



## Himlung Himal Expedition (7126m)

### Details

The Himlung Himal (7126m) is located between Annapurna and the Manaslu Range. Himlung expedition will take you through the remote villages of Naar and Phu, the unique culture of the Himalayas and beautiful scenery. It has been open since 1992 and was first brought back by the Japanese team the same year. So far, a few teams have managed to climb to summit. Himlung Himal is splendid summit in isolation with an impressive trek trek. We will establish the base camp at the height of 4950m then three other camps (Camp 1 5400m, Camp 2 - 6050m and Camp 3 - 6350m) will be established to reach the summit.

The Himlung Himal expedition heading through Nar-Phu Valley is a wonderful adventure into the remote and unexplored territory located north of Annapurna Range in western Nepal. This rugged is your ticket to the exotic landscapes that are less frequented by trekkers each year in Nepal. At the crossroads of Himlung Himal expedition trail, Nar-Phu Valley trek is complete with stops at lakes, rivers, forests, mountains, meadows, waterfalls, and gorges. Witness a local culture that dates back centuries and explore old monasteries and even some ruins.

This restricted area is in the district of Manang just North of the popular Annapurna Circuit. You will need a special trekking permit to visit this region, which will be arranged by the team at Discovery Mountain. You will pass through Koto, Meta and the village of Phu. The Tashi Lakhang Monastery where we will be staying, is a notable monastery in Nepal. Trekking further through the moraines, We will come to a point in Annapurna Circuit at Koto and drive back to Kathmandu via Besisahar.

This expedition program from Discovery Mountain Trek to explore the peaceful and hidden villages of Phu and others. The best time to visit here is in the spring and in autumn. You will need a good level of physical fitness with a regular walking habit to go on this memorable.



**Discovery  
Mountain**

Trek & Expedition Pvt. Ltd.

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Fitness Level:	:	
Group Size:	:	2 to 12 people
Max-Altitude:	:	7126m
Duration:	:	31 Days
Walking Days:	:	13 Days
Activity:	:	Expedition
Best Period:	:	MAR   APR   MAY   SEP   OCT   NOV

## Details Itinerary

### DAY 1 : ARRIVAL IN KATHMANDU (1365M)

Upon your arrival in Kathmandu, our staff will pick you up and transfer you to the hotel. You can have the rest of the day to yourself. Later, you'll be given a brief about the trip ahead.

### DAY 2 : KATHMANDU – BESISHAHAR – NGADI (990M) 6H DRIVE 3/4H TREK

We drive early in the morning to Besisahar then we start to walk Khudi (gurung villages). The road is long but very beautiful, surrounded by green hills and rice terraces. The trail walk along the Marsyangdi to the village of Ngadi.

### DAY 3 : NGADI – JAGAT (1310M) 6/7H TREK

We climb short steep and descents through rice fields and forests, along the Marsyangdi surrounded by terraced crops. Crossing the large suspension bridge of Syanje and many villages (Lampata, Bahundanda, Gherme then jagat).

### DAY 4 : JAGAT – DARAPANI (1965M) 6/7H TREK

Walking in the heart of the gorge Marsyangdi, easy path with alternating large climbs and short descents. The vegetation changes, we begin to see conifers whose chir pine, recognizable by its long silver needles in cluster. We cross the village of Tal (1680m) which means "lake": it is very likely that a lake was to be here long time ago ... The path continues until Dharapani, big village at the crossroads of several valleys.

#### **DAY 5 : DARAPANI – KOTO (2630M) 5/6H TREK**

We start our trek to Chame today via Bagarchap, Timang and Thanchok, The valley becomes very steep from Danaque to Timang, then the trail becomes easy to uphill and down, We walk in a beautiful forest of rhododendrons (bloom in the spring) and chir pines, Danaque offer very good view of the Annapurna II, Manaslu, Peak 29, Himalchuli.

