
HIMLUNG HIMAL

The most accessible 7000er



Introduction!

Himlung Himal (**7126 meters**) is one of the most popular 7000ers in Nepal. Often recognized as a **training and preparatory climb for an 8000er**, Himlung has become an ideal choice of non-technical but high mountain among the climbers. The mountain is located in the **Peri-Damodar** range in Manang district but does not share border with China. Surrounding the mountain are equally high mountains such as Nemjung, Gyaji Kang, Himjung, Ratna Chuli and multiple unnamed mountains over 6000 meters.

One has to trek through the banks of Marshyangdi river from Koto or via Chame. As **Manang** district lies in the rain shadow zone, the trek up the Himlung base camp is a different experience. The place is also famous for the sight of the rare '**Ghost of the Himalaya**' - the Snow Leopard. The culture and households of natives in Nar and Phu offers a different world experience.

Himlung Himal was first climbed in **1992** by the Japanese. In 2013, a new and comparatively safer route was discovered by French Kari Kobler and team. Current normal route to the Summit is via the **North-West Route**.



Mountain Facts

- **Elevation:** 7126 meters
- **Location:** Manang, Nepal
(Latitude: 28°46'18" N; Longitude: 84°25'21" E)
- **Range:** Peri-Damodar Range; Peri Himal Sub Range
- **Rank:** The most preferred 7000er in Nepal
- **Classification:** 7000er
- **Standard Climbing Route:** North-West Route

Trip Facts

- **Duration:** 34 days
- **Starts in:** Kathmandu
- **Ends in:** Kathmandu
- **Climb Grade:** Challenging
- **Best Season:** Autumn (Sep-Dec) & Spring (Apr- May)
- **Activities:** Trekking and Mountaineering
- **Meal Plan:** Full Board (B/L/D)
- **Accommodation:** Hotels, Tea Houses and Camping
- **Transportation:** Road transportation



Climbing History of Himlung Himal

- **1992** – The Japanese made the first ascent of Himlung via a difficult route that involved crossing high passes.
- **2013** – Kari Kobler opened a new and comparatively safer route making Himlung an accessible mountain as it is now.
- **2017** – Paulo Grobel, a French mountaineer and Guide completed the first ever traverse of the Himlung Himal.
- **2014** – Expedition Himalaya's first commercial team successfully summited Island Peak.



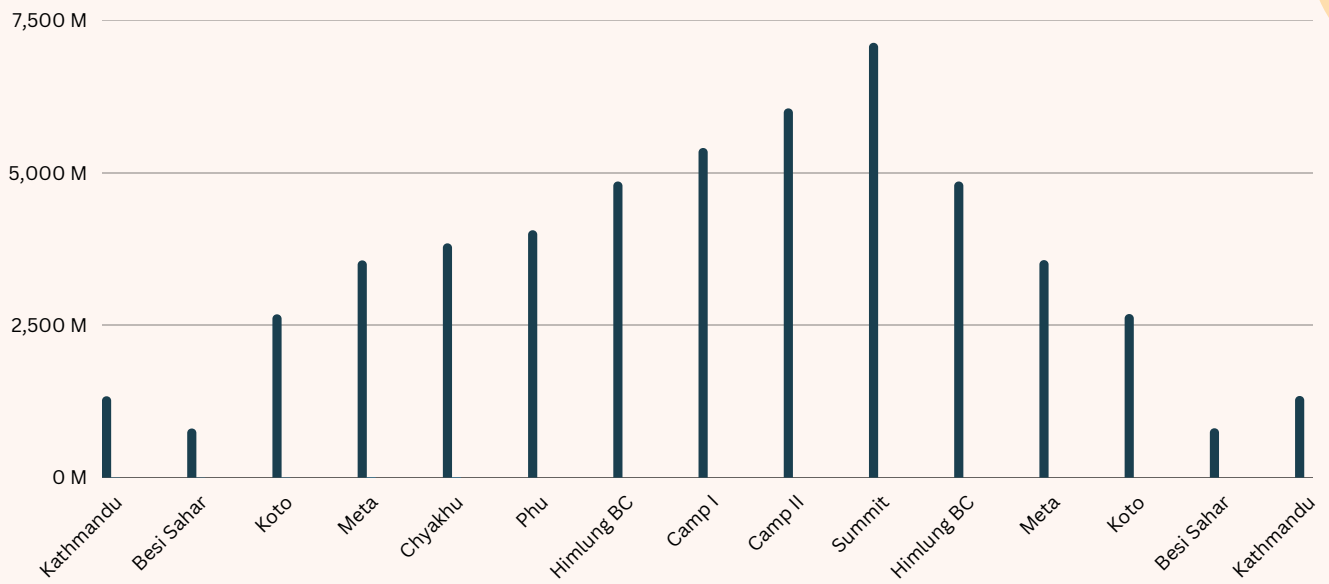
Our Himlung Special!

