

HIMLUNG

EXPEDITION 2023

30 DAYS REGULAR PROGRAM

Start Date: 10th Oct to 8th Nov 2023

Group Size: 2 to 12 pax

US\$ 6,555
per person / tax inclusive

THE HIGHLIGHTS



- Summit of Himlung Himal at 7126 meters
- Panoramic views of Dhaulagiri range, Annapurna range, Manaslu and other peaks
- Trekking through Phu valley a restricted area
- An essence of being in Tibet due to Tibetan cultures and monuments
- Skiing and snowboarding opportunities to professional skier
- Easier Seven-thousand Mountain for beginners aiming for Everest climb



THE OVERVIEW

Himlung Himal (7126M) lies in the secluded Mustang region close to Tibet border. Himlung was allowed for climbing in the same year of opening of Mustang valley for tourism in 1992. Same year the first ascent of the peak was made by a Japanese expedition team.

As the peak lies in the restricted area of Nar Phu valley, the trek to the base camp itself is a magnificent experience. As the valley is between the Annapurna and Manaslu region, it is a real gem which allows the trekkers to experience both raw Himalayan nature and ancient Buddhist culture.

Himlung can be graded as less technical and ideally best seven thousand meters peak for a beginner mountaineer who is looking forward to climbing eight

thousand meters peak such as Everest. But one cannot underestimate Himlung as the large part of the ascent is covered at high altitudes above 6500 meters and required a high level of fitness. For climbing, we take the southern route and turn towards the northeastern ridge for the summit. We set our base camp also known as 'Kari Kobler base camp' at the elevation of 4900 meters and other two higher camps for the successful ascent. The expedition will be organized and escorted by our highly skilled/qualified climbing guides and kitchen team.

On reaching the summit, one can enjoy the 360° view of Dhaulagiri Range, Annapurna Range, Manaslu and other peaks. Himlung expedition is of the fortunate mountain for Thamserku expedition with 100% success record.

HIMLUNG EXPEDITION

(7,126M / 23,379FT)

30 DAYS REGULAR PROGRAM

Day	Program	Accommodation	Meals
Day 1	Arrive in Kathmandu	Gokarna FR	B
Day 2	In Kathmandu	Gokarna FR	BD
Day 3	Drive to Besisahar -6/7 hrs drive, O/N at Gateway Himalayan Resort	Gateway H Resort	BLD
Day 4	Drive to Koto (2600M) 6/7 hrs drive – via Dharapani	Local Lodge	BLD
Day 5	Trek to Meta (3230M) – 8/9 Hours Trek	Local Lodge	BLD
Day 6	Trek to Kyang (3800M) – 4/5 Hours Trek	Local Lodge	BLD
Day 7	Trek to Phu Gaon (4200M) – 5 Hours Trek	Local Lodge	BLD
Day 8	Rest day in Phu Gaon	Local Lodge	BLD
Day 9	Trek to Himlung Base Camp (4920M) – 5/6Hours Trek	Camping	BLD
Day 10 - 24	At Basecamp Climbing Period	Camping	BLD
Day 25	Trek down to Chyako (3720M) – 7/8 Hours Trek	Local lodge	BLD
Day 26	Trek to Koto (2600M) – 7/8 Hours Trek	Local lodge	BLD
Day 27	Jeep drive to Besisahar – 6/7 Hours' Drive	Gateway H Resort	BLD
Day 28	Drive to Kathmandu –6 Hours' Drive	Gokarna FR	BLD
Day 29	Free day in Kathmandu for official documentation and collectcertificate	Gokarna FR	B
Day 30	Final Departure		



DETAILED ITINERARY

Day 01: Arrive in Kathmandu

On the first day of the program, you will meet your climbing guide on arrival at the airport holding the 'Thamserku Expedition' signboard. Transfers from Kathmandu Airport are provided. Depending on your arrival time, you have an opportunity to explore Kathmandu valley or go for shopping the missing climbing equipment's. You will meet the rest of the climbing companions at the welcome dinner arranged by your guide.

