



HIMLUNG HIMAL EXPEDITION [7126 M.]

Mt. Himlung lies to the northeast of Annapurna Range with an aspiring height of 7,126m.

TRIP FACTS:

PEAK NAME
HIMLUNG

SERVICE
FULL BOARD (1:1 SHERPA)

COUNTRY
NEPAL

DURATION
33 DAYS

ROUTE
SOUTH-WEST

GRADE
HARD DIFFICULT

RANGE
NE - ANNAPURNA

BEST SEASON
AUTUMN

MAX ELEVATION
7126 M.

WALKING PER DAY
4 - 5 HOURS

NATURE
HOTEL + LODGE + CAMP

GROUP SIZE
2-15 PAX



REQUIRED EXPERIENCE:

Experience in mountaineering (6000 m. /7000 m.) is recommended and required to sign up for this expedition.

OVERVIEW:

Manaslu Region offers another surprise to the trekkers in the form of Mt. Himlung. Mt. Himlung lies to the northeast of Annapurna Range with an aspiring height of 7,126m. This Mountain lies in a secluded area of Nepal and Tibet borders. Unlike any other 7000ers, Mt. Himlung is quite easy considering the technical aspects. Voyage to Himlung follows the Annapurna route to Koto and from Koto to Nar-Phu Gaun. The track from Nar-Phu Gaun to Manang is recently opened and this track offers great deals of tall peaks and passes; also, you get greeted by glaciers, gullies, springs, and remote villages nearby exhibit tremendous culture with breathtaking views of Api Hima, Kappa Chuli Peak, Nandadevi, and many more.

The 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 a steep and icy way to the summit. Generally, 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 ascended by the Japanese team in the same year. Only a few teams have succeeded in the successful climb to date. Among these one team was Japanese and the rest were from other countries. Although being easy as compared to other peaks, ascending Himlung Peak requires a high fitness level. Himlung Himal is a splendid peak in isolation with an awesome exploration trek to the top.

Every year Seven Summit Treks organize a large number of successive expeditions of Mt. Himlung.

**ITINERARY:**

DAYS	ITINERARY	DATE	MEALS	BOARD
1	Arrival in Kathmandu (1,400m) & Transfer to the hotel	06 OCT	BB	Hotel
2	Rest in Kathmandu, Expedition briefing and Preparing	07 OCT	B/D	Hotel
3	Drive from Kathmandu to Besi Shahar (760m)	08 OCT	B/L/D	Lodge
4	Drive from Besi Shahar to Koto (2,600m)	09 OCT	B/L/D	Lodge
5	Trek from Koto to Meta (3,560m)	10 OCT	B/L/D	Tent
6	Trek from Meta to Kyang (3,840m)	11 OCT	B/L/D	Tent
7	Trek from Kyang to Phu Gaun (3,900m)	12 OCT	B/L/D	Tent
8	Acclimatization at Phu Gaun (rest day)	13 OCT	B/L/D	Tent
9	Trek from Trek from Phu Gaun to Himlung base camp (4,900m)	14 OCT	B/L/D	Tent
10-21	Rotation: [Basecamp – Rotation (Camp I and Camp II) – Basecamp]	15-26 OCT	Full Board	Tent
22-26	Summit Push: [Base Camp – Himlung Summit (7,126m) – Basecamp]	27-31 OCT	Full Board	Tent
27	Trek from Base Camp to Phu Gaun	01 NOV	B/L/D	Tent
28	Trek from Phu Gaun to Meta (3,560m)	02 NOV	B/L/D	Tent
29	Trek from Meta to Koto (2,600m)	03 NOV	B/L/D	Lodge
30	Drive from Koto to Besisahar (760m)	04 NOV	B/L/D	Lodge
31	Drive from Besi Sahar to Kathmandu & transfer to the hotel	05 NOV	B/L	Hotel
32	Leisure day in Kathmandu City	06 NOV	B/D	Hotel
33	Transfer to International Airport for final departure	07 NOV	Breakfast	

B=Breakfast, L=Lunch, and D=Dinner.