#### **DAY 6 : DARAPANI – DHARMSHALA (3305M) 6/7H TREK**

We enter the valley of Naar Phu and we climb up to Dharmshala (3305m) through bamboo forests and deep gorges that overlook the Naar Khola (khola = river) that we cross (bridges) several times.

#### **DAY 7 : DHARMSHALA – KYANG (4100M) 6/7H TREK**

Short but steep climb to Meta (3615m), former refugee village Kampas (fierce Tibetan warriors of the Kham region, now integrated into Chinese Sichuan), then we continue on a path on the mountainside, in the middle of juniper trees, which dominates the confluence of Labse Khola and Phu Khola which form the Naar Khola.

#### **DAY 8 : KYANG - PHU GAON (4260M) 5/6H TREK**

We start after breakfast a very aerial path leads us to the edge of the Phu Khola that we follow in a mineral landscape dominated by the glacial moraines then a last rather steep climb leads us to the gates of the village of Phugaon (phu = haut and gaon = village). Just before arriving at the village, beautiful view of the Namgye Peak.

#### **DAY 9 : PHU GAON ( DAY EXPLOREING)**

Day acclimatization and visit the "monastery" Tashi Lakhang (nyingmapa school).

#### **DAY 10 : PHU GAON – HIMLUNG BASE CAMP (4950M) 4/5H TREK**

We climb on moraine and a small sanitary worm base camp of Himlung Himal

#### **DAY 11 - 25 : HIMLUNG HIMAL ( CLIMBING PERIODS) 15 DAYS**

We have 15 day for the ascent of Himlung Himal, We will establish the base camp at the height of 4950m then three other camps (Camp I 5400m, Camp 2 - 6050m and Camp 3 - 6350m) will be established to reach the summit.

#### **DAY 26 : HIMLUNG BASE CAMP – PHU GAON 4/5H TREK**

We after our successful summit of Himlung Himal, enjoy a festive breakfast and begin to clean the camp base and descent to Phugaon.

#### **DAY 27 : PHU GAON – META (3560M) 6/7H TREK**

We descend to the gorges until Meta.



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#### **DAY 28 : META - KOTO (3560M) 6/7H TREK**

We descent and up back to the same trail to Koto.

#### **DAY 29 : KOTO – BESISHAHAR 6/7H DRIVE**

Today we drive down from Koto to Besisahar by jeep.

#### **DAY 30 : BESISHAHAR – KATHMANDU 5/6H TREK**

We take the private vehicle to Kathmandu 180km, at the end of the day we will visit the famous temple of Swyambhunath, a symbol of Nepal. It is called "temple of the monkeys" built more than 2000 years ago on a hill, overlooking the Capital.

#### **DAY 31 : FINAL DEPARTURE**

Your adventure in Nepal ends today. Discovery Mountain Trek drop you at airport a few hours before the scheduled flight.

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### INCLUDED IN THE COST

- Accommodation during the trek in lodge with all meals: breakfast, lunch, Dinner, Tea, Coffee
- Accommodation during camping: with all meals: Breakfast, Lunch, Dinner and Tea, Coffee
- An experienced, English-speaking and government-licensed trekking and Mountain Head guide
- Trek Staff costs including their salary, insurance, equipment, food and accommodation
- Tent, kitchen tent, kitchen equipment, Mattresses, Climbing rope, Ice screws and Snow bar
- All necessary paperwork Special permits for Nar Pho Valley, ACAP, and TIMS
- Satellite phone use payable per minutes \$5 dollar, Walkie Talkie service with permit
- High Altitude Tent, EPI gas, Cooking pot, High food for member and Climbing Sherpa
- Cook, kitchen staff, assistant guide and other support staff whole on your Expedition
- Climbing gears, fixed rope and main rope during the climbing period as required
- Discovery Mountain's duffel bag, t-shirt and trekking map are yours to take
- Discovery Mountain's down jacket (to be returned after your trip completion)
- Gamow bag, Oxygen, Mask and regulator for your safety and security
- Government liaison officer his insurance, allowance, food and tent
- Personal equipment and insurance for climbing Sherpa and guide
- 3 -star hotel accommodation in Kathmandu with breakfast
- Expedition certificates issued from the Nepal Government
- All ground transportation according to our Program
- Energy Supplies: Dry fruits, Snickers, Mars, Bounty
- Solar panel for battery charge and light in dining tent
- Medical kit (carried by your trekking assistant guide)
- Heater provided at base camp in the dining tent
- Assistant guide 3 participants: 2 Mountain guide
- Airport pickups and drops in a private vehicle
- Welcome and farewell dinners in Kathmandu
- Porter service 1 participants: 4 porters
- All government and local taxes
- Garbage deposit fee
- Expedition permit

