Asian Expedition Pvt. Ltd

Thamel, Kathmandu Nepal

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Expedition Himlung Himal



The Himlung Himal 7126m, is situated on the border with Tibet, sandwiched between the two eight-thousand meters Annapurna and Manaslu Himalaya. This peak technically easy and ideal entry-seven thousand meters mountains and it was released by the Nepalese government only 1992. Besides Himlung here fascinate the two neighbor-Seven thousand Nemjung 7140 m and 7096 m Himjung. The basic requirement is a solid condition, team spirit and perfect equipment. The walk takes place on a section of the classic Annapurna circuit trek and then turns into the lonely and original Naar Phu Khola valley. You will pass through the Tibetan villages, countless Buddhists mani walls and steadily to height. With each step up the landscape becomes alpine, yak bells, fluttering prayer flags and the wild giants mountains fascinating you in a good mood. From the base camp at 4920m is reached via 3 high camp (camp I at 5400m, camp II at 6050 m, camp III at 6300 m) on a very beautiful route to the summit, with difficult sections are secured with fixed ropes. Here, especially the technically comparatively not a difficult normal route for less extreme mountaineer has a very attractive 7000m summit target with relatively high chances of success!. The expedition is accompanied by experienced guides and at Nepalese Sherpas, porters for the camp are available. From the summit you can enjoy a superb 360 ° view, an experience that will be remembered long life.

Trip Itinerary:

Expedition Himlung Himal:

Facts of the Trip/ Climb:

Best season: Spring (April, May) and autumn (October, November)

Highest access: 7,126m (23,379ft)

First Ascent: 08 October 1992. Akio Koizumi from Japan

Duration: 30 days (typically)

Group Size: 2 - 10 Persons

Location: Nepal/Annapurna Region

Country: Nepal

Airport: Kathmandu (KTM)

Departure From: Kathmandu Airport

Grade: Moderate Climb (PD++)

Accommodation: Three star to five stars as request

Meals: B/B plan in Kathmandu & B,L,D in during the Trekking and climbing period

Transportation: Car, Jeep, Mini Bus

Major Activity: trekking/climbing

Culture: Gurung, Thakali, Magar

Mode of Travel: Tea House/Camping

Climbing route: South west (normal route)

Himalayan sights: Annapurna and Manaslu Himalayas.

CLIMBING PERIOD EXPEDITION HIMLUNG HIMAL :

14 APRIL-15 MAY 2027
07 OCTBER-08 NOVEMBER 2026

Day 1: Arrival Flight to Kathmandu.

Arrival in Nepal's capital and transfer to the hotel in Thamel. Meeting with Director of Asian Expedition Pvt.Ltd for further palans and to have dinner together.

Day 2: Sightseeing Tours And Climbing Preparations day.

Today after breakfast, we start a guided tour to several of the most historical and spiritual attractions in Kathmandu. Some of these landmarks are considered World Heritage Sites including the historic Durbar Square, the sacred Hindu temple of Pashupati Nath, the famous 'Monkey Temple' (Swayambhunath) and Buddhists shrine (Buddha Nath) which is one of the largest Stupas in the world. In the afternoon, there will be a pre-trip discussion where we can meet our trek leader and other team members. Overnight in Kathmandu.

Day 3: Transfer via Bhulbhule by Jagat - [B / L / D]
Early morning transfer from Kathmandu to Jagat Annapurna Region. Under-consistently you board 4x4 jeeps in the mountain village Bhulbhule. After about 2 hours you reach a gravel road the small village of Jagat. Night at lodge. Total travel time is about 8 hours.

Day 4: Trekking to Dharapani - [B/ L / D]
Today you will start trekking where you will delight at the beginning of the tour, the sub-tropical vegetation. Through an impressive gorge hike up to 1890 m Dharapani. Night at lodge. Allow about 5-6 h / rise about 1050 m / descent 500m.

