



Himlung Himal (7162m)



Introduction

Himlung Himal 7,126 m climbing “**adventure around far North West Himalaya between Manang and Manaslu region**” is located in the western part of Nepal. Situated just above the ancient Tibetan village of Phu (Restricted area and climbers are required to get a special restricted area and climbing permit to enter) which is officially opened in 1992 for foreign expeditions and trekkers. The peak was first climb by Mr. Akio Koizumi from Japan on 3 October 1992. Now this peak is popular among the climbers as a preparation of Everest climbing. The mountain itself is situated close to Nepal-Tibet border between Annapurna and Manaslu Himalayan ranges, and because of that, part of the journey to reach it will involve trekking through the classic Annapurna-Manaslu trail. The last village accessible from the mountain is Phu Gaon (4080 m). The journey starts from Besisahar, the starting point of Annapurna Circuit Trek. Required total days for climbing Himlung including the trekking period is 32 up to 35 days. Mount Himlung climbing is a bit technical to climb. The trail is a mixture of snow, ice and rock with some steep faces and crevasses. Rope fixing, using Ice Axe and foot timing will be required to climb. Together with Xtreme Climbers Treks & Expedition, you will get all the support you need to make this expedition successful. The expedition will be operated and led by our experienced Sherpa climbers and guides. You will have plenty of time to learn mountaineering skills in the base camp that will be useful for you to make a successful attempt of the Himlung summit. The organizing of the expedition will be done on full board basis with full base camp service including all climbing equipments.

Facts

- Altitude: 7162m<
- Duration: 32 days
- Grade: Adventurous & Demanding
- Group: 2 - 15
- Country: Nepal
- Best Season: April to June or in early September to November
- Start/Ends: Kathmandu (Capital of Nepal)
- Accommodation: Hotel in Kathmandu on BB plan / Mountain lodge (tea house) in Trekking.
- Transportation: Domestic airplane and tourist vehicles
- Meals Includes: Breakfast and welcome or farewell dinner in Kathmandu / Full board in Trekking (Breakfast, Lunch & Dinner).

Highlights

- Enjoy majestic vistas of Annapurna and Manaslu Himalayan ranges
- Pass through peaceful and traditional Nepali villages and appreciate pristine wildlife and nature
- Visit the quaint and unique Tibetan settlements, observe Tibetan-like culture and be amazed by the ruins of medieval palaces

Itinerary

- **Day 1** : Arrive at Tribhuvan International Airport (KTM) Kathmandu
- **Day 2 - 3** : In Kathmandu preparation for Mt. Himlung with optional tour. Included meals: Breakfast
- **Day 4** : Drive to Chamje 1560m via Besisar 823m – 08 hrs. journey. Included meals: Breakfast Lunch Dinner
- **Day 5** : Trek to Dharapani 1,860m – 05 hrs. Included meals: Breakfast Lunch Dinner
- **Day 6** : Trek to Koto 2,600m – 05 hrs. Included meals: Breakfast Lunch Dinner
- **Day 7** : Trek to Meta 3,560 m – 06 hrs. Included meals: Breakfast Lunch Dinner
- **Day 8** : Trek to Kyang 4,100m – 06 hrs. Included meals: Breakfast Lunch Dinner
- **Day 9** : Trek to Phu 4,580m 05 hrs. Included meals: Breakfast Lunch Dinner
- **Day 10** : Rest day at Phu explore Samdu Choling and Tashi Monastery. Included meals: Breakfast Lunch Dinner
- **Day 11** : Trek to Himlung base camp 4,540 m – 04 hours. Included meals: Breakfast Lunch Dinner
- **Day 12** : Rest and acclimatization day at Himlung base camp. Included meals: Breakfast Lunch Dinner
- **Day 13 - 22** : Climbing period 10 days setting maximum of 3 high camps.
- **Day 23** : Return to base camp. Included meals: Breakfast Lunch Dinner
- **Day 24** : Clean up day at Base Camp. Included meals: Breakfast Lunch Dinner
- **Day 25** : Trek back to Phu valley – 05 hrs. Included meals: Breakfast Lunch Dinner
- **Day 26** : Trek to Kyang 3,020 m – 05 hrs. Included meals: Breakfast Lunch Dinner
- **Day 27** : Trek to Dharamsala – 05 hours. Included meals: Breakfast Lunch Dinner
- **Day 28** : Trek to Koto – 05 hours. Included meals: Breakfast Lunch Dinner
- **Day 29** : Trek to Dharapani – 05 hours. Included meals: Breakfast Lunch Dinner
- **Day 30** : Drive back to Kathmandu via Besisar and transfer to Hotel. Evening time farewell dinner with cultural dance. Included meals: Breakfast Lunch Dinner
- **Day 31** : Final Departure

Note: The above itinerary can be tailor made as per client's request, we can make the itinerary shorter/Longer by cutting or adding days, People who have longer time can add the White Water Rafting, Jungle safari tour in Chitwan National park, Paragliding and Zeep Flyer in Pokhara and other extra activities so feel free to write us on info@xtremeclimbers.com for further details.

