

Himlung (7126m) Expedition



Trip Grade: Strenuous
Duration: 24 Nights/25 Days
Max. Altitude: 7126M

Destination: Nepal
Region: 7000m Peaks
Activity: Climbing & Expedition
Theme: Tented Camp

WhatsApp
+977 984107075
Email us at:
info@trekkingexperts.com

Scan to go
to website



Overview

Mount Himlung (7126m) is one of the popular mountains among 7000-meter peaks in Nepal. Mount Himlung is located in Naar & Phu region of Nepal which is situated north-east part of Annapurna region of Nepal. Mount Himlung lies between Tibet-Nepal borders in the Manaslu mountain range. Mount Himlung does not need required any specific climbing skills to climb it however it does require a high level of fitness. It is a beautiful course of alpinism from its Base Camp to the Summit. The Base Camp is established at 4850 meters. It is boarded at the upper end by one of the pastures belonging to Phu Village. In principle, three high camps are established before reaching the Summit. Camp I at 5450 meters, Camp II at 5800 meters and Camp III at 6350 meters. Trekking Experts offers Himlung Expedition to climb Mount Himlung.

Himlung Expedition with Trekking Experts begins with about eight hours' drive to Jagat from Kathmandu. In initial part you'll trek in world's most popular Annapurna Circuit Trekking route and from then you'll turn into a one of the most remote places of Nepal; Naar & Phu valley. The trail follows landscape mainly composed of high peaks, passes, glaciers, remote villages, narrow gullies, forests, rocks, springs, Gompas and unique cultural settlements. Panoramic fabulous views on the Manaslu Range, the Annapurna Range, Gangapurna, Ratna Chuli and many other mountains are part of the trip. Trekking Experts provides all logistic supports and guide services led by experienced staff and climbing Sherpa and excellent food and good lodges/Base camp during climbing of Mount Himlung with the appropriate medical and emergency aid, means of communication and the necessary safety gear are part of the expedition.

Highlights

- Climb beautiful 7126-meter Mount Himlung**
- Trek to Himlung base camp passes villages with Tibetan villages of Naar and Phu remote and culturally immersive trekking experience in Nepal**
- Follow the trail of world's most popular Annapurna Circuit Trail**
- Led by extremely experienced local Sherpa guides and support staff during the expedition**
- Trekking in mesmerizing trails that are off-the-beaten-track**
- Rare beauty of Manaslu region with awesome mountain peaks**
- Visit picturesque villages along the way like Koto, Naar and Phu Village**

Trip Itinerary

Day 01: Kathmandu (alt. 1310m)

Upon your arrival at the Tribhuvan airport Trekking Experts representative welcomes you and assists to transfer in your hotel in Kathmandu. Upon arrival at hotel, our tour manager will brief you about trekking information and other necessary information. And then you'll free time to explore Kathmandu.

Accommodation: Three Star Hotel **Meals:** N/A **Walking Hours:** N/A **Altitude:** 1310 meters

Day 02: Kathmandu (alt. 1310m)

Today you'll visit around Kathmandu at the same time Trekking Experts will be preparing for climbing. One of you who will randomly picked as the Team Leader in the group needs to visit Department of Tourism for permit formalities. It will be just for about an hour only. And you can continue your tour around Kathmandu. There are several world heritage sites in Kathmandu and you can visit three among them. Most probably you'll visit Boudanath, Pashupatinath and Bhaktapur Durbar Square.

Accommodation: Three Star Hotel **Meals:** Breakfast **Walking Hours:** N/A **Altitude:** 1310 meters

Day 03: Kathmandu - Jagat (alt. 1300m)

After breakfast at hotel, you'll drive to Besi Sahar first. And drive to Jagat. It will take about 8/9 hrs drive though the highway and rough trails of Annapurna circuit.

Accommodation: Tented Camp **Meals:** Breakfast/Lunch/Dinner **Walking Hours:** N/A **Altitude:** 1300 meters

Day 04: Jagat-Dharapani (alt. 1910m)

After first breakfast of trekking at Jagat, you'll slowly begin your first day trek. The trail from Jagat descends until it reaches the river and then continues through a lush forest. Further ascent leads to sharp-edged cliff facing the riverbank. En route, Chyamje comes into picture amidst the glorious backdrop of towering Annapurna mountain ranges. After crossing a suspension bridge, you'll climb steeply towards the slippery and physically challenging path to Sattale. On treading along a succession of rock-strewn trails, you'll descend to a grassy riverbank that leads to Tal. As you walk away from Tal, the path becomes rugged and winding. Then you'll approach steeply-forested village of Karte. Meandering along the waterfalls and cliffs, you'll finally reach Dharapani after crossing a suspension bridge.

