Himlung Expedition

Trip information · Nord Extreme Himalaya Pvt. Ltd. · delightful-orange-chimpanzee.tarevirjungleresort.com · Updated 22 November 2026

DURATION	**38 Days**
DIFFICULTY	**Challenging**
MAX ALTITUDE	**7126m**
GROUP SIZE	**17 People**
BEST SEASON	**September–November and March–May**
START / END	**Kathmandu / Kathmandu**
PRICE FROM	**USD 9,500 per person**

Trip overview

The Himlung Himal Expedition is a remote and highly rewarding 7,000-meter climbing adventure located in the restricted Nar-Phu Valley of the Annapurna region in northern Nepal. Situated close to the Tibetan border, Himlung is known for its stable weather conditions, moderate technical difficulty, and excellent success rate compared to other Himalayan 7,000m peaks.

The expedition begins with a scenic drive from Kathmandu to Koto via Besisahar, followed by a long trekking approach through the culturally rich and isolated Nar-Phu Valley. The trail passes through traditional Tibetan-influenced villages, narrow gorges, alpine landscapes, and high mountain deserts before reaching Himlung Base Camp.

From Base Camp, climbers undertake gradual acclimatization rotations through Camp I, Camp II, and Camp III before making the summit attempt. The route involves glacier travel, moderate snow slopes, and fixed rope sections in the upper mountain. Himlung is often chosen as an ideal preparation peak for 8,000-meter expeditions such as Manaslu, Everest, and Cho Oyu due to its balanced challenge and relatively predictable climbing conditions.

The summit offers breathtaking views of Annapurna II, Manaslu range, Kang Guru, and Tibetan peaks across the border, making it one of the most scenic climbs in Nepal.

Geography and Landscape

Himlung Himal lies within the restricted Nar-Phu region, a hidden Himalayan valley influenced heavily by Tibetan geography and culture. The area is part of the protected zone of Annapurna Conservation Area, one of Nepal’s largest and most diverse conservation regions.

The landscape of the approach is extremely varied. It begins with lush forests, terraced hills, and river valleys in the lower region. As climbers move higher, the environment transforms into deep gorges, dry alpine terrain, and high-altitude desert-like landscapes influenced by the rain shadow of the Annapurna and Manaslu ranges.

Above Phu village and Meta, the terrain becomes increasingly barren and rugged, with dramatic rock formations and glacial valleys. Near Base Camp, the landscape is dominated by ice fields, moraines, and snow-covered peaks, creating a true high-altitude expedition environment.

The upper climbing route consists of long glacier walks, exposed snow slopes, and technical sections requiring fixed rope assistance. The remoteness of the region enhances the feeling of isolation, making Himlung a true wilderness expedition experience.

Sherpa Guide & Support

The Himlung Himal Expedition is led by highly experienced Sherpa climbing guides who provide full technical, logistical, and safety support throughout the journey. Their expertise is essential due to the remote nature and high-altitude conditions of the Nar-Phu Valley.

Sherpa guides are responsible for route setting, fixing ropes on steep sections, and guiding climbers safely across glacier terrain. They provide hands-on instruction in the use of essential climbing equipment such as crampons, ice axes, harnesses, and ascenders.

Acclimatization is carefully managed through staged rotations between Base Camp and higher camps. Guides continuously monitor climbers' health, oxygen levels, and overall physical condition to ensure safe progression toward the summit.

In addition to climbing support, Sherpa teams manage logistics at Base Camp, including tent setup, kitchen operations, food supply, and communication systems. Porters assist in carrying loads up to Base Camp due to the remote and rugged approach route.

Emergency preparedness is an important part of the expedition. Helicopter evacuation support is available from lower sections when required, ensuring a strong safety system even in this isolated region.

Highlights

- Summit Himlung Himal (7,126m), a remote 7,000m Himalayan peak.
- Less crowded expedition in the restricted Nar-Phu region.
- Gradual, well-structured route ideal for high-altitude preparation.
- Stunning views of Annapurna, Manaslu, and Tibetan ranges.
- Technical but non-technical climbing with snow and glacier terrain.
- Strong Sherpa support with fixed ropes and safety management.
- Excellent acclimatization strategy with staged high camps.
- Perfect stepping stone for 8,000m Himalayan expeditions.