- Customizable packages from normal to deluxe
- Highly qualified and experienced climbing guides and supporters' team
- Full-proof documentation so you don't have worry a bit
- Every attempt to make your summit dream come true
- Comfortable land transportation from and to Kathmandu from Besi Sahar; Four wheel drive from Besi Sahar to Koto to experience off-road adventure to and from Manang
- One Sherpa for one client
- Sustainable and environment-friendly operation module
- Expedition Himalaya is built on the foundation of social principles; we give back to the Himalayan communities as we make it.

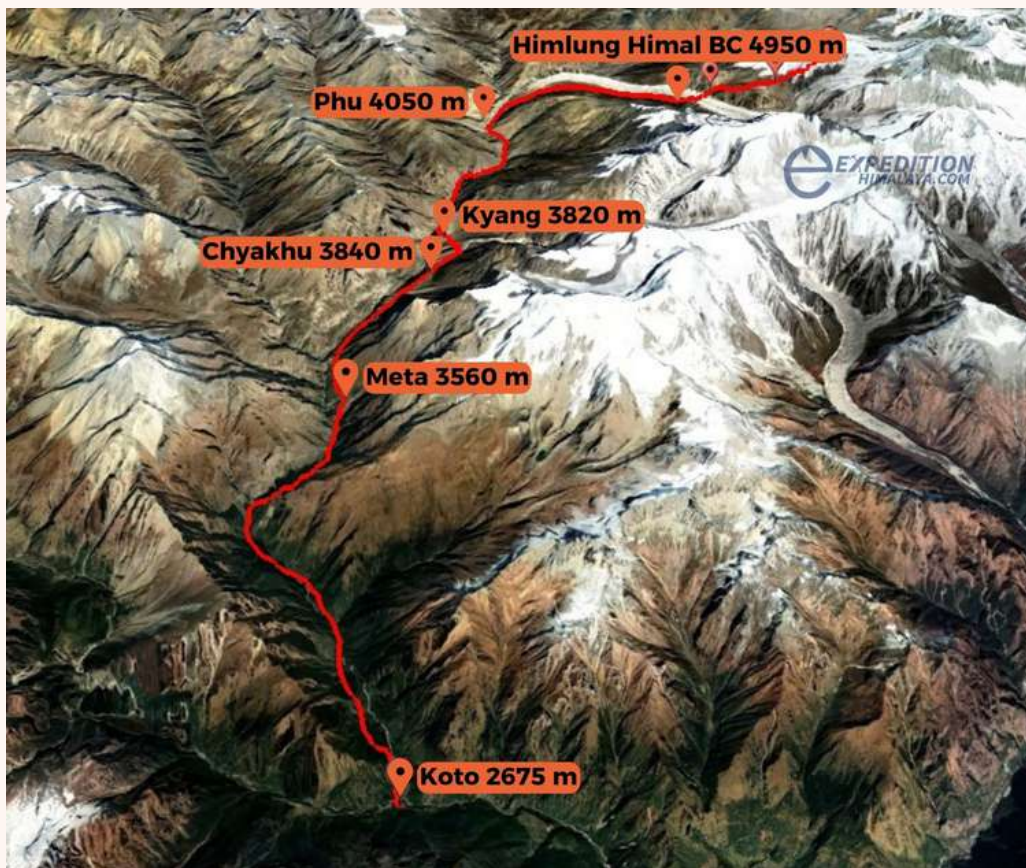
Brief Itinerary

| | |
|-------------|---|
| Day 01 | Arrive Kathmandu 1330 m (4364 ft) |
| Day 02 | Rest / Trip briefing, documentation and preparation |
| Day 03 | Drive to Besi Sahar 800 m (2664 ft) |
| Day 04 | Drive to Koto 2675 m (8774 ft) |
| Day 05 | Trek to Meta 3560 m (11,678 ft) |
| Day 06 | Trek to Chyakhu 3840 m (12,598 ft) |
| Day 07 | Trek to Phu 4050 m (13,284 ft) |
| Day 08 | Acclimatization & Rest at Phu Village |
| Day 09 | Trek to Himlung Base Camp 4850 m (15,912 ft) |
| Day 10 | Acclimatization, Preparation & Rest |
| Day 11 | Puja at Himlung Base Camp |
| Day 12 - 26 | Climbing Period 7126 m (20,305 ft) |
| Day 27 | Success Celebration, Final Pack up & Rest |
| Day 28 | Trek to Meta 3560 m (11,678 ft) |
| Day 29 | Trek to Koto 2675 m (8774 ft) |
| Day 30 | Drive to Besi Sahar 800 m (2664 ft) |
| Day 31 | Drive to Kathmandu 1330 m (4364 ft) |
| Day 32 - 33 | Rest in Kathmandu 1330 m (4364 ft) |
| Day 34 | Final Departure |

