



Annapurna Foothills

Treks & Expedition Pvt.Ltd.

Government Registration No: 52988/064/965 | Tourism License No. 956/065

Himlung Expedition 30 Days

Trip Facts

Trip Cost from	USD 6000 P/P
Group Size above	2 climbers
Max Elevation	7126m
Trip duration	30 Days
Trekking Type	10 nights Lodge
Trekking Type	15 nights Tent
Hotel in Kathmandu	4 Nights
Ending Point	Kathmandu
Starting Pont	Kathmandu
Max group size	6 Pax Only



Highlights of Himlung Expedition

- the trek to Himlung base camp passes villages with Tibetan villages of Naar and Phu.
- remote and culturally immersive trekking experience in Nepal
- technically straightforward ascent ideal for those wanting to discover how they perform on a 7000m peak.
- our experienced local Sherpa guides and support staff during the expedition.
- well managed support and logistics team in the mountain.
- base camp, Camp I , Camp II and Camp III is set before attempting the summit push.
- a perfect 7000m peak to add to your mountaineering list and set higher objectives

Himlung Expedition Itinerary first group 2023

Days	Date	Itinerary	Altitude	Walking
Day 01:	Sep 29, 2023:	Arrival in Kathmandu	1,300 m/4,265ft	Free time
Day 02:	Sep 30, 2023:	Preparation Day in Kathmandu	1,300 m/4,265ft	Free time
Day 03:	Oct 01th 2023:	Drive from Kathmandu to Besisahar,	800 m/2,624ft	6-7 hrs,
Day 04:	Oct 02th 2023:	Drive from Besi Sahar to Koto,	2,675 m/ 8,774ft	5-6 hrs

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Day 05:	Oct 03th 2023:	Trek to Meta	3,560 m/11,678ft	6-7 hrs
Day 06:	Oct 04th 2023:	Trek to Kyang	3,740 m /12,267ft	6-7 hrs,
Day 07:	Oct 05th 2023:	Trek to Phu	4,050 m/ 13,284ft	5-6 hrs
Day 08:	Oct 06th 2023:	Excursion Phu village		
Day 09:	Oct 07th 2023:	Trek to Himlung Base camp	4900 m/ 16,076ft	4-5 hrs,
Day 10:	Oct 08th 2023:	Rest and Acclimatization		
Day 11:	Oct 09th 2023:	Base Camp to Camp return to Base Camp,	1 (5450 m / 17,880ft),	6-7 hrs
Day 12:	Oct 10th, 2023:	Rest Day at Base Camp		
Day 13:	Oct 11th, 2023:	Climb to Camp 1	(5450 m / 17,880ft)	4-5 hrs
Day 14:	Oct 12th, 2023:	Camp 1 to Camp 2 return to Camp	(6000 m / 19,685ft),	5-6 hrs
Day 15:	Oct 13th, 2023:	Rest and Relaxation Day at Camp 1	(5450 m / 17,880ft)	
Day 16:	Oct 14th, 2023:	Camp 1 to Camp 2	(6000 m / 19,685ft),	5-6 hrs
Day 17:	Oct 15th, 2023:	Camp 2 to Camp 3, return to Camp 2,	(6350 m / 20,833ft)	5-6 hrs
Day 18:	Oct 16th, 2023:	Rest Day at Camp 2	(6000 m / 19,685ft)	
Day 19:	Oct 17th, 2023:	Camp 2 to Camp	(6350 m / 20,833ft)	3, 4 hrs
Day 20:	Oct 18th, 2023:	Mount Himlung Summit Day back to Camp 3,	(7126 m / 23,379ft)	10-12 hrs
Day 21:	Oct 19th, 2023:	Reserve Day (In case of unfavorable weather)		
Day 22:	Oct 20th, 2023:	Camp 3 to Base Camp	(4900 m/ 16,076 ft)	7-8 hrs
Day 23:	Oct 21th, 2023:	cleaning and packing for departure		
Day 24:	Oct 22th, 2023:	Trek back to Phu	4,050 m/ 13,284ft	3-4 hrs
Day 25:	Oct 23th, 2023:	Trek to Meta	3,560 m/11,678ft	5-6 hrs
Day 26:	Oct 24th, 2023:	Trek to Koto	2,675 m/ 8,774ft	5-6 hrs
Day 27:	Oct 25th, 2023:	Drive to Besi Sahar	800 m/2,624ft	5-6-hrs
Day 28:	Oct 26th, 2023:	Drive to Kathmandu	1,300 m/4,265ft	6-7 hrs
Day 29:	Oct 27th, 2023:	Free day in Kathmandu	1,300 m/4,265ft	Free Time
Day 30:	Oct 28th, 2023:	Happy Departure	1,300 m/4,265ft	