COST INCLUDES [FULL BOARD SERVICE]:

- 1. ARRIVAL AND DEPARTURE:** Airport - Hotel transfers – Airport (Pick Up and Drop), by private vehicle.
- 2. HOTEL ACCOMMODATION IN KATHMANDU:** 4 nights hotel in Kathmandu (4-star category) - single room on bed and breakfast plan.
- 3. WELCOME DINNER:** One Welcome Dinner in a tourist standard restaurant in Kathmandu with Office's Staff.
- 4. CARGO CLEARANCE:** Assistance for cargo clearance in Nepal's Customs, clearance cost is subject to a charge.
- 5. PERMITS:** Expedition Royalty and a permit fee of Nepal Government to climb Himlung Himal, Conservation area entry permit and fee.
- 6. RESTRICTED AREA PERMIT:** Restricted area permit fee.
- 7. LIAISON OFFICER:** 1 Government Liaison officer with full equipment, salary, and accommodation.
- 8. GARBAGE MANAGEMENT:** Stool Shipment Transfer & Garbage Deposit fees.
- 9. INSURANCE:** Medical & Emergency rescue Insurance for all involved Nepalese staff during the trek and expedition.
- 10. MAP:** Trekking and climbing map.
- 11. DUFFLE BAG:** One Seven Summit Treks' Duffle Bag.
- 12. MEMBER TRANSPORTATION:**
 - Drive from Kathmandu – Besi Shashar Koto and while returning, Koto – Besi Shahr – Kathmandu by a tourist jeep, as per itinerary.
- 13. EXPEDITION STUFFS TRANSPORTATION:** All necessary expedition equipment transportation for all Members and Staff from Kathmandu to Koto (by jeep) and Base camp (by Porters / Mules) – While returning: Base camp to Koto (by porters/mule) and Koto to Kathmandu (by Jeep).
- 14. MEMBER LUGGAGE:** Up to 60 Kg per member for personal baggage during the trek to be carried by porters or Yaks.
- 15. FOOD AND LODGING:** 3 meals a day (breakfast, lunch, and dinner; including tea and coffee) along with accessible accommodation at Hotel/Lodge during the trek and at the Basecamp. Hygienic and fresh green vegetables, fresh meat, fruits, and soft drinks will be served during the entire expedition using helicopter flights. Well-managed base camp set up for members & Staff.
- 16. PORTER:** Porters per member up to the Base camp and from the Basecamp (both ways).
- 17. CAMPING EQUIPMENT:** All Necessary equipment for **Camping** during the trek.
- 18. BASE CAMP STAFF:** Experienced and well-trained Base Camp Cook & kitchen Helpers as required.
- 19. STAFF SALARY AND ALLOWANCE:** All Nepalese staff & porter's daily wages, salary, equipment, food & clothing.
- 20. BASE CAMP TENT:** Each member will have an individual tent (4 men tent) in Base Camp.
- 21. BASE CAMP EQUIPMENT:** Single Tent, 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.



22. **HEATER:** Heater at base camp in each Dining and other necessary camps.
23. **SOLAR/GENERATOR/LIGHT:** 1 Solar panel and Generator for lights at base camp, battery charge, for laptop and other electronic devices.
24. **TRAINING:** Oxygen, Mask Regulator, Ice wall, and gear training at basecamp by Sherpa Guide.
25. **HIGH ALTITUDE CLIMBING SHERPA:** 1 veteran and government-licensed climbing Sherpa per member (1 Member: 1 Sherpa), during the entire climb from Basecamp to the summit and back, and on each rotation.
26. **ASSISTANCE:** Climbing Sherpa to assist in carrying your gear to the high camps.
27. **CLIMBING SHERPA SALARY & ALLOWANCE:** Climbing Sherpa Salary, Equipment, Food, and Clothing.
28. **BONUS:** Carry Bonus of Sherpas and Route Fixing Charges.
29. **OXYGEN BOTTLE (O2):** Oxygen bottles will be in stock at base camp in case of an emergency (**with an appropriate charge**).
30. **OXYGEN MASK & REGULATOR:** 1 Set of Summit Oxygen masks will be in base camp in case of an emergency.
31. **HIGH CAMP SERVICE (INFRASTRUCTURE AND LOGISTICS):** High Altitude Tent, Necessary cooking EPI gas, cooking pot, High food for a member, Sherpa, and other crews at (C1) (C2) and (C3). Group climbing gears, and fixed and dynamic rope during the climbing period as required.
32. **HIGH ALTITUDE TENT:** Members will share tents in high camps (2 members: 1 tent).
33. **ROPE FIXING TEAM:** The team of experienced Sherpas will fix the rope and the route.
34. **SATELLITE PHONE:** Satellite Phone for emergency communication carried by Sherpa, also available for members **with an appropriate charge**.
35. **WALKIE-TALKIE:** Walkie-Talkie for communicating from Base Camp to Mountain and Mountain to Base Camp.
36. **PERMIT:** Walkie-talkie permit for all members and staff.
37. **WEATHER FORECAST:** Weather forecast report during the entire expedition.
38. **MEDICAL KIT:** Comprehensive Medical kit for members and staff.
39. **CERTIFICATE:** Himlung Himal climbing certificate issued by MoCTCA (**after climbing Himlung successfully**).

