Himlung Himal Expedition

32 Days Itinerary

Detailed Itinerary

Day 1: Arrival in Kathmandu

You land at Tribhuvan International Airport in Kathmandu, where a representative from Alpine Club of Himalaya welcomes you, helps with your luggage and takes you to your hotel. Take some time to rest and adjust after the journey. In the evening you join a welcome dinner of traditional Nepali food, which is a good introduction to the cooking of Nepal before the expedition begins.

Max. Elevation	1,400 m
Duration	30 minutes airport transfer
Accommodation	Hotel
Meals	Welcome Dinner

Day 2: Trek Preparation and Kathmandu Sightseeing

Today you prepare for the expedition. You meet your guide, check your personal and climbing gear against the gear list, and sort out anything you still need to buy or rent in Kathmandu. There is also time for sightseeing in the city, and the permits and paperwork for the expedition are finalized.

Max. Elevation	1,400 m
Duration	Full day in Kathmandu
Accommodation	Hotel
Meals	Breakfast

Day 3: Drive from Kathmandu to Besisahar

After breakfast you leave Kathmandu by road and drive west along the Trishuli and Marsyangdi river valleys to Besisahar, the district headquarters of Lamjung. The road passes villages, terraced fields and river gorges. You stay overnight in Besisahar, where the road journey into the mountains begins.

Max. Elevation	823 m (Besisahar)
Duration	Approx. 6-7 hours drive
Accommodation	Hotel / Lodge in Besisahar
Meals	Breakfast, Lunch, Dinner

Day 4: Drive from Besisahar to Koto

Today you continue up the Marsyangdi valley by jeep to Koto, the entry point to the restricted Naar-Phu valley. The road is rough in places and climbs through forest with views of waterfalls and mountain villages. At Koto your permits are checked, and you spend the night here before the trek begins.

Max. Elevation	2,610 m (Koto)
Duration	Approx. 7-8 hours drive
Accommodation	Teahouse/Lodge
Meals	Breakfast, Lunch, Dinner

Day 5: Trek from Koto to Meta

The trek begins in earnest as you leave the Marsyangdi valley and enter the Naar-Phu valley, a restricted area that sees few visitors. The trail follows the river through narrow gorge sections and pine forest. You pass a few small settlements and climb steadily to Meta, a high village with views of the mountains ahead.

Max. Elevation	3,560 m (Meta)
Duration	Approx. 6-7 hours trek
Accommodation	Teahouse/Lodge
Meals	Breakfast, Lunch, Dinner

Day 6: Trek from Meta to Phu-Gaon

From Meta the trail continues through a dramatic valley of rocky cliffs, narrow canyons and open slopes, with a lot of up and down. As you get closer to Phu-Gaon the landscape becomes drier and more Tibetan in character. Phu-Gaon is an old Tibetan village of stone houses, and your arrival gives a first sense of the culture of this remote area.

Max. Elevation	4,200 m (Phu-Gaon)
Duration	Approx. 6-7 hours trek
Accommodation	Teahouse/Lodge
Meals	Breakfast, Lunch, Dinner

Day 7: Rest and Acclimatization Day at Phu-Gaon

This is a rest day to let your body adjust to the altitude before the climb. You can take a short walk around Phu-Gaon, see the village and, if you wish, visit the local monastery and learn about local customs. Keep the day easy, drink plenty of water and check in with your guide about how you are feeling.

Max. Elevation	4,200 m
Duration	Rest day with short walks
Accommodation	Teahouse/Lodge
Meals	Breakfast, Lunch, Dinner

Day 8: Trek from Phu-Gaon to Himlung Base Camp

You leave Phu-Gaon and climb steadily on a trail through high pasture and moraine toward Himlung Base Camp. The terrain becomes more rugged with views of Himlung Himal and the peaks around it. At base camp you meet the camp staff, find your tent and settle in. Your guide goes through the plan for the climbing period.

Max. Elevation	4,850 m (Himlung Base Camp)
Duration	Approx. 4-5 hours trek
Accommodation	Tented camp
Meals	Breakfast, Lunch, Dinner

Day 9: Climbing Period for Himlung Himal (Days 9 to 24)

This is the climbing phase of the expedition, with about 16 days set aside for acclimatization and the summit attempt. The route follows the south-west normal route over moraine, snow and ice, with no major technical sections. You gradually move up the mountain, spending time at higher camps and returning to base camp to rest, so the body adapts before the final push to the summit at 7,126 m. Your guide, working at a 1:1 ratio with each climber, monitors your health and sets the timing according to weather, snow conditions and acclimatization. The day-to-day plan can change accordingly.