Himlung Expedition Altitude Profile



Himlung Himal Trekking Map



Himlung Himal Climbing Map

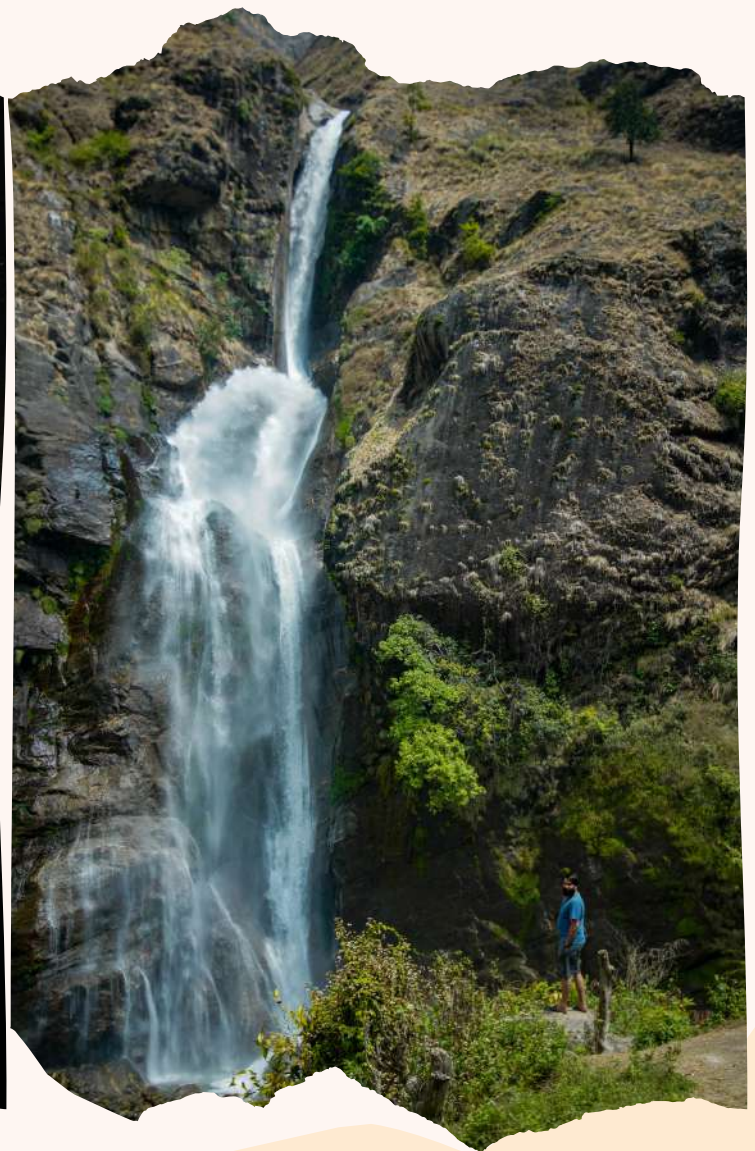


Cost Inclusions

- **Departure and arrival** shuttle to and from the airport and hotels
- Applicable **local and government taxes**
- **Surface transportation** on private vehicles
- **Bed and Breakfast for 4 Nights' Accommodation** at a 5-Star Hotel (Radisson) in Kathmandu (Twin sharing basis)
- **Accommodation on full board** (breakfasts, lunches & dinners) during the road transfers and trek.
- Annapurna Conservation Area **Permit**
- Nar-Phu **Special Entry Permit**
- **Individual sleeping bag** with mattress for base camp accommodation
- **Base camp service** (shared with the group) includes a cooking tent with a chef and a kitchen boy, a dining tent with tables and chairs, a shower tent, a toilet tent, a storage tent, a gas heater, and solar electricity for battery charging
- **High-altitude foods (packed lunch)** during the climb having high calories
- 1 oxygen bottle (4L) for emergency purposes only
- **Experienced climbing Sherpa** for climbing members during the expedition
- **Medical Kit** carried by the Guide/ Sardar
- **Walkie-Talkie and Satellite Phone** (Charges Per Call)
- **Sherpa's remuneration** and load-bearing bonus (this bonus does not include the summit bonus)
- **1 porter for 2 clients** on sharing basis
- **Climbing equipment**, transportation, lodging, food, salary, and insurance for Sherpas and other staff are all provided.
- **Comfortable bus** from and to Kathmandu from Besi Sahar; Four wheel drive from Besi Sahar to Koto to experience off road adventurous road towards and from Manang.
- **Welcome and Farewell Dinner** in Kathmandu at an Authentic Nepali Restaurant.

Cost Exclusions

- **International airfare** to and from Kathmandu
- **Nepal Visa** fee
- **Travel & medical insurance** including insurance for emergency rescue & evacuation
- **Lunches and dinners** in Kathmandu
- **Personal expenses** such as telephone, laundry, bottled water, bar bills, etc.
- **Trekking/Climbing gear** (also available on hire)
- **Summit Bonus for Sherpa** & tips for local staffs (\$1000+200)
- **Cost for the daily weather forecast**
- **Tips** for the staff as a gratitude