Accommodation: Tented Camp **Meals:** Breakfast/Lunch/Dinner **Walking Hours:** 6-7 Hours Walk **Altitude:** 1910 meters

Day 05: Dharapani-Koto (alt. 2600m)

After breakfast at camp, you'll walk through a few forested ridges on our way to Koto. Throughout the trek you'll admire amazing views of the Himalayas including Lamjung Himal, Annapurna II, and Annapurna IV (7,525m).

Accommodation: Tented Camp **Meals:** Breakfast/Lunch/Dinner **Walking Hours:** 5-6 Hours Walk **Altitude:** 2600 meters

Day 06: Koto-Meta (alt. 3560m)

After breakfast at Koto camp, you'll go into in the forbidden area of Naar Phu Valley. The trail follows Naar Khola and Greenland forest. The trail is brave with stony trail and absolute saunter to Meta, taking 6 hours of walk.

Accommodation: Tented Camp **Meals:** Breakfast/Lunch/Dinner **Walking Hours:** 6 Hours Walk **Altitude:** 3560 meters

Day 07: Meta-Phu Gaon (alt. 4080m)

After breakfast at Meta camp, you will start on the trek to Kyang of Phu village which will take about 5 to 6 hours. Making use of the desert area and characteristic restricted village of Chyakhu and Kyang where you will get jointly modest people. With mesmerizing stable add to and downward to Phu village and showing some mountains of Annapurna ranges will take to a close up. From Kyang you'll continue walk to reach Phu Village. Phu Village is located at an elevation of 4,080 meter which will take about 3-4 hours. In the starting phase of trek the trekking trail seems thin then quickly it starts to broaden.

Accommodation: Tented Camp **Meals:** Breakfast/Lunch/Dinner **Walking Hours:** 7-8 Hours Walk **Altitude:** 4080 meters

Day 08: Phu Gaon (alt. 4080m)

Today is full free day to explore around Phu Village and acclimatization. This is an ideal place for rest and acclimatization and local exploration. As you are already in altitude and need our body to altitude adaptation before heading to higher altitude and at the same time, there are many things to be seen and explored in the village, the ancient monasteries etc. You also have beautiful views of Ratna Chuli, Himlung Himal,

Pokharavan and Kanguru etc. You also can access higher on the hill above Phugaon to acclimatize and come down to camp.

Accommodation: Tented Camp **Meals:** Breakfast/Lunch/Dinner **Walking Hours:** N/A **Altitude:** 4080 meters

Day 09: Phu Gaon- Himlung Base Camp (alt. 4540m)

After breakfast at Phu Gaon, you'll head to Himlung Base camp located at 4540 meter. Your today's walk begins through the glacier with good beautiful sights of landscape, yak pastures and mountain sceneries. On the way you'll have two ways; one for Himlung Base camp and another for Ratna Chuli base camp. And you'll take the upper trail of Himlung base camp and soon you arrive to our camping spot into a grassy land with some mountain chain. And we shall set up base Camp here.

Accommodation: Tented Camp **Meals:** Breakfast/Lunch/Dinner **Walking Hours:** 3-4 Hours Walk **Altitude:** 4540 meters

Day 10: Himlung Base Camp (alt. 4540m)

At base camp you'll rest for better acclimatization and in the mean time you'll be have preparation for the ascension, checking equipments, simple training on using different equipments etc.

Accommodation: Tented Camp **Meals:** Breakfast/Lunch/Dinner **Walking Hours:** N/A **Altitude:** 4540 meters

Day 11: Himlung Base Camp- Camp I (alt. 5450m)

Today after spending and preparation, you'll head towards higher camps. These days will be for several days' worth of training and practices. In addition, you will spend most of the days for adequate acclimatization to the altitude. The Sherpa crew will work day and night to set up additional crew above the base camp. This will allow the provision of hygienic meals and efficient routes towards the summit of Himlung Himal. The expedition ahead is surely demanding, therefore you will follow the assistance of your tour guide. The trails are significantly snowy towards camp I. So, you will maintain a slow and steady pace until your arrival at camp I (5450m). After your arrival in the camp I, you will see the stunning views of the stunning mountain views of the Annapurna, Manaslu and Gangapurna.

Accommodation: Tented Camp **Meals:** Breakfast/Lunch/Dinner **Walking Hours:** N/A **Altitude:** 5450 meters

Day 12: Camp I- Camp II (6000m)-Base Camp (alt. 4540m)

After breakfast at camp, you will begin with a chill winter breeze of the high Himalayas. After you check your supplies, you will begin your journey towards Camp II. It is a steady but strenuous climb but a steady composure will help you pass through it. Nonetheless, you'll have an epic adventure on the adventurous route of the Himlung Himal. Upon your arrival at Camp II, you will enjoy a magnificent view of the sunset. It is a truly mesmerizing once in a lifetime experience. And from camp II, you'll return to base camp for acclimatization.