Max. Elevation	7,126 m (Himlung Himal summit)
Duration	Approx. 16 days, flexible
Accommodation	Tented camp
Meals	Breakfast, Lunch, Dinner

Day 10: Preparation and Packing at Himlung Base Camp

After the climb you spend a day at base camp resting, sorting and packing your equipment and gear for the return. The staff take down camp and arrange loads for the porters. It is a day to relax, share stories with the team and enjoy the last hours at base camp.

Max. Elevation	4,850 m (Himlung Base Camp)
Duration	Rest and packing day
Accommodation	Tented camp
Meals	Breakfast, Lunch, Dinner

Day 11: Trek from Himlung Base Camp to Phu-Gaon

You leave base camp and descend along the trail you came up, back to Phu-Gaon. The thicker air makes the walk easier, and you can look back at Himlung Himal as you go. In the evening you rest in the village.

Max. Elevation	4,200 m (Phu-Gaon)
Duration	Approx. 4 hours trek
Accommodation	Teahouse/Lodge
Meals	Breakfast, Lunch, Dinner

Day 12: Trek from Phu-Gaon to Meta

You follow the Naar-Phu valley back down past canyon walls and rocky trails to Meta. The route is a long one, with a lot of up and down, but the descent brings more oxygen and warmer air. You spend the night at Meta.

Max. Elevation	3,560 m (Meta)
Duration	Approx. 6 hours trek
Accommodation	Teahouse/Lodge
Meals	Breakfast, Lunch, Dinner

Day 13: Trek from Meta to Koto

The final day of trekking takes you down through pine forest and narrow gorge sections back to Koto, where the trek began. You say goodbye to the Naar-Phu valley and enjoy a comfortable last night in the mountains.

Max. Elevation	2,610 m (Koto)
Duration	Approx. 5-6 hours trek
Accommodation	Teahouse/Lodge
Meals	Breakfast, Lunch, Dinner

Day 14: Drive from Koto to Besisahar

You board the jeep in Koto and drive back down the Marsyangdi valley to Besisahar, passing the same villages, waterfalls and forests you saw on the way up. You stay overnight in Besisahar.

Max. Elevation	823 m (Besisahar)
Duration	Approx. 7-8 hours drive
Accommodation	Hotel / Lodge in Besisahar
Meals	Breakfast, Lunch, Dinner

Day 15: Drive from Besisahar to Kathmandu

After breakfast you drive back to Kathmandu by road, along the river valleys and past hillside villages. You reach Kathmandu in the afternoon and are transferred to your hotel. The rest of the day is free to shower, rest and repack.

Max. Elevation	1,400 m (Kathmandu)
Duration	Approx. 6-7 hours drive
Accommodation	Hotel
Meals	Breakfast, Lunch

Day 16: Free Day in Kathmandu

This is a free day in Kathmandu to rest, shop for souvenirs or see places you missed earlier. It also serves as a buffer day for any delay on the road. In the evening you join a farewell dinner at a traditional Nepali restaurant, with a cultural program.

Max. Elevation	1,400 m
Duration	Free day
Accommodation	Hotel
Meals	Breakfast, Farewell Dinner

Day 17: Final Departure

After breakfast you are transferred to Tribhuvan International Airport for your flight home. Our team can help with flight reconfirmation and visa extensions, and can arrange more tours or treks if you want to stay longer in Nepal.

Max. Elevation	1,400 m
Duration	30 minutes airport transfer
Accommodation	No
Meals	Breakfast

Cost Include

- All arrival and departure transfers to and from the international airport, with airport assistance from Alpine Club of Himalaya staff.
- Four nights' accommodation in Kathmandu on a Bed and Breakfast basis.
- Experienced, government-licensed trekking and climbing Sherpa guide, with one climbing Sherpa guide per client (a two-time summiteer).
- Porters during the trekking period, with a 30 kg baggage allowance per person.
- Land transport for clients, guides, liaison officers and kitchen staff from Kathmandu to Koto and back.
- Full base camp setup, including kitchen, storage, dining, client and toilet tents, with tables, chairs and cooking equipment.
- Common climbing equipment, including fixed and dynamic ropes, ice bars, ice screws and snow bars.
- Three freshly prepared meals a day with tea and coffee, and all food and fuel for base camp.
- Accommodation in hotels, lodges, guesthouses or tented camps during the trek, and full camping arrangements for the climb (sharing a tent with one other member).
- Individual tents for each expedition member at Advanced Base Camp.
- Services of a chef and kitchen assistant at Advanced Base Camp.
- All required permits: Annapurna Conservation Area Permit, TIMS card, Naar-Phu restricted area permit, and the expedition royalty and climbing permit for Himlung.
- Nepal government royalties and all local taxes.