Day 5: Trekking to Koto - [B / L / D]
Deeper and deeper you penetrate into the valley and the path goes gradually higher in a constant uphill and downhill. You pass small villages along the way and cross a newly built suspension Bridge from the year 1973. Now the path gets steeper and in Bagarchap meet the first Gompa. Shortly after you have your goal for the day Koto reached 2600m. Night at lodge. Allow about 5-6 h / rise about 1000 m / descent 200m.

Day 6: In direction Himlung - Meta - [B / L / D]
Today we leave the classic Annapurna round. Through a spectacular gorge and forests you follow the river of Naar Phu Kola uphill. You will pass beautiful Water Falls and place a lunch break at the Camp Place Dharmasala 3230 m a. Then it goes again steeply up to the present day target Meta 3560. Your Quartier beat on in a one-fold Lodge. If the Lodge seats are occupied, the tents are set up the first time today. Allow about 8-9 hours / rise about 1100 m / 150 m descent.

Day 7: Trekking to Kyang on Kangaru Himal (6981 m) - [B / L / D]
It goes up and the trail passes through many mountain pastures of the wide Phu Khola valley. On the right side is the majestic of the 6981 m high Kangaru Himal and directly behind Meta extends the Pisang Peak 6091 m in height. Today's camp is built on 3820 m abandoned village Kyang. Overnight in tents. Allow about 4-5 hours / ascent 400m / descent 100m.

Day 8: Trek to Phugaum - [B / L / D]
Following the valley, leave in a northerly direction Kyang. The valley is narrow again and the trekking route leads through a sometimes very narrow gorge, past endless ancient mani up to Phu Gaun. This 300 families lively place on 4080 m as a applied with fortress perched on a hill. In the afternoon you will take a "sightseeing" tour through the village. Overnight in tents. Allow about 4-5 hours / ascent 350m / descent approx 80 m.

Day 9: Rest and acclimatization in Phugaum - [B / L / D]
Today is used for recreation and better acclimatization. Explore the hundreds of years old place and visit the Tashicholing Gompa. Overnight in tents.

Day 10: Trekking to Himlung base camp - [B / L / D]
From Phugaum it is today into the Pangri Glacier Valley, which makes up to its name. Ball to go from Phugaon from first through scree-covered moraine on the tongue of Pangri glacier and then into a wide, flat, fringed by bold peaks high valley. Passing barren pastures to reach the base camp at about 4820 m. Here you now propose for the coming ascension days at the camp and settle down comfortably. Overnight in tents. Allow about 4-5 hours / ascent 950m / descent 150 m.

11 - Day 24: Ascent of Himlung (7126 m) - [B / L / D]
In the next 14 days of the summit of Himlung is the focus of the trip. To reach the top of the mountain yet little visited; a warehouse chain is built up of 3 high camps (C1 5400, C2 6050 m, C3 6300 m). Each participant has the opportunity to climb up to 2 days before dismantling the high camp to the summit of Himlung. Should not the summit at the first attempt glue bridges, are sufficient reserve days to try again available in normal weather and acclimatization. Not later than the evening of the 25th day, however, all bearings must be cleared out and again reached the base camp. All nights in tents. Meals: B / L / A at base camp or B / A in the high camps. The road to the single high camps: The normal route leads much overly inclined morine, snowfields and Glet-shear hang. Only the slopes on the northwest ridge (from about 6380 m) reach steepness by 40 °. Base camp 4900m -