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Himlung Expedition Itinerary second group 2023

Days	Date	Itinerary	Altitude	Walking
Day 01:	Oct 13th 2023:	Arrival in Kathmandu	1,300 m/4,265ft	Free time
Day 02:	Oct 14th 2023:	Preparation Day in Kathmandu	1,300 m/4,265ft	Free time
Day 03:	Oct 15th 2023:	Drive from Kathmandu to Besisahar	800 m/2,624ft	6-7 hrs,
Day 04:	Oct 16th 2023:	Drive from Besi Sahar to Koto	2,675 m/ 8,774ft	5-6 hrs
Day 05:	Oct 17th 2023:	Trek to Meta	3,560 m/11,678ft	6-7 hrs
Day 06:	Oct 18th 2023:	Trek to Kyang	3,740 m /12,267ft	6-7 hrs,
Day 07:	Oct 19th 2023:	Trek to Phu	4,050 m/ 13,284ft	5-6 hrs
Day 08:	Oct 20th 2023:	Excursion Phu village		
Day 09:	Oct 21th 2023:	Trek to Himlung Base camp	4900 m/ 16,076ft	4-5 hrs,
Day 10:	Oct 22th 2023:	Rest and Acclimatization		
Day 11:	Oct 23th 2023:	Base Camp to Camp return to Base Camp	1 (5450 m / 17,880ft),	6-7 hrs
Day 12:	Oct 24th 2023:	Rest Day at Base Camp		
Day 13:	Oct 25th 2023:	Climb to Camp 1	(5450 m / 17,880ft)	4-5 hrs
Day 14:	Oct 26th 2023:	Camp 1 to Camp 2 return to Camp	(6000 m / 19,685ft),	5-6 hrs
Day 15:	Oct 27th 2023:	Rest and Relaxation Day at Camp 1	(5450 m / 17,880ft)	
Day 16:	Oct 28th 2023:	Camp 1 to Camp 2	(6000 m / 19,685ft),	5-6 hrs
Day 17:	Oct 29th, 2023:	Camp 2 to Camp 3, return to Camp 2	(6350 m / 20,833ft)	5-6 hrs
Day 18:	Oct 30th, 2023:	Rest Day at Camp 2	(6000 m / 19,685ft)	
Day 19:	Oct 31th, 2023:	Camp 2 to Camp	(6350 m / 20,833ft)	3, 4 hrs
Day 20:	Nov 1st, 2023:	Mount Himlung Summit Day back to Camp 3,	(7126 m / 23,379ft)	10-12 hrs
Day 21:	Nov 2nd, 2023:	Reserve Day (In case of unfavorable weather)		
Day 22:	Nov 3rd, 2023:	Camp 3 to Base Camp	(4900 m/ 16,076ft)	7-8 hrs
Day 23:	Nov 4th, 2023:	cleaning and packing for departure		
Day 24:	Nov 5th, 2023:	Trek back to Phu	4,050 m/ 13,284ft	3-4 hrs
Day 25:	Nov 6th, 2023:	Trek to Meta	3,560 m/11,678ft	5-6 hrs
Day 26:	Nov 7th, 2023:	Trek to Koto	2,675 m/ 8,774ft	5-6 hrs
Day 27:	Nov 8th, 2023:	Drive to Besi Sahar	800 m/2,624ft	5-6-hrs
Day 28:	Nov 9th, 2023:	Drive to Kathmandu	1,300 m/4,265ft	6-7 hrs
Day 29:	Nov 10th, 2023:	Free day in Kathmandu	1,300 m/4,265ft	Free Time
Day 30:	Nov 11th, 2023:	Happy Departure	1,300 m/4,265ft	

