communitytrek.com/nepal/himlung-expedition
+977-9869666346 · WhatsApp: +977-9869666346 · communitytreks@gmail.com



NEPAL · MANASLU

Himlung Expedition (7126m)

Mt. Himlung Expedition is an extraordinary Himalayan adventure through the remote Nar Phu Valley, blending high-altitude climbing with rich Tibetan culture and breathtaking landscapes.

TRIP PRICE
$8,000

COST / PRICE	REGION	DURATION	MAXIMUM ALTITUDE
$8,000	Manaslu	30 days	7,126 m

BEST SEASON	DIFFICULTY	ACCOMMODATION	TRIP TYPE
Spring & Autumn	Challenging	Teahouse / Lodge	mountaineering

HIGHLIGHTS

What makes this trip special

01 **Summit Mt. Himlung (7,126m) – Conquer one of Nepal's most accessible 7,000-meter peaks with stunning panoramic views of Annapurna, Manaslu, and the Tibetan Plateau.**

02 **Journey Through the Hidden Nar Phu Valley – Trek across remote Tibetan-influenced villages, ancient monasteries, dramatic canyons, and untouched Himalayan wilderness.**

03 **Experience an Authentic Himalayan Adventure – Discover alpine forests, waterfalls, yak pastures, high mountain passes, and pristine glacial landscapes far from the crowds.**

04 **Climb with Expert Local Sherpa Guides – Enjoy a safe and well-organized expedition with experienced mountaineering support, quality logistics, and personalized service from Community Trek.**

DAY-BY-DAY ROUTE

Itinerary

A clear breakdown of each day of the trip.

DAY 1

Arrival in Kathmandu (1,400m)

Upon arrival at Tribhuvan International Airport, our team will warmly welcome you and transfer you to your hotel. In the evening, enjoy an expedition briefing and meet your climbing guides.

DAY 2

Kathmandu - Preparation Day (1,400m)

Spend the day exploring Kathmandu while completing permit formalities, checking climbing equipment, and preparing for your Himalayan expedition.

DAY 3

Drive to Dharapani (1,960m)

A scenic drive through the Trishuli and Marsyangdi valleys takes you to Dharapani, the gateway to the Annapurna and Nar Phu regions.

DAY 4

Trek to Koto (2,610m)

Follow beautiful forest trails and traditional villages before reaching Koto, the entrance to the remote Nar Phu Valley.

DAY 5

Trek to Meta (3,560m)

The trail enters dramatic gorges, waterfalls, and pine forests as you leave the busy Annapurna Circuit behind and venture into the untouched Nar Phu Valley.

DAY 6

Trek to Kyang (3,840m)

Walk through wide alpine landscapes, yak pastures, and ancient Tibetan settlements while enjoying spectacular Himalayan scenery.

DAY 7

Trek to Phu Village (4,080m)

Reach the remarkable medieval village of Phu, one of Nepal's most isolated Tibetan settlements, surrounded by dramatic cliffs and snow-capped peaks.

DAY 8

Acclimatization at Phu Village (4,080m)

An important rest day to adapt to the altitude. Explore Tashi Lhakhang Monastery and experience the authentic culture of the local community.

DAY 9

Trek to Himlung Base Camp (4,900m)

Leave the village behind and follow glacial valleys to Himlung Base Camp, your home for the climbing phase of the expedition.

DAY 10

limbing Training at Base Camp (4,900m)

Practice using crampons, ice axe, fixed ropes, and other climbing equipment while reviewing glacier travel and safety techniques.

DAY 11

Acclimatization at Base Camp (4,900m)

Rest, recover, and prepare both physically and mentally for the higher camps.

DAY 12

Climb to Camp I (5,450m) and Return to Base Camp

Complete your first acclimatization rotation on the glacier before descending to Base Camp.

DAY 13

Rest Day at Base Camp (4,900m)

Recover, hydrate, and monitor weather conditions while the climbing team prepares for the summit push.

DAY 14

Climb to Camp I (5,450m)

Begin the summit rotation and spend the night at Camp I.

DAY 15

Climb to Camp II (6,000m)

Continue across snowy slopes and glacial terrain to establish Camp II beneath the upper ridge.

DAY 16

Climb to Camp III (6,350m)

Ascend to High Camp, making final preparations for the summit attempt.

DAY 17

Summit Mt. Himlung (7,126m) and Return to Camp II

Begin before dawn and climb steadily to the summit of Mt. Himlung. Celebrate breathtaking panoramic views of Manaslu, Annapurna II, Annapurna IV, Pisang Peak, Lamjung Himal, and the Tibetan Plateau before descending safely.

DAY 18

Descend to Base Camp (4,900m)

Return to Base Camp after a successful summit and celebrate your achievement with the expedition team.

DAY 19

Contingency Day

Reserved for poor weather or an additional summit opportunity if needed.

DAY 20

Trek Back to Phu Village (4,080m)

Leave Base Camp behind and retrace your steps through the beautiful alpine valley to Phu Village.