### NOT INCLUDED IN THE COST

- Nepalese visa fee.
- International flights.
- Travel and rescue insurance.
- Tips for guide, porter and driver.
- Lunch and evening meals in Kathmandu.
- Summit Bonus for Climbing Sherpa and Climbing guide.
- Extra night accommodation in Kathmandu in the case of early return from the mountain.
- Personal expenses laundry, bar bills, battery recharge, mineral water, boiled water, shower.

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### **ADVICE FOR TIPPING**

- \$120 to \$170 for staff who stay at base camp.
- \$240 to \$300 for assistant Sherpa.
- \$500 to \$700 summit bonus for climbing Sherpa.

### **ACCOMMODATIONS**

We will be staying at Hotel Manaslu, Moon Light hotel or similar hotel 3 star in Kathmandu: and guesthouses during the trek. All accommodations are on twin-shared basis. Single supplement will be served on request and will cost an additional. Also note that single rooms are readily available in Kathmandu and the trekking regions at lower elevation but it might be difficult to find them at higher elevations.

### **MEALS**

All meals will be provided during trekking while only breakfast will be available in Kathmandu. There will also be welcome and farewell dinners for guests. While on trek, we have breakfast and dinner in the tea-houses/lodges we spend the night and lunch on our way to the next destination. Nepalese, Tibetan, the more common continental and Indian cuisines are common choices in the menu.

### **PHYSICAL CONDITION REQUIREMENT**

Discovery Mountain Trek 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.

### **BEST TIME TO TRAVEL**

The best time to trek to the Everest Base Camp Trek is in spring (February to May) and autumn (September to November). The temperature is moderate in these seasons and guarantees amazing views through the trip. Although this trek can be undertaken during winter, the cold temperature might not be suitable for everyone.

### **GUIDE & STAFF ARRANGEMENT**

The most significant thing that makes this trek enjoyable and memorable is the skilled, experienced and helpful Guide and crew member who have the ability of guiding our trek on the mountain smoothly. Our trip will be led by the best and most professional Guide. All of Discovery Mountain Trekking Guide's are carefully selected on the basis of their appropriate experience, skills and personal aptitude. With an

objective of sustaining local communities, Discovery Mountain only employs local Staff, who have knowledge about culture, ecosystem, flora, fauna, geography, and history of their local region.

### **PORTER CARE**

We are firmly committed to porter rights. We make sure that all our porters are well treated, well paid and we provide the level of shelter, clothing and footwear that these harsh environments demand. Porters who become sick are treated with the same care and attention as other team members and we have previously used helicopters - at our expense - to rescue porters from dangerous situations. We support the work of the International Porter Protection Group (IPPG), making our resources available to them to help improve the working conditions of the porters. International Porters Progress Group.

### **ENVIRONMENTAL CONCERNS**

The Everest Region is stunningly beautiful, but equally fragile. Future generations have just as much of a right to appreciate it as much as we do. Therefore, we believe that the tourism industry has an obligation to protect and preserve it. Discovery Mountain employs a 'zero impact' policy on the natural environment and the traditional communities that live there. Discovery Mountain, therefore, enforces a number of do's and don'ts. Please talk to your trek leader to avoid environmental impacts.

