



## Himlung Himal Expedition

<b>Trip code</b>	0
<b>Package name</b>	Himlung Himal Expedition
<b>Duration</b>	30
<b>Max. elevation</b>	7126 m
<b>Level</b>	ADVANCE
<b>Transportation</b>	All the grounded vehicals&nbsp;nbsp;
<b>Accomodation</b>	Standard Hotel in kathmandu , Logde + Camping twin sharing bed basis during the Trek & Expedition
<b>Starts at</b>	kathmandu
<b>Ends at</b>	Kathmandu
<b>Trip route</b>	kathmandu - Besisahar - syange - Dharapani - Koto - Meta - Phu gaon - Himlung Himal Base camp - Climbing period (13days ) - Phu Gaun - Meta - Koto - Dharapani - Kathmandu
<b>Cost</b>	USD 5,999 per person

## Highlights

- Trek to Himlung Himal Base Camp passes through Pristine and Traditional Tibetan villages of Naar and Phu.
- Remote and culturally immersive trekking experience in Nepal
- Technically straightforward ascent; ideal for those seeking for a 7000 meter Mountain Expedition.
- 24/7 support service and assistance from our experienced Local Sherpa Guides throughout the expedition..
- Well set up camps and excellent logistics support during the entire expedition.
- Base camp, Camp I , Camp II and Camp III is set before attempting the summit push.
- A perfect 7000m peak to add to your mountaineering list and set higher objectives

## Overview

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The Himlung Himal Expedition takes you to the remote and less-explored region of Manaslu in Nepal. Himlung Himal, standing at an impressive height of 7,126 meters (23,380 feet), offers an exhilarating and challenging climb for experienced mountaineers. This detailed overview provides insights into what it takes to embark on this extraordinary journey.

The journey to the Himlung Himal Expedition begins with a scenic drive from Kathmandu to Besisahar, the starting point of the trek. From Besisahar, the trail follows the beautiful Marshyangdi River valley, passing through picturesque villages, terraced fields, and dense forests. The trek offers stunning views of surrounding peaks such as Manaslu and Annapurna ranges, gradually gaining altitude and allowing for proper acclimatization.

Reaching Himlung Himal Base Camp is a significant milestone. The base camp is situated at an altitude of approximately 4,800 meters (15,748 feet) and serves as the launching pad for the summit push. At the base camp, climbers establish their camps, acclimatize, and make necessary preparations for the ascent.

The climbing route to the summit of Himlung Himal varies depending on the expedition operator and the conditions of the mountain. The ascent involves navigating through crevasses, traversing glaciers, and scaling steep slopes. Climbers may encounter technical sections that require the use of mountaineering equipment such as crampons, ice axes, ropes, and harnesses. The route demands a high level of physical fitness, technical mountaineering skills, and an understanding of high-altitude environments.

The summit push is an intense and challenging endeavor. Climbers aim to reach the summit of Himlung Himal, standing at 7,126 meters (23,380 feet). The final push involves negotiating steep slopes, managing altitude-related challenges, and dealing with unpredictable weather conditions. Standing on the summit, climbers are rewarded with breathtaking panoramic views of the surrounding Himalayan peaks, a sense of accomplishment, and a profound connection to the mountains.

Descending from the summit and returning to base camp marks the completion of the Himlung Himal Expedition. The return journey follows the same route, allowing climbers to reflect on their achievements and enjoy the natural beauty of the Manaslu region. Celebrations and camaraderie with fellow climbers and support staff make for memorable moments as the expedition concludes.

The Himlung Himal Expedition is a challenging adventure that requires thorough planning, experienced guides, and a high level of physical fitness. Climbers are advised to choose reputable expedition operators with extensive knowledge of the region and a strong safety record. Proper acclimatization, physical fitness training, and comprehensive equipment preparation are crucial for a successful and safe expedition.

## Trip Itinerary

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### Day 1 : Arrival in Kathmandu, transfer to hotel, and trip briefing.

Arrival in Kathmandu 1310 m, Welcome you to Nepal. After your arrival in the airport, our representative member will accompany and escort you to your hotel over night Hotel with Breakfast.

### Day 2 : Obtain necessary permits and arrange logistics for the expedition and sightseeing Kathmandu Valley.

Your discovery tour of Himlung Himal shall start from the heart of the city, where the historic landmarks are sited. We'll tour Kathmandu Durbar Square forenoon and make our way to Monkey Temple, which lies at a hilltop in Kathmandu Valley.

It is one of the most amazing places to sightseeing Kathmandu city. You can see an entire valley from the crest, which is quite enthralling. After lunch, we'll further continue our trip and drive to Boudhanath Stupa. It's one of the most touristy places with ancient monasteries, souvenir shops, and chortens.

After exploring the stupa, we'll drive back to our hotel. On the way, we'll make a quick stop at Pashupatinath, which is a 10-minute drive away from here. We'll stay there until the evening prayers and then make our way back to the hotel. After early dinner, you can go to your bed.

### Day 3 : Drive from Kathmandu to Besisahar (760 meters/2,493 feet), continue to Syange (1,100 meters/3,609 feet) by jeep.