Camp I 5400m First overcoming Pangri glacier with its boulder-covered ice is present. The moraine is secured depending on conditions with fixed ropes. Then you ascend to the camp I continued, which is just below the glacier tongue on a flat plateau constructed. Camp I 5400m - 6050m camp II initially must first overcome a small crevasse zone before you ascend above the Glet Shearing on. The overlying you ice seracs always in view is achieved by a short distance and ascent camp II. The particularly steep scarps are secured with fixed ropes. From the camp you will then have a great view of the summit! Camp II 6050m - 6300m camp III follow the plateau up to the Connection Ridge, formerly the rise took place over the. When cut in the Connection Ridge is the beginning of the summit building. Initially on the pronounced about 35 ° steep slope ascending, then reach the camp III at 6300 m. The La-ger III is on a small balcony. Exposed locations are doing with fixed ropes gesi-chert. Camp III 6300m - 7126m summit The summit day starts immediately with the rise in the up to 40 ° steep summit day. The ascent to the summit is equipped with fixed ropes, depending on conditions. Peak experience Himlung rewarded by the effort of the last few days you will be with an outstanding 360 ° all-round view. With 8163 m the eight-thousand Manaslu is close to almost touch, in the north spreads the Tibetan highlands and south-west you can see the huge ice walls of the Annapurna chain with Lamjung Himal 6983 m, Annapurna II 7937 m, Annapurna IV 7525 m, Annapurna III 7555 m and many other mountains. Descent Descend along the ascent route to the base camp, while all three high camps be dismantled and transported waste to the base camp. It is again the full attention it-necessary to make again to reach the base camp. The site clearance of high camp can take place at an appropriate state of climbers and well planned logistics in one day.

Day 25: Trekking to Phugaum - [B / L / D]
Dismantling of the camp and trekking back to Phugaum. Overnight in tents. Allow about 4 hours / down rose about 950 m.

26th - 27th day: retreat / Trekking up Timang - [B / L / D]
From the base camp you are hiking over Phugaun, Kyang back to Koto 2600m, where you rejoin the main route in the Annapurna circumnavigation. From Koto the trail until Timang. Here you are staying in a lodge. Enjoy again the scenic great trek-king tour with the valley always lush vegetation expectant. Overnight in tent / lodge.

28th day: Bhulbule and adoption - [B / L / D]
Peer Jeep, it is now laid down the valley up to Bhulbule 840 m. In Bhulbhule staying for the last time in a lodge and celebrate together with the escort to leave. Over night at lodge.

Day 29: Drive back to the Kathmandu - [B]
From Bhulbule today carried the bus transfer to kathmandu. The arrival in Kathmandu depends on the density of traffic the highway. The rest of the day can be used as free time. Overnight at hotel.

Day 30: Kathmandu - Sightseeing - [B / A]
Today you will learn the city Kathmandu . Here you get a first insight into the Hinduism and Buddhism. You see the house of the "living goddess", the Royal Palace and temple of pagodas. After you went to Pashupatinath, visit the Monkey Temple and the largest stupa (Boudnath) from Kathmandu.

Day 31: Half day city tour of Bhaktapur / Return - [B / A]
Today you will experience a half-day sightseeing tour, the royal city of Bhaktapur. The - day is at leisure. Overnight at the hotel.

32. Day: Return and arrival in Home country -
In the morning, transfer to the airport. With a lot of beautiful memories then join your flight home.

Note: B: Breakfast, L: Lunch, D: Dinner, A: Accommodation

Please Have a look Expedition of Himlung Himal Pictures. Thank you.

Cost Details:

The Himlung Himal Expedition Cost depends on Group size and Services.

We have Full Board Service and Basecamp Service.

The Following Cost is estimated based on a minimum 2 person

Himlung Himal Fullboard Service Cost: $9500 Per Person

Himlung Himal Basecamp Service Cost: $8000 per person

If any inquiry Please do contact us via email or direct call at +009779841379821

Cost Includes:

Full Board Service Cost (Includes):
•All arrival and departure transfer services to and from KTM international airport with other necessary transportation as per itinerary.
•Assistance at KTM international airport by Asian Expedition Pvt.Ltd. representatives

