

Himlung Himal

Explore, ascend, and reach new heights with our expert-guided mountaineering expeditions.

COUNTRY

Nepal

ACTIVITY

Mountaineering

ACCOMMODATION

Hotel/Lodge/Tent

WALKING

4-6hrs

MAX ALTITUDE

7,129
m

DURATION

35
Days

DIFFICULTY

Hard
Difficult

GROUP SIZE

5
People

Expedition Overview

Mt. Himlung lies to the northeast of Annapurna Range with an aspiring height of 7,126m. This Mountain, which lies in a secluded area of Nepal borders with Tibet. Unlike Mt. Himlung is quite easier considering technicalities. You get greeted by glaciers, gullies, springs and remote villages nearby exhibit tremendous culture with breathtaking views of ApiHima, Kappa Chuli Peak, Nandadevi, and many more. Base camp of Mt. Himlung is set at the height of 4900m.

The three higher camps are established at the heights of 5,450m, 6,000m and 6,350m respectively. The last part of the pinnacle includes steep and icy way. Generally, it takes ten to fifteen days to conquer Himlung Peak and back to the base camp. Although being easy as compared to other peaks, ascending to Himlung Peak require high fitness level. Himlung Himal is splendid peak in isolation with an awesome explorations trek to the top.

INCLUDES

- **1. Arrival & Departure** – Airport - Hotel transfers – Airport (Pick Up and Drop).
- **2. Hotel Accommodation** – 4 nights hotel (4-star category) in Kathmandu on a bed & breakfast Basis- Sharing Twin Bed Room.
- **3. Welcome Dinner** – One Welcome Dinner in a tourist standard restaurant in Kathmandu with Office's Staffs
- **4. Cargo Clearance** – International Air cargo clearance of Member Personal Luggage & Payment of Government taxes in Nepal. **before the expedition.
- **5. Permit** – Expedition Royalty and permit of Nepal Government to climb Mt. Ama Dablam, Sagarmatha National Park entry permit, Pasang Lhamu Rural Municipality entry permit and fees
- **6. Liaison Officer** – 1 Government Liaison officer with full equipment, salary and accommodation.
- **7. Garbage Management** – Shipment Transfer & Garbage Deposit fees
- **8. Insurance** – Medical & Emergency rescue Insurance for all involved Nepalese staffs during the trek and expedition.
- **9. Member transportation** – Air Transportation: Fly from Ramechap*/Kathmandu – Lukla and while returning Lukla - Ramechap * / Kathmandu, domestic flight as per itinerary
- **10. Expedition Stuffs Transportation** – Necessary all equipment Transportation for all Members and Staffs From Kathmandu to Lukla (by air cargo/vehicle) and to Base camp (by Porters / Yak) – While returning: Base camp to Lukla (by porters / Yak) and Lukla to Kathmandu (by air cargo/vehicle). Member's personal equipment will be transport by air.
- **11. Member Luggage** – Up to 60 Kg per member for personal baggage during the trek carrying by porter or Yak.
- **12. Food and Lodging** – 3 meals a day (BLD; including tea and coffee) along with accessible accommodation at Hotel/Lodge/Tea house/Camp during the trek and BC. Well-managed base camp set up for member & Staffs. Kailas or The north face tents will be set up while camping in sharing basis.
- **13. Porter** – Porters per member up to Base camp from Lukla & while returning porters from Base camp to Lukla.
- **14. Base Camp Staff** – Experienced and well-trained Base camp Cook & kitchen Helpers as required.

- **15. Staff Salary and allowance** – All Nepalese staffs & porters daily wages,accomodation,salary, equipment, foods & clothing.
- **16. Base Camp Tent** – Each member will have individual Yak Mountain or Kailas tent in Base Camp.
- **17. Base Camp Equipment** – At Base camp: foam mattresses and pillow per member, 1 Dinning 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.
- **18. Heater** – Heater for base camp in each Dinning and other necessary camp.
- **19. Solar/Generator/Light** – 1 Solar panel or Generator for battery charge and light at base camp for use.
- **20. High Altitude Climbing Sherpa** – 1 veteran and Government Licensed Climbing Sherpa per member. (1 Member: 1 Sherpa).
- **21. Climbing Sherpa Salary & Allowance** – Climbing Sherpa Salary, Equipment, Food and Clothing.
- **22. Bonus** – Carry Bonus of Sherpas and Route Fixing Charges.
- **23. Rope Fixing Team** – The team of experienced Sherpas will fix the route In Ama Dablam (no extra charge will be applied to members).
- **24. Oxygen Bottle** – Oxygen bottles will be in stock at base camp in case of an emergency (subjected to charge).
- **25. Oxygen Mask & Regulator** – Sets of Summit Oxygen mask will be in base camp in case of an emergency.
- **26. Satellite Phone** – Satellite Phone for emergency communication carried by Sherpa, also available for members with appropriate charge.
- **27. High Camp Service** – High Altitude Tent, Necessary cooking EPI gas, cooking pot for member, High food for member, Sherpa, all climbing and cooking crew at (C1) (C2) (C3). Group climbing gears, fixed and dynamic rope during the climbing period as required.
- **28. Walkie-Talkie** – Walkie –Talkie for communicating from Base Camp to Mountain and Mountain to Base Camp.
- **29. Permit** – Satellite Phone / walkie-talkie permit for all members and staffs.
- **30. Weather Forecast** – Weather forecast report from Meteotest, Bern (Switzerland) during the entire expedition.
- **31. Medical Kit** – Comprehensive Medical kit for group.
- **32. Certificate** – Ama Dablam climbing certificate issued by MoCTCA (after climbing Mt. Ama Dablam successfully).
- **33. Map** – Trekking and expedition route map
- **34. High Camp Tent** – One 14 Peaks expedition tent as per sharing basis.
- **35. Training** – Oxygen, Mask Regulator, Ice wall, and gear training at basecamp by Sherpa Guide
- **36. Assistance** – Climbing Sherpa to assist in carrying your gear to the high camps.
- **37. Duffle Bag** – One 14 peaks duffle bag