- **Any extra cost** arising out of natural calamities or cancellation of the program
- **All other items** not mentioned in the list of 'Inclusions'



Trip Preparation

Guide to a safe adventure in Nepal!

Visa Process

The Immigration Office at entry points has been facilitating passengers traveling to Nepal by offering Visas on Arrival. The 'On Arrival' visa procedure is simple and quick. In addition, you can apply for a visa at a Nepali diplomatic office abroad before you travel.

After obtaining a visa from a Nepali diplomatic post, you have a six-month window to enter Nepal. Only once you reach Nepal will the length of your stay be calculated.

Covid-19 Updates

Fully vaccinated

All you need is the official Proof of Vaccination, The vaccine should be administered 14 days prior before making visit.

If un-vaccinated or partially vaccinated

All you need is a PCR-Negative report taken 72 hours prior to boarding. *not required for children below 5 years.

Before your visit

Incident or harm, While traveling, unanticipated events can occur, although they are uncommon. So, Expedition Himalaya wants to make sure you have the best possible travel insurance for your trip covering Heli evacuation for emergencies

We suggest that you consult with your doctor and get vaccinated prior to your travel. Because health care is scarce in rural regions, get Hepatitis A and B vaccines, as well as tetanus, typhoid, and polio jabs.

During your stay - responsible practices

- Maintain distance where possible and mask up in public
- Respect local guidelines, culture, traditions, and inhabitants
- Please follow Leave No Trace and help maintain our green and clean world.

Essentials

- Maintain good health before travelling and get proper health checkups.
- There may not be a POS machine in rural Nepal, and cash is typically the preferred means of payment, so always have adequate cash.
- We suggest you carry a personal first aid kit with medicines prescribed by your doctor.
- Carry appropriate gear and equipment for varied weather conditions based on season, as weather conditions are not stable and constantly change.



The marvel of Himlung Himal Base Camp



Expedition Himalaya.com

Lazimpat, Kathmandu, Nepal
www.expeditionhimalaya.com



Inquire Now!