DAY 21

Trek to Kyang (3,840m)

Enjoy a gradual descent through peaceful yak pastures and spectacular mountain scenery.

DAY 22

Trek to Meta (3,560m)

Continue descending through dramatic canyons and traditional Himalayan landscapes.

DAY 23

Trek to Koto (2,610m)

Exit the Nar Phu Valley and rejoin the classic Annapurna trail.

DAY 24

Trek to Dharapani (1,960m)

Follow forested trails and charming mountain villages before reaching Dharapani.

DAY 25

Drive to Kathmandu (1,400m)

Enjoy one final scenic drive back to Kathmandu, passing rivers, terraced hillsides, and rural Nepal.

DAY 26

Leisure Day in Kathmandu (1,400m)

Relax, explore UNESCO World Heritage Sites, or shop for souvenirs while enjoying your final days in Nepal.

DAY 27

Buffer Day in Kathmandu (1,400m)

An extra day reserved for unexpected weather delays or flight schedule changes.

DAY 28

Free Day in Kathmandu (1,400m)

Spend the day at your own pace or join an optional sightseeing tour around the Kathmandu Valley.

DAY 29

Farewell Dinner (1,400m)

Celebrate your successful Mt. Himlung Expedition with a traditional Nepali farewell dinner and cultural performance.

DAY 30

Final Departure (1,400m)

Transfer to Tribhuvan International Airport for your onward journey, taking home unforgettable memories of one of Nepal's finest Himalayan expeditions.

SERVICES

Included and not included

Included

- √ All arrival and departure transfers to and from Airport both domestic and international.
- √ 4 Nights 3 star category Hotel accommodations in Kathmandu on BB Plan as per itinerary.
- √ 1 experienced private climbing Sherpa guide during trek and climb (Everest Summiteers) .
- √ Transportation: kathmandu to Besisahar to Koto and back to Kathmandu the climbing member, guides and Kitchen Crew.
- √ Complete camping setup with dining & kitchen tents, chairs and tables in Advance Base Camp.
- √ Necessary shower and toilet tents, individual member tents in BC.
- √ One each tent for member & Sherpa sharing in Camp 1.2, & 3.
- √ Solar panel/generator for light and battery charge in Base Camp.
- √ Three meals a day (BLD-tea-coffee) and twin sharing teahouse accommodation during trek.
- √ Freshly cooked hot meal and Base Camp, prepared by cook.
- √ 40 kg personal baggage while trekking up and 30 kg while down carrying by porter.
- √ Expedition royalty and climbing permit for climbing Mt. Himlung (7126m)
- √ Fully paid government appointed liaison officer in the team.
- √ Necessary kitchen staffs BC.
- √ Medical, accidental, and search and rescue Insurance for all involved local staffs.
- √ All rope fixing and icefall management charges levied in the Expedition.
- √ Emergency oxygen mask and regulator in ABC for medical purpose only.
- √ Satellite phone in ABC available for members with the cost of US$ 3 per minute call.
- √ First Aid medical kits for the Group and the staff.
- √ Our service charge and Government Taxes levied in Nepal.
- √ Complete pre-departure information.