After a wonderful day in Kathmandu, it's time for us to start our journey to Himlung Himal. We'll leave the city early in the morning and drive our way to Syange. It's an 8 hours journey to the village, weaving through old towns and Driving via Prithvi Highway, we'll see many beautiful villages, small streams, and towering mountains. The drive will take you past gushing streams and waterfalls, which make a lovely view. After spending an entire day on the road, we'll finally arrive at Syange. It's our last stop before starting the trek.

### Day 4 : Trek from Syange to Dharapani (1,960 meters/6,430 feet). - 5 hrs walk

From Syange, we'll trek up the hill proceeding to Dharapani. We'll arrive at the beautiful Tal Village by crossing several suspension bridges and ascending steep slopes. After stopping here for lunch, the trek continues with an uphill climb. The trek is fairly moderate from here. You'll get scenic views of lush green hills and towering mountains, which is breathtaking.

After trekking for almost 6 hours, we'll finally arrive at Dharapani, a stunning Gurung village in Manang District. We'll spend the night in a lodge in the village.

### Day 5 : Trek from Dharapani to Koto (2,610 meters/8,561 feet). - 5 hrs walk

We'll follow the trail to Bagarchhap, which is mostly uphill with twists and turns. The trail ascends steep slopes in the first couple of hours and then walks through the dense forest full of pine and fir. Beating the woods, we'll arrive at Timang, which is a small village around Lata Marang and Kurung.

It provides a lovely view to us until we leave the village and do our last climb to Koto. The trail first moves to Thanchok and takes a massive drop before weaving its way to the village. Although the journey is quite strenuous, it's still fun and will provide you with a spectacular view of lush green hills and towering mountains.

### **Day 6 : Trek from Koto to Meta (3,560 meters/11,680 feet). - 6 hrs walk**

Waking up to the stunning view of Koto and having breakfast is how you'll start the day of the Himlung expedition. Shortly after that, we'll leave the village and walk to the check post before crossing the suspension bridge over Nar Phu Khola. The trail then descends the hill and weaves through gorges and canyons.

It gets narrower and steeper as we progress, making the climb challenging. The trek becomes easy after some time and provides us with a stunning view of undulating landscapes. We'll cross several suspension bridges along the way and trek many steep sections before finishing off at Singenge. Tonight we'll stay at a teahouse in the village.

### **Day 7 : Trek from Meta to Kyang (3,800 meters/12,467 feet). - 5 hrs walk**

Today we head to Kyang, following the rugged trail that passes a seasonal settlement of Meta. As we advance further, the view of the surrounding mountains becomes brighter and clearer. You can get a picture-perfect view of Lamjung Himal and Annapurna II, which is quite surreal.

We'll soon cross the steep hill arriving at Junam Goth. From there, we'll cross Murju Khola via a suspension bridge and trek along the eroded moraine that leads to Kyang. After spending 7 hours on the trail, we'll finally reach the village. Upon arrival, we'll set up the camp to spend the night.

### **Day 8 : Trek from Kyang to Phu Gaon (4,250 meters/13,943 feet). 6 hrs walk**

The trek from Kyang to Phu takes anywhere from 5 to 6 hours. It begins with a steep climb through a narrow gorge before descending Murju Khola. We'll follow the riverbed for a while, then cross an antique wooden bridge to join the side of the trail.

The trail becomes steep from here, moving through abandoned villages and a suspension bridge. We'll pass old chortens and mani walls before arriving at Phu village. You can see many old chortens and mani walls along the way and at the village, giving a little insight into the culture and lifestyle of local people. Overnight stay at a lodge.

### **Day 9 : Acclimatization day in Phu gaun**

We'll start the morning with a warm breakfast before the magnificent view of Himlung Himal. After some time, we'll leave the village and explore the Phu Valley. We'll go on a short hike to adapt ourselves to the temperature at higher elevations. In the afternoon, we'll walk through the ancient

village of Phu, where you can discover Samdu and Cholang monasteries. You can also visit other small monasteries and chortens in the village. We'll spend the night in the lodge as before.

### **Day 10 : Trek from Phu Gaon to Himlung Himal Base Camp (4,800 meters/15,748 feet). - 5 hrs walk**

After a day off, it's time for us to pack our bags and get on the trail that leads to base camp. The trek starts with a continuous ascent up the hill and through the deserted moraines before following the yak trails.

It will take us to Kari Koblar base camp and a grassy slope before crossing the Pangir Glacier. The section is relatively more challenging as we must climb the rough, jagged trails full of boulders. After almost 6 hours, we'll arrive at Himlung Base Camp, where our members of staff will set up a tent to stay the night

### **Day 11 : Day 11-23: Climbing period - establish and acclimatize at various camps - 13days climbing time**

Today's a huge day as we'll finally set off for an expedition to Himlung Himal. The climb to the mountain is quite difficult, with many steep glaciers and ice slopes. It has a rugged trail full of boulders and stones, so we'll start early.

The climb begins with a hard scale up the mountain. We'll follow in the footsteps of our trek guide and Sherpas, who'll assist throughout the expedition. They'll provide us necessary training and guidance for the technical ascent.

