 \$ USD / From 4 to 8 people**

THANK YOU

Our staffs are always on hand to accept reservations and handle any last-minute modifications. Please get in touch with us if you have any queries regarding our services, costs, or bookings.

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