during your arrival and departure.
• 4-night hotel accommodation in Kathmandu on a B&B basis.
•Experienced and government-licensed trekking and climbing Sherpa guide during the trekking and climbing period.
•Appropriate number of porters during the trekking period.
•Land transportation from Kathmandu-Koto-Kathmandu for all climbing members, Sherpa guide, liaison officer and kitchen staff in mini bus and public jeep.
•All our facilities including: kitchen tent, storage tent, dining tent, client tents, toilet tents, tables, chairs and cooking utensils for base camp.
•Common climbing equipment such as: Rope, ice bars, ice screws, and snow bar.
•3 meals a day: Breakfast, lunch and dinner with tea/coffee.
•Accommodation at hotel/lodge/guest house or tent camps during the trekking period.
•All camping accommodation for members and staff during trekking and climbing period. You will be sharing sleeping quarters with one other member.
•All food and fuel for base camp and higher camps during the climbing period.
•40kg baggage allowance per person during the trekking period. This will be carried by porters/mules.
•Daily weather report services from Seattle, Washington based company.
•Services of chef and kitchen assistant at advance base camp.
•Trekking Permit (Narphu and Annapurna Conservation Park entry fee).
•TIMS card (Trekking Information Management System).
•Nar Phu restricted area trekking permit during the expedition period.
•Expedition Royalty and permit from Nepal government to climb Mt. Himlung himal.
•Nepalese Government Royalty.
•One experienced, trained, government licensed, and 2 times 8000meter summitter climbing guide (Sherpa) per person.
•All wages, equipment, medical and accident insurance for all involved staff during the trekking and climbing period.
•Helicopter rescue insurance for all involved expedition staff.
•Medical consultation services at the base camp with the HRA clinic at the base camp.
•Equipment allowances and wages for climbing Sherpas, cooks, kitchen assistants, and government liaison officers.
•First aid medical kits for the group and the staff.
•Satellite phone carried by guide for communication. Available to clients at the cost of $ 3 USD per minute.
•Appropriate high-altitude food for all clients and staff at base camp and above as required.
•Required fixed and dynamic rope during the climbing period.
•Heater will be provided at base camp for the dining tent.
•Emergency oxygen mask and regulator provided upon request of client with requirement

appropriate charge.
•Each client will have an individual tent available in the Himlung advanced base camp.
•Solar panels for light and electronics charging.
•All tents for camp 1, 2 and 3. Ice fall charges.
•Gamow Bags (Portable hyperbaric chambers) for high altitude sickness.
•We provide Sherpa's tents, food for climbing and insurance.
•Free assistance service for cargo clearance and duties.
•EPI cooking gas and stove will be provided in camp one, three and South Col for cooking food.
•Generator will be providing to back-up the lighting in base camp.
•Transportation of food supply from Kathmandu to base camp by porter/mules.
•Our service charge and government taxes levied in Nepal.
•Complete pre-departure information.
•Flight ticket reconfirmation and visa extension procedure services.
•Farewell dinner in a typical Nepali restaurant in Kathmandu before departure.

Cost Excludes:

Full board service Cost (Excludes):
•Lunch and dinner during your stay in Kathmandu (except for the farewell dinner).
•Any packed food/snacks, aerated drinks, energy drinks, mineral water, alcohol, cigarettes, chocolates, or any other food consumed beyond the prescribed breakfast, lunch and dinner.
•Expenses incurred towards usage of landlines, mobiles, walkie-talkies, satellite phones and internet.
•Clothing, packing items or bags, personal medical kit, personal trekking gear.
•Any extra expenses arising out of various/unforeseen situations like natural calamities, landslides, political disturbances, strikes, changes in government regulations, etc.
•Transportation services includes only what is listed on the itinerary. Any extra distance traveled will be appropriately charged.
•Any additional staff other than specified.
•Rescue, repatriation, medicines, medical tests and hospitalization expenses.
•Medical insurance and emergency rescue evacuation if required.
•Travel insurance and helicopter rescue.
•Walkie-talkies & Filming permit (if you have a special camera).
•Personal climbing gear.
•Summit bonus $700.00USD minimum for each climbing Sherpa guide.
•Nepal custom duty for import of expedition equipment.
•Items of personal nature, laundry expenses, tips.
•Tips, gifts, souvenirs.

•Airfare of international flights.
•Nepal entry visa fee (Visa's easy to acquire upon arrival).
•Any extra services, products, offers or activities which are not mentioned in the itinerary.
•Any other item not included in “THE PACKAGE COST INCLUDES” section.
•Tips, gifts, souvenirs.

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