Himlung Expedition

Itinerary & costs · 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**

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

Ready to book or have a question?

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

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