

# Himlung Expedition 7126m

## Standard Itinerary

### Himlung Expedition Itinerary:

#### Day 01: Kathmandu

Arrival in Kathmandu 1350m/4428ft. Airport pickup by a representative of Himalayan Nepal Trek and transfer to hotel on BB plan.

#### Day 02: Preparation

Preparation, Briefings at Departments of Tourism, Last minute shopping. Overnight at hotel on BB plan.

#### Day 03: Koto

Drive from Kathmandu to Koto via Besisahar 2610m/8,563ft 8/9 hrs. Overnight at Lodge.

#### Day 04: Meta

Trek from Koto to Meta 3560m/11,680ft 6/7 hrs. Overnight at Lodge.

#### Day 05: Phu-Gaon

Trek Meta to Phu-Gaon 4200m/13,780ft 7 hrs. Overnight at Lodge.

#### Day 06: Phu-Gaon

Rest and acclimatization day at Phu-Gaon 4080m/13,382ft. Overnight at Lodge.

#### Day 07: Base Camp

Trek from Phu-Gaon to Himlung Base Camp 4850m/15,912ft 4 ½ hours. Overnight at tented camp.

#### Day 8-21:

The climbing period for Himlung is 7126m/23,345ft summit.

#### Day 22: Base camp

Preparation and packing for departure. Overnight at tented camp.

### **Day 23: Meta**

Trek back from base camp to Meta 3560m/11,680ft 7/8 hours. Overnight at Lodge.

### **Day 24: Koto**

Trek from Meta to Koto 2610m 8,563ft 5 hours. Overnight at Lodge.

### **Day 25: Besisahar**

Drive by Jeep from Koto to Besisahar 823m/27,00ft 8hrs. Overnight at Lodge.

### **Day 26: Kathmandu**

Drive from Besisahar to Kathmandu 1350m/4,429ft 7 hours. Overnight at Hotel on BB plan.

### **Day 27: Kathmandu**

Leisure day evening farewell dinner in a Typical Nepali cultural restaurant. Overnight at hotel on BB plan.

### **Day 28: Departure**

Departure from Kathmandu to your onward destination our representative will assist you to the airport for your further destination ahead.

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## **Includes and Excludes**

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- 2 Times airport pick up and drops (domestic and international) Car, Van, Hi-ace, or Coaster in a standard private vehicle.
- 4 nights hotel in Kathmandu 5\* Marriott Hotel twin sharing room on bed and breakfast plan.
- Welcome Dinner in a Nepali cultural dance restaurant with office Staff.
- Assistance for cargo clearance in Nepal Customs, clearance cost is subject to a charge.
- Expedition Royalty and a permit fee of Nepal Government to climb Himlung, Anna Purna Conservation Area entry permit entry fee.

- Nar-Phu Restricted area permit fee.
- 1 Government Liaison officer with full equipment, salary, and accommodation.
- Stool Shipment Transfer and Garbage Deposit fees.
- Medical and Emergency rescue Insurance for all involved Nepalese staff during the trek and expedition.
- Trekking and Expedition map.
- One Himalayan Nepal Trek Duffle Bag 1: 1 Member.
- Drive from Kathmandu to Koto and while returning, Koto to Kathmandu by a public jeep as per itinerary.
- All necessary expedition equipment transportation for all Members and Staff from Kathmandu to Koto (by jeep) and Base Camp (by Porters / Mules) While returning: Base camp to Koto (by porters/mule) and Koto to Kathmandu (by Jeep).
- Up to 60 Kg per member for personal baggage during the trek to be carried by porters or Mules.
- 3 meals a day (breakfast, lunch, and dinner; including tea and coffee) along with accessible accommodation at Hotel/Lodge during the trek and at the Base Camp tent, Hygienic and fresh green vegetables, fresh meat, fruits, and soft drinks will be served during the entire expedition using helicopter flights. Well-managed base camp set up for members and Staff.
- Porters per member up to the Base camp and from the Base Camp (both ways).
- Experienced and well-trained Base Camp Cook and Kitchen Helpers as required.
- All Nepalese staff and porter's daily wages, salary, equipment, food & clothing.
- Each member will have an individual tent in Base Camp.
- Single Tent, foam mattresses and pillow per member, 1 Dining Tent, 1 Kitchen Tent, 1 Toilet and 1 Shower Tent, 1 Staffs Tent, 1 Tent for Nepalese base camp staff, Store tents, Tables and chairs, and all necessary cooking gear.
- Heater at base camp in each Dining.
- 1 Solar panel and Generator for lights at base camp, battery charge, laptop, and other electronic devices.
- Oxygen, Mask Regulator, Ice wall, and gear training at base Camp by Sherpa Guide.
- 1 veteran and government-licensed climbing Sherpa per member (1 Member: 1 Sherpa) during the entire climb from Base Camp to the summit and back, and on each rotation.
- Climbing Sherpa to assist in carrying your gear to the high camps.
- Climbing Sherpa's Salary, Equipment, Food, and Clothing.
- Carry Bonus of Sherpa's and Route Fixing Charges.

- Oxygen bottles will be in stock at base camp in case of an emergency (with an appropriate charge).
- 1 Set of Summit Oxygen masks will be in base camp in case of an emergency.
- High Altitude Tent, Necessary cooking EPI gas, cooking pot, High food for a member, Sherpa, and other crews at (C1), (C2), and (C3). Group climbing gears and fixed and dynamic rope during the climbing period as required.
- Members will share tents in the above-high camps (2 members: 1 tent).
- The team of experienced Sherpas will fix the rope and the route.
- Satellite Phone for emergency communication carried by Sherpa, also available for members with an appropriate charge.
- Walkie–Talkie for communicating from Base Camp to Mountain and Mountain to Base Camp.
- Walkie-talkie permit for all members and staff.
- Weather forecast report during the entire expedition.
- Comprehensive Medical kit for members and staff.
- Climbing certificate issued by Ministry of Culture, Tourism and Civil Aviation (Nepal) (after climbing Mt, Himlung successfully).

## **Excludes**

- International flight airfare (from and to Kathmandu).
- Nepalese Visa fee is USD 125 for 90 Days.
- Lunch and dinner during the stay in Kathmandu (also in case of early return from Trekking / Expedition than the scheduled itinerary).
- Extra nights' accommodation in Kathmandu in case of early arrival or late departure, early return from Trekking / Expedition, or domestic flight cancellation (due to any other reason) than the scheduled itinerary.
- Insurance covers both medical and high-altitude evacuation costs (for the trip cancellation, interruption, high-altitude rescue & air evacuation, medical treatment, repatriation, etc.). Mandatory.
- Telephone Calls, Internet, Toiletries, battery recharge, hot shower, laundry, soft drinks, beers, and any Alcoholic beverages (during the trek and in Kathmandu but we will have soft drinks for members at base camp).
- Clothing, Packing Items, Bags, Personal Medical kits, and all kinds of Personal Trekking / Climbing Gear.
- Soaps, shampoos, toilet and tissue papers, toothpaste, and other items used to keep yourself clean.



Himalayan Nepal Trek P. Ltd.

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OF YOUR HOLIDAY!**

Budanilkantha, Kathmandu

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- Special Filming, Camera, and Drone permit fee.
  - Not included during the trek and the expedition.
  - Summit bonus for climbing Sherpa- Minimum 1200 USD.
  - Calculate some tips for Basecamp and high camp staff minimum of 350 USD.
  - Any other services or activities, which are not mentioned in the itinerary and other items not listed in the “Cost Includes” section.
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