Day-by-day itinerary

Day 1 : Arrival in Kathmandu (1,400m)

Altitude: 1,400m

Walk: Arrival Day / 1–2 Hours Transfer · Stay: Hotel · Visit: Nepal · Meals: Dinner

Arrival at Tribhuvan International Airport. Meet expedition team and transfer to hotel. Rest and recovery after international travel. Evening briefing introduces expedition structure, altitude risks, weather conditions, and general safety guidelines.

Day 2 : Full Expedition Briefing & Gear Inspection (1,400m)

Altitude: 1,400m

Walk: 6–8 Hours · Stay: Hotel · Visit: Nepal · Meals: Breakfast

Full technical preparation day. All climbing equipment is inspected including boots, crampons, harness, helmet, down suit, sleeping bag (-20°C), gloves, and goggles. Missing or unsuitable gear is arranged in Kathmandu. Permit processing begins, followed by team introduction and detailed safety briefing.

Day 3 : Kathmandu – Besisahar (760m)

Altitude: 1,400m – 760m

Walk: 6–7 Hours Drive · Stay: Tea House · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

Drive through river valleys, terraced farmland, and rural settlements. Expedition team explains trekking pace, hydration discipline, and altitude awareness. Overnight stay in lodge.

Day 4 : Besisahar – Koto (2,600m)

Altitude: 760m – 2,600m

Walk: 8–10 Hours Drive · Stay: Tea House · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

Long off-road jeep drive. Road gradually becomes rugged and mountainous. Entry into Annapurna Conservation Area and restricted Nar-Phu region. Overnight at Koto.

Day 5 : Koto – Meta (3,560m)

Altitude: 2,600m – 3,560m

Walk: 6–7 Hours · Stay: Tea House · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

Trek begins through pine forests, narrow gorges, and suspension bridges over the Marsyangdi River system. Gradual altitude gain begins, requiring steady pacing and hydration.

Day 6 : Meta – Kyang (3,820m)

Altitude: 3,560m – 3,820m

Walk: 5–6 Hours · Stay: Tea House · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

Landscape becomes drier and more alpine. Forest coverage decreases, replaced by rocky terrain and open valleys. First noticeable effects of altitude appear.

Day 7 : Kyang – Phu Gaon (4,080m)

Altitude: 3,820m – 4,080m

Walk: 5–6 Hours · Stay: Tea House · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

Arrival in Phu Valley, a culturally rich Tibetan-influenced settlement. Stone houses, monasteries, prayer flags, and ancient chortens define the landscape. Strong acclimatization phase begins.

Day 8 : Acclimatization Day in Phu Village (4,080m)

Altitude: 4,080m – 4,500m

Walk: 3–5 Hours · Stay: Tea House · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

Active rest day with short hike (4,300–4,500m ridge). Oxygen and pulse monitoring conducted. Visit local monastery and explore cultural surroundings. Hydration and recovery prioritized.

Day 9 : Phu – Himlung Base Camp (4,850m)

Altitude: 4,080m – 4,850m

Walk: 6–7 Hours · Stay: Tent · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

Trek through high alpine desert, moraines, and glacial valleys. Vegetation disappears completely. Arrival at Base Camp. Tent establishment, kitchen setup, and communication systems installed.

Day 10 : Base Camp Setup & Rest (4,850m)

Altitude: 4,850m

Walk: Full Day · Stay: Tent · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

Full rest and organization day. Sleeping systems stabilized. Nutrition plan adjusted for high altitude environment.

Day 11 : Basic Climbing Training (4,850m)

Altitude: 4,850m

Walk: 4–6 Hours · Stay: Tent · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

Introduction to:

- Crampon walking on snow
- Ice axe control and self-arrest
- Balance and movement on icy terrain

Day 12 : Technical Rope Training (4,850m)

Altitude: 4,850m

Walk: 4–6 Hours · Stay: Tent · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

Advanced instruction:

- Fixed rope climbing techniques
- Ascender (Jumar) usage
- Safe descent methods
- Glacier awareness and crevasse safety

Day 13 : Acclimatization Hike & Health Monitoring (4,850m)

Altitude: 4,850m – 5,000m

Walk: 3–5 Hours · Stay: Tent · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

Short hike above Base Camp (~5,000m). Oxygen saturation and physical condition monitored. Hydration and rest emphasized.

