

# Himlung Himal 7126m



## EXPEDITION OVERVIEW

- Spectacular mountain with stunning views of the Annapurna Peaks
- Multi-camp expedition style ascent of Mt Himlung Himal by its West Ridge
- Ideal summit to gain experience to attempt an 8000m peak



Located in the Manaslu region northeast of the Annapurna range, Himlung Himal (7126m) lies close to the Tibetan border in a remote corner of Nepal. It was first climbed in 1992 by a Japanese team and has had few, if any, further ascents. To date there have been no British ascents of this 7000m peak even though it is technically easy. We anticipate placing four camps above Base Camp that will be put in place by our strong Sherpa team.

Himlung Himal provides a stunning and un-crowded peak in a remote location!

#### **Participation Statement**

Arnold Coster recognises that climbing, hill walking and mountaineering are activities with a danger of personal injury or death. Participants in these activities should be aware of and accept these risks and be responsible for their own actions and involvement.

#### **Adventure Travel, Accuracy of Itinerary**

Although it is our intention to operate this itinerary as printed, it may be necessary to make some changes as a result of flight schedules, climatic conditions, limitations of infrastructure or other operational factors. As a consequence, the order or location of overnight stops and the duration of the day may vary from those outlined. You should be aware that some events are beyond our control and we would ask for your patience.

#### **Recommended Previous Experience**

The technical difficulty of this climb is not high, but it is physically demanding with long days. The trip is ideally suited to strong, experienced mountaineers who want to climb the peak in its own right, or to use the trip to gain experience for an 8000m peak in the future. To move efficiently and enjoyably we recommend you have experience of Alpine PD+ routes and /or an ability to climb Scottish grade I/II winter routes and preferably previous experience of altitude of at least 6000m before.

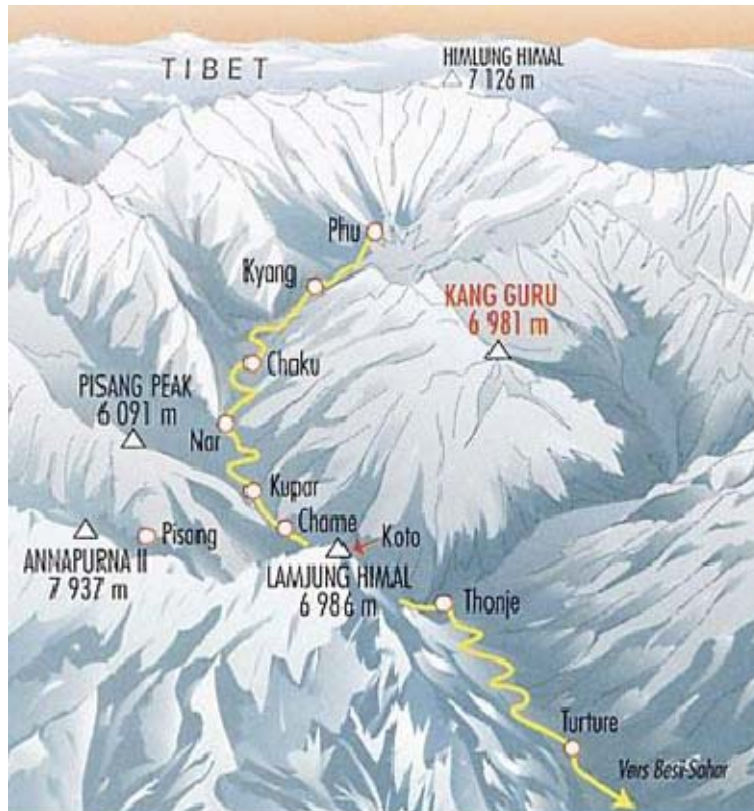
The climbing days between the four camps on the mountain are relatively short (6-7 hours), the summit day being the longest day is typically 8-10 hours (6410m-7126m). However most people will find climbing at this altitude extremely demanding and should prepare for this with fitness training and be able to cope with long hill days.

