



Himlung Expedition

Trip Facts

Trekking Days	27 Days
Maximum Altitude	7120 m
Group Size	2 to 16 People
Transportation	Flight & Private Transport
Accommodation	Best available
Best Season	Spring & Autumn
Meals	Breakfast/Lunch/Dinner
Tour Type	Expedition

Overview

Unique Sherpa Trek & Expeditions runs and organizes Mt. Himlung Expeditions with proper and stunning planning and with skilled logistical support; wherever full tenting arrangements are needed on this glorious trek and climb of Mt. Himlung. Himlung Himal Expedition resides in the Manaslu Region, one of the most beautiful regions for trekkers in Nepal. The region sees hardly a thousand travelers each year. As a result, the region is untouched by modernization. So for everyone seeking a truly remote, wilderness state, there's no place better than this region. In one of the quaint corners of this region is the Himlung Himal, whose expedition is a delightful prospect. Himlung mountain is northeast of the Annapurna range. It lies quite close to Tibet. With an altitude of 7,120m. it is a mouth-watering mountain to climb for all expeditionists. It is a mountain that has a high success rate for ascent taking its technicalities into consideration. A Japanese team was the first to complete this expedition in 1992. Since then, there have been a few more splendid attempts and success stories. One



of the most challenging days of the expedition is the ascent from the Himlung Base Camp (4850 meters) to the Himlung Himal (7120 meters). So you will gain an altitude of more than 2300 meters doing so. The ascent to Himlung Himal and its descent to the Himlung Base Camp will take 11 days in total.

Details Day Itinerary

Day 1

Arrive at Kathmandu

On the day of your arrival, a representative from Nepal Guide Treks and Expedition will greet you at Tribhuvan International Airport. As per the schedule, you will be driven to the hotel in the heart of Kathmandu City 1345m. Upon arrival at the hotel, our representative will aid you in the check-in procedure. Later that evening, in the dinner program; you shall gather information regarding the Himlung expedition.

Day 2

Sightseeing in Kathmandu & Climbing Preparations.

On the second day of your arrival, you will spend the entire day sightseeing in Kathmandu. The tour guide will escort you from your hotel to some of the world heritage sites. Besides, the stunning tour around Kathmandu city. You will complete the essential paperwork before the Himlung expedition.

Day 3

Drive from Kathmandu to Chamje [1410m/4626ft]

After breakfast, the tour guide will escort you to a private vehicle waiting outside the hotel. The views are absolutely stunning throughout the journey. The scenic view will enhance



your tour experience to the absolute. As you arrive at Dumre, the path ahead passes through hill towards Besisahar. After the 7-8 hours drive from Kathmandu, you will finally arrive at Chamje. You will stay overnight at a guest house for the night at Chamje 1410m.

Day 4

Trek from Chamje to Dharapani [1960m/6430ft]

After enjoying a splendid breakfast, we leave the guest house at Chamje. The trail ahead will lead you towards a suspension bridge. After the crossing, the trail gets steeper towards Sattae as the valley becomes narrower. Shortly after, you will arrive at Tal village; which is known widely as the entrance to Manang district. From Tal, the trail ahead descends towards a stunning suspension bridge over the Marsyangdi River. The trail gets moderately ahead as you make your way to Dharapani. After the 5-6 hours trek from Chamje, you will arrive at the guest house in Dharapani. You will stay for the night at Dharapani 1960m.

Day 5

Trek from Dharapani to Koto [2600m/8528ft]

Early in the morning, after breakfast; you shall follow the trail towards the Bagarchhap village. Upon the arrival at the village, the trail gets steeper as it makes its way through dense pine forest. Shortly after, you will arrive at Timang; it is a vantage point for stunning views of Lamjung Himal 5587m. The expedition ahead takes you towards a flat trail that descends before a steep climb again. The hike is certainly strenuous as you make your way up to reach Thanchok. From here, you descend toward a village at Koto 2600m. After the 5-6 hours trek, the day ends at a tea house for an overnight stay.



Day 6

Trek from Koto to Singenge [3230m/10594ft]

The journey today leads you to a 6-7 hours trek towards Singenge. Before you start the trek, you must register yourself at the permit check-post at Koto. After the registration, you will head towards a suspension over the magnificent Seuti Khola tributary. Our trail ahead will get steeper as we continue the thrilling experience through gorges and canyons. Shortly after, you will cross a wooden bridge before making a steep climb before your arrival at Singenge 3230m. You will stay for the night at a camp.