Day 02: In Kathmandu

Free day in Kathmandu for equipment preparation, attending government briefing and arrangement of documentation needed for the expedition.

Day 03: Drive to Besisahar - 6/7 hrs drive, O/N at Gateway Himalayan Resort

After late breakfast at the hotel, we drive westwards on the Prithvi Highway towards Pokhara. After 4 hours or so, we arrive at the small town Dumre, beside the Marsyangdi River where we stop for a lunch. After lunch, we leave the highway and turn north to the narrow road to Besishar. Before the off-road drive towards Manang, we spend overnight at Gateway Himalaya Resort.

Day 04: Drive to Koto (2600M) 5/6 hrs drive – via Dharapani

After breakfast at the resort, we take a local jeep towards the west loading all the expedition and camping equipment at the back of the jeep. We continue towards Dharapani driving off-road. We take lunch at a beautiful Buddhist village called Bagarchhap. We further head-on, we pass through the scattered pine forest with a scenic view of Annapurna II on the left. We spend overnight at Koto.



Day 05: Trek to Meta (3230M) – 8/9 Hours Trek

Today is a long day. After breakfast, we start our trek leaving the Annapurna Circuit trek trail and entering the Naar Phu Valley. We mostly follow the Naar Phu Khola gradually trekking up and down through coniferous forests with a beautiful view of Lamjung Himal on the south; we reach Dharamsala (3230m). From Dharmashala, we trek further 1.5 hours with a final short ascent to Meta, where we spend overnight.

Day 06: Trek to Kyang (3800M) – 4/5 Hours Trek

After an hour trek from Meta, we reach a junction where the Naar and Phu trail separates. We follow the Phu Khola on a slightly ascending trail to Chyakhu. From here, the terrain gets steeper as we head to 'Upper Chyakhu' and then to Kyang (3800m). Kyang, located above Phu Khola has the remains of the Khampa settlements and is the main winter settlement of the people of Phu.





Day 07: Trek to Phu Gaon (4200M) – 5 Hours Trek

Today we will trek to Phu Gaon - one of the hidden villages of Nepal, which will take approx. 5 hours to walk. Passang mani walls, stupas and prayers flags along the way with a gradual ascent to Phu Gaon. Today is a half-day trek, so we have enough time to explore the Phu village in the afternoon.

Day 08: Rest Day in Phu Gaon

Reserve day at Phu Village to acclimatize & rest your body or optional hike to the oldest monastery located 30 minutes away from the lodge. Depending upon the body condition, you may choose to continue to Himlung Basecamp for proper food and a private tent.

Day 09: Trek to Himlung Base Camp (4920M) – 5/6 Hours Trek

Today we head towards Himlung base Camp where we spend almost a couple of weeks. Only after 2 hours trek from Phu village, you will see the peak. You will meet our other crew members at the base camp.



Day 10 to Day 24: At Base camp Climbing Period

- Rest day - Puja - climbing training
- First Rotation
 - Touch Camp I and descend back to basecamp
- Second Rotation
 - Climb to camp I (overnight)
 - Touch Camp II (Overnight)
 - Descend back to basecamp
- Rest and prepare for the summit push
- Summit push
 - Climb to camp I (overnight)
 - Climb to Camp II (overnight)
 - Camp II to Summit and descend back to Camp II
 - Descend to base camp
- Reserve day at the base camp
- Packing and clearing the Base camp after the summit

Note - Be advised that the mentioned activities during the climbing period are a tentative plan. The actual planning of the summit is made at the base camp by your climbing guide. The activities may change because of the unstable weather conditions in the Himalayas and also your level of fitness. We advise you to book a Flexi flight and allow extra days in case if you need for the summit push.



Day 25: Trek down to Chyako (3720M)–7/8 Hours Trek

Today we bid our farewell to our camping crew members. After breakfast, we descend to Chyako that takes around 7/8 hours of trek.

