

HIMLUNG HIMAL EXPEDITION



Himlung Himal Expedition (7,126m/23,345ft) is one of the newly opened mountains for climbing and is situated between Manaslu and Annapurna ranges. This journey takes you across remote villages of Nepal and Tibet border. Passing through two fascinating Tibetan settlements of Nar and Phu. Base camp will be established at the height of 4900m. Usually three high camps will be established to reach the Summit. Camp I at the height of 5450m, Camp II at 6000m and Camp III at 6350m. The last part of the highpoint contains steep and icy way. Normally it takes ten to fifteen days to conquer **Himlung** Peak and back to the base camp.

After being opened to climbers in 1992, it was first climbed by the Japanese team in the same year. Until now, only few teams have been achieved to climb at its top. Among these one team was Japanese and the rest were from other countries. Though being easy as compared to other peaks, climbing to Himlung Peak demand high fitness level. Himlung Himal is splendid peak in isolation with an awesome explorations trek to the top. Each year Mountain Sherpa Trekking & Expeditions organize large number of succeeding **expedition of Mt. Himlung**. As a Sherpa company, During the **Himlung Expeditions** we always employ experienced mountain Sherpa guides, who have at least 10 years guiding experience. We always focus on our guest safety, good health, great experience & successful summit. Our success is also centered in teamwork and clear communication amongst our team members.

Activity Levels:  **Tough +**
Tough +
Duration: 32 days

AT A GLANCE

ITINERARY

Day 01:: Arrival Kathmandu- Transfer to Hotel

In a clear day, you will fly into Kathmandu. During the flight, from the windows you will witness glimmering snow-topped peaks extended down giving us the first joy of our trip which is unforgettable experiences. As soon as you will land at Tribhuvan International Airport, **Mountain Sherpa Trekking and Expeditions** office representative will receive at the airport and accompany you to your hotel. The representative will aid you to check into your selected hotel, and after you move to your rooms and refresh yourselves we will be shortly briefed about our everyday activities. The remaining time is open to move around and get familiar with your setting. In the evening, we will meet up our senior trek guide who will brief the group about facts related to our trek. Overnight at hotel

Day 02:: Rest in Kathmandu, Expedition Preparations, briefing and meeting with guides and member

Day 03:: Kathmandu - Besisahar drive by Private Vehicle- Lodge all Meals included.

Day 04:: Drive to Syange by Jeep -Trek to Chamje (1410M/4626ft) - Approx 5/6 hrs- Lodge [B/L/D]

Day 05:: Trek from Chamje to Dharapani (1,960m/6,430ft) Approx. 5/6 hrs - Lodge

Day 06:: Trek to Koto (2,610m/8,563ft): 5-6 hours Overnight Stay at Lodge

Day 07:: Trek from Koto to Meta (3,560m/11,680ft): 7-8 hours Overnight Stay at Lodge

Day 08:: Trek from Meta to Phu Gaon (4,250m/13,944ft): 7-8 hours

Day 09:: Acclimatisation day at Phu Gaon, visit monastery of Tashi Lhakang overnight stay at lodge.

Day 10:: Trek from Trek from Phu Gaun to Himlung base camp (4900m)

Day 11:: Day 11 to Day 26 [Climbing Period: Base Camp - Himlung Summit (7126m) - Basecamp]

Day 27:: Trek from Base Camp to Phu Gaun: Camping

Day 28:: Trek from Phu Gaun to Meta (3560m): Lodge/ Camping

Day 29:: Trek from Meta to Koto (2600m)- Lodge

Day 30:: Drive from Koto to Besisahar (760m). Overnight stay in Lodge

Day 31:: Drive from Besisahar to Kathmandu & transfer to the Hotel

Day 32:: Leisure and Rest day in Kathmandu City- Hotel

Day 33:: Transfer to International Airport for final departure

ACCOMMODATION

~~~~~ What's Included in Price: ~~~~~

Private Transport:

- Airport Meet on Time and Greet with Private Transfers
- Necessary ground Transport by Private Vehicle

Accommodations:

- Good quality accommodation in Kathmandu including Breakfast (4 Nights)
- Available Lodge accommodation and well managed camping during trek and climb for whole trip

Meals:

- 3 times daily-unlimited food including Tea and coffee
- Healthy unlimited breakfast with Tea and coffee in City
- One Welcome Dinner in tourist standard restaurant in Kathmandu with Office's Staffs.

Support:

- Expert High Altitude Climbing Sherpa guide: 1 veteran & Expert Sherpa per member.
- Experienced and well-trained Base Camp Cook & kitchen Helpers as required.
- Staff Salary and allowance: All Nepalese staffs & porter's daily wages, equipment, food & clothing.
- Climbing Sherpa Salary, equipment's bonus & Allowance
- Porters per member up to Base camp from Koto & Porters return from Base camp to Koto.
- All Necessary equipment for Camping during the trek.
- Staff Salary and allowance: All Nepalese staffs & porter's daily wages, equipment, food & clothing.

Equipment's:

- Each member will have individual North face or Mountain Hardwear tent in Base Camp.
- At Base camp: 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 staffs, Store tents, Tables & chairs & all necessary cooking gears.
- Heater for base camp in each Dining and other necessary camp.
- Solar/Generator/Light: 1 Solar panel or Generator for battery charge and light at base camp for use.
- **Oxygen Bottle (O2):** Oxygen bottles will be in stock at base camp in case of an emergency **(with appropriate charge)**.
- **Oxygen Mask & Regulator:** Sets of Summit Oxygen mask will be in base camp in case of an emergency.

Official Service:

- Expedition Royalty and permit of Nepal Government to climb Himlung Himal, TIMS Card, conservation area entry permits & fee.
- Restricted Area permit: Special Permit of Naar-Phu Restricted area.
- Liaison Officer: 1 Government Liaison officer with full equipment, salary and accommodation.
- Garbage Management: Garbage Deposit fees.
- Insurance: Medical & Emergency rescue Insurance for all involved Nepalese staffs during the trek and expedition.
- International Air cargo clearance of Member Personal Luggage & Payment of Government taxes in Nepal. **Before the expedition.*
- Land Transportation: Kathmandu - Besisahar - Koto and while returning Koto - Besisahar - Kathmandu (by Jeep, as per itinerary)
- Necessary all equipment Transportation for all Members and Staffs from Kathmandu to Koto (by jeep) and to Base camp (by Porters / donkey) - While returning: Base camp to Koto (by porters / donkey) and Koto to Kathmandu (by Jeep).
- Up to 60 Kg per member for personal baggage during the trek carrying by porter or Yak.
- High Altitude Tent, Necessary cooking EPI gas, cooking pot for member, High food for member, Sherpa, all climbing and cooking crew. (C1) (C2) (C3). Group climbing gears, fixed and dynamic rope during the climbing period as required.
- **Satellite Phone** for emergency communication carrying by Sherpa, also available for members **with appropriate charge**.
- **Walkie-Talkie:** Walkie -Talkie for communicating from Base Camp to Mountain and Mountain to Base Camp.
- **Weather Forecast:** Weather forecast report from Meteotest, Bern (Switzerland) during the entire expedition.

- Comprehensive Medical kit.
- **Certificate:** Himlung climbing certificate issued by MoCTCA (**after climbing Himlung Himal successfully**).