EXCLUDES

- **1. Air Fare** – International flight airfare from/to Kathmandu.
- **2. Lunch & Dinner** – Lunch & dinner during the stay in Kathmandu (also in case of early return from Trekking / Expedition than the scheduled itinerary).
- **3. 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
- **4. Personal Expenses** – Telephone, Internet,charging, Laundry, any Alcoholic beverages, personal equipment and shopping
- **5. Nepal's Visa** – Nepalese Visa fee is \$ 125 USD for 90 Days.
- **6. Sherpa summit Bonus** – Summit bonus for climbing Sherpa - Minimum 800 USD
- **7. Rescue Evacuation** – Emergency rescue evacuation cost, if needed and all other personal nature expenses
- **8. Filming** – Special Filming, Camera and Drone Permit fee.
- **9. Local tax** – Applicable National fees, garbage disposal and local taxes.
- **10. Internet Service** – Not included during the trek and the expedition.
- **11. Toiletries** – Soaps, shampoos, toilet and tissue papers, toothpaste, and other items used to keep yourself clean.
- **12. Personal Climbing Equipment** – Clothing, Packing Items, Bags, Personal Medical Kit, and all kinds of Personal Trekking / Climbing Gear.
- **13. Extra Nights in Kathmandu** – Extra nights' accommodation in Kathmandu. In case of early arrival or late departure, early return from Trekking / Expedition, domestic flight cancellation (due to any other reason) than the scheduled itinerary.
- **14. Tips** – Calculate some tips for Basecamp and high camp staff – Minimum 350 USD.
- **15. Extra** – Any other services or activities, which are not mentioned in the itinerary and other items not listed in the “Cost Includes” section.

Trip Itinerary

Days	Program	Meals	Accommodation	Description
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1	Arrival in Kathmandu (1,400m)	B	Hotel	our adventure begins with a warm welcome at Tribhuvan International Airport in Kathmandu. Our team will transfer you to your hotel, where you can relax and acclimate to the city's altitude. This day is set aside for rest and preliminary preparations for the journey ahead
2	Rest and Preparation in Kathmandu	B	Hotel	Spend the day finalizing gear and attending an expedition briefing. This comprehensive session covers logistics, safety protocols, and the climbing itinerary. It's also a great time to meet fellow climbers and align your focus on the challenge ahead
3	Besisahar (760m)	B/L/D	Lodge	A scenic helicopter flight from Kathmandu to Lukla, the gateway to the Everest region, marks the beginning of your adventure. As you fly over the beautiful landscapes, take in stunning views of the Himalayan foothills. Upon landing in Lukla, you'll trek along lush trails, passing through rivers and Sherpa villages, making your way to Phakding. This charming village will be your stop for the night, offering a peaceful rest before continuing your journey. define the Everest region.
4	Koto (2600m)	B/L/D	LODGE	
5	Meta (3560m)	B/L/D	LODGE	
6	Kyang (3840m)	B/L/D	LODGE	
7	PhuGaun(3900m)	B/L/D	LODGE	
8	PhuGaun (rest day)	B/L/D	TENT	Trek from Pangboche to Ama Dablam Basecamp (4,450m)
9	Himlung base camp (4900m)	B/L/D	TENT	
10-26	Climbing Period	B/L/D	TENT	
21-25	Summit Push	B/L/D	TENT	
26	Namche Bazaar	B/L/D	LODGE	
27	PhuGaun	B/L/D	HOTEL	
28	Meta (3560m)	B/L/D	HOTEL	
29	Koto (2600m)	B/L/D	HOTEL	
30	Besisahar (760m)	B/L/D	LODGE	
31-32	Kathmandu	B/L/D	HOTEL	
33	Back to Home	B	HOTEL	

Trekking Gear List

Travel Documents

Valid Passport Debit/Credit Card PP Size Photos(4 Pieces)
Insurance Paper/Certificate Summit Down Suit – 8000M

Medicine / First Aid Kits

Paracetamole

Upper Body

Thermal Base Layer Fleece Jacket Gore Tex Jacket
Warm Jacket Wind Proof Jacket Down Jacket Cotton T-Shirt

Lower Body

Trouser Bottom Base Layer Fleece Trouser Gore Tex Pant
Heavy Weight Pant Mid Weight Pant Trekking Pant
Under Wear Down Pant Gaiters for Trekking Boots
Climbing Boot -6000m Normal Socks Summit Socks
Trekking Shoes Thermal Bottom Base Layer Trekking Pants

Foot Wear

Summit Boot - 8000m Sport Shoes

Hand

Thin Fleece Gloves Wind Stopper Gloves Heavy Gloves(Guide)
Summit Gloves

Head

Sun Cap Desert Cap Fleece Hat/Warm Hat Neck Gaiter
Snow Goggles Balaclava

Eating & Drinking

Water bottle Thermos

Bag Packs

Rucksack 35L-50L Duffle Bag Dry Bags

Miscellaneous

Trekking Pole Pocket Knife Nail Cutter Umbrella/Rain Coat
Hot Water Bag Pee Bottle Tenacious Tape Repair
Altimeter Watch Satellite Phone(Optional) GPS Tracker
Power Bank Camera GPS Tracker