You'll ascend the steep snowy slopes and ice cliffs in the days to come. The trail will also take us over the mountain ridge and many semi-technical sections, which requires the help of fixed rope. After reaching the summit, you'll get a couple of minutes to enjoy the scenic view and stunning landscapes.

We'll quickly descend the trail and retrace the steps back to Himlung Base Camp. The trek won't take as much time as previous, but we'll still have to be careful while climbing down. Tonight we'll stay in the tent.

### **Day 24 : Trek back to Phu Gaun from Himlung Base Camp - 5 hrs walk**

After breakfast, we'll leave the base camp and descend the trail to Phu Village. We'll lose most of the elevation gained from the previous day. The trek is mostly downhill, taking 5 to 6 hours to finish. It'll provide us with a spectacular view of towering mountains and lush green hills. Overnight stay in a Phu Village.

### **Day 25 : Trek to Meta 3560m - 6 hrs walk**

The trek from Phu begins with a short and scenic walk down the slope, passing the old buildings and monasteries. We'll spend most of the day descending the trail through deep forests and valleys. After almost 6 to 7 hours of trekking, the trail will make it to the beautiful village of Phu. Overnight stay in a lodge.

### **Day 26 : Trek to Koto 2600m - 5 hrs walk**

After breakfast, we'll leave Meta and descend the trail through the woods and underneath a wide waterfall rising from narrow canyons. Before entering the woods, the path walks past the small cave shelters and pilgrims. After descending to the Nar Valley, we'll cross the river and follow the trail until it stops at Koto. We'll spend the night in a teahouse at Koto.

### **Day 27 : Trek to Dharapani 1860m - 6 hrs walk**

The trek from Koto starts with a steep ascent up the hill that leads to Thanchok. Soon, the trail descends to Timang Village, where we'll briefly stop for lunch. Later, we'll join the trail going through pine and fir forests. After making our way to Bagarchhap, we'll further climb down to Dharapani, which takes almost an hour. Tonight we'll stay in a guesthouse.

### **Day 28 : Drive to Kathmandu 1380m - 10 hrs**

After breakfast, we'll hop on the bus and drive back to Kathmandu via Prithvi Highway. The ride will be great fun as it'll provide us with a breathtaking view of lofty mountains and sweeping hills. You can see grassy meadows and waterfalls all along the way, providing a nice view. It takes.

### **Day 29 : Rest day in Kathmandu**

You deserve a full exploration day in Kathmandu after completing the expedition. So you will stroll around the remaining places from the other day in Kathmandu.

After the refreshment tour, you will have a farewell dinner with Nature Trail team in the evening. Yet another overnight in Kathmandu.

### **Day 30 : Departure to Homeland**

On this day, our staff will transfer you to the airport so that you can fly back home. Hope to see you in future. Namaste to all.

## **Inclusions**

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### **What is included?**

- Airport pick up drop by private vehicles and Transfer to Hotel.
- 4 nights hotel (3-stars) in Kathmandu, B/B plan
- Expedition Royalty and permit from Nepal government to climb Mt. Himlung.
- 25 kg weight per Sherpa climber is allowed for expedition
- Necessary Sherpa porters or mules for carrying equipment & loads
- Twin sharing accommodation in available lodge/teahouse while trekking
- 3 times meals per day, (Breakfast, Lunch, and dinner) teas & coffees in trekking & during the camping period.
- Common climbing gears like necessary rope, ice bars, ice screws, etc
- Twin sharing tent of North face brand or similar for Base Camp

- Experienced and government licensed trekking and climbing Sherpa guide during the trekking and climbing period.
- All food and fuel for base camp and higher camps during the climbing period.
- Trekking Permit (Narphu and Annapurna Conservation Park entry fee) & Climbing permits .
- Kitchen, Dining, Store tent, mattress and all camping facilities needed in Base Camp.
- The experienced and professional Sherpa staff at Base Camp: Base camp manager, cook, kitchen Boy.
- Government liaisons officer and his salary & accomodation
- Equipment medical & life, allowance, wages, life, medical & rescue insurance for all Nepali members.
- Emergency oxygen bottle, mask & regulator at ABC (Use and pay)
- Garbage disposal and managemant fee.
- Immediate Rescue co-ordination (covered by your personal travel insurance)
- Generator or solar panel for charging & lighting in Himlung Himal Base camp
- Satellite phone on pay call basis (1 min: \$4).
- Walkie - talkie per member and climbing Guide as required for communication.
- Welcome Dinner at typical Nepali Restaurant in Kathmandu.

### **What isn't included?**

- International flight fare, taxes, and visas (visa charge USD 40 and 4 passport photographs for the visa).
- Lunch and dinner in Kathmandu.
- Your Personal trekking & climbing equipment
- Excess baggage transport
- All expenses of personal nature like Wifi, Hot Shower, bar bills, laundry, telephone, etc.
- Travel insurance for accident, medical, emergency evacuation & lost baggage.
- Tips for Base Camp Staff and Climbing guide.
- Applicable permit fee & custom fee for satellite phone, filming camera, communications - equipment (if brought)

### **Complimentary**