Day 7

Trek from Singenge to Kyang [4100m/13448ft]

The trek ahead will offer you astounding views of Lamjung Himal 5587m and Annapurna II 7937m. The trail traverses around a steep hill towards a clearing of Junam Goth. The hike shall then lead you to steep ascend before descending towards Mruju Khola. You will then cross the Murju Khola, which is an outflow of Lyapche Glacier. After the 6-7 hours, you will make a steep walk across a section of eroded moraine towards Kyang. Upon your arrival, you will set up camp and stay for the night at Kyang 4100m.

Day 8

Trek from Kyang to Phu [4580m/15022ft]

The journey starts with a splendid breakfast at Kyang. We leave kyang early in the morning and head towards a narrow gorge. Shortly, the trail descends towards a river. Upon arriving at the river bed, you will cross the river via a wooden bridge. The trail ahead heads north towards a steep climb. As you gently make your way up, you will witness several large chortens and deserted buildings. The 5-6 hours trek comes to an end after the crossing of a suspension bridge to Phu 4580m. Tonight, you will enjoy dinner and rest for the night at a



Day 9

Exploration day at Phu Valley; Visit Samdu, Choling, and Tashi Monastery

Today, you shall spend an additional day at Phu Valley. The exploration around the village will aid you in the acclimatization process. You spend your day strolling through the 800-year-old stone village. The tour also features a visit to the magnificent Samdu Monastery and Choling Monastery. Later that evening, you will walk the streets of the village. The experience makes you feel as if you stepped back in time. You will stay for the night at a tea house in Phu village.

Day 10

Trek from Phu to Himlung Himal Base Camp [4842m/15881ft]

Today is the shortest day of trekking in the entire expedition. The trek lasts for around 2-4 hours. The day starts with a pleasant breakfast at the tea house. Shortly after, you will leave Phu village with stunning views of the mountains. The trail will ascend all the way up to 4,842 meters at our campsite. Upon arrival at the campsite, our crew will set up camp for the night. Further preparation shall be made for setting camps at higher altitudes.

Day 11

Himlung Himal Base Camp Rest

Today, you will take a rest at the Base Camp and admire the view of the lofty mountains around you. Further, the Base Camp is close to 5000 meters which is why you need to take a rest here for climatization.



Day 12

Base Camp to Camp one (5450m)

The expedition ahead shall feature several days worth of training and practices. In addition, you will spend most of the days for adequate acclimatization to the altitude. The Sherpa crew will work day and night to set up additional crew above the base camp 4,920m. This will allow the provision of hygienic meals and efficient routes towards the summit of Himlung Himal. The trails are significantly snowy towards camp 1. So, you will maintain a slow and steady pace until your arrival at camp 1 5450m. After your arrival in the camp, you will spectate the stunning views of the stunning mountain views of the Annapurna, Manaslu and Gangapurna.

Day 13

Camp one to Camp two (6000m) and return to Base Camp

The morning begins with a chill winter breeze of the high himalayas. The breakfast will taste magnificent with the stunning views of the mountains. After you check your supplies, you will begin your journey towards Camp 2. It is a steady but strenuous climb but a steady composure will help you pass through it. Nonetheless, you'll have an epic adventure on the adventurous route of the Himlung Himal. Upon your arrival at Camp 2, you will enjoy a magnificent view of the sunset. It is a truly mesmerizing once in a lifetime experience.

Day 14

Rest day in Base Camp

You will spend an entire day laid back on the camp. The resting procedure will significantly aid in the process of acclimatization. Besides, you can also walk around the campsite and click a few pictures for a memorable experience. In addition, the guide will equip you with the necessary gear for the trip. Further in the expedition, you will follow the guidance of



experienced Sherpa guides. The guide's expertise will allow you to execute several climbing techniques to reach the summit 7126m.

Day 15

Base Camp To Camp one (5450m)

On this day, you will take the same route back to the first camp.

