



Himlung Expedition



Overview

Mt. Himlung Himal is one of the recently opened peaks for climbing and is located between Manaslu and Annapurna ranges. Himlung expedition takes you through remote villages along the Nepalese and Tibetan border, passing through two interesting Tibetan villages of Nar and Phu. Base camp will be established at the altitude of 4900m. This height is situated at the upper border of some pastures which belong to Phu. Normally three high camps will be settled to reach the Summit. Camp I at 5450m, Camp II at 6000m and Camp III at 6350m.

The route encounters high peaks and crosses over glaciers, remote villages, narrow gullies, forests, rocks, springs, Gompas and unique cultural settlements. The expedition also offers mysterious culture and panoramic mountain views of Nandadevi, Rajramba, Api Himal, Kappa Chuli Peak and many more.

Himlung Himal isn't a particularly difficult summit to achieve. On the contrary, it's a very beautiful course of alpinism in altitude from its base camp to the summit. The route to Phu Gaon from Manang is been recently opened and very few tourists have visited it so far.

Required number of participants: no minimum, maximum 10.

The start date refers to the arrival date in Kathmandu and the end date refers to the earliest you can book for your return flight home. When departing from Europe allow for an overnight flight to Kathmandu, but on the return it is possible to depart in the morning and arrive on the same day.

Private trips are welcomed if the scheduled dates do not fit. We have our own office and guesthouse ready and waiting for any dates you may prefer.

Package

Includes	Excludes
<ul style="list-style-type: none">• 3 nights accommodation in Kathmandu with bed & Breakfast• Permit fee of Mt. Himlung 7126m expedition• Food for trekking and expedition period• Expedition crew: base camp guide, cook, cook helper• Necessary porters during the Himlung Expedition• Kathmandu - Chamje and Chamje to Kathmandu by 4WD vehicle• Equipment allowance, daily allowance for liaison officer, expedition crew insurance for Nepalese expedition crew• 1 tent for 2 persons for Himlung expedition• Mat, dining tent, toilet tent, mess tent, store tent, table and chairs trekking for the expedition• Local transportation in Kathmandu• Emergency oxygen, mask and regulator• Garbage deposit• Fare well dinner	<ul style="list-style-type: none">• International flights to and from Kathmandu• Personal equipment for climbing & trekking• Personal & medical Insurance of expedition• Climbing food, gas & stove above base camp• Lunch & dinner in Kathmandu• Emergency rescue evacuation by helicopter in worst case scenario• Personal expenses• Bar bills & beverages• We also recommend offering a tip at the end of your trip to your guide and porters, as tips are not included in the package price. During your trek briefing, you will be wisely advised on this matter and on the average amount to offer.

Broad itinerary

Our expedition to Himlung blends a wide range of expertise and resources in order to provide a high level of support for this expedition.



An expedition of this type is difficult to determine concerning time frames, but we generally come to an agreement regarding specific heights and sleeping at certain camps. Thus allowing our participants to stay at the camp and to acclimatize to the altitude.

As this is a one-month expedition, a rough outline of our itinerary will take the following form:

Starting our trek from Chamje and making our way up Dharapani, then to Koto and several other villages (Darmasala, Kyang, Phu Goun) to finally reach Base Camp. You will have one spare day on camp to plan and prepare for the climbing period.

During the climbing period you will have several acclimatization days at camp 1, 2, and 3. After a thorough training you will make your first ascent attempt to Himlung summit. Following your accomplishment, you will head back to Base Camp.

A few days spent back at Himlung base camp helping to clear out the camp is followed by a trek all the way back to Chamje and a drive back to Kathmandu.



Itinerary

Day 1-3 – 1400 m

Arrival in Kathmandu & Transfer to Hotel. Visit Ministry of tourism to receive permit and final packing.

Day 4 – 1700 m

Kathmandu to Bulbule, then to Chamje (drive).

Day 5 – 1900 m

Trek Chamje to Dharapani.

Day 6 – 2200 m

Dharapani to Koto.

Day 7 – 3230 m

Koto to Dharmasala.

Day 8 – 3600 m

Dharmasala to Kyang.

Day 9 – 4180 m

Kyang to Phu goun.

Day 10-11 – 4180 m – 4850 m

Rest day at Phu gaun to explore Phu Village and Gompa (nearby). Return to BC

Day 12 – 4850 m

Set up base camp & explore around.

Day 13-23 – 7126 m (Mount Himlung)

Climbing period to Fix Rope and gear up to Camps

Day 24 – 7126 m

Packing & cleaning all around Base Camp.

Day 25 – 3720 m

Base Camp to Kyang.

Day 26 – 3230 m

Kyang to Dharmasala.

Day 27 – 2060 m

Dharmasala to Koto.

Day 28 – 1300 m

Koto to Dharapani.

Day 29 – 1700 m

Dharapani to Chamje.

Day 30-32 – 1400 m

Drive Chamje to Besisahar and then Kathmandu. Free day in Kathmandu and international flight departure on the next day.

Fitness

This is arduous expedition, which cannot be under estimated. The effect of tiredness will be felt due to the strenuous previous days of climbing. On the other hand, you will be very well adjusted to the altitude in excess of all the subsequent ascents. You need to have a very good cardiac rhythm while doing low intense fitness. A strong muscular condition is required for your legs, hips, core and back. On the bright side, we only carry light daypacks.