#### **A Typical Trekking Day**

Starts around seven a.m. (not a problem as its usual to go to bed early!) with you packing your overnight gear into a kit bag before enjoying a hearty breakfast ready to leave camp/lodge whilst it's still fairly cool. The pace on the trek will be leisurely with plenty of time to enjoy the scenery, take photos, chat to the locals and keep hydrated. Lunch is usually in a fine spot by the side of the trail and, most days, you will be arriving at our overnight camp/lodge mid-afternoon ready for a well-earned cup of tea. This



leaves an hour or so to rest or explore before a three course evening meal. It is quite remarkable what the locals can produce in these remote circumstances.



### The Climbing Day

It would be impossible to produce an itinerary that suited all people's abilities & preferences. Climbing a 7000m peak involves a lot of different stresses on the body and folk will respond to this in different ways and at different rates. Through utilising a good ratio of Sherpa's to clients 1:1 we can normally allow people to progress up the mountain at a rate appropriate to their own needs. A description of the route is included and the programme is flexible enough for people to listen to their own bodies and rest, climb high – sleep low or 'go for it' accordingly.



## ITINERARY

KEY to inclusions (H-hotel, T-teahouse/lodge, C-Camping, Breakfast, L-lunch, D-dinner/evening meal

**Days 1:** Arrive Kathmandu usually early evening the next day. Transfer to hotel close to the famous, bustling Thamel district of Kathmandu within easy walking distance of the Monkey Temple with its lovely gardens. H

**Day 2:** Morning briefing to complete the official permit procedures after which the rest of the day is free to enjoy the 'bombardment of the senses' that is Kathmandu. Sightseeing tours can be arranged and would include visiting the temples of Bodnath, Swayambhunath (The Monkey Temple), Pashupatinath and Durbar Square. Simply wandering around the huge array of shops, markets, cafes, bars and restaurants in Thamel is a fascinating experience. H

**Day 3:** Drive to the road head at Besisahar (also known as Lamjung) stopping for lunch on route. and onwards by jeep following and criss-crossing the Marsyandi river, we enter the Annapurna Conservation Area, climb from tropical forests to mountain forests, enjoy ever improving views of the mountains as we get closer and closer to them and pass through numerous interesting villages seeing the culture change as we ascend. Now in the Tibetan Manang District we continue with views of Manaslu and Annapurna II. We overnight at the administrative capital, Chame (2685m) T

**Day 4:** Trek to Dharmasala 3230m

**Day 5:** Trek Dharmasala to Kyang 3910m

**Day 6:** Trek Kyang to Phugaon 4075m

**Day 7:** Trek Phugaon to Himlung Base Camp 4850m

**Day 8:** Rest Day at Base Camp. Another acclimatisation day spent exploring the alpine meadows and views around camp, packing gear for higher on the mountain and relaxing in this very pleasant spot.

**Day 9-24:** Ascent of Himlung 7126m via four camps.



**Base Camp (4850m) to Camp 1 (5620m)**

**Camp 1 to Camp 2 (5990m)**

**Camp 2 to Camp 3 (6320m)**

**Camp 3 to camp 4 (6400m)**

**Camp 4 to Himlung Himal Summit (7126m)**



**Day 25-27: Return Trek from Base Camp to Chame**





**Day 28:** Return Jeep to Kathmandu to the comforts of our hotel in Thamel and the enjoyable hustle and bustle

**Day 29** Reserve day in Kathmandu with time to buy souvenirs and try your hand at haggling with the local shopkeepers. Possible evening flight

**Day 30:** Return flight from Kathmandu.

### **Weather Conditions**

The Post-monsoon and pre-winter conditions experienced from October into mid-December are usually very fair, dry and stable. Daytime temperatures are pleasantly warm in the valleys (20-30 degree Celsius) whilst cool to very cold (especially with wind chill) high on Himlung. Night time temperatures are cold to very cold (possibly as low as minus 25 degree Celsius) and you should make sure you have a warm sleeping bag.

### **WEATHER FORECAST**

We get regular weather forecasts direct true SMS messages on the satellite Phone, which can be relayed up the mountain and further ones as a back up to our Satellite phone.

### **COMMUNICATIONS**

Arnold Coster issues every member and Sherpa's with a handheld VHF radio. Base Camp is equipped with a Satellite Phone





Arnold Coster expedition's communications are supplied by:



## WHAT TO CARRY

On the trek you should aim to carry a light rucksack (around 30L) containing 1-2L of water, waterproofs, a spare warm layer, camera, mini first aid kit, sun hat, sun cream, sun glasses and a warm hat and gloves. The rest of your gear can go in your kit bag to be carried by the yaks or porters.