Day 26: Trek to Koto (2600M) – 7 Hours Trek

Today we trek down to Koto leaving Nar Phu valley behind.

Day 27: Jeep drive to Besisahar – 6/7 Hours Drive

We drive towards Besishar taking the same off-road we took on day 4. We spend an overnight at Gateway Heaven Resort.

Day 28: Drive to Kathmandu –6 Hours'

A drive to Kathmandu is same as day 3.

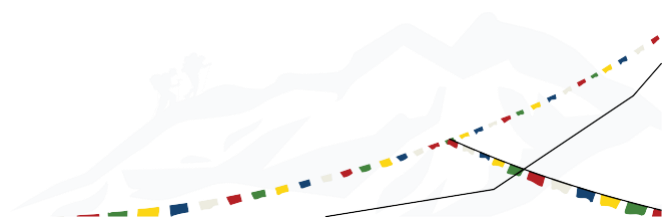
Day 29: Free day in Kathmandu for official documentation

Today is a free day in Kathmandu for official documentation, a closing briefing by the government and a free evening to buy souvenirs before flying home.

Day 30: Final Departure

Depending on the flight time, we arrange the transfer to the airport assisted by your climbing guide to bid the final farewell. The airport check-in is 3 hours before the departure time and, the hotel checkout time is noon. In case if your flight is late in the evening, you can ask the reception for a late checkout.







Price & Services

US\$ 6,555/Per Person
(13% tax inclusive)

30 Days Regular Program

Group size: **2 to 12 Pax**

WHAT'S INCLUDED?

GOVERNMENT & RELATED CHARGES

- ✓ Himlung Himal climbing royalty fee
- ✓ Annapurna Conservation Area Project (ACAP permit)
- ✓ Naar Phu special permit arrangement
- ✓ 1 X Government liaison officer with transfer, accommodation, meals and wages
- ✓ Garbage deposit fees of
- ✓ Route fixing charge higher camps and to the summit
- ✓ Weather forecast report

SERVICE IN KATHMANDU

- ✓ International and domestic airport transfers
- ✓ A transfer from Kathmandu – Besishar and to Dharapani on day 3 & day 28
- ✓ 4 nights in Resort Gokarna FR in Kathmandu with breakfast
- ✓ 2 nights at Gateway Himalaya resort at Besishar with meals
- ✓ 2 X Thamserku Duffel bag per member (90L & 150L)

SERVICE DURING TREKKING

- ✓ 9 nights' accommodation in a local lodge on full board
- ✓ Hot water for drinking purpose
- ✓ Medical Kit and oxygen during the trek
- ✓ Porters to carry trekking and expedition gears (1:1 ratio)
- ✓ Assistance of Guide and Sherpa during the trek

HIMLUNG BASECAMP SERVICE

- ✓ Single tent per member with comfortable mattress
- ✓ Tent for climbing and Kitchen crew on twin sharing
- ✓ Kitchen, Dining, Shower and toilet tent (communication tent for 8 pax above)
- ✓ Hot water for shower & laundry
- ✓ Solar panel/generator for light and battery charging
- ✓ Gas heater for the dining tent
- ✓ 3 meals a day, snacks and unlimited tea and coffee

SERVICE AT HIGHER CAMP: CI, CII & CIII

- ✓ North Face/Ozark/Red Fox on twin sharing for members and climbing crew
- ✓ High Altitude food for members and climbing crew
- ✓ Enough Epi gas, gas stove and cooking pot set for CI, CII, CIII and CIV
- ✓ 1 satellite phone for emergency and walkie-talkie for a member, Sherpa and basecamp
- ✓ Group safety equipment, i.e. extra rope, carabiners, ice axe, ice screw
- ✓ Porterage of personal and group camping equipment
- ✓ Climbing Crew: 1 Climbing Guide per 2 members (1:2 ratio) for the summit
- ✓ One Cook and required number of kitchen helpers at the basecamp
- ✓ Equipment's, daily wages, carrying bonus and medical insurance for climbing crew/Sherpa
- ✓ Equipment's, daily wages, and medical insurance for Kitchen crew and porters

WHAT'S NOT INCLUDED?

