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Kapan Marg, Kathmandu, Nepal



Himlung Expedition

Adventure Ascent will organize Mt. Himlung Expedition of Nepal Himalaya. Mt. Himlung Lies to the northeast of Annapurna Range with an aspiring height of 7,126m. It is one of the recently opened peaks for climbing and is located between Manaslu and Annapurna ranges. This expedition takes you through remote villages of Naar and Phu two beautiful villages located in Nepal and Tibet border. Normally three high camps will be established to reach the Summit. Camp I at the height of 5450m, Camp II at 6000m and Camp III at 6350m. Unlike other mountains, Mt. Himlung is quite easier considering technicalities. Excursion to Himlung follows round Annapurna route to Koto and from Koto to Na-phu Gaun. The track from Naphu 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. 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 steep and icy way. 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. Until now, only few teams have been succeeded to climb at its top. Among these one team was Japanese and the rest were form other countries. Although being easy as compared to other peaks, ascending to Himlung Peak require high fitness level. Himlung Himal is a dazzling peak in isolation with an awesome explorations trek to the top.

Price:

Trip Start:

Trip Ends:

Duration: 35

Grade: Hard

Altitude: 7126 m

Destination:

Trip Style:

Transport:

Group Size: 1+

Best Time: Autumn and Spring Season

Itinerary

Day	Title	Description
1	<u>Arrive in Kathmandu and transfer to Hotel</u>	
2	<u>Preparing expedition in Kathmandu, Nepal</u>	
3	<u>Expedition briefing in tourism department</u>	
4	<u>Drive from Kathmandu-Shyange and lodge</u>	
5	<u>From Shyange to Tal and stay guest house</u>	
6	<u>From Tal-Dharapani - Koto and stay lodge</u>	
7	<u>From Koto to Daramsala and stay camping</u>	
8	<u>From Daramsala - Phu Khola and camping</u>	
9	<u>From Phu Khola to Phugaun and Camping</u>	
10	<u>From Phugaun-Himlung BC and camping</u>	
11-29	<u>Climbing Mt. Himlung 7,126m.</u>	
30	<u>From base camp - Phu Goan - camping</u>	
31	<u>From Phugaun to Dharmasala - camping</u>	

- 32 From Dharmasal to Koto,Dharapani-lodge
- 33 From Dharapani to Shyange & stay lodge
- 34 Drive to Kathmandu and transfer to hotel
- 35 Transfer to airport for final departure

Includes

All transportations including pick up & drop.

4 night's 4/5 star hotel in Kathmandu with bed & breakfast

One Welcome Dinner in tourist standard restaurant in Kathmandu with Office's Staffs.

International Air cargo clearance of Member Personal Luggage & Payment of Government taxes in Nepal. *before expedition.

Expedition Royalty and permit of Nepal Government, Restricted area Permit, national park, TIMS Card, Conservation area entry permits and fee.

1 Government Liaison officer with full equipment, salary and accommodation.

Stool Shipment Transfer & Garbage Deposit fees.

Medical & Emergency rescue Insurance for all involved Nepalese staffs during the trek and expedition.

Trekking and climbing map.

All kind of Land/air Transportation Kathmandu to Kathmandu

Necessary all equipment Transportation for all Members and Staffs from Kathmandu to Kathmandu (by Jeep) Up to 60 Kg per member for personal baggage during the trek carrying by porters.

3 meals a day (BLD; including tea and coffee) along with accessible accommodation at Hotel/Lodge/Tea house/Tent during the trek and Basecamp. Well-managed base camp set up for member & Staffs.

Porter per member up to Base camp & back

Experienced and well-trained Base camp Cook & kitchen Helpers as required.

All Nepalese staffs & porter's daily wages, salary, equipment, foods & clothing.

Each member will have individual tent in Base Camp.

At Base camp: best mattresses and pillow per member, 1 Dining 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.

Heater for base camp in each Dining and other necessary camp.

Solar panel for battery charge and light at base camp. (Generator is only for backup power) we are not using generator because of the try to be responsible for environments.

1 veteran and Government Licensed Sherpa per member (1 Sherpa)

Climbing Sherpa Salary, Equipment, Food and Clothing.

Oxygen bottles members & high-altitude Sherpa with mask and regulator for each member and high-altitude Sherpa, which has to be return after expedition.

The team of experienced Sherpas will fix the route. (Extra charge is not applied to members).

High Altitude Tent, Necessary cooking gas, cooking pot for member, High food for member, Sherpa.

Group climbing gears, fixed and dynamic rope during the climbing period as required.

Satellite Phone for emergency communication carrying by Sherpa, also available for members with appropriate charge.

Walkie-talkie for communicating during the expedition.

Comprehensive Medical kit.

After summit each member & Sherpa will get climbing certificate issued by MoCTCA

Excludes

International flight airfare (from and to Kathmandu).

Nepali Visa fee US\$ 60 per person for 30 days (to be applied for 60 days (USD\$ 120)).

Lunch & dinner in during the stay in Kathmandu (also in case of early return from Trekking / Expedition than the scheduled itinerary).

Extra nights' accommodation in Kathmandu. In case of early arrival or late departure, early return from Trekking / Expedition (due to any reason) than the scheduled itinerary.

Travel and high-altitude insurance, accident, Helicopter medical & emergency evacuation.
*Mandatory

Medical and emergency rescue evacuation cost if required. (Rescue, Repatriation, Helicopter, Medication, Medical Tests and Hospitalization costs).

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 soft drinks for members at base camp).

Clothing, Packing Items or Bags, Personal Medical Kit, Personal Trekking /Climbing Gears.

Special Filming, Camera and Drone permit fee.

Toiletries: Soaps, shampoos, toilet and tissue papers, toothpaste, and other items used to keep yourself clean.

Summit bonus for each climbing Sherpa- Minimum 1200 to 1500 USD. (For Full Board Service takers).

Tips: Tips for climbers & Basecamp Staffs.

Extra: Any other services or activities, which are not mentioned in the itinerary.

Any other item not listed in "Cost Includes"