Cost Includes

Full Board Service Includes

- Transportation Arrival & Departure; on domestic and international flights.
- Standard hotel accommodation in Kathmandu on B/B plan
- Entire necessary over land charges.
- Entire necessary trekking/TIMS permit which required for the trek or Expeditions.
- All Transportation service from starting and ending points of Himlung Expedition.
- Experienced Climbing Sherpa guide for Himlung Himal Expedition.
- Mount Himlung Expeditions Group climbing gears like rope, ice bar etc.

- Permits for the Mount Himlung Expedition.
- High altitude meal (Full board) while on Trekking to Himlung B.C. and while Climbing Himlung.
- All the expenses & insurance of Liaison officer (Govt. of Nepal).
- Cook, support crew and porters with their equipments, daily wages, food & insurance etc.
- Camping & Kitchen equipment like base camp tents, dining tent with table and chair, kitchen tent with all utensil and toilet tent.
- High altitude tents and necessary gadgets like EPI gas and burner for high climb.
- Warm clothing, trek gear for nepali staff including porters
- Life & medical insurance for Nepali staff & Porters.
- Portable Altitude Chamber (PAC) & Gamow Bag along with the comprehensive First Aid Kit.
- Communication device like Satellite Phone & Walkie-Talkie in case of emergency.(USE PAY)
- Emergency Oxygen with regulator and mask while on Himlung Expeditions.(USE PAY)
- Farewell dinner with Traditional Nepali song & dance.

Cost and payment details

The cost is depending on group size, affected due to the requirement of number of guides and porters, requisite of Hotel in Kathmandu, method of land/air transport. The itinerary is changeable and modifiable as per needs and time frame of trekkers. Cost will be re calculated if the itinerary is changed or modified. Additional activities may be added as per trekkers request with appropriate additional cost. For Total Tour cost **EMAIL US**, we will send you within 24 hours as your requirements.

Why we don't include cost in our website?

NOTE: To provide you service in reasonable cost and attempt to address your each requirement **Xtreme Climbers** desired to provide you with some information which directly affects the cost and also helps us breakdown the cost. That is why we have decided to clarify our customers that due to the following reasons mentioned below we have not included the cost of each package in the company website.

1. Climbing season: The climbing permit royalty cost for mountain will be different during Spring and Autumn season. Normally most of the climbers climbs Himalayas in the Spring season. Climbing permit during Autumn will be 50% less than the spring season.
2. The cost of the trip depends on the number of persons joining in group for High expedition or Mountain Climbing including number of climbers, Sherpa, base camp supporters, medical doctors, The number of climbing Sherpa guides, high altitude porter, mode of transport you prefer and many other factors can affect the cost of the trip. Alpine climbing guide, the category of the hotel accommodation and the facilities that you aspire in the mountains affect the cost.
3. We operate the High Expeditions, Peak Climbing in full arrangement package and basic arrangement service (full board or base camp service) which directly affects the expedition cost.
4. Request numbers of oxygen, mask regulators and the brands the clients require
5. The itinerary may be changed after reaching an understanding between the agency and the client. Other activities could be added or reduced as per the client's request before processing the trip. Price for reduced activities could be deducted and additional activities could be added in mutual understanding.
6. Either you want to operate this expedition as international group joining basics of Xtreme Climbers or individual (private arrangement) expedition.
7. Type of high camp food that clients require. Any specialized food that has to be ordered from foreign countries will be costlier compared to the one available here.
- 8.

Either any of the climbers intend to attempt any world records? If so, do they require special services or equipment?

Due to the reasons mentioned above we would like to discuss with our client directly before offering the cost. So please feel free to drop your queries in _____ or login to _____ for any information about your selected package.

Cost Excludes

Full Board Service Excludes

- International Air-Fair and airport tax.
- Nepal entry visa fees
- Medical and personal high risk insurance.
- Lunch & dinner in Kathmandu
- Bar & Beverage Bills
- Personal equipment & climbing gears.
- Emergency Rescue evacuation
- Climbing Bonus for Himlung base camp staffs, tips and personal nature expenses.
- Permit fees and customize tripom charge for Sat phone, communication gadget and commercial filming while on Himlung expedition.
- Garbage Deposit USD 5,00.00 (Sharing of the total person) and Deposit fee will be not refunded if the clients (climber) don't take back their garbage back to Kathmandu.