Expedition Cost USD 6000 Per Person

1 Member: 1 Sherpa Cost: \$ 6000 USD per person for service till summit

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1. Airport – Hotel- Airport transportation.
2. 4 nights hotel (3 star category) in Kathmandu on BB plan sharing basis (Twin Bed Room)
3. National Park fees and Expedition permit.
4. Annapurna Foothills Tshirt
5. Camping equipment: sleeping tent and foam mattress, Dining tent, Kitchen tent and Toilet tent
6. Dining Tables, Chairs and Kitchen equipments
7. Three meals a day during the trek and camping (Morning tea or coffee, Breakfast, Lunch and Dinner)
8. Base Camp Manager, Cook, Kitchen boys and Porters for your trip.
9. Camping and Kitchen equipment
10. Heater will be provided at base camp for the dining tent
11. Daily wages for Porters and all Nepali staff
12. Insurance for Porters and all Nepali staff
13. Equipment for Porters and Nepali staff
14. Government Liaison officer, his all allowance, food, tent
15. Nepali culture show with welcome and farewell dinner
16. All the land transportation mentioned in the itinerary
17. Gamow Bag or emergency oxygen
18. Satellite phone service (pay calls)
19. Celebration Dinner last night in Kathmandu
20. Solar panel for batteries charges and lights
21. Garbage Fee
22. Annapurna Conservation Fee
23. Above Base C amp, High Altitude Tents, High Altitude Meals, EP Gas burner and cooking pot for members
24. **1 Member: 1 Sherpa**
25. Walkie Talkie Permit
26. Group climbing gears, fixed and dynamic rope required during the climb

What's Excluded

1. Your personal equipment for climbing and trekking.
 2. Your personal and medical insurance during the expedition.
 3. Lunches and dinners in Kathmandu
 4. Emergency Rescue evacuation by helicopter if required
 5. Permits for Client's personal Radio set or Satellite phone
- Additional night accommodation in Kathmandu because of early return from Expedition (due to any reason) than the planned itinerary.

Advice for tipping support staff and Summit bonus for Climbing Sherpa

USD 150- 200 for support staff/helpers who stay at the base camp

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USD 200-300 for Sherpa/Base Camp Guide/base camp Head Cook who manages the base camp

USD 400-700 for Climbing Sherpa who accompanies you up to the top of the summit



Himlung Expedition Detailed Itinerary

Day 1: Arrival in Kathmandu, 1,300 m/4,265ft

Flying to Kathmandu is in itself an exciting and memorable experience. On a clear day, you will get a panoramic view of the snow-capped towering peaks. After completing the visa formalities in an airport, collect your luggage downstairs. As you exit the airport terminal, you will be welcomed by one of our representatives carrying your name on our company's signboard, Annapurna Foothills Treks & Expedition. Moving forward, you'll be taken to your hotel in our private tourist vehicle. Once you reach the hotel, you'll be welcomed by them as well and after that, you can relax in your room.

Day 2: Preparation Day in Kathmandu

The Managing Director of our company will be there to meet you in the hotel and provide more information about the expedition. Your dues must be cleared before we proceed with the trip. We will finalize paperwork-permit for your trip and make a final check of your climbing equipment. In case you need additional trekking equipment, you will have a chance to buy it today. Sightseeing tours of Kathmandu Valley are also an option.

Day 3: Drive from Kathmandu to Besisahar, 7 hrs, 800 m/2,624ft

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Driving along the Kathmandu-Pokhara Highway to Dumre and then following the rough route by the Marsyangdi River, we pass through the low-lying villages and rice fields. After 8 hours long drive, we finally reach Besi Sahar. Besi Sahar is the capital of Lamjung District.

Day 4: Drive from Besi Sahar to Koto, 5-6 hrs, 2,675 m/ 8,774ft

We will take a Jeep drive through the off beat road to Koto. We will pass through many beautiful villages along the road. Koto village is the junction point where we leave the Annapurna Circuit Trekking Trail and follow the Nar Phu trekking trail.

Day 5: Trek to Meta, 6-7 hrs, 3,560 m/11,678ft

This morning we head out early, as we have a long and somewhat difficult day before us. Just past the checkpost, we cross the river leading to the Nar Phu valleys, and hike up through beautiful woods above the Phu Khola. The route takes us through some beautiful woods and past several small shelters and a pilgrims' 'dharmasala'. As we emerge out of a narrow canyon, the trail actually passes under a wide waterfall just before the dharmasala, from which point the woods become thinner and the vistas wider. A steep climb up the valley along a small, scenic river brings us finally to high pastures on a plateau. We then reach the scenic kharka of Meta, 3560m, a non-permanent winter settlement of Nar.