****Note:** All expedition stuffs and equipment have to be returned after the expedition.



COST EXCLUDES:

- 1. AIR FARE:** International flight airfare (from and to Kathmandu).
 - 2. NEPAL ENTRY VISA FEE:** Nepalese [Visa fee](#) is \$ 125 USD for 90 Days.
 - 3. LUNCH & DINNER:** Lunch & dinner during the stay in Kathmandu (also in case of early return from Trekking / Expedition than the scheduled itinerary).
 - 4. 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.
 - 5. 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
 - 6. PERSONAL EXPENSES:** Telephone Calls, Internet, Toiletries, battery recharge, hot shower, laundry, soft drinks, beers, and any Alcoholic beverages (during the trek and in Kathmandu but we will have soft drinks for members at base camp).
 - 7. PERSONAL CLIMBING EQUIPMENT:** Clothing, Packing Items, Bags, Personal Medical Kit, and all kinds of Personal Trekking / Climbing Gear.
 - 8. TOILETRIES:** Soaps, shampoos, toilet and tissue papers, toothpaste, and other items used to keep yourself clean.
 - 9. FILMING:** Special Filming, Camera, and Drone permit fee.
 - 10. INTERNET SERVICE:** Not included during the trek and the expedition.
 - 11. SUMMIT BONUS:** Summit bonus for climbing Sherpa- Minimum **1200 USD**.
 - 12. TIPS:** Calculate some tips for Basecamp and high camp staff – Minimum **350 USD**.
 - 13. EXTRA:** Any other services or activities, which are not mentioned in the itinerary and other items not listed in the “Cost Includes” section.
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ROUTE MAP:





EQUIPMENT LIST

[EQUIPMENT SHALL BE ARRANGED BY CLIENTS THEMSELVES, NOT INCLUDED IN THE PACKAGE COST]

TRAVEL DOCUMENTS

- VALID PASSPORT
- CREDIT/DEBIT CARD
- PP SIZE PHOTO (4 PIECES)
- INSURANCE PAPER AND CONTACT ADDRESS
- FAMILY MEMBERS / COMPANY'S CONTACT ADDRESS

FOOT WEAR

- SUMMIT BOOT - 8000M.
(KAILAS / LASPORTIVA / MILLET)
- CLIMBING BOOT - 6000M.
(KAILAS / LASPORTIVA / MILLET)
- NORMAL SOCKS (5-8 PAIRS)
- SUMMIT SOCKS/6000 M. SOCKS (2 PAIRS)
- TREKKING SHOES (GORE-TEX)
- LIGHT TREKKING/SPORTS SHOES
- CAMP BOOTIES (1 PAIR)
- SLIPPER (1 PAIR)

UPPER BODY

- THERMAL TOP BASE LAYER (2-3 PCS)
- FLEECE JACKET (1-2 PCS)
- GORE-TEX JACKET (1 PCS)
- WIND PROOF JACKET (1-2 PCS)
- DOWN JACKET (1-2 PCS)
- COTTON T-SHIRT (3-5 PCS)

LOWER BODY

- THERMAL BOTTOM BASE LAYER (2-3 PCS)
- FLEECE TROUSER (1-2 PCS)
- GORE-TEX PANT (1 PCS)
- MID WEIGHT PANTS (1-2 PCS)
- LIGHT WEIGHT QUICK DRY TREKKING PANTS (2-3 PAIRS)
- GAITERS FOR TREKKING BOOTS
- DOWN PANTS (1 PCS)
- UNDER WEAR (4-6 PCS)

HEAD

- SUN CAP
- DESERT CAP
- BALACLAVA
- FLEECE HAT/ WARM HAT (1-2 PCS)
- NECK GAITER (2-3 PCS)

HANDS

- THIN FLEECE GLOVES (2 PAIRS)
- WIND STOPPER / SCREEN TAP GLOVES (2 PAIRS)
- HEAVY GLOVES (GUIDE GLOVES)
- SUMMIT GLOVES - 8000M.

