



Global Treks & Expedition P. Ltd.

Chakshibari Marg 591, Thamel
Kathmandu, Nepal

Himlung Himal Expedition Brief Itinerary

Day 01 : Arrivals in Kathmandu transfer to hotel.

Our representative from Global Treks and Expeditions will be waiting for you outside of the Airport. After the initial greeting, you will be transferred to the hotel of your comfort. You can recharge and refresh yourself in the hotel; you can go window shopping in the evening if you wish to explore the alleys of Thamel.



Day 02 : Rest, preparation, and briefing day.

This is the second day of our trip to Himlung Himal, today we will prepare the essential documentation for the Himlung Himal. Our tour guide will also debrief pivotal information to reach the summit of Himlung. Overnight at the hotel.

Day 03 : Drive to Besisahar, overnight lodge.

This morning our day commences after breakfast, now we will leave for the Besisahar following the fluttering sound of Marsyangdi River. Our journey goes along with the low-lying villages and rice fields. Our day concludes at Besisahar.

Day 04 : Drive to Koto (2600m), overnight lodge.

Our morning starts with a delicious breakfast, now we will head towards Koto. We will take a jeep to reach Koto; however, the road here is slightly off-beat. Our route passes through the amazing scenery of the villages. We will sojourn in Koto.

Day 05 : Rest and shopping in Koto, overnight lodge.

Today we will assemble the trekking and climbing gears for the road ahead. Koto is a small town of mountains where we can find all the necessary gear and supplements for our climb. We will spend this day in Koto.

Day 06 : Trek from Koto to Mehta (3200m)

This morning we will get charged up by the warm breakfast and leave for Meta. From today we commence our trekking. We will leave as early as possible for this 6-7 hours trek. Our trail passes beyond the Nar Phu valley and hikes up above the Phu Khola. As we approach Dharamsala, we will witness more natural beauty and

aesthetics of wilderness. After a steep climb to a high plateau, we reach our destination for the day Meta. This village is located at over 3000-meter elevation. Our day concludes here.

Day 07 : Trek from Mehta to Phu-Khola (3800m), camping overnight.

Today, our destination is Phu-Khola. After a warm breakfast, we will head towards our destination. We pass above the Kharka from where we can witness a massive glacier looming over us. As we move forward we reach the Chako village, known for the Khampa settlement. Mounting higher gives the vibe of old Tibet, fluttering prayer flags and the old stone sculpture are clear evidence of that. We will conclude our day at Phu-Khola.

Day 08 : Trek Phu-Khola to Phu-Gaon (4400m), camping overnight.

This morning we will head towards the unique colorful and aesthetic Phu-Gaon. We will hike across a small glacier, this route is full of pebbles thus we need to pay extra attention here. After another hour of walking, we reached the mammoth Phu gate. From this gate, we can witness three mesmerizing villages of Phu. After crossing a bridge and a wonderful line of chortens we enter the village of Phu, which is located at almost 4400 meters elevation. Our day concludes here in the camp.

Day 09 : Trek Phu-Gaon to Himlung Base camp (4850m), camping setup.

After breakfast, we will head towards our final destination before climbing the Himlung. Himlung base camp is located at an elevation of 4850 meters. We will hike through the east glacial valley which guides us to the Himlung Base Camp. Mountain views from here are mesmerizing and picturesque. Today we will set up our gears and prepare for the Himlung climb. Overnight stay at camp.

Day 10-23 : Climbing Period for Himlung Himal Summit (7,126m)

We will allocate approximately 14 days for this climb to the summit of Himlung Himal. These 14 days cover all the preparation acclimatization, reaching the peak, and descending from the summit. Our climbing will be fully assisted by the Sherpa. Most of the days are important and difficult as well. Apart from the Sherpa's assistance, you have to show your courage and climbing skills to conquer the mountain. After overcoming all the difficulties and technical sections we'll reach the peak of Himlung Himal summit at 7126 meters. Your bucket list of climbing the 7000 thousand meter mountain fulfills at the peak of Himlung Himal. From the peak of Himlung, you can witness several breathtaking mountains. After reaching the pinnacle you will descend slowly towards base camp.

Day 24 : Preparation, packing, and ready to return, overnight camp.

Today we will get our backpack; we will pack our gear, and will get ready to return. Today we will stay at basecamp after packing all the stuff and gear.

Day 25 : Trek back from Base Camp to Phu-Gaon, camp.

After completion of Himlung Himal Climb, we will now descend towards the Phu Village. This descent to Phu-Gaon will take approximately 6 hours of walk; throughout this trek we will retrace some of the natural ornaments on the way. We will descend almost 300 meters. Our day concludes at this beautiful Phu-Gaon.

Day 26 : Trek from Phu-Gaon to Mehta, lodge.

The following morning, we will have a warm breakfast and will hit our road to Mehta. We will explore the astonishing view of the mountain range again while descending. Almost 6 hours walk will lead us to Mehta village. We will stay at the nearest hotel here.

Day 27 : Trek from Mehta to Koto, lodge.

After breakfast, we headed towards Koto, where our expedition started. This trail will give the opportunity to revisit the mouth-watering view of higher hills. With the peaceful fluttering sound of the river, we reach Koto where we conclude our day.

Day 28 : Drive from Koto to Kathmandu, transfer to Hotel

Today, we'll say goodbye to the higher hilly Himlung region and depart for Kathmandu. This drive to Kathmandu will take nearly 8 hours, we will run through the same scenic road to reach Kathmandu. After reaching Kathmandu you will be transferred to the hotel to recharge and cherish the moment.

Day 29 : Debriefing, leisure day, farewell dinner in the evening

This morning we will celebrate our accomplishment, our guide will debrief everything that we achieve and all the difficulties. In the evening we will organize a farewell dinner, which not only refreshes you but also provides moments to cherish this journey.

Day 30 : Departure drop of TIA international airport

Today is the last day of this trip to Himlung Himal; you will be escorted to the airport by our representative of Global Treks and Expeditions. You will return home with tons of memories and a sense of accomplishment.

Cost include

- Expedition climbing Permit.
- Experiences climbing Sherpa
- All transportation expedition purposes.
- Liaison Officer Charge.
- Expedition Guide and Cook, kitchen boys.
- All kitchen equipment.

- High altitude tents for high camps.
- Private tent at base camp with mattress.
- Dining Tents, kitchen tents, toilet tent
- The necessary number of porters
- All staff insurance.
- All staff salary and porters wages.
- All meals for members and staff during the expedition.
- EPI gas with burner for high camp.
- Oxygen cylinder and Mask regulator for medical proposed at BC
- First Aid Kit
- Communication:
- Walky talky set
- Power supply: solar panel for recharging purposes (camera, light in dining tents)

Cost Exclude

- High-risk medical insurance
- Visa& visa extension fees
- Emergency rescue evacuation if needed.
- Personal climbing equipment
- Summit bonus (\$500-per climbing sherpa)
- Tips for your expedition staff (Tips are Expected)
- Alcohol beverages & telephone calls, mineral water.