Not included

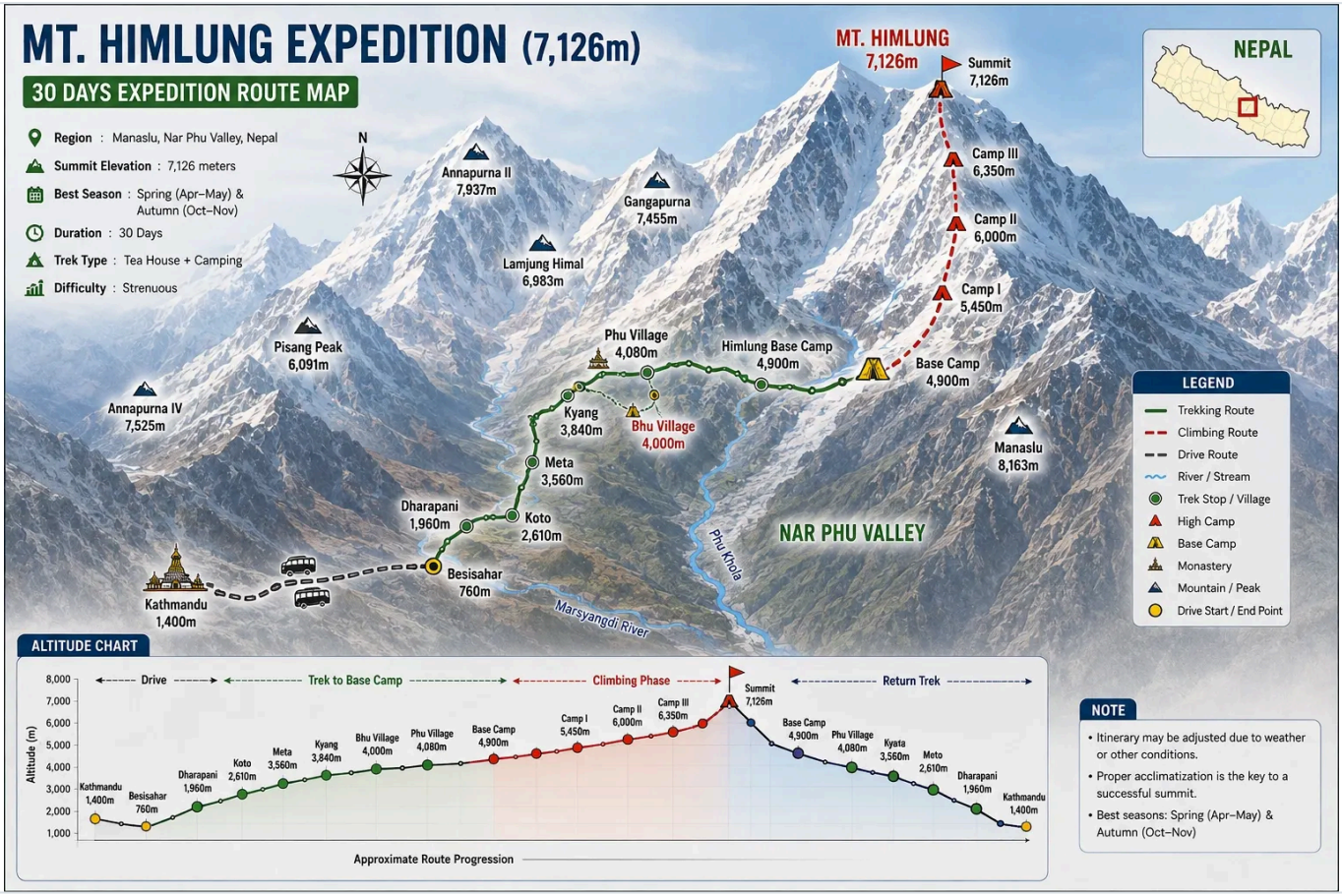
- – Lunch and Dinner during your stay in Kathmandu (except farewell dinner).
- – Items of personal nature and laundry expenses.
- – Expenses by usage of landlines, mobiles, satellite phone and Internet.
- – Clothing, packing items or bags, personal medical kit, camera/video fees or trekking gears.
- – Any extra expenses arising out of various/unforeseen situations like natural calamities, landslides, political disturbances, strikes, change in Government regulations, etc.
- – Any additional staff other than specified.
- – Summit bonus to climbing Sherpa up to camp 4 and above (Minimum US$ 500.00)
- – Rescue, medicines, medical tests and hospitalization expenses of the member.
- – Medical and travel Insurance with helicopter search and rescue.
- – Permits for walkie-talkies & filming if special camera.
- – Personal climbing gears.
- – Nepal custom duty for import of expedition goods.
- – Tips, gifts, souvenirs.
- – Any other item not mentioned in “THE PACKAGE COST INCLUDES” section

- √ **Farewell Dinner in a typical Nepali restaurant with domestic culture show in Kathmandu.**

ROUTE MAP

Trekking & tour route

Key stops, checkpoints, and route trajectory.



PLANNING

Frequently asked questions

Where is Himlaung located?

Himlung Himal is located in the Manaslu region of Nepal, specifically in the Manang district. It is situated northeast of the Annapurna range, near the Tibetan border. The mountain is roughly 140-150 kilometers from Kathmandu.

Do I need a permit?

Yes. We take care of all necessary permits, including the Himlaung climbing permit, Trek permits, and National park fees.

Where will we sleep?

In Kathmandu: Hotels or lodges

During trekking: Teahouses or tents

Base Camp and above: Tents

Will I have an internet or phone signal?

There may be limited or no signal during the trek and no internet at higher camps. We may carry a satellite phone for emergencies.

Do I need travel insurance?

Yes, mandatory. It must cover high-altitude climbing and helicopter rescue.

Is Himlaung a technical climb?

Yes, it is. You will need to use ropes, crampons, an ice axe, and climb on snow and ice. It is not a beginner's mountain.

Do I need previous climbing experience?

Yes. You should have done at least one high altitude climb before, and be comfortable using ropes, walking with crampons, and using a jumar.

Will there be training before the climb?

Yes. We do refresher training at base camp and check that everyone is confident before heading up.

Do you accommodate any type of diet?

Our meals are cooked from fresh meat and products. We provide traditional, vegetarian, vegan, pescatarian, halal, and other meals, and we can also cater to any dietary requirements you might have (ex. gluten-free). Any of them is nutritious and versatile, specially designed for mountain conditions by nutritionists.

GALLERY

A glimpse of the journey













Community Trek
Explore, Connect & Experience

PLAN YOUR ADVENTURE

Bookings & Custom Dates

Contact our local team in Kathmandu to reserve your spot or tailor this itinerary.

Kapan, Kathmandu WhatsApp & Call: +977-9869666346

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Prepared Nov 17, 2026