Accommodation: Tented Camp **Meals:** Breakfast/Lunch/Dinner **Walking Hours:** N/A **Altitude:** 4540 meters

Day 13: Base Camp (alt. 4540m)

Today is a rest day after hiking till camp II. You will spend an entire day laid back on the camp. The resting procedure will significantly aid in the process of acclimatization. Besides, you can also walk around the campsite and click a few pictures for a memorable experience. In addition, the guide will equip you with the necessary gear for the trip. Further in the expedition, you will follow the guidance of experienced Sherpa guides. The guide's expertise will allow you to execute several climbing techniques to reach the summit 7126m.

Accommodation: Tented Camp **Meals:** Breakfast/Lunch/Dinner **Walking Hours:** N/A **Altitude:** 4540 meters

Day 14: Base Camp – Camp I (alt. 5450M)

After spending one day at camp, today you'll again you'll move towards camp I and stay at camp I.

Accommodation: Tented Camp **Meals:** Breakfast/Lunch/Dinner **Walking Hours:** N/A **Altitude:** 5450 meters

Day 15: Camp I-Camp II (alt. 6000m)

From camp I, today you'll head up to camp II and stay overnight there.

Accommodation: Tented Camp **Meals:** Breakfast/Lunch/Dinner **Walking Hours:** N/A **Altitude:** 6000 meters

Day 16: Camp II- Camp III (alt. 6250m)

After an adequate rest and acclimatization, your body will be revitalized for the journey ahead. It is a rather short 250 m ascend to camp III. However, you will proceed with caution to avoid any risk of injury. Due to the short trek distance, you'll arrive at the campsite at noon. After an enjoyable lunch, you will prepare for the expedition tomorrow. At the summit, the stunning landscape will reward you with stunning views of the Annapurna 8091m and Manaslu range 8156m. Due to the risk of altitude sickness, you will spend short but quality at the summit. Shortly after, you will make you descend to camp III.

Accommodation: Tented Camp **Meals:** Breakfast/Lunch/Dinner **Walking Hours:** N/A **Altitude:** 6250 meters

Day 17: Camp III-Himlung Himal (7126m)- Camp III (alt. 6000m)

Today is the day to make summit push for Himlung Himal. Today is a big day; it is an important part of the entire expedition. So, the trek leader makes sure if all of the member's trek equipments are in order. You will start your journey in the very early morning. After you reach the summit, you will enjoy spectacular views of the surrounding landscape and views of Annapurna 8091m and Manaslu range 8156m. After spending some beautiful moment at the top, you'll return to Camp III. If time permits, you'll descend further camp II.

Accommodation: Tented Camp **Meals:** Breakfast/Lunch/Dinner **Walking Hours:** N/A **Altitude:** 6000 meters

Day 18: Camp III-Base Camp (alt. 4540m)

After successful ascent to the top of Himlung yesterday, today you will make your way back to the Base camp. The trail ahead descends through the stunning landscape. It will be easier for you to walk yourself to the camp in a short time. However, you need to take care of your knees and ankles. Due to the uneven texture of the trails, you might sprain or hurt them.

Accommodation: Tented Camp **Meals:** Breakfast/Lunch/Dinner **Walking Hours:** 7-8 Hours Walk **Altitude:** 4540 meters

Day 19: Contingency Day/Base Camp (alt. 4540m)

Today is contingency day in case summit push is delayed due to weather or any unforeseen reason. If you made successful summit already, then you'll free day at base camp to relax.

Accommodation: Tented Camp **Meals:** Breakfast/Lunch/Dinner **Walking Hours:** N/A **Altitude:** 4540 meters

Day 20: Base Camp-Phu Gaon (alt. 4080m)

After breakfast at camp and clean up base camp today, you'll trek to Phu Gaon today. You will retrace your steps back to Phu village. The 5-6 hours descend is moderate, but you must take care of your ankles and knees along the way. Upon your arrival at the Phu village, you will enjoy the exploration of the streets in the village.

Accommodation: Tented Camp **Meals:** Breakfast/Lunch/Dinner **Walking Hours:** 5-6 Hours Walk **Altitude:** 4080 meters

Day 21: Phu Gaon- Meta (alt. 3560m)

Today, you will leave Phu village behind and follow the trail back to the suspension bridge. The trek ahead leads to a series of chorten which then descends towards Kyang. The trail passes an eroded moraine before the crossing over Mruju Khola. You'll retrace our 5-6 hours trek with stunning views of the Lamjung Hima 5587m. Your day ends at after arriving at the settlement of Meta.