SLEEPING BAGS

- SLEEPING BAG -20°C TO -30°C (FOR BASE CAMP)
- DOWN SLEEPING BAG -40°C (EXTREME COMFORT)
- THERMAREST MATTRESS (CELL FOAM)
- DOWN MATTRESS (INFLATABLE)
- SLEEPING BAG LINER
- INFLATABLE PILLOW

CLIMBING EQUIPMENT

- CLIMBING HELMET
- SUMMIT DOWN SUIT - 8000M.
(KAILAS / MARMOT / MOUNTAIN HARDWARE / NORTH FACE / MILLET)
- CRAMPONS (FIT WITH BOOT)/PACKING COVER
- ICE AXE WITH SPIKE & AXE PROTECTOR
- HARNESS
- BELAY DEVICES/ FIGURE OF 8/ ATC GUIDE
- JUMAR / ASCENDER
- LOCK CARABINER (3 PCS)
- UNLOCK CARABINER (2 PCS)
- TAPE SLINGS/240 CM
- SNOW GOGGLE (SUMMIT PURPOSE, ANTI-FOG, POLARIZED, UV PROTECTION)
- HEAD LIGHT 500-700 LUMENS SPARE BATTERY (ENERGIZER ULTIMATE LITHIUM)
- SATELLITE PHONE WITH CREDIT (OPTIONAL)
- WALKING STICK/ TREKKING POLE
- POCKET KNIFE (SWISS)
- ALTIMETER WATCH
- PEE BOTTLE
- POWER BANK

BAG PACKS

- RUCKSACKS 35 L - 50 L
- DUFFLE BAG 120 L-150 L (2 PCS)
- WATER PROOF STUFF SACKS/DRY BAG-SMALL/ MEDIUM/ LARGE (3-4 PCS)

SUN STUFFS

- BANANA BOAT/ NIVEA SUN CREAM (UP TO -50 SPF)
- LIP GUARD -30 TO -50 (SPF)
- SUN GLASSES (UV PROTECTION)
- GLACIERS GLASSES (UV PROTECTION)
- MOISTURISER / LOTION

TOILETRIES (PERSONAL)

- TOILET PAPER / WET TISSUE
- TOOTHPASTE & TOOTHBRUSH
- SOAP
- SHAMPOO
- TOWEL
- GARBAGE BAG

EATING & DRINKING

- 1 LTR. WATER BOTTLE
- 1/ 1.5 LTR. THERMOS
- MUG (OPT.)
- SPOON/ FORK (OPT.)
- BOWL (OPT.)

MEDICAL/FIRST AID

- BRUFEN/IBUPROFENS
- ANTIBIOTIC, PARACETAMOL
- DIAMOX
- HANDY PLASTER, CRACK BANDAGE
- TINCTURE IODINE, ONDEM
- CETIRIZINE, ELECTROLYTE
- MINIL 10MG (PALPITATION, ANXIETY)
- CODOPAR (HEADACHE & CHEST PAIN)
- SALBETOL 4MG (BREATHLESS)
- AZITHROMYCIN 500MG (CHRONIC TONSILLITIS, FEVER, NOSE, THROAT INFECTION-MUST TAKE 5 DAYS)
- FLUPEN 250MG (PREVENT WOUND INFECTION)
- ALLEGRA 120/180MG (ALLERGIC TONSIL)
- MENSTRUAL PRODUCTS

MISCELLANEOUS

- NAIL CUTTER
- UMBRELLA / RAIN COAT
- HOT WATER BAG
- TENACIOUS TAPE REPAIR KITS
- CAMERA
- GPS TRACKER (RECOMMENDED)
- HAND & TOE WARMER



ADD. SERVICES

Additional Per Sherpa	\$ 6000.00	We will provide you with One Personal Sherpa during the entire expedition period (1 Member :1 Sherpa), this is included in the program price. However, if you would like to have another extra personal climbing Sherpa (A private 1 Member: 2 Sherpas), you may add to your program.
Reserve Oxygen Per Bottle	\$ 500.00	If you want to purchase extra bottles for extra safety.
Personal Dining Tent	\$ 1000.00	To avoid the pandemic scenario or if you are looking for a quiet and silent time at the base camp, you may request a separate dining and resting tent.
Single Room on Trek	\$ 1000.00	Single room (Upgraded) during the entire trekking days (both ways).
Helicopter Flights: -Basecamp- Kathmandu	\$ 5000.00	A helicopter ride saves your trekking days. If you would like to use the helicopter riding option during the expedition period, please let us know a few days earlier.

INSURANCE:

There is a fine line between adventure and blatant risk. Mountaineering is an adventure trip that carries an intrinsic danger and the nature of travel implies things don't generally go according to plan, which is the reason why we require every one of our clients to get acceptable and proper insurance.

Due to unanticipated reasons, for example, injury, family issues, work commitments, etc., clients may need to cancel their trip before the start or during the expedition. Considering these factors, it's better to be prepared for the possibilities.

As mentioned in the Terms and Conditions of Seven Summit Treks, the agency is exempt from being liable for different expenses that may occur in case of different emergencies or unforeseen situations. In

addition to that, a foreigner isn't allowed to purchase insurance on Nepali soil. Both facts point out the requirement of a client to purchase an elaborate travel insurance plan in their place of origin that protects their interest in case of trip cancellation, helicopter evacuation, medical emergencies, other illnesses, lost luggage, theft, disasters, death, and so on.

You are free to pick your insurer however look for an arrangement that covers trip postponement and cancellation, rescue, and covers medical as well. Guarantee it doesn't have limitations on the height you will climb, prohibitions on the exercises you are embracing, or the places you will be visiting. Protect yourself with the right insurance so you can go on your expedition with peace of mind and focus more on your climbing.



Please make sure to send us a copy of your insurance policy before you start your expedition so that we can assist you in any case of an emergency.

Please find the details about insurance before buying the policy [here](#).

BOOKING & PAYMENT PROCESS:

If you intend to embark on an adventure through Seven Summit Treks Pvt. Ltd. you are required to book a trip 3 months before the trip. A three months preparation period is necessary to ensure maximum safety and satisfaction of the clients.

The client must dispense 30% of the total cost, at the time of booking. The advance amount will be used for the necessary booking of hotels, flights, guides, and porters and receiving approval from governmental authorities. Another 30% of the total charge should be deposited before one month of the flight to Nepal. The remaining 40% of the total charge should be paid after you arrive in Nepal, before the start of your adventure.

Name of the Bank	: HIMALAYAN BANK LTD.
Beneficiary Account Holder's Name	: Seven Summit Treks Pvt. Ltd
Beneficiary Account Number (USD \$)	: 01902853840022
Swift Code/BIC	: HIMANPKA
Address	: Thamel, Kathmandu, Nepal
Mobile	: +977 9851111187
Zip Code	: 44600
Email	: info@sevensummittreks.com

After depositing the booking amount to the company's account, we can confirm your registration for our expedition team. You can find all the information about gear lists, itineraries, travel routes, etc. that are required for your expedition on this website that will help you manage everything needed for your expedition.

Once you sign up for the expedition with SST - you will have a free consult by our [expert team](#). We will provide information about personalized strategy, customization, progression planning, expert guiding and coaching, insight, and advice on how to accomplish your adventure goals.



Following the initial application process, you will then:

- Send us your passport copy - during booking.
- Send us a copy of your insurance policy- before your arrival.
- Send us your arrival/departure travel details- before your arrival.
- Send us a copy of your physician's report (verified by your doctor stating you are fit to join and exercise yourself at a higher altitude) before your arrival.

Please find the details about our payments, cancellation, and refund policies [here](#).

EXPEDITION ON THE WEB:

For expedition dates, and all the latest information

[HIMLUNG HIMAL EXPEDITION](#)

For all expedition enquires and bookings

info@sevensummitstreks.com

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