Day 14 : Weather Analysis & Expedition Planning (4,850m)

Altitude: 4,850m

Walk: Full Day · Stay: Tent · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

Expedition leader reviews weather forecast and snow conditions. Rotation strategy finalized based on safety and summit window.

Day 15 : Base Camp – Camp I (5,800m)

Altitude: 4,850m – 5,800m

Walk: 6–8 Hours · Stay: Tent · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

Climb through glacier terrain and crevasse zones using fixed ropes. Camp I established for acclimatization exposure.

Day 16 : Camp I Skills Practice (5,800m)

Altitude: 5,800m

Walk: 3–5 Hours · Stay: Tent · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

Training in real alpine conditions:

- Snow slope movement
- Rope handling efficiency
- Cold weather adaptation

Day 17 : Camp I – Base Camp (4,850m)

Altitude: 5,800m – 4,850m

Walk: 4–6 Hours · Stay: Tent · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

Controlled descent for recovery and oxygen replenishment.

Day 18 : Base Camp Rest Day (4,850m)

Altitude: 4,850m

Walk: Full Day · Stay: Tent · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

Recovery focused on nutrition, hydration, and sleep restoration.

Day 19 : Base Camp – Camp I (5,800m)

Altitude: 4,850m – 5,800m

Walk: 6–8 Hours · Stay: Tent · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

Re-ascent with improved efficiency and acclimatization adaptation.

Day 20 : Camp I – Camp II (6,000m)

Altitude: 5,800m – 6,000m

Walk: 5–7 Hours · Stay: Tent · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

Steeper terrain, technical sections, and fixed rope climbing to Camp II.

Day 21 : Camp II Overnight (6,000m)

Altitude: 6,000m

Walk: Full Night · Stay: Tent · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

First high-altitude overnight at 6,000m. Oxygen levels drop significantly; monitoring continues.

Day 22 : Camp II – Base Camp (4,850m)

Altitude: 6,000m – 4,850m

Walk: 6–8 Hours · Stay: Tent · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

Controlled descent for full recovery phase.

Day 23 : Base Camp Rest Day (4,850m)

Altitude: 4,850m

Walk: Full Day · Stay: Tent · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

Medical assessment, oxygen checks, and energy restoration.

Day 24 : Base Camp – Camp I (5,800m)

Altitude: 4,850m – 5,800m

Walk: 6–8 Hours · Stay: Tent · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

Final acclimatization cycle begins.

Day 25 : Camp I – Camp II – Camp III (6,300m)

Altitude: 5,800m – 6,300m

Walk: 7–9 Hours · Stay: Tent · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

Long technical ascent through glacier and steep snow terrain. Camp III established.

Day 26 : Camp III Acclimatization (6,300m)

Altitude: 6,300m

Walk: 3–5 Hours · Stay: Tent · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

Summit rehearsal including rope systems, oxygen plan, and final technical review.

Day 27 : Camp III – Base Camp (4,850m)

Altitude: 6,300m – 4,850m

Walk: 6–8 Hours · Stay: Tent · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

Return descent for full recovery before summit attempt.

Day 28 : Rest Day (4,850m)

Altitude: 4,850m

Walk: Full Day · Stay: Tent · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

Weather window monitoring and final physical recovery.

Day 29 : Final Summit Briefing (4,850m)

Altitude: 4,850m

Walk: 3–5 Hours · Stay: Tent · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

Equipment packing, oxygen system preparation, and summit coordination with Sherpa team.

Day 30 : Base Camp – Camp II (6,000m)

Altitude: 4,850m – 6,000m

Walk: 6–8 Hours · Stay: Tent · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

Start of summit push rotation.

Day 31 : Camp II – Camp III (6,300m)

Altitude: 6,000m – 6,300m

Walk: 5–7 Hours · Stay: Tent · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

Final staging before summit attempt.

Day 32 : SUMMIT DAY – Himlung Himal (7,126m)

Altitude: 6,300m – 7,126m

Walk: 10–14 Hours · Stay: Tent · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

Midnight ascent using fixed ropes, glacier routes, and steep snow slopes. Summit reached with Sherpa support. Short stay at summit before immediate descent begins.