I suggest a 50L sac to enable you to carry your personal equipment up to the higher camps on the mountain, also a smaller pack will be to short for the 4l oxygen bottles. The Sherpa's will establish & stock the camps as well as porter the oxygen to camp ready for the summit attempt. Sherpa's will also help carrying personal equipment like; down suits, sleeping bags etc.

## CATERING ARRANGEMENTS



Base Camp food is excellent and designed to stimulate your appetite and keep you going despite frequent altitude induced loss of appetite. Breakfast includes porridge and cereal followed by eggs (fried, boiled, poached or omelettes) and bacon along with either bread or chapattis with jam, honey, peanut butter etc. Lunch starts with juice followed by a hot meal which may include some of the following: chips, rice, lentils, vegetables, salad, sandwiches, beans, tinned fish and tinned meat. Dessert is usually fresh or tinned fruit and tea. The evening meal always starts with soup (often with a healthy dose of garlic to aid acclimatisation) accompanied by pompadours, popcorn or prawn crackers. The main meal varies from local style – Dal Bhat (rice and lentils with an onion and vegetable sauce), yak stew, momos etc. to



western style – yak burgers, chips, pasta, even pizza! Desserts are equally appealing and include apple pie, cake, custard etc. You will not be hungry!

Snack food for the hill will be plentiful and consist of such things as: chocolate, cereal bars, jelly, dried fruit, nuts, cheese and salami (you help yourself from tubs, so there is no limit!). Cooked food higher on the hill will be a combination of freeze dried food, soup and supplemented by snacks. Most people experience some kind of appetite loss and we mainly aim to keep as hydrated as possible with fruit teas, soup and powdered fruit drinks. For special interest and to keep the taste buds going we ask each member to bring a small 'luxury' item of desire to share at some point with the rest of the group.

#### **IMPORTANT–The small print**

Please note, if for any reason you need to return to Kathmandu separate from the whole group, there will be costs incurred which you will need to pay. In this situation you should claim back any cost through your insurance

#### **CHANGE OF INTERNATIONAL FLIGHTS**

We allow extra days in the itinerary for bad weather. If you do summit or come back early additional costs may be incurred. When obtaining your flights, be sure to book alterable, refundable flights.

#### **INSURANCE**

Insurance which covers mountain rescue and medical expenses is essential. You should note there are no official mountain rescue services in Nepal and any evacuation in the event of a serious medical emergency to the nearest hospital will be by land or military helicopter. We will require a copy of your insurance prior to departure. Please contact me if you need an insurance advice.

#### **RESPONSIBLE TOURISM**

We employ Nepalese Sherpa's and cooks as well as a local cook boy who all work alongside our own group leader giving employment beyond farming. We will have our power shower setup at BC, but if you would like a bowl of hot water to wash in, then just ask the cook. Wet wipes also work really well as an alternative. We recommend you take items such as batteries back to Kathmandu for recycling.





## **ALTITUDE**

You should already be familiar with the effects of altitude from your previous experience. However if you are new to extreme altitude you may still have concerns about the effects. Don't worry; our itinerary allows sufficient time to acclimatise. The best way to avoid such symptoms is to do everything slowly, walk at a steady pace and drink plenty of fluid.

## **USEFUL TIPS**

Just in case your main luggage goes missing en route, it is a good idea to wear or hand carry your boots on the plane. Most other things can be replaced but comfortable, well worn-in boots are impossible to replace.

## **EQUIPMENT**

A detailed equipment list is provided on booking. Specialist items such as sleeping bags and down jackets/suits can be hired also (limited availability).

## **BAGGAGE**

For your own comfort, travel light. For such a long trip it's amazing how quickly the weight adds up. Some European airlines only allow 20kg on economy flights and charge huge money for excess baggage (specially the cheapest flights). Most airlines offer a 30kg allowance for sports equipment, but this has to be obtained when you buy the ticket in advance. Some items can be left at the hotel for your return. Suitable kit bags must be bought and important items should also be packed in plastic bags. A 27-35 litre day sac is needed to carry a fleece, rain gear, gloves, water bottle, camera and guidebook, for the acclimatisation walks.