Day 16

Camp one to Camp two (6000m)

The 16th day of the trip marks an ascent to the second camp

Day 17

Camp two to Camp three (6250m)

After an adequate rest and acclimatization, your body will be revitalized for the journey ahead. It is a rather short 250 m ascend to camp 3. However, you will proceed with caution to avoid any risk of injury. Due to the short trek distance, you'll arrive at the campsite at noon. After an enjoyable lunch, you will prepare for the expedition tomorrow. At the summit, the stunning landscape will reward you with stunning views of the Annapurna 8091m and Manaslu range 8156m. Due to the risk of altitude sickness, you will spend short but quality at the summit. Shortly after, you will make you descend to camp 3.

Day 18

Camp three to Summit (7126m) and back to Camp three

Today is a big day, it is an important part of the entire Himlung himal expedition. So, the trek leader makes sure if all of the member's trek equipments are in working order. You will start you journey in the morning. The trek leader pays an extra attention as the trail ahead is



certainly strenuous. He will be equipped with a satellite phone for evacuation if any situation may arise. However, with the aid of reliable equipment and expertise of the guide the climb to the summit will be a success. After you reach the summit, you will enjoy a vista of the surrounding landscape. The pristine beauty of the himalayan mountains

Day 19

Camp three to Base Camp

After an astonishing experience in the summit, you will make your way back to the Base camp. As the trail ahead descends through the stunning landscape. It will be easier for you to walk yourself to the camp in a short time. However, you need to take care of your knees and ankles. Due to the uneven texture of the trails, you might sprain or hurt them. After the 7-8 hours worth of hike you will finally arrive at the Base camp. You will spend the night at the camp reminiscing your memories on your journey from the summit.

Day 20

Trek back to Phu village [4580m/15022ft]

After your astonishing achievement at the summit, you will make a relaxed start from the base camp. After clean up, you will enjoy breakfast and prepare for the journey ahead. You will retrace your steps back to Phu village. The 5-6 hours descend is moderate, but you must take care of your ankles and knees along the way. Upon your arrival at the Phu village 4580m, you will enjoy the exploration of the streets in the village. You will stay for the night at a guest house in the magical village.

Day 21

Trek from Phu to Meta [3560m/11676ft]

Today, we shall leave Phu village behind and follow the trail back to the suspension bridge.



The trek ahead leads to a series of chorten which then descends towards Kyang. The trail passes an eroded moraine before the crossing over Mruju Khola. We retrace our 5-6 hours trek with stunning views of the Lamjung Hima 5587m. Our day ends at after arriving at the settlement of Meta. You will spend the night at a guest house in Meta 3560m.

Day 22

Trek from Meta to Koto [2600m/8528ft]

Our journey proceeds on the same trail as you descents to the bottom of the valley. The trail ahead passes through stone huts of Singenge towards a dense forest. The walk ahead leads you to a slight descend to a suspension over Seti Khola. You will cross the stunning suspension bridger before a short ascend to Koto village. The trek lasts for around 6-7 hours. Upon your arrival at Koto 2600m, you will spend the night at a guest house.

Day 23

Trek from Koto to Dharapani 1960m

Early this morning, we shall enjoy a splendid breakfast at the guest house. Afterward, we will pack our belongings and leave koto behind. The trail is steep ahead as we approach the village of Thanchok. From here on, you will make a short descend before the arrival at Timang. As there is plenty of tea house at Timang. You can catch a break at the tea houses and capture magnificent views of Lamjung Himal. After the quick, you will make your way through the pine forest towards Bagarchha village. The 5-6 hours trek comes to an end at Dharapani 1960m. We stay here for the night at a guest house.

Day 24

Trek from Dharapani to Chamje 1410m

After a quick breakfast, you will leave the tea house at Dharapani. Further on the trek, you will hike alongside the areas affected by landslides. The hike then starts to make a steep



descent towards a suspension bridge over the Marsyangdi River. Further, the trail gradually ascends towards Tal village. Eventually, as you pass through a narrow valley. You will arrive at the village settlement in Satalle. Today, it's a moderate 4-5 hours of hike to chamje 1410m. Upon your arrival at the village, you will celebrate the expedition with your team members. You will stay for the night at a guest house.

Day 25

Drive back to Kathmandu from Chamje

Early in the morning, you will pack your belongings in the guest house you are staying in. After a delicate breakfast, you will bid farewell to chamje and drive back to Kathmandu. On your way back, you will enjoy a lot of scenic landscapes and terraced farmlands. The ride offers splendid views of Manaslu, Annapurna, and Ganesh Himal mountain ranges. As you make your way back, you can even enjoy the daily lifestyle of the people in the countryside. After the 7-8 hours worth of driving, you arrive at Kathmandu 1345m. Shortly after, our guide will escort you to your respective Hotel.