### **TRAVEL INSURANCE**

It is a condition upon joining any of Discovery Mountain's trips that all clients be insured for comprehensive expenses that might incur due to medical issues or accidents (this includes air ambulance, helicopter rescue, and treatment costs). Please note that we don't arrange or sell insurance.

### **ACCLIMATIZATION**

This trek's itinerary is planned with a high degree of awareness of AMS (Acute Mountain Sickness). Going up at higher altitudes too fast causes a medical condition serious enough to result in death. The higher the altitude, the less oxygen will be in the air. For example, at an altitude above of 5000m, there is 50% less oxygen than at sea level. Therefore, our body needs many days to adapt to an environment with less oxygen. During this trip, we take rest in Namche Bazaar and Dingboche which will help us acclimatize to the high altitude.

### **EQUIPMENTS LIST**

This list is a guideline to help you pack for your adventure. Also understand that the items listed below will vary a little according to the season and the trek duration. Those items marked by an asterisk (\*) are provided by Discovery Mountain Trek inclusive in the service. The weight limit for your luggage is 15 kg.

### **SLEEPING**

- 1 sleeping bag: -30° or -40°
- Fleece sleeping bag liner (optional)

### **PERSONAL CLIMBING GEARS**

Crampons  
Full down jacket (Dangri)  
Mountain climbing boots  
Helmet  
Harness  
Ice Axe  
Carabiners  
Descender: Belay Device, Figure 8  
Ascender: Jumar  
Tape slings

### **FROM HEAD TO TOE**

- A cap or sunhat
- 3-pair of thermals
- Suitable shorts
- Walking trousers
- Thick walking socks
- Warm hat and scarf
- 2 pair of warm gloves: 1 thick and 1 thin
- long-sleeved thermal tops and full-length long johns
- Long-sleeved and short sleeved t-shirts, preferably in quick-drying technical material.
- A light fleece or equivalent (plus extra warm layers if necessary)
- A breathable windproof, water proof jacket (Gore-Tex...)
- Discovery Mountain Trek's down Jacket (\*)
- Discovery Mountain Trek's half T-shirt (\*)
- Light weight waterproof over trousers
- A pair of high rise walking boots: best quality
- Thick down Jacket and down trousers for high altitude: Dangri
- A pair of sandals or equivalent casual shoes for cities, villages and evenings

### **DAY BAGS/ SHOULDER BAG**

- 1 medium shoulder bag: 50-70 liter cubic inches, can be used for an airplane carryon
- A small daypack/backpack for carrying your valuables,

## **PRACTICAL ITEMS**

- 1 small roll of repair tape, 1 sewing-repair kit
- 1 compass or GPS (optional)
- 1 digital camera with extra cards and batteries
- 1 medium-sized quick drying towel
- Water bottle 1 and half liter
- Hot bag
- Head light
- Female hygiene products
- Wet wipes (baby wipes)
- Tissue /toilet roll
- Anti-bacterial hand wash

## **MEDICAL**

- Small personal first-aid kit simple and light
- Aspirin, first-aid tape, and plasters (Band-Aids)
- 1 skin-blister repair kit
- Anti-diarrhea pills
- Anti-headache pills
- Cough and/or cold medicine
- Anti-altitude sickness pills: Diamox or Acetylzolamide
- Stomach antibiotic: Ciprofloxacin, etc. Do not bring sleeping pills as they are a respiratory depressant.
- Water purification tablets or water filter

## **TERMS AND CONDITIONS**

Discovery Mountain Trek & Expeditions 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 Discovery Mountain Trek 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 25% 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 Discovery Mountain Trek 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.

### **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.

### **IMPORTANT NOTE**

Your safety is of paramount concern while traveling with Discovery Mountain Trek. Please note that your guide has the authority to amend or cancel any part of the itinerary if it is deemed necessary due to safety concerns. The guide will try to ensure that the trip runs according to plan, but please be prepared to be flexible if required. Bad weather in mountain regions can cause domestic flight delays, particularly in the Everest, Lukla, Jomsom, phaplu, Kanchenjunga and any other remote mountain regions in Nepal.