Day 6: Trek to Kyang, 6-7 hrs, 3,740 m /12,267ft

An hour past Meta, Junam is the second semi-permanent settlement, one where "khampas" from Tibet sometimes sheltered. Above the kharka to the right looms a massive glacier, which falls jaggedly down to the high pastures above us. Across the river, the cliffs contort in swirls and waves, similar to Ladakhi landscapes. The next semi-permanent settlement is Chako, formerly a Khampa settlement, where grass lies tied in bunches to dry on all the rooftops and prayer flags flutter in the breeze. A scene from old Tibet! Many more ups and downs take us to tonight's village at Kyang, the extensive winter settlement of Phu, on a plateau high above the river.

Day 7: Trek to Phu, 5-6 hrs, 4,050 m/ 13,284ft

Today, we really start to see some of the unique, colorful chortens for which Nar and Phu are justly famous. We have to rock-hop carefully across a small glacial stream before reaching a larger one with a bridge only half covered with large slabs of slate. Some large steps do the trick! Another hour and a half of trekking through scenic canyonlands and gorges, and the "leaning tower of Pisa" monolith guards the steep trail up to the Phu gate, called Pupigyal Kwe.

This ancient gate provides us with our first view of the three villages of Phu, as well as an old "dzong" and the remains of two forts, all now in ruins, but impressively situated atop the flatlands before Phu. Just before the bridge to Phu, a line of wonderful chortens color the landscape and lead the way to the main village of Phu, perched high up on a hill, amphitheater style.

Day 8: Excursion Phu village

Having spent quite a few days getting to Phu, we will spend an extra day in the area to enjoy it, meet the local Phu residents and do some exploring up the wide valley systems above us.

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Day 9: Trek to Himlung Base camp, 4-5 hrs, 4900 m/ 16,076ft

We hike towards the east through a glacial valley leading to Himlung Himal base camp. A great place for camping and setting our base camp. The mountain views are tremendous!

Day 10: Rest and Acclimatization at Himlung Base Camp

Acclimatization is the key. We need to allow enough time for additional acclimatization. Apart from that, we will conduct a Sherpa Prayer Ceremony (Puja) at Base Camp in the morning praying for our summit success.

Day 11: Base Camp to Camp 1 (5450 m / 17,880ft), return to Base Camp, 6-7 hrs.

From today, we will begin our rotation primarily focusing on Hiking High, and Sleeping Low. Our crew member along with our climbing guide will set Camp 1 at 5450 meters. After spending some time here, we return back to base camp to sleep overnight.

Day 12: Rest Day at Base Camp

Today, we will relish the view surrounding Himlung Base Camp. Our cook will serve us some hot and fresh meals to boost up our energy. Rest of the day can be spent in tent or nearby giving enough time for our body to rest and relax.

Day 13: Climb to Camp 1, 4-5 hrs. (5450 m / 17,880ft)

leaving base camp, we will continue our climb to Camp 1 today. The morning begins with cool breeze of high Himalaya. Climb to camp 1 is straightforward yet exhausting. With proper assistance from our experienced Climbing guide and a firm walking pace, we reach camp in around 5 hours where we will stay overnight witnessing some of the best views of Annapurna Himalaya.

Day 14: Camp 1 to Camp 2 (6000 m / 19,685ft), return to Camp 1, 5-6 hrs.

As a part of the rotation, we, along with the supporting crew will climb to Camp 2. Our crew member along with our climbing guide will set the camp (including carrying supplies) at 6000 meters. After spending some time here, we return back to base camp 1 to sleep overnight.

Day 15: Rest and Relaxation Day at Camp 1(5450 m / 17,880ft)

Today, we will take pleasure in witnessing the view surrounding Camp 1. Rest of the day can be spent in tent or nearby giving enough time for our body to rest and relax.

Day 16: Camp 1 to Camp 2 (6000 m / 19,685ft), 5-6 hrs.

Leaving Camp 1, we continue our climb to Camp 2. After checking our gears and supplies, we set in motion towards Camp 2. Reaching camp 2 is not that technical climb but tiring for sure. A firm composure will help us reach to Camp 2 and en route, you'll have an impressive venture where you'll be surrounded by the snowy Himalayan giants all around you. Also, the sunset from Camp 2 is something magical.

