



# Annapurna Foothills

## Treks & Expedition Pvt.Ltd.

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

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### Himlung Expedition 2019-2020



Although Mt.Himlung is a gradual, non-technical climb, at 7126 meters it is a significant challenge in altitude. Annapurna Foothills Treks is gearing up for 2019/ 2020 summit expeditions to the remote Mt. Himlung. This Himalayan giant is a perfect peak for someone with basic mountaineering experience who is eager to try a high altitude mountain expedition. This region was only opened for foreign expeditions in 2001, and until now, few expeditions have discovered the majestic Mt. Himlung. This is an expedition of stunning scenery and fascinating culture. You pass through evergreen forests, springs and cavernous rocky gorges while surrounded by high snow-capped peaks and glaciers. The inhabitants of this remote area which reaches up to the border of Tibet have retained much of the traditional Tibetan culture and religious beliefs.

The Himlung expedition starts west of Kathmandu at Beshishar, 840m and follows the classic Annapurna Circuit trail up the Marshyangdi river valley to the village of Koto, before veering off into the Phu Valley of the remote Gandaki region. The ancient Tibetan settlements of Nar and Phu are nestled in the valley below the mighty Himlung Himal. You spend a day to acclimatize and explore this picturesque Buddhist settlement. On a grassy meadow high above

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Phu, is the Base Camp of Mt. Himlung, at 4900m.

Our Sherpa guides who are very experienced in high altitudes will guide you through acclimatization by a process of properly paced ascents and descents, preparing your body physiologically to adjust to the altitude. There are three more camps at 5450m, 6000m and 6350m before reaching the summit of Mt. Himlung. Although the ultimate goal is to reach the summit, our Sherpa's main priority is your comfort and safety. The itinerary is flexible to accommodate any health problems of the climbers and weather.

### Planning to climb Mount Himlung in 2019/ 2020!!

We are gearing up for the April 16<sup>th</sup> 2019 departure for the climb. We have space available to join. We are looking to make small group of 05- 06 members. If you are interested in joining the group please let us know. This small group is sure to be a lot of fun, and it is a great saving too. The solo expedition cost is 8500 USD per person; however, if we can make it a group of 05 - 06, the cost per person will be only \$ 6800 USD which is all inclusive price.

Autumn season	Spring Season	Program	Overnight
Oct 10 <sup>th</sup> 2019	April 16 <sup>th</sup> 2020	Day 01 : Arrival in Kathmandu	Hotel
Oct 11 <sup>th</sup> 2019	April 16 <sup>th</sup> 2020	Day 02 : Preparation for Himlung Expedition	Hotel
Oct 12 <sup>th</sup> 2019	April 17 <sup>th</sup> 2020	Day 03 : Expedition Briefing in Ministry of Tourism	Hotel
Oct 13 <sup>th</sup> 2019	April 18 <sup>th</sup> 2020	Day 04 : Drive Kathmandu to Besisahar, 820m	Guest House
Oct 14 <sup>th</sup> 2019	April 19 <sup>th</sup> 2020	Day 05: Drive to Koto, 2675m. Overnight at Lodge	Guest House
Oct 15 <sup>th</sup> 2019	April 20 <sup>th</sup> 2020	Day 06: Trek to Meta, 3560m	Guest House
Oct 16 <sup>th</sup> 2019	April 21 <sup>st</sup> 2020	Day 07: Trek to Kyang, 3887 m.	Guest House
Oct 17 <sup>th</sup> 2019	April 22 <sup>nd</sup> 2020	Day 08: Trek to Phu, 4050 m	Guest House
Oct 18 <sup>th</sup> 2019	April 23 <sup>rd</sup> 2020	Day 09 : Trek to Himlung Base camp	Tent
Oct 19 <sup>th</sup> 2019 Nov 1 <sup>st</sup> 2019	April 24 <sup>th</sup> 2020 May 8 <sup>th</sup> 2020	<b>Day 10 : 10-23 Climbing period for Himlung ( 14 Days )</b>	Tent
Nov 2 <sup>nd</sup> 2019	May 9 <sup>th</sup> 2020	Day 24 : Clean up Base Camp	Tent
Nov 3 <sup>rd</sup> 2019	May 10 <sup>th</sup> 2020	Day 25: Trek to Phu, 4050m. Overnight at Tented Camp	Guesthouse
Nov 4 <sup>th</sup> 2019	May 11 <sup>th</sup> 2020	Day 26: Trek to Meta, 3560m. Overnight at Tented Camp	Guesthouse
Nov 5 <sup>th</sup> 2019	May 12 <sup>th</sup> 2020	Day 27: Trek to Koto, 2675m. Overnight at Lodge	Guesthouse
Nov 6 <sup>th</sup> 2019	May 13 <sup>th</sup> 2020	Day 28 : Drive to Besi Shar_ & drive Kathmandu	Hotel
Nov 8 <sup>th</sup> 2019	May 14 <sup>th</sup> 2020	Day 29 : Extra free day in Kathmandu	Hotel
Nov 9 <sup>th</sup> 2019	May 15 <sup>th</sup> 2020	Day 30 : Departure from Kathmandu	In the plane

**Full Board Cost: \$ 6800 per Person**

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### Cost Include(s)

1. Airport – Hotel- Airport transportation.
2. 4 nights hotel (3 star category) in Kathmandu on BB plan sharing basis (Twin Bed Room)
3. Annapurna Conservation fees, Nar Phu special permit and Himlung Expedition permit.
4. Camping equipment: sleeping tent and foam mattress, Dining tent, Kitchen tent and Toilet tent
5. Dining Tables, Chairs and Kitchen equipments
6. Three meals a day during the trek and camping (Morning tea or coffee, Breakfast, Lunch and Dinner)
7. Base Camp Manager, Cook, Kitchen boys and Porters for your trip.
8. Camping and Kitchen equipment
9. Heater will be provided at base camp for the dining tent
10. Daily wages for Porters and all Nepali staff.
11. Insurance for Porters and all Nepali staff.
12. Equipment for Porters and Nepali staff.
13. Government Liaison officer, his all allowance, food, tent
14. Nepali culture show with welcome and farewell dinner.
15. All the land transportation mentioned in the itinerary
16. Gamow Bag and emergency oxygen
17. Satellite phone service (pay calls)
18. Celebration Dinner last night in Kathmandu
19. Solar panel for batteries charges and lights
20. Garbage Fee
21. High Altitude Tent
22. Wakie takie permit
23. High Camping Equipment, Kitchen Equipments and High energy foods
24. Climbing Sherpa (03 members: 02 Sherpa Ratio)

### Cost Exclude(s)

- Visa for Nepal
  - Laundry, postage, personal clothing, medical expenses, personal travels insurance and all items of a personal nature.
  - Mountain, road or river rescue or any other emergency evacuation charges.
  - Expenses incurred as a result of illness and any other unforeseen situation and events.
  - Soft or hard drinks, Lunch and dinner at Kathmandu
  - Summit bonus
  - Tips for staff (customary)
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### **Advice for tipping and bonus for Sherpa**

USD 200 - 300 for Sherpa/ Cook/ Staff who accompanies you up to the base camp

USD 350 - 400 for Base Camp Manager /Sirdar / Guide

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

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**With Best Regards**  
**Ngima Nuru Sherpa**



**Annapurna Foothills**  
Treks & Expedition Pvt.Ltd.

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### **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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