- ✓ Summit bonus of US\$1500 for IFMGA/ Experience Guide Or US\$1000 for normal climbing Sherpa once summit attempt is made from Camp II or US\$500 if dropped from basecamp
- ✓ Tips for personal climbing Sherpa (\$500), Kitchen crew (\$200) & porters (\$10/day)
- ✓ Oxygen, mask & regulator
- ✓ Unexpected increment in the royalty fee/climbing permit
- ✓ International airfare and Nepal visa fee
- ✓ Lunch and dinner in Kathmandu
- ✓ Extra nights in Kathmandu
- ✓ Personal travel, medical and rescue insurance
- ✓ Medical evacuation charge if required
- ✓ Personal trekking and climbing gears
- ✓ Service besides mentioned in inclusions example - extra oxygen, Sherpa and porters
- ✓ Other personal nature expenses i.e. alcoholic beverages and self-ordered hot drinks during the trek

THE ESSENTIALS

Mountaineering Gears Checklist (7000m to 8848m)

BODY WEAR

1. Down Suit - Recommended Absolute Zero Over suit by Mountain Hardwear, or Ulvetanna Suit by Berghaus, or The Himalayan Suit by The North Face, or the Expedition Suit by Rab.
2. Down Jacket and a pair of Down Salopettes - Recommended Absolute Zero Parka and Absolute Zero Pants by Mountain Hardwear, or by Rab. - not very bulky
3. Waterproof Jacket and Over trousers that goes over your alpine boot
4. Balaclava - Recommended The North Face A3543 Unisex Wool Balaclava or similar covering nose and face
5. Long sleeve Thermal shirt and Trousers - Recommended anti-sweat
6. Fleece Jacket and Trousers - Recommended Patagonia, or The North Face, or Mountain Hardwear

HAND WEAR

1. Liner gloves - thin and warm
2. Down mitts - Recommended The North Face, or Marmot Expedition mitt, or Mountain Hardwear Absolute Zero Mittand.
3. Mountain Gloves - Recommended water & windproof
4. Gore-Tex Primaloft Glove - Recommended the North Face, or Mountain Hardwear.
5. Smartwool Mountaineering Socks (2 pairs - new)
6. Ultra-Soft Running / Hiking Socks (2 pairs - new)
7. Mountaineering boot Recommended La Sportiva Olympus Mons Evo or Millet Everest GTX
8. Alpine boot - Recommended La Sportiva Men's Nepal EVO GTX Boot or similar

CLIMBING EQUIPMENT'S

1. Climbing helmet - Recommended Black Diamond
2. Ski Goggles with UV protection and anti-fog system
3. Headlamp - Recommended Black Diamond & Petzl
4. Spare batteries - Recommended Energizer Ultimate Lithium batteries
5. Harness Set
 - a. Lightweight Harness - Recommended DMM Super Couloir, or Black Diamond Couloir Harness, or Mammut Ophira 3 Side climbing harness
 - b. Ascender (Jummer) - Recommended Petzl or Black Diamond
 - c. Abseiling device - Recommended Black Diamond ATC Guide Bley Device, or Petzl GRIGRI 2 Grey Belay, or Descent Device D14BG
 - d. Screwgate Carabiners (2 X large, 2 X small sizes) - Recommended Petzl or Black Diamond
 - e. Bent Gate Carabiners (2 medium sizes) - Recommended Petzl or Black Diamond
 - f. 6 mm rope - Recommended 2 meters UIAA tested
 - g. 6 mm rope - Recommended 5 meters UIAA tested
 - h. 1 X tape sling - Recommended 120 cm UIAA tested
6. Dynamic 8.9 mm rope (single rope) - Recommended 2 m UIAA tested
7. Classical Alpine ice-axe - Recommended (70-90 cm) Petzl, or Grivel Air Tech, or Black Diamond
8. Crampons that fits Mountaineering boots - Recommended Grivel G-12 New-Matic Crampons