Day 33 : Contingency Day (4,850m)

Altitude: 4,850m

Walk: Full Day · Stay: Tent · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

Buffer day for weather delay or recovery.

Day 34 : Base Camp – Phu Gaon (4,080m)

Altitude: 4,850m – 4,080m

Walk: 5–6 Hours · Stay: Tea House · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

Return trek through alpine terrain.

Day 35 : Phu – Koto (2,600m)

Altitude: 4,080m – 2,600m

Walk: 6–7 Hours · Stay: Tea House · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

Final descent from Nar-Phu Valley.

Day 36 : Koto – Besisahar – Kathmandu (1,400m)

Altitude: 2,600m – 1,400m

Walk: 8–10 Hours Drive · Stay: Hotel · Visit: Nepal · Meals: Breakfast Lunch Dinner

Drive back to Kathmandu and hotel transfer.

Day 37 : Rest in Kathmandu (1,400m)

Altitude: 1,400m

Walk: Full Day · Stay: Hotel · Visit: Nepal · Meals: Breakfast

Recovery, gear return, and celebration.

Day 38 : Departure

Visit: Nepal · Meals: Breakfast

Transfer to airport for international flight.

Altitude & temperature

Typical daytime / night temperature at each overnight stop in the best travel months. Temperatures can change with the weather.

- Day 1 · Arrival in Kathmandu · 1,400 m · day 21°C / night 10°C
- Day 2 · Full Expedition Briefing & Gear Inspection · 1,400 m · day 21°C / night 10°C
- Day 3 · Kathmandu – Besisahar · 1,400 m · day 21°C / night 10°C
- Day 4 · Besisahar – Koto · 760 m · day 24°C / night 15°C
- Day 5 · Koto – Meta · 2,600 m · day 15°C / night 3°C
- Day 6 · Meta – Kyang · 3,560 m · day 10°C / night -4°C
- Day 7 · Kyang – Phu Gaon · 3,820 m · day 9°C / night -5°C
- Day 8 · Acclimatization Day in Phu Village · 4,080 m · day 7°C / night -7°C
- Day 9 · Phu – Himlung Base Camp · 4,080 m · day 7°C / night -7°C
- Day 10 · Base Camp Setup & Rest · 4,850 m · day 4°C / night -12°C
- Day 11 · Basic Climbing Training · 4,850 m · day 4°C / night -12°C
- Day 12 · Technical Rope Training · 4,850 m · day 4°C / night -12°C
- Day 13 · Acclimatization Hike & Health Monitoring · 4,850 m · day 4°C / night -12°C
- Day 14 · Weather Analysis & Expedition Planning · 4,850 m · day 4°C / night -12°C
- Day 15 · Base Camp – Camp I · 4,850 m · day 4°C / night -12°C
- Day 16 · Camp I Skills Practice · 5,800 m · day -1°C / night -18°C

- Day 17 · Camp I – Base Camp · 5,800 m · day -1°C / night -18°C
- Day 18 · Base Camp Rest Day · 4,850 m · day 4°C / night -12°C
- Day 19 · Base Camp – Camp I · 4,850 m · day 4°C / night -12°C
- Day 20 · Camp I – Camp II · 5,800 m · day -1°C / night -18°C
- Day 21 · Camp II Overnight · 6,000 m · day -2°C / night -19°C
- Day 22 · Camp II – Base Camp · 6,000 m · day -2°C / night -19°C
- Day 23 · Base Camp Rest Day · 4,850 m · day 4°C / night -12°C
- Day 24 · Base Camp – Camp I · 4,850 m · day 4°C / night -12°C
- Day 25 · Camp I – Camp II – Camp III · 5,800 m · day -1°C / night -18°C
- Day 26 · Camp III Acclimatization · 6,300 m · day -4°C / night -21°C
- Day 27 · Camp III – Base Camp · 6,300 m · day -4°C / night -21°C
- Day 28 · Rest Day · 4,850 m · day 4°C / night -12°C
- Day 29 · Final Summit Briefing · 4,850 m · day 4°C / night -12°C
- Day 30 · Base Camp – Camp II · 4,850 m · day 4°C / night -12°C
- Day 31 · Camp II – Camp III · 6,000 m · day -2°C / night -19°C
- Day 32 · SUMMIT DAY – Himlung Himal · 6,300 m · day -4°C / night -21°C
- Day 33 · Contingency Day · 4,850 m · day 4°C / night -12°C
- Day 34 · Base Camp – Phu Gaon · 4,850 m · day 4°C / night -12°C
- Day 35 · Phu – Koto · 4,080 m · day 7°C / night -7°C
- Day 36 · Koto – Besisahar – Kathmandu · 2,600 m · day 15°C / night 3°C
- Day 37 · Rest in Kathmandu · 1,400 m · day 21°C / night 10°C