Day 26

Leisure day in Kathmandu

Upon your arrival at Kathmandu, you surely would like to spend your time around the world heritage sites. Our guide will escort you to the several sites which you could not visit at the beginning of the expedition. Later the following evening, you will enjoy the serene atmosphere of Thamel's nightlife. You can even buy items in the shops at Thamel as a souvenir for your relatives back home. Further, you will celebrate the success of the expedition with a splendid dinner back in the Hotel.



Day 27

International Departure as per flight schedule

Today, you will bid farewell to the expedition team at the Hotel. Our representative will guide you through the check-out procedure at the front desk. After he/she ensures the escort of your luggage to the private vehicle. The representative will drop you at the Tribhuvan International Airport according to the flight schedule. He/she will bid you farewell and wish you a safe flight ahead.



Gallery





Trip Cost Includes

- ❖ Airport pick-up and drop Transportation.
- ❖ 3-Night Hotel at Kathmandu (3 Start) Hotel.
- ❖ Domestic flight tickets (Kathmandu – Lukla – Kathmandu) and airport departure taxes.
- ❖ (100% Waterproof) Duffle bag to keep your personal belongings and things to be carried by the porter.
- ❖ 3 Time Meals with Tea/Coffee During Trek.
- ❖ Professional English-speaking Guide, Assistance Guide, and Potters (Size of the Groups) During the Trek.
- ❖ Permit, "Tims", National Parks Entry Fee.
- ❖ All wages and medical, Insurance, for the Guide and potters.
- ❖ First-aid Medical Kits for the Group and Staff.
- ❖ Fare-Well dinner in Kathmandu Before Departure.
- ❖ Helicopter stands by for rescue (nominally charge applies).
- ❖ Unique Sherpa trek & Expedition Appreciation Certificate after the successful trek.
- ❖ All taxes are imposed by the government of Nepal.

Trip Cost Excludes

- ❖ Nepal entry visa fee.
- ❖ Lunch and dinner in Kathmandu and also in case of early return than the scheduled itinerary.
- ❖ Extra baggage check-in during the flight (Kathmandu-Lukla-Kathmandu) if more than 15 KG, extra, can pay directly to the airline.
- ❖ Tips for guides, porters, and divers.
- ❖ Any kind of meal During Your Stay in Kathmandu (Except Farewell Dinner).



- ❖ Extra night accommodation in Kathmandu due to early arrival or late departure, or early return from the trek.
- ❖ Rescue, Medicine, Medical Test, Repatriation, Hospitalization Expenses for Climbs.
- ❖ Any Internet, Hot shower, Drinking Water, Alcohol, cold Drinks, Laundry.
- ❖ Additional costs suffered due to causes beyond our control, such as natural disasters, weather conditions, itinerary modifications due to safety concerns, emergency evacuation, changes in government policies, strikes, and so forth.
- ❖ Insurance for Clients.
- ❖ International flight Tickets.
- ❖ Clothing, Packing Items or bag, personal, Medical Kits, and Personal Trekking Gear.
- ❖ any other items, not Included in the Above (Cost Includes) Section.

Terms & Conditions

Unique Sherpa Trek And Expedition :Company is a trustworthy and registered Company under the laws of Nepal Tourism Industry and accepts your bookings under the following terms and conditions.

Booking Terms: Booking your trip with Unique Sherpa Trek And Expedition accept with terms and conditions of sale. Every trekker is required to complete the form of registrations. At the time of registration, Trekker's are expected to pay a deposit 30% of total cost to complete your booking. Please note the trip cost is required to make in advance as per the company policy, this deposit help us to make confirm reservation of Hotels in City, domestic flights and all other trip arrangements for final trip booking. Along with deposit we need detailed name lists of participants, same as passport, Gender, Nationality, Date of birth, passport number, passport issue/ Expiry dates & profession. You need to send us passport copy, photo identity and e-ticket by e-mail for all trips in Nepal.



Cancellation Policy: If any reason you have to cancel your trip, we Unique Sherpa Trek and expedition require written confirmation of your decision. The amount you have paid to us will be refunded according to the following terms:

- Cancellation more than 35 days before your departure date: \$60 will charged.
- Cancellation more than 35 to 19 days before your departure date: your deposit, 25% will charged.
- Cancellation more than 18 to 10 days before your departure date: 50% will charged.
- Cancellation more than 9 to 05 days before your departure date: 75% will charged.
- Cancellation less than 4 days before your departure date: 100% of the total will charged.