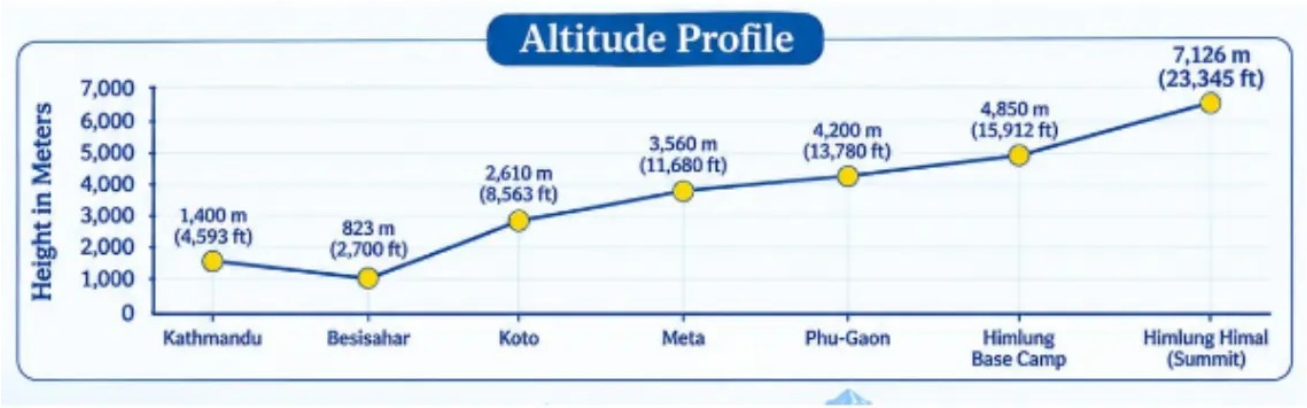
- Wages, equipment, medical and accident insurance for all expedition staff, plus helicopter rescue insurance for staff.
- On-site medical consultation at base camp through the Himalayan Rescue Association, and comprehensive first-aid kits.
- Daily weather reports from a weather service based in Seattle, USA.
- Satellite phone carried by the guide (available on request at USD 3 per minute).
- High-altitude food for clients and staff at base camp and above.
- Dining tent heater, solar panels and a backup generator at base camp.
- Emergency oxygen mask and regulator for clients if needed (charges apply).
- Gamow Bag (portable hyperbaric chamber) for altitude sickness treatment.
- Free help with cargo clearance and customs duties in Nepal.
- Pre-departure briefing, flight reconfirmation and visa extension assistance.
- Farewell dinner in a traditional Nepali restaurant with a cultural program.
- Alpine Club of Himalaya T-shirt.

Cost Exclude

- Nepal entry visa fee.
- International airfare.
- Travel insurance covering high-altitude climbing, emergency evacuation and rescue, which is mandatory.
- Personal climbing equipment and clothing.
- Emergency oxygen use and satellite phone calls (charged separately).
- Meals in Kathmandu other than breakfast, the welcome dinner and the farewell dinner.
- Personal expenses such as bar bills, laundry and snacks.
- Tips for guides, porters and staff.
- Extra costs from delays, weather, flight disruptions or evacuation.
- Any services or expenses not specifically mentioned under the cost includes section.

Trip Map


Alpine Club
OF HIMALAYA
Himlung Himal Expedition
32 Days
N
Legend
Driving Route
Trekking Route
Summit Climbing
Stop / Overnight
Base Camp
Summit
NEPAL
Kathmandu
(1,400 m / 4,593 ft)
Besisahar
(823 m / 2,700 ft)
Koto
(2,610 m / 8,563 ft)
Meta
(3,560 m / 11,680 ft)
Phu-Gaon
(4,200 m / 13,780 ft)
Himlung Base Camp
(4,850 m / 15,912 ft)
Himlung Himal
(7,126 m / 23,345 ft)
Nemjung
(7,140 m)
Himjung
(7,092 m)
Gyaji Kang
(7,038 m)
Ratna Chuli
(7,035 m)
Kang Guru
(6,981 m)


Altitude Profile
Height in Meters
7,000
6,000
5,000
4,000
3,000
2,000
1,000
0
1,400 m (4,593 ft)
823 m (2,700 ft)
2,610 m (8,563 ft)
3,560 m (11,680 ft)
4,200 m (13,780 ft)
4,850 m (15,912 ft)
7,126 m (23,345 ft)
Kathmandu
Besisahar
Koto
Meta
Phu-Gaon
Himlung Base Camp
Himlung Himal (Summit)