What’s included

Accommodation

- 3 nights hotel accommodation in Kathmandu (3-star or similar category)
- Teahouse/lodge accommodation during approach trek (twin-sharing basis)
- Fully supported tented accommodation at Himlung Base Camp and higher camps
- High-altitude expedition tents with sleeping mattresses at Camp I, II, and Summit Camp

Meals

- Full-board meals (Breakfast, Lunch, Dinner) during trekking and climbing period
- Hygienic, energy-rich expedition meals prepared by experienced Base Camp kitchen crew
- Hot drinks (tea/coffee/soup) during meal times at Base Camp
- Packed meals and high-energy summit food during rotation and summit push

Transportation

- Airport pick-up and drop-off in Kathmandu
- Ground transport: Kathmandu – Besisahar – Koto – Kathmandu (jeep/bus as per itinerary)
- All local transportation required during expedition
- Cargo transport of expedition equipment to Base Camp

Permits & Fees

- Himlung Himal Climbing Permit (Government of Nepal)
- Restricted Area Permit (Nar-Phu Valley)
- Annapurna Conservation Area Permit (ACAP)
- Expedition liaison officer and related government fees

Guide & Staff

- Experienced Climbing Sherpa guides (7,000m+ certified)
- Trekking guide for approach section
- Required porters for trekking logistics
- Base Camp cook and kitchen crew
- Climbing Sherpa support for summit rotation and safety
- Staff insurance, wages, food, and accommodation

Climbing Support & Safety

- Fixed rope setup and climbing route support by Sherpa team
- Basic technical climbing training (crampon, ice axe, rope skills)
- Group safety equipment (ropes, anchors, carabiners, rescue gear)
- First aid kit and pulse oximeter monitoring at Base Camp
- Emergency rescue coordination assistance

Base Camp Services

- Fully equipped Base Camp (tents, kitchen, dining, communication setup)
- Cooking gas, food supplies, and logistics support
- Communication system (radio/satellite support where available)
- Mattress and sleeping arrangements at Base Camp

Expedition Logistics

- Full expedition management and coordination
- Weather forecasting and summit planning support
- Acclimatization and rotation planning by expedition leader
- Oxygen saturation monitoring and health tracking system

Not included

International Travel

- International flights to/from Nepal
- Nepal visa fee (USD 30–125 depending on duration)

Personal Climbing Equipment

- Mountaineering boots (double insulated recommended)
- Crampons, ice axe, harness, helmet, ascender
- Down suit (-30°C recommended)

- Sleeping bag suitable for high altitude (-25°C to -40°C)
- Personal clothing layers, gloves, goggles, trekking gear
- Backpack and personal technical equipment

Insurance (Mandatory)

- High-altitude travel insurance covering up to 7,500m
- Must include helicopter evacuation and emergency rescue
- Medical, accident, and repatriation coverage

Personal Expenses

- Drinks (soft drinks, bottled water, alcohol)
- Wi-Fi, hot showers, and charging fees during trek
- Snacks, chocolates, and personal items
- Laundry and personal hygiene products

Kathmandu Expenses

- Extra hotel nights due to delays or early arrival
- Meals in Kathmandu (unless included in package)
- Personal shopping or equipment rental costs

Emergency & Unexpected Costs

- Helicopter evacuation (if required)
- Medical treatment or hospitalization costs
- Additional accommodation due to weather delays
- Extra porter or transport costs due to itinerary changes

Tips & Miscellaneous

- Tips for guides, Sherpas, cooks, and porters
- Loss or damage of personal equipment
- Any service not explicitly mentioned in “Cost Includes” section

Dates & prices

- 02 Mar 2027 – 08 Apr 2027 · USD 9,500 · Available
- 16 Mar 2027 – 22 Apr 2027 · USD 9,500 · Available
- 06 Apr 2027 – 13 May 2027 · USD 9,500 · Available
- 20 Apr 2027 – 27 May 2027 · USD 9,500 · Available
- 04 May 2027 – 10 Jun 2027 · USD 9,500 · Available

Best time to visit

Best months: March–April and October–November. October and November offer crystal-clear views of Annapurna and Machhapuchhre; March to May is warm with blooming rhododendron forests. Lower Annapurna treks such as Poon Hill are possible in winter, while Thorong La and high passes may close after heavy snow.