Accommodation: Tented Camp **Meals:** Breakfast/Lunch/Dinner **Walking Hours:** 5-6 Hours Walk **Altitude:** 3560 meters

Day 22: Meta- Koto (alt. 2600m)

After breakfast at Meta your journey proceeds on the same trail as you descends to the bottom of the valley. The trail ahead passes through stone huts of Singenge towards a dense forest. The walk ahead leads you to a slight descend to a suspension over Seti Khola. You will cross the stunning suspension bridge before a short ascend to Koto village. The trek lasts for around 6-7 hours to Koto.

Accommodation: Lodge **Meals:** Breakfast/Lunch/Dinner **Walking Hours:** 6-7 Hours Walk **Altitude:** 2600 meters

Day 23: Koto-Kathmandu (alt. 1310m)

After early breakfast at lodge, you will catch a local bus/jeep to Bensi Sahar. Once you are at Bensi Sahar, your private vehicle will be waiting for you for Kathmandu. You will catch it and drive to Kathmandu. Upon arrival in Kathmandu, you'll check-in at hotel.

Accommodation: Three Star Hotel **Meals:** Breakfast/Lunch **Walking Hours:** N/A **Altitude:** 1310 meters

Day 24: Kathmandu (alt. 1310m)

Today is your last day in Nepal so prepare for departure, packing and returning gear. A massage is highly recommended to relax your tired muscles before your long haul flight home. Tour leader of the trip visits Department of Tourism for some Government formalities after the trip as De-Briefing. In the evening you'll have farewell dinner at local Nepalese restaurant with typical cultured dances.

Accommodation: Three Star Hotel **Meals:** Breakfast/Dinner **Walking Hours:** N/A **Altitude:** 1310 meters

Day 25: Departure from Kathmandu

Depending on your flight time, you'll be transfer to airport before 3 hrs of flight time.

Accommodation: N/A **Meals:** Breakfast **Walking Hours:** N/A **Altitude:** N/A

What's Included

- Meals & Accommodations**
 - i) 4 nights in Kathmandu at three star hotel or similar hotel on twin sharing basis with bed & breakfast
 - ii) 20 nights in tented camps during the trekking and high camps on twin sharing basis with full board (Breakfast, Lunch and Dinner)
- Transportations & Flights**
 - i) All airport/hotel/airport transfers by private air-conditioned vehicle
 - ii) Kathmandu-Bensi Sahar and Bensi Sahar-Kathmandu by air-conditioned private vehicle
 - iii) Bensi Sahar-Jagat and Koto-Bensi Sahar by local jeep/bus with trekking crew
 - iv) 30 kg baggage per person for till BC and return
- Permits & Fees**
 - i) Annapurna Conservation Fee
 - ii) Naar Phu Special Permit Fee
 - iii) Himlung Expedition Permit Fee
 - iv) Garbage Deposit Fee
 - v) Insurance for guide in order to obtain permit
 - vi) 1 Government Liaison Officer with his/her insurance, food allowance and flights
- Guide & Supporting Crew at/till Base Camp**
 - i) 1 English speaking experienced trekking guide
 - ii) 1 expedition cooks and required kitchen helpers
 - iii) Required porter to carry personal baggage
 - iv) Required porter to carry camping equipment, food, fuel and climbing gears for Jagat-base camp and base camp to Jagat
- Equipments till Base Camp**
 - i) 1 sleeping tent for every member
 - ii) 1 Foam mattress for every member
 - iii) Dining Tents and kitchen tent
 - iv) Store Tents
 - v) Required toilet tents
 - vi) Required Shower tents
 - vii) Required tables and chairs
 - viii) Required kitchen utensils with fuel
 - ix) Solar light for lighting purpose only
 - x) 2 pairs of walki-talkies
 - xi) 1 Satellite Phone (Use and pay Euro 4 per unit call)

What's not Included

- All personal expenses like alcoholic beverages, bottled drinks, telephone calls, laundry services
- Medical and travel insurances
- International airfare and taxes
- Nepal Visa fees
- Cargo Fee for domestic flights for baggage above 15kg and porter if baggage is above 30 kg

- Emergency helicopter rescue charges
- Main meals in Kathmandu (lunch and dinner)
- Tips for trekking/climbing crew
- Personal Climbing Gears
- Guide & Supporting Crew above base camp (in the mountain): High-Altitude Sherpa
- Carry Bonus for HA Sherpa
- Summit Bonus for HA Sherpa
- Services & Equipments above Base Camp: