

1. Himlung Himal Expedition

2. Overview

High Route Adventure offers a 25-day, comprehensive, safety-focused Himlung Himal Expedition (7,126m). Our itinerary is specially designed for climbers looking to progress from 6,000m peaks to high-altitude mountaineering. Our Himlung Himal Expedition is a slow-and-steady...

3. Itinerary

Day 01: Arrive in Kathmandu [1345m/4411ft] and transfer to the hotel

Altitude: 1,400 m

Meals: Breakfast

Stay: Hotel

- Meet our staff at the TIA airport, who will be waiting for you with a sign with your name.
- Transfer to the hotel in Thamel, the tourist hub of Kathmandu city.
- Enjoy refreshing drinks and rest in the hotel.
- In the evening, meet the High Route Adventure Manager for dinner at a traditional restaurant.

Day 02: Climbing Preparation

Altitude: 1,400 m

Meals: Breakfast

Stay: Hotel

- Wake up, feel refreshed and enjoy breakfast in the hotel.
- Go for last-minute shopping if you need to buy trekking gear, clothing or snacks.
- Obtain the permit and keep a digital copy of each.
- If you don't have to buy anything, you can visit UNESCO World Heritage Sites in Nepal, such as Pashupatinath Temple, Baudha, Durbar Square and Swayambhunath.
- In the evening, enjoy dinner at a rooftop restaurant in Thamel, taking in the beautiful night views.
- Pack your backpack so that you can leave early in the morning.

Traveller's note: Our client should sign the terms and conditions of our company and must pay the remaining amount if it is uncleared.

Day 03: Drive from Kathmandu to Koto [2600m/4626ft] [10 hrs Drive]

Altitude: 2,620m

Meals: Breakfast, Lunch and Dinner

Stay: Tea house

- Enjoy breakfast early in the morning at the hotel.
- Meet our driver and climbing guide at your hotel doorstep.
- Our staff will load your backpack in our vehicle, and you will begin your ride.
- The drive from Kathmandu to Koto is about 140 miles (230 kilometers) and takes approximately 10 hours.
- Enjoy the early-morning drive to avoid traffic at the Thankot checkpoint.

- Ride through Prithvi Highway, and once you reach Besisahar, your ACAP permit will be checked. Continue driving, and you will arrive at Koto.
- Overnight stay at a teahouse in Koto.

Traveller's note: The road is off-road and long, so make sure to wear comfortable clothes and bring snacks to enjoy along the way.

Day 04: Trek from Koto to Meta [3560 m / 10826 ft] [6-7 hrs Trek]

Altitude: 3,560 m

Meals: Breakfast, Lunch and Dinner

Stay: Tea house

- Enjoy breakfast in the Koto tea house.
- Carry your backpack and leave for the Meta.
- You will cross the bridge over the Marsyangdi and follow the smaller Nar Phu Khola upstream
- Enter the restricted Nar-Phu Valley
- Walk through dense pine forests of pine and oak trees.
- Trek along steep and rocky paths with dramatic canyon views
- Gradually gain altitude with changing landscapes and fewer settlements
- Once you reach Meta village, you can see the typical flat roofs and prayer flags that mark the cultural transition.
- Overnight stay at a Meta teahouse.

Traveller's note: The final ascent to the Meta is strenuous. We recommend bringing enough snacks (nuts, chocolate) for this section.

Day 05: Trek from Meta to Kyang [4100m/13448ft] [6-7 hrs Trek]

Altitude: 4,100 m

Meals: Breakfast, Lunch and Dinner

Stay: Tea house

- From Meta, the path initially leads gently uphill and downhill across open fields
- To the left, you have constant views of the massive Pisang Peak and the icy flanks of Kangaroo Mountain (Gyajikang)
- After about 3 hours of walking, you will reach Chyako (3,720 m), a historically significant site.
- You will walk further along the hillside, with the Phu Khola river roaring far below in the gorge.
- Walk through dry, rocky terrain with very little vegetation, an almost moon-like landscape with bizarre rock formations.
- Pass through yak herding shelters and open alpine areas.
- Reach Kyang and stay overnight at a tea house.

Traveller's note: There is no shade on the open plateaus, so don't forget to apply sunscreen (SPF 50+) and sunglasses.