What to bring — packing checklist

Climbing gear

- [ ] Mountaineering boots (double or insulated, crampon-compatible)
- [ ] Crampons, climbing harness, helmet
- [ ] Ice axe, jumar (ascender), descender / figure-8
- [ ] 2 locking and 2 non-locking carabiners, tape slings and prusik
- [ ] Glacier glasses (category 4) and ski goggles

Clothing

- [ ] Thermal base layers
- [ ] Fleece and softshell mid-layers
- [ ] Expedition down jacket and down or insulated trousers
- [ ] Hard-shell (Gore-Tex) jacket and trousers
- [ ] Liner, insulated and summit mittens
- [ ] Balaclava, warm hat, buff and sun hat

Trekking & camp

- [ ] Trekking boots and camp shoes
- [ ] Sleeping bag rated to –20 °C
- [ ] Daypack 35–45 L and a large duffel bag
- [ ] Trekking poles, thermos flask, pee bottle

Health & personal

- [ ] Personal medication and a small first-aid kit
- [ ] Altitude medicine (Diamox) after consulting your doctor
- [ ] Water bottles or a 2–3 L hydration bladder, purification tablets or filter
- [ ] Sunscreen SPF 50, lip balm with SPF
- [ ] Hand sanitiser, wet wipes, quick-dry towel
- [ ] Headlamp with spare batteries, power bank

Documents & money

- [ ] Passport valid for 6+ months, plus copies
- [ ] Travel insurance policy (covering helicopter evacuation)
- [ ] 4 passport photos for permits
- [ ] Cash in USD / Nepali rupees for tips, snacks and extras
- [ ] Credit or debit card

Down jackets and sleeping bags can also be rented in Kathmandu.

Essential information

Accommodation

Accommodation during the Himlung Expedition includes 3-star hotel stays in Kathmandu, followed by camping-style expedition logistics throughout the trek and climb.

The route passes through the restricted Nar-Phu Valley, where accommodation is arranged in basic teahouses or fully supported tented camps depending on location. At Himlung Base Camp and higher camps, climbers stay in well-equipped expedition tents with dining tents, kitchen setup, and communication support.

Meals

The expedition includes full-board meals (Breakfast, Lunch, and Dinner) throughout the trekking and climbing period.

At lower elevations, meals are served in teahouses. From Base Camp onward, a dedicated cook team prepares high-energy, nutritious meals suitable for high-altitude performance. Typical food includes soups, pasta, rice, vegetables, energy bars, and hot drinks to maintain hydration and stamina.

Packed meals and summit-day snacks are provided during summit rotation.

Difficulty and Fitness

Himlung Himal (7,126m) is considered a moderately technical 7,000m expedition. While less technical than peaks like Ama Dablam or Baruntse, it requires strong physical fitness, endurance, and prior experience above 6,000m.

The climb involves:

- Long glacier walking
- Moderate snow slopes
- Fixed rope sections near upper camps
- High-altitude endurance above 7,000m

Climbers should have previous experience on trekking peaks or 6,000m+ expeditions before attempting Himlung.

Permits

The expedition requires the following permits:

- Himlung Himal Climbing Permit
- Restricted Area Permit (Nar-Phu Valley)
- Annapurna Conservation Area Permit (ACAP)
- TIMS Card (if applicable)

All permits are arranged by the expedition operator in advance.

Best Time to Climb

The best seasons for Himlung Expedition are:

Autumn (September–October)

- Most stable weather conditions
- Clear skies and excellent visibility
- High summit success rate

Spring (April–May)

- Stable climbing windows
- Warmer temperatures at lower camps
- Good acclimatization conditions

Transportation

The journey begins with a drive from Kathmandu to Koto (via Besisahar), followed by trekking into the restricted Nar-Phu Valley. The approach route passes through remote villages such as Meta and Phu before reaching Himlung Base Camp.