I reserve the right to revise pricing rates declared under any circumstances, or on the pressure of various external factors that are further than our control, for instance changes in exchange rate, government action etc. But, I declared forth effort to keep on the present rate. In case of minor increase in flights fares, hotels or other related factors, we don't revise the cost of the trip which was already confirmed & booked by deposit.

Physical Condition Requirement: Unique Sherpa Trek & Expedition can offer advice and recommendations about health requirements but it is the individual responsibility of each trekker to acquire any necessary documents and medical care. The information on the technical sheet provided is indicative, it is your responsibility to check with the authorities concerned for the exact requirements for your chosen destination at the time of travel. If you do not obtain any necessary medical consultations or travel documents and are not allowed to enter a country, or suffer personal injury or death as a result, we have no liability to you for any cost, loss or damage which you suffer nor will we refund you the cost of any unused portion of your travel arrangements. It is your responsibility to comply with the regulations and procedures of police, customs and health at all times throughout your trip.

Risk & Responsibility: Your safety and enjoyment is my prime concern. I therefore carry out my responsibility honestly & sincerely to ensure your holiday trouble – free as well as you have desired. Nevertheless, unless stated otherwise, trip may be change under uncertain



and inherent circumstances such as land-slides, road blockage, flood, snow political unrest, cancellation of flight, delay arrival, sickness or accidents etc. Any extra cost incurring there is your personal responsibility and should be borne on the spot.

Travel Insurance: You must purchase comprehensive travel insurance package against medical, natural calamity, helicopter evacuation, personal accident, trip cancellation etc with worth of USD 100,000.00 minimum. However travel insurance is not mandatory for those travelers (s) who is intend cultural/city tours or short hike bellow 2500 meters of altitude.. This is strongly suggested to all our esteemed clients, which will greatly help you when there is a need for high altitude sickness or any other. If you have no idea we will help you to find this good one contact us.

Domestic flight Cancellation, delays and changes in the itinerary: The weather conditions especially in Nepal cannot predict perfectly, therefore, develop an alternative mentality in case of flight cancels and delays. Generally, all trekking route in Nepal are lies on remote areas so, we, Unique Sherpa Treks and Expedition advised you to make an extra reservation day to prepare with some delays and avoid frustrating consequences. In case of cancellation before trip or after trip the accommodation and food cost need to bear by yourself.

In case of incomplete treks or tour: No refund will be made to clients who drop out from the journey regardless of whatever portions remain unused in the itinerary. First of all, we never broke the trekking team in between until our last destination as per our itinerary given to you. If any Clients wants to make single trip or wants to depart with team or wants to make the trek by making own itinerary, on those condition we, Unique Sherpa Treks and Expedition do not accept the condition. In such case, the Clients him/her self-need to bear all the expenses during trek made by yourself and need to make your own risk.



Payment System Advance booking: You can directly transfer or deposit your amount to our company's official bank account number. We will be not responsible if you send your money in any private name like (people account) We will only response when you send your advance payment we will clear you with bank statement.

This is the bank detail:

Bank name: Nepal investment MEGA Bank Limited.

Account no: 13201050044295

SWIFT CODE: NIBLNPKT

Branch: Thamel: Kathmandu Nepal

Account name: Unique Sherpa Trek & Expedition Pvt. Ltd.



Book Your Trip Todays !

Contact Details

Contact Person Name: {Lakpa Sherpa } “Founder”

Country: Nepal

Phone No: +977-9862854770

Phone No: +977-9818569330

Email Address: <mailto:info@uniquesherpatrek.com>

Email Address: <mailto:slakpa994@gmail.com>

Websites: <https://www.uniquesherpatrek.com>

Contact Person Name: {Old rich Turner} “Founder”

Country: Europe

Phone No: +420720759248

Email Address: oldrich.turner@vasebudoucnost.cz

Email Address: <mailto:info@uniquesherpatrek.com>

Websites: <https://www.uniquesherpatrek.com>



Himlung Expedition

Click On Book Now Button To Book This Trip

[Book Now](#)



Unique Sherpa Trek & Expedition (p) Ltd.

Thank You For Your Time