Personal assessment of fitness can be very subjective. Therefore, for this expedition you need to feel comfortable hiking for at least 5 to 6 hours over rough steep terrain with about 10 kg on your back. And being able to repeat this process all over again the next morning without any difficulty.

Clearly, the best practice for this trip is training in a way that best reflects the demands of the trip. It is highly recommended to undertake some good long walks of 5 hours or more on rocky steep hills with a 10 kg pack. If you can't spare time doing these walks to adjust your cardiac rhythm, then we suggest you do half an hour or more every week of running, swimming, cycling, and rowing.

In this expedition, not only the physical condition plays a role, but as well the mental preparation. By which you feel determinant and ready to accomplish such challenge while enjoying it at the same time.

This trip is suitable for people who have an absolute love for the mountains and love overcoming challenges like those. If you have any doubt to whether or not this trip corresponds to you, please don't hesitate to ask us and we'll enquire you on your decision.

Kit List

Example Personal Kit List

Feet

- One Sports high altitude boots for above Camp 2
- Berghaus GTX Alpine boots for up to Camp 2
- Base Camp boots (Canadian backcountry, fleece lined)
- Casual Shoes (Merrell)
- Grivel crampons 12 point with extension bar for One Sports
- Black Diamond 12 point crampons for GTX boots
- Socks (5 pairs, 2 thick for high altitude & 3 hiking) (Smartwool)
- Spare shoe insoles and Gaiters

Hands

- 2 pairs windstopper gloves (Berghaus)
- 1 pair summit down mitts (Rab)
- 1 pair lightweight down mitts (Berghaus)
- 2 pair liner glove
- 1 pair guide gloves

Head

- Neoprene facemask, Balaclava
- White sunhat with neck cover
- Spare pair of glasses and Julbo glacier glasses
- Prescriptive sunglasses
- 1 peak hat, 3 x Buffs
- 3 woolly hats (varying thicknesses)
- Petzl climbing helmet
- Adidas Goggles with prescriptive lens inserts, 100% UV space lens and orange lens
- Adidas Climacool sunglasses with prescriptive lens inserts and space lens and orange lens

Skin

- Extreme SPF40 Sunscreen
- Dermatone high altit. suncream
- SPF25 lipcream, Lipsalve (Calmex)
- Moisturising creams: Shea butter

Base Layer

- 4 Thin thermals tops (Merino wool & Uniqlo)
- 1 Thin thermal bottoms (Berghaus)
- Powerstretch suit (Mountain Hardwear)
- Thermal underwear x 4 pairs (Uniqlo, Merino wool, Berghaus)
- Thick thermal tops x 2 (Berghaus)

Mid layer

- Fleece trousers (Berghaus)
- Fleece tops x 4 (Berghaus)

Outer layer

- Windsuit; Summit down jacket & trousers (Rab)
- Lightweight down jacket

Bags

- Extrem 90 litre rucksack (Berghaus)
- Extrem 45 litre daysack (Berghaus)
- **Rucksack ~60 L**
- 100 litre TNF bag

Climbing

- Walking Axe (Grivel & Petzl Icewalker); Hammer Axe
- Harness (alpine bod)
- 10 ice screws
- Cows tail with jumar & safety karabiner
- **Harness set: 8 Finger, zumar, carabiner (3 lock and 2 normal) 5 piece**

Camping

- Rab Summit down sleeping bag (above BC)
- Ajungilak synthetic sleeping bag (BC)
- 1L metal flask; 1.5L water bottle with Nalgene cover (Bradley Alpinist)
- 2 x 1L Nalgene water bottles with down bottle cover and neoprene cover
- Rucksack cover
- Petzl Duobelt headtorch with remote battery back
- Petzl halogen headtorch (AA batteries)

Health

- Supergreens plant extract
- Acai berry powder, Vitamin C

Emergency

- Avalanche probe
- Emergency and Space blanket

Cameras

- Canon EOS, charger, hand bracket, light, GoPro HD
- Sennheiser microphone

- Windstopper salopettes (TNF)
- Fleece Monkey jacket (MHW)

- Down suit Windproof trousers & jacket (Berghaus paclite)

- **80 Litre Duffle bag**
- Many stuff sacks
- Ortlieb drybags

each, Silling 5 meters

- 2 man ropes, 30m x 8mm dynamic
- Descender (figure of 8)
- 3 screwgate karabiners
- 3 long slings, 4 short slings
- Suunto Explorer (altimeter, barometer)
- GPS Garmin Explorer

- Black Diamond mini headtorch
- Walking poles (Leki Makalu)
- 1 Full length Thermarest
- 2 closed cell sleeping mats
- Thermos food flask
- Thermal mug (Bradley Alpinist)
- Titanium spork
- Towel; Leatherman
- Box of repair kits
- Loupe & Alarm clock
- Pee bottle (2L)

- Pharmaton for fatigue
- Intra biological extract

- Pulse Barryvox avalanche transceivers x 2

- Canon IXUS digital camera, AC charger, DC lead, data lead

Learn More

This expedition is strenuous and needs a high level of fitness and motivation. We recommend that to have good previous experience of wild camping in cold conditions, altitudes above 5000 m and the use of walking axe and crampons. Previous experiences using ropes for climbing or mountaineering are an advantage, but not essential as training will be given on the trip.