The region is highly isolated, with limited infrastructure, making it one of Nepal's most authentic and remote expedition experiences.

Safety and Altitude

Himlung Expedition includes carefully planned acclimatization rotations between Base Camp and higher camps to ensure safe altitude progression.

Safety measures include:

- Experienced high-altitude Sherpa guides
- Fixed rope support in technical sections
- Daily health monitoring and oxygen checks
- Weather forecasting and summit planning
- Emergency evacuation coordination

Helicopter evacuation support is available from Base Camp if required.

Travel and High Altitude Insurance

Comprehensive insurance is mandatory and must cover:

- High-altitude climbing up to at least 7,500m
- Emergency helicopter evacuation
- Medical treatment and hospitalization
- Trip cancellation and emergency rescue

Additional information

Extra Information

Climbing Training and Preparation

Before summit rotation, climbers receive technical training including:

- Ice axe and crampon techniques
- Fixed rope ascending and descending
- Ascender (Jumar) use
- Glacier travel and crevasse safety
- High-altitude climbing strategy
- Emergency procedures and rescue awareness

Climbing Equipment

Required equipment includes:

- Mountaineering boots (double boots recommended)

- Crampons and technical ice axe
- Climbing harness and helmet
- Ascender, carabiners, slings, and rope systems
- High-altitude down suit
- Sleeping bag (-30°C to -40°C rated)
- Goggles and glacier sunglasses
- Headlamp with spare batteries
- Personal medical and hygiene kit

Why Choose Himlung Expedition?

- One of the safest 7,000m peaks in Nepal
- Less crowded and highly remote expedition experience
- Excellent preparation for 8,000m Himalayan peaks
- Stable weather and relatively predictable climbing conditions
- Strong Sherpa expedition support system
- Cultural experience in the restricted Nar-Phu region
- Ideal balance of challenge and accessibility at high altitude

The Himlung Expedition is a perfect choice for climbers seeking a serious 7,000m Himalayan challenge in a remote, culturally rich, and technically manageable environment.

Frequently asked questions

How difficult is the Himlung Expedition?

The Himlung Expedition is graded Moderate — suitable for most active travellers. You should be comfortable with long days at altitude; previous use of crampons and ropes helps, and our climbing Sherpas run pre-climb training at base camp. Regular cardio training — hiking, running, cycling or stair climbing — for 6–8 weeks before departure makes the trip far more enjoyable.

What is the best time for the Himlung Expedition?

For the Annapurna region the best months are March–April and October–November. October and November offer crystal-clear views of Annapurna and Machhapuchhre; March to May is warm with blooming rhododendron forests. Lower Annapurna treks such as Poon Hill are possible in winter, while Thorong La and high passes may close after heavy snow.

What permits do I need for the Himlung Expedition?

You need the Annapurna Conservation Area Permit (ACAP) and the trekkers' TIMS card, plus the Department of Tourism expedition permit and royalty. Nord Extreme arranges every permit for you before the trip starts — check the "Includes" section above for exactly what is covered in the price. Just bring your passport and a few passport-size photos.

What is the accommodation like on the Himlung Expedition?

Hotels in Kathmandu, teahouses on the approach and a fully equipped base camp with individual tents, dining and shower tents, heating, solar power and satellite communication. High camps use mountain tents set up by our climbing Sherpas.

Can I book the Himlung Expedition as a private trip or join a group?

Both. You can join one of the fixed departures listed under "Dates & Prices", or book a private trip for just you, your family or friends on any date. Solo travellers are welcome — you will always have your own licensed guide.

Do I need travel insurance for the Himlung Expedition?

Yes, travel insurance is compulsory. It must cover medical treatment and emergency helicopter evacuation up to the trip’s highest altitude, plus trip cancellation. Please send us your policy details before departure.

What should I pack for the Himlung Expedition?

See the "What to bring" checklist on this page for the full list. The essentials are broken-in boots, warm layers, a down jacket, a waterproof shell, sun protection and a daypack. Down jackets and sleeping bags can be rented cheaply in Kathmandu, and a porter carries your main bag (up to 10–12 kg).

Ready to book or have a question?

Trip page: https://delightful-orange-chimpanzee.tarevirjungleresort.com/holiday/package/himlung-expedition/

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