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Day 17: Camp 2 to Camp 3, (6350 m / 20,833ft) return to Camp 2, 5-6 hrs.

Climbing from Camp 2 to Camp 3 will be one of the shortest climbs (350 m) but from a scenery viewpoint, today's climb will probably be the most rewarding with magnificent panoramic views of Mount Annapurna (8091 m) and Manaslu (8156 m) massifs. After relishing the view and spending some time at camp 3, we return back to camp 2 to sleep.

Day 18: Rest Day at Camp 2 (6000 m / 19,685ft)

As a part of acclimatization, we will take pleasure in witnessing the view surrounding Camp 2 today. The rest of the day can be spent in a tent or nearby giving enough time for our body to rest and relax.

Day 19: Camp 2 to Camp 3, 4 hrs. (6350 m / 20,833ft)

As mentioned previously, today's climb will be a short climb. But, considering the elevation gained, we will maintain a steady pace and follow the instruction instructed by our professional climbing guide. Normally, we reach to Camp 3 by noon. Rest of the day can be spent in warm well set tent after lunch. After proper rotation climbs and communicating with the official representative for a weather update and possible summit window, we will push for the Summit.

Day 20: Mount Himlung Summit Day (7126 m / 23,379ft) and return back to Camp 3, 10-12 hrs. (6350 m / 20,833 ft)

Today marks Summit day. The strategy to summit will be waking up very early in the morning, re-checking all the climbing gears and equipment, and beginning our final climb to the summit of Himlung Himal at 7126 meters. Our Climbing Sherpa Guide will fix ropes ensuring everyone's safe and sound ascent and descent. Expect the summit push day to be the longest and most challenging. The slope on the side of the ridge is where the steepest climb of the summit push begins; a 50° vertical climb gaining approximately 700 meters in altitude. This final part of the climb is straightforward but physically demanding. The route then reaches a less steep ridge and continues to a flatter section before the small final slope. The summit ascent takes approx. 10 - 12 hours on average but that of course will depend upon individual climbers. With our expert, Sherpa Climbing Guide leading the trail, the climb to the summit for sure, will be a success. From the summit, you will eyewitness a surreal panorama of Mount Annapurna (8091 m), Manaslu (8156 m) massifs, and other neighbouring Himalayan Giants.

Day 21: Reserve Day (In case of unfavorable weather)

There is no guarantee that there will be favourable weather for the scheduled summit day. In such a case, we might not be able to take the top of Himlung Himal. The reason can be; due to bad weather or any other reason like someone in the group having altitude-related problems, etc. So, this extra day gives you some flexibility so that you can attempt the summit the following day.

Day 22: Camp 3 to Base Camp, 7-8 hrs. (4900 m/ 16,076ft)

From camp 3, we retrace our steps all the way down to Himlung Base Camp.

Day 23: cleaning and packing for departure

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Day 24: Trek back to Phu, 3-4 hrs, 4,050 m/ 13,284ft

We retrace our way back to beautiful Phu village. After the experience of climbing a 7000m mountain and all the adventures throughout the climb with a lots of memories.

Day 25: Trek to Meta, 5-6 hrs, 3,560 m/11,678ft

We follow the same trail to get back to Meta. Mostly we will be descending so it will take less time than earlier.

Day 26: Trek to Koto, 5-6 hrs, 2,675 m/ 8,774ft

We then trek back to our base at Koto village. It will be our last trekking day for this Himlung Expedition. A small celebration awaits at Koto. Where we can celebrate with all of our staffs. Reward all of them for thier hard work and support during the entire expedition.

Day 27: Drive to Besi Sahar

We have our breakfast in Koto and then a private vehicle will be waiting for us that will take us to Besisahar

Day 28: Besi Shar - Kathmandu, 1,300 m/4,265ft

After breakfast in Besisahar, we will drive back to Kathmandu, which is roughly 6 -7-hour drive depending on the road and traffic conditions on the main highway. On arrival in Kathmandu, we will be transferred to our designated hotel where, we will rest for the evening.

Day 29: Free Day in Kathmandu

After breakfast, there will be free time for souvenir shopping and other independent activities.

Day 30: Happy Departure

We will accompany you to the International Airport in time to board your flight