

# Himlung Himal Expedition: 7,126m

Explore, ascend, and reach new heights with our expert-guided mountaineering expeditions.

## COUNTRY

**Nepal**

## ACTIVITY

**Mountaineering**

## ACCOMMODATION

**Hotel/Lodge/Tent**

## WALKING

**5-6 Hours**

## MAX ALTITUDE

**7,126**

m

## DURATION

**32**

Days

## DIFFICULTY

**Moderate**

Difficult

## GROUP SIZE

**5**

People

## Expedition Overview

Located in the secluded Nar-Phu Valley northeast of the Annapurna Range, Himlung Himal stands at an impressive 7,126m. Positioned near the Tibetan border, this peak is celebrated by mountaineers for being technically straightforward and offering a safer climbing alternative due to low avalanche and rockfall risks.

### The Journey & Strategy

Your expedition begins with a scenic drive to Koto, followed by a trek through the culturally rich Nar-Phu Gaun. You will witness breathtaking views of Ratna Chuli, Gyaji Khang, and Nemjung as you approach Base Camp.

- Base Camp: 4,900m
- High Camps: Three camps established at 5,450m, 6,000m, and 6,350m.
- The Summit Push: A steep, icy pinnacle finish that rewards you with an incredible Himalayan panorama.
- Climbing Window: Typically 10–15 days from Base Camp to summit and back.

### Why Climb Himlung with 14 Peaks?

Since the opening of the safer Kari Kobler route in 2013, Himlung has become the premier choice for climbers seeking their first 7,000m peak or those preparing for an 8,000m expedition. While technically accessible, it demands a high level of physical fitness and mental resilience.

### Permits & Logistics

**Navigating the restricted Annapurna region requires expertise. 14 Peaks Expedition handles all specialized permits and logistics, ensuring a seamless experience. Guided by our veteran climbing Sherpas, we prioritize your safety and success at every step of the journey.**

## INCLUDES

- **1. Transportation & Transfers** – International Arrivals: Private vehicle transfers for Airport – Hotel – Airport (Pick Up and Drop). Member Overland Travel: Kathmandu to Besisahar and Koto (and return) via private tourist jeep. Expedition Equipment: All necessary gear transported from Kathmandu to Koto (by jeep) and to Base Camp (by porters/mules), including the return journey. Personal Luggage: Up to 60 Kg per member of personal baggage carried by porters or mules during the trek.
- **2. Permits & Official Documentation** – Climbing Royalty: Full Nepal Government permit fees for Himlung Himal. Conservation Fees: All entry permits and fees for the Annapurna Conservation Area (ACAP). Restricted Area: Specialized permit fees for the Nar-Phu restricted region. Liaison Officer: One Government Liaison officer including their equipment, salary, and accommodation. Customs Assistance: Professional support for cargo clearance through Nepal Customs (clearance charges apply). Certification: Official Himlung Himal climbing

certificate issued by MoCTCA upon a successful summit.

- **3. Kathmandu Accommodation & Hospitality** – Hotel Stay: 4 nights of 5-star category accommodation in Kathmandu (Single room, Bed & Breakfast). Cultural Welcome: A hosted Welcome Dinner in Kathmandu with the 14 Peaks Expedition office team.
- **4. Trekking & Base Camp Logistics** – Trek Accommodation: Comfortable tea houses, lodges, or hotels during the trek (on a sharing basis). Base Camp Living: Individual 4-season box tents for every member at Base Camp. Base Camp Facilities: Fully managed setup including: Dining, Kitchen, and Communication tents. Dedicated Toilet and Shower tents. Store and Staff tents. Tables, chairs, and heaters for the Dining tent. Waste Management: All fees for Stool Shipment Transfer and Garbage Deposits.
- **5. Nutrition & Food Service** – During Trek: Three hygienic meals a day (Breakfast, Lunch, Dinner) including tea, coffee, and hot water. At Base Camp: Full-board service with fresh green vegetables, meat, fruits, juices, and soft drinks (regularly replenished via helicopter flights). High Altitude Food: Specialized high-energy food for members and Sherpas at Camp 1, Camp 2, and Camp 3.
- **6. Climbing Support & Safety** – Personal Sherpa: 1 veteran, government-licensed 14 Peaks Expedition Climbing Sherpa per member (1:1 ratio) from Base Camp to Summit. Technical Assistance: Climbing Sherpa support for carrying gear to high camps and during all rotations. Staffing: Professional Base Camp Cook and experienced Kitchen Helpers. Fixing Team: A dedicated team of expert Sherpas to fix ropes and secure the route. Equipment: Group climbing gears, including fixed and dynamic ropes, and EPI gas with cooking pots for high camps. Training: Technical training at Base Camp covering Oxygen usage, Mask Regulators, Ice wall climbing, and gear management.
- **7. Communication & Technology** – Power: Solar panels and generators at Base Camp for charging laptops, cameras, and phones. Radio: Walkie-Talkies for seamless Mountain-to-Base communication (including official permits). Satellite Phone: Available for emergency use (carried by Sherpas); member use is subject to a per-minute charge. Meteorology: Regular, professional weather forecast reports provided throughout the climb.
- **8. Medical & Insurance** – Staff Insurance: Full medical and emergency rescue insurance for all Nepalese staff and porters. Medical Kit: Comprehensive medical and first-aid kit available for both members and staff. Oxygen: Backup Oxygen cylinders, masks, and regulators (usage is subject to a charge).