Day 06: Trek from Kyang to Phu [4580m/15022ft] [5-6 hrs Trek]

Altitude: 4,580 m

Meals: Breakfast, Lunch and Dinner

Stay: Tea house

- Enjoy breakfast in the Kyang tea house.
- Begin your journey toward the Phu Gaon, following the upper Phu Khola (Phu River) valley.
- Pass through Phupi Gyalgoe Gate: The "entrance gate" to the Phu region.
- Enter the open alpine landscape with dramatic, barren hills and rock formations.
- Reach the traditional village of Phu, visible on a hillside surrounded by mountains.
- Enter Phu Gaon, a medieval-style village of about 30–40 stone houses stacked dramatically on a ridge.

Travellers' note: You will be significantly exceeding 4000 meters today. Walk very slowly ("Bistari, bistari"), even if the path appears flat.

Day 07: Exploration day at Phu Valley

Altitude: 4,580 m

Meals: Breakfast, Lunch and Dinner

Stay: Tea house

- Today is the rest day in Phu Valley for acclimatisation, to help your body adjust to the high altitude.
- After breakfast, you will visit:
- Ancient Tashi Lhakhang Monastery
- Chyoling (Choling) Monastery
- Explore Phu village for cultural immersion
- Short hike to nearby ridges for panoramic Himalayan scenery and the surrounding glacial valley.
- Overnight stay at Phu Valley tea house.

Travellers' note: Check your health condition and follow proper acclimatisation on this rest day.

Day 08: Trek from Phu to Himlung Himal Base Camp [4842m/15881ft] [3-4 hrs Trek]

Altitude: 4,842m

Meals: Breakfast, Lunch and Dinner

Stay: Tea house

- Leave the ancient stone village of Phu and enter a remote alpine wilderness
- Trek through open valleys and rugged high-altitude terrain
- Cross moraine and rocky sections of the Pangri Glacier
- Around 2 hours into the trek, enjoy the first clear views of Himlung Himal (7,126m)
- Final approach leads to the Base Camp area on grassy, protected terrain (French/Kari Kobler Base Camp region).
- Reach Himlung Himal Base Camp (4,850m) and stay in expedition tents and rest.

Travelers' note: Stay on your trek early in the morning to avoid the fierce afternoon winds, and pack your lunch.

Day 09-19: Climbing Himlung Himal [7126m/23345ft] and descend back to base camp

Altitude: 7,126 m

Meals: Breakfast, Lunch and Dinner

Stay: Tea house

- Rotation from Base Camp to Camp I, Camp II and Camp III for proper acclimatisation.
- Make the final summit push from Camp III to the summit of Himlung Himal.
- From the summit enjoy the 360-degree view of:
- Mount Manaslu (8,163m)
- Annapurna range (including Annapurna II, III, and IV)
- Dhaulagiri region
- Tibetan Plateau to the north
- Arrive safely at the Himlung Himal Base Camp and stay overnight at the base camp.

Travelers' note: Prior experience above 6,000m (e.g., Island Peak or Mera Peak) is highly recommended. Strong fitness, stamina, and leg strength are required for carrying loads at high altitude. Weather can be severe; strong winds, especially in late autumn, may affect or block summit attempts.

Day 20: Trek back to Phu village [4580m/15022ft] [5-6 hrs Trek]

Altitude: 4,580 m

Meals: Breakfast, Lunch and Dinner

Stay: Tea house

- After breakfast, we will leave the Base Camp.
- We will walk into the valley, and don't forget to keep an eye out for Blue Sheep (Bharal), which are common on the slopes surrounding the trail.
- On the route, pass through rocky alpine terrain with gradual downhill sections
- Follow the trail along the Phu Khola (Phu River) and arrive at Phu Village.
- Overnight stay at Phu village tea house.

Traveller's note: A hot shower is recommended for hygiene and comfort after long days spent at high altitude.

Day 21: Trek from Phu to Meta [3560m/11676ft] [5-6 hrs Trek]

Altitude: 3,560m

Meals: Breakfast, Lunch and Dinner

Stay: Tea house

- Enjoy a final breakfast overlooking the Tashi Lhakhang Monastery, then head toward the Meta village.
- After about 3 hours, you will reach Kyang with views of Annapurna II and Pisang Peak.
- Then walk through the forest to Meta and stay overnight at a tea house.

Traveller's note: The paths are partly carved into steep rock faces. Beware of **falling rocks**.

