



Annapurna Foothills

Treks & Expedition Pvt.Ltd.

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

Himlung Expedition-29 Days

Trip Facts

Trip Cost	USD 6500 P/P
Group Size above	2 Trekkers
Max Elevation	7126m
Trip duration	29 Days
Trekking Type	9 nights Lodge
Trekking Type	15 nights Tent
Hotel in Kathmandu	4 Nights
Ending Point	Kathmandu
Starting Point	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

www.annapurnafoothills.com | Email: info@annapurnafoothills.com

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Himlung Expedition Itinerary

Days	Date	Itinerary	Altitude	Walking
Day 01:	Oct 05 th 2022:	Arrival in Kathmandu	1,300 m/4,265 ft	Free time
Day 02:	Oct 06 th 2022:	Preparation Day in Kathmandu	1,300 m/4,265 ft	Free time
Day 03:	Oct 07 th 2022:	Drive from Kathmandu to Besisahar,	800 m/2,624 ft	7 hrs,
Day 04:	Oct 08 th 2022:	Drive from Besi Sahar to Koto,	2,675 m/ 8,774 ft	5-6 hrs
Day 05:	Oct 09 th 2022:	Trek to Meta	3,560 m/11,678 ft	6-7 hrs
Day 06:	Oct 10 th 2022:	Trek to Kyang	3,740 m /12,267 ft	6-7 hrs,
Day 07:	Oct 11 th 2022:	Trek to Phu	4,050 m/ 13,284 ft	5-6 hrs
Day 08:	Oct 12 th 2022:	Trek to Himlung Base camp	4900 m/ 16,076 ft	4-5 hrs,
Day 09-22	Oct 13 th 2022 - Oct 27 th 2022	9-22 Climbing period for Himlung (14 Days)	5,045 m/16,548 ft	4-5 hrs
Day 23:	Oct 28 th 2022:	Trek back to Phu	4,050 m/ 13,284 ft	3-4 hrs
Day 24:	Oct 29 th 2022:	Trek to Meta	3,560 m/11,678 ft	5-6 hrs
Day 25:	Oct 30 th 2022:	Trek to Koto	2,675 m/ 8,774 ft	5-6 hrs
Day 26:	Oct 31 th 2022:	Drive to Besi Sahar and	800 m/2,624 ft	5-6-hrs
Day 27:	Nov 01st 2022:	Drive to Kathmandu	1,300 m/4,265 ft	6-7 hrs
Day 28:	Nov 02 nd 2022:	Free day in Kathmandu	1,300 m/4,265 ft	Free Time
Day 29:	Nov 3 rd 2022:	Happy Departure	1,300 m/4,265 ft	

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Base Camp 4900 m/ 16,076 ft

Himlung Camp I, 5,450m 17,880



Expedition Cost USD 6500 Per Person

- 1 Member: 1 Sherpa Cost: \$ 7500 USD per person for service till summit
- 2-3 Members: 2 Sherpa Cost: \$ 6500 USD per person for service till summit
- 4-6 Members: 4 Sherpa Cost: \$ 6000 USD per person for service till summit

Base Camp Services Only Cost: \$ 3500 USD per person for service till Base Camp no services above Base Camp

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

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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

(01 -22) Base Camp Services

(01-26) - for service till to summit

23. Above Base Camp, High Altitude Tents, High Altitude Meals, EP Gas burner and cooking pot for members
24. Himlung summiteers Climbing Sherpa
25. Walkie Talkie Permit
26. Group climbing gears, fixed and dynamic rope required during the climb.

What's Excluded

Your personal equipment for climbing and trekking.

Your personal and medical insurance during the expedition.

Lunches and dinners in Kathmandu

Emergency Rescue evacuation by helicopter if required

Permits for Client's personal Radio set or Satellite phone

Advice for tipping support staffs and Summit bonus for Climbing Sherpa

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

USD 250- 300 for base camp Head Cook

USD 250-400 for Sherpa/Base Camp Guide who manages the base camp

USD 500-800 for Climbing Sherpa who accompanies you up to the top of the summit

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Himlung Camp II, 6,000m 19,685ft



Himlung Camp III, 6,350 m 20,833 ft



With best regards
Ngima Nuru Sherpa



Annapurna Foothills
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Recommended by: Trip Advisor | Lonely Planet

GOVERNMENT REGISTRATION NUMBERS:

- » Office of Company Register: 52988/064/065 » Office of Cottage & Small Industry: 10948/142
- » Tourism Industry Division License No: 956/065 » Tax Department Regd. No: 302898457
- » Nepal National Bank Ref. No. Bi.Bi.Ni.E. (Trekking 914/065) » Trekking Agents Association of Nepal (TAAN)
- » Nepal Mountaineering Association (NMA)- Associate Membership AM # 662

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