## EXCLUDES

- **1. Travel: International airfare and Nepal Entry Visa (\$125 for 90 days).** –
- **2. City Meals: Lunch and dinner during the stay in Kathmandu.** –

## Trip Itinerary

Days	Program	Meals	Accommodation	Description
1	Arrival in Kathmandu & Transfer to Hotel	Breakfast	Hotel	
2	Rest, Expedition Briefing, and Preparation	B/D	Hotel	
3	Drive from Kathmandu to Besisahar	B/L/D	Lodge	
4	Drive from Besisahar to Koto	B/L/D	Lodge	
5	Trek from Koto to Meta	B/L/D	Tent	
6	Trek from Meta to Kyang	B/L/D	Tent	
7	Trek from Kyang to Phu Gaun	B/L/D	Tent	
8	Acclimatization at Phu Gaun (Rest Day)	B/L/D	Tent	
9	Trek from Phu Gaun to Himlung Base Camp	B/L/D	Tent	
10-20	Rotation: BC – Camp I – Camp II – BC	Full Board	Tent	
21-26	Climbing Period: BC – Himlung Summit – BC	Full Board	Tent	
27	Trek from Base Camp to Meta	B/L/D	Tent	
28	Trek from Meta to Koto	B/L/D	Lodge	
29	Drive from Koto to Besisahar	B/L/D	Lodge	
30	Drive from Besisahar to Kathmandu & Hotel Transfer	B/L	Hotel	
31	Leisure Day in Kathmandu City	B	Hotel	
32	Transfer to International Airport for Departure	B	-	

# Trekking Gear List

## Travel Documents

Valid Passport   Debit/Credit Card   PP Size Photos(4 Pieces)  
Insurance Paper/Certificate

## Medicine / First Aid Kits

Paracetamole

## Upper Body

Thermal Base Layer   Fleece Jacket   Gore Tex Jacket  
Warm Jacket   Wind Proof Jacket   Down Jacket   Cotton T-Shirt

## Lower Body

Trowser   Bottom Base Layer   Fleece Trouser   Gore Tex Pant  
Heavy Weight Pant   Mid Weight Pant   Trekking Pant  
Under Wear   Down Pant   Gaiters for Trekking Boots  
Climbing Boot -6000m   Normal Socks   Summit Socks  
Trekking Shoes   Thermal Bottom Base Layer   Trekking Pants

## Foot Wear

Summit Boot - 8000m   Sport Shoes

## Hand

Thin Fleece Gloves   Wind Stopper Gloves   Heavy Gloves(Guide)  
Summit Gloves

## Head

Sun Cap   Desert Cap   Fleece Hat/Warm Hat   Neck Gaiter

## Eating & Drinking

Water bottle   Thermos

## Bag Packs

Rucksack 35L-50L   Duffle Bag   Dry Bags

## Miscellaneous

Trekking Pole   Pocket Knife   Nail Cutter   Umbrella/Rain Coat  
Hot Water Bag   Pee Bottle   Tenacious Tape Repair  
Altimeter Watch   Satellite Phone(Optional)   GPS Tracker  
Power Bank   Camera