Day 22: Trek from Meta to Koto [2600m/8528ft] [6-7 hrs Trek]

Altitude: 2,600 m

Meals: Breakfast, Lunch and Dinner

Stay: Tea house

- Follow the scenic Phu Khola Gorge with cliffs and waterfalls
- Pass Hulaki Odar, a natural rock shelter used by old postal workers
- Complete exit formalities at the Koto police checkpoint when leaving the restricted area
- Reach Koto and enjoy the better facilities like Wi-Fi, electricity, and more food options

Travellers' note: Trails can be narrow, rocky, and slippery in places, so walk carefully.

Day 23: Drive back to Kathmandu from Koto [10 hrs drive]

Altitude: 1,400 m

Meals: Breakfast

Stay: Hotel

- Enjoy the off-road drive from Koto to Kathmandu.
- Follow the Trishuli River and enjoy people rafting.
- Enjoy your lunch in the middle of a trip like Dumre or Mugling.
- Arrive at Kathmandu and check in at the hotel.

Travellers' note: Due to off-road wear, wear comfortable clothing and a mask for dust protection are recommended.

Day 24: Leisure day in Kathmandu

Altitude: 1,400 m

Meals: Breakfast

Stay: Hotel

- Enjoy a massage or spa.
- Visit your favourite palace on your own
- Buy souvenir or shopping before heading home.

Traveller's note: This day is kept for the weather issue. You can also skip this day if everything goes as planned.

Day 25: International Departure

- Enjoy a final breakfast at your hotel in Kathmandu before heading to the airport.
- Collect the Certificate of completion of the expedition from our office
- We will arrange a private transfer from your hotel to KTM airport.

5. Cost Includes

6. Cost Excludes

7. Equipment / Packing List

Proper gear is essential for safety and success on a high-altitude expedition like Himlung Himal (7,126m). Below is a complete and well-organized equipment list recommended for climbers.

? 1. Backpack & Bags

- Expedition backpack (70–80L)
- Daypack (20–30L)
- Duffel bag (waterproof, 100–120L)
- Waterproof pack cover

? 2. Clothing System (Layering)

Base Layer

- Thermal tops (2–3 sets)
- Thermal bottoms (2–3 sets)

Mid Layer

- Fleece jacket
- Lightweight down jacket

Outer Layer

- Waterproof & windproof shell jacket
- Waterproof shell pants

Insulation Layer (Extreme Cold)

- Heavy down jacket (800–1000 fill)
- Down pants or insulated pants
- Expedition down suit (recommended)

? 3. Footwear

- Double or triple insulated mountaineering boots (e.g., B2/B3 category)
- Trekking shoes (for lower sections)
- Gaiters (waterproof)
- Warm socks (wool/synthetic – multiple pairs)

? 4. Climbing Gear

- Ice axe
- Crampons (compatible with boots)
- Harness
- Helmet
- Carabiners (locking & non-locking)
- Jumar (ascender)
- Descender (figure-8 or tube device)
- Climbing ropes (provided by expedition team in most cases)

? 5. Hand & Head Protection

- Insulated summit gloves
- Lightweight inner gloves
- Waterproof shell gloves
- Warm beanie/wool hat
- Balaclava or face mask
- Neck gaiter / buff

? 6. Sleeping Gear

- Sleeping bag rated to **-30°C or lower**
- Sleeping bag liner (for extra warmth)
- Inflatable sleeping mat (optional, if not provided)

?? 7. Eye & Sun Protection

- UV-protection sunglasses (Category 4)
- Goggles for wind and snow
- High SPF sunscreen
- Lip balm with SPF

? 8. Personal & Hygiene Items

- Toothbrush & toothpaste
- Wet wipes / biodegradable wipes
- Hand sanitizer
- Quick-dry towel
- Toilet paper
- Basic toiletries

? 9. Medical Kit

- Personal prescribed medicines
- Diamox (after doctor consultation)
- Painkillers & fever medication
- Blister care kit
- Altitude sickness medication (as advised)

? 10. Electronics

- Headlamp with extra batteries
- Power bank (10,000–20,000 mAh)
- Charging cables
- Optional: solar charger

? 11. Personal Extras

- Energy bars / snacks
- Hydration bottles or bladder
- Lightweight trekking poles
- Camera / GoPro (optional)
- Cash for personal expenses

? Important Note

Some technical climbing equipment (like ropes and fixed anchors) is usually provided by **High Route Adventure**. However, personal gear must be of high quality and tested before the expedition. Good equipment means better safety, comfort, and performance at high altitude.