TREKKING GEARS CHECKLIST (2000m to 5000m)

HEADWEAR

1. Sun Hat/Normal cap
2. Fleece or woollen hat
3. Earmuffs/Ear warmers (optional)
4. Sunglasses with UV protection
5. Buff Scarf / thin face mask

HANDWEAR

1. Fleece or woollen thin gloves
2. Gore-Tex mitten gloves

BODYWEAR

1. Gore-Tex Jacket
2. Gore-Tex Pant
3. Hiking pant
4. Fleece trouser and jacket or warm jumper - Recommended not thick but warm enough that fits inside the Gore-Tex pant
5. Anti-sweat T-shirt
6. Thermal inner trouser
7. Down jacket with hoodie

FOOTWEAR

1. Trekking boots
2. Hollow Out Outdoor Slipper
3. Trekking socks (4-5 pair)
4. Snow Gaiter

OTHER EQUIPMENT'S

1. Sleeping bag (comfort rated - 15 °C)
2. 30 Liter Rucksack with cover
3. Large size Duffel Bag with padlock
4. Headlamp with spare batteries
5. Water bottles 1 Liter
6. Thermos
7. Basic First Aid Kit including antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), altitude (Diamox), painkillers, plasters and blister treatment, insect repellent, and re-hydration salts (Dioralite). Glucose tablets and multi-vitamin tablets are also a good idea.

WASHING KIT & TOILETRIES

1. Waterproof washing kit bag
2. Towel - medium size
3. Washing soap, towel, tooth pest, toothbrush etc.
4. Sun Lotion Enough +30SPF (including total bloc for lips, nose etc.)
5. Handwash & sanitizer
6. Toilet paper (you can buy this in the lodges)
7. Wet tissues

OPTIONAL ITEMS

1. Trekking poles
2. Trainers or similar for use in the lodges
3. Shorts
4. Baselayer leggings
5. Gaiters
6. Sleeping bag liner
7. Pillowcase
8. Earplugs (particularly if you are not the one snoring)
9. Camera
10. Pen-knife (remember to pack sharp objects in hold baggage)
11. Repair kit - (e.g. needle, thread, duct tape)

OTHER EQUIPMENT's

1. 55-65 Liter Rucksack - Recommended POD Black Ice, Crux AK47 (extendable) and Crux AK57
2. Base Camp Duffel - XXL
3. 2 X 5 season sleeping bag with compression bag - Recommended North Face and Mountain Hardwear
4. 2 X 5 season foam sleeping mat - Recommended 72 x 20 inches (20 x 5 x 5.5 inches folded) and weigh around 14 ounces
5. Swiss Army Knife with a multi-tools system or leathermen
6. 1-litre stainless steel thermos - that works in extreme weather condition

EMERGENCY CONTACT

1. Dawa Sherpa (Expedition Manager):
+977-9801333616
2. Anjan Rai (Clients Relation Manager):
+977-9823338761
3. Office Hours only: Thamserku Office:
+977-1-5909982



RESPONSIBLE TRAVEL

We are a partner with Travelife – sustainability in Tourism. We believe strongly in low impact or rather positive impact tourism. Broadly speaking this means that we try to minimize the negative aspects of tourism on the local cultures and environments that we visit and highlight the positive aspects.

OUR HIGH EQUIPMENT PARTNERS

High equipment partners that our clients will get 20% off with our privilege card.





THAMSERKU EXPEDITION (P) LTD

PO Box 3124, Bashundhara, Kathmandu, Nepal

+977 (1) 5909981 / +977 (1) 5909982

info@thamserkuexpedition.com

www.thamserkuexpedition.com