## **VISAS AND PERMITS**

US, UK citizens and most EU nationals can get the Nepal Visas on arrival. All other nationals should check with their local embassy and/or [www.immi.gov.np](http://www.immi.gov.np). Passports must be valid for at least six months after the end date of the trip.



## **LOCAL COSTS**

Most meals are inclusive, please see the key above. Individuals are responsible for drinks and hotel meals throughout whilst in Kathmandu which gives the flexibility to choose where you eat. The following approximate costs (mid range) may vary:

Tea/coffee 1.5\$; Beer 4\$; Soft drink 1.5\$; Local lunch 10\$; 3-course dinner 20\$

Along the trek it is possible to buy hot drinks (very cheap), soft drinks, beer and spirits (not recommended on the way up).

## **CURRENCY**

Nepalese Rupee; Euros, UK Sterling, and US Dollars can easily be changed in Kathmandu. ATM (cash machines) are available in Kathmandu but are often out of order, but usually you can find one that works within the same area.

## **TIPPING**

It is traditional to tip the local staff including the porters and cook staff. These folk work incredibly hard and will do almost anything to help you throughout the expedition. You will probably want to make a reasonably generous tip at the end of the trek and we recommend allowing about \$100-\$150 for this. Climbing Sherpa's usually get a "summit Bonus" for a job well done, expect to pay \$500-\$600 for your Sherpa when you summit together.

## **MODE OF PAYMENT**

The mode of payment below is suggested, however it maybe possible through discussion to agree an alternative arrangement.

Refundable Deposit payable with booking 1500\$

Final payment 2 months before departure

Please note – The final Payment is non-refundable and you are advised, therefore to take out adequate cancellation insurance when you book



### **What is Included**

- All permits, charges, importation taxes and levies payable to the Nepal Government in connection with the expedition.
- All hotel and other accommodation up to and including two nights accommodation on our return to Kathmandu.
- All tents, ropes and other communal equipment necessary for the climb.
- Medical safety equipment and supplies.
- Communication equipment (each member will have a radio on the hill), satellite telephone, weather forecasts.
- All food, fuel and cooking equipment.
- All trucks, jeeps, yaks, base camp workers.
- Base Camp and Advance Base Camp services, cooks, cook boys, tents, seating etc.
- Climbing Sherpa support on the mountain 1 member : 1 Sherpa

### **What is not included**

- Air travel to Kathmandu.
- Personal climbing clothes and equipment.
- Personal insurance, visas and inoculations.
- Food whilst the team is in Kathmandu.
- Importation taxes incurred by your personal equipment (e.g. satellite telephone and other high-tec equipment).
- Personal medical supplies and personal use of communication equipment.
- Tips and Sherpa Bonus.
- Additional Helicopter flights.
- Anything of a personal Nature



## **WHY BOOK WITH ARNOLD COSTER?**

Our price is not the cheapest available but we are exceptionally competitive and provide a very high level of service for a little extra cost. Until you have been to these altitudes it is difficult to fully appreciate that extra value. We provide: Strong Leadership and Support. The expedition will be lead by a Sherpa leader who speaks good English, climbed the mountain several times and understands the western needs. He will be supported by our strong team of Sherpa's, who have also been to the summit many times. Dawa and Mingma our senior Sherpa's climbed all fourteen 8000m peaks!

To cater every climbers need you can choose from two different service levels:

**Basic Service:** This includes all cost to, from and in Base Camp. Only for members who join as a group of 2 or more. If you need additional services; these can be added for additional cost.

- All logistical cost during the trek to and from base camp are included, also all accommodation and food during the trek.
- Comfortable base camp setup with all facilities.
- Fixed rope, Medical support, weather report and communications with Base Camp
- 4 nights Shared room in midrange Hotel in Kathmandu

**Full Service:** Basically this includes everything for an experienced climber.

- All high altitude equipment; tents, fuel, stoves, food and snacks are provided.
- There will be one Sherpa for one members to assist during summit days.
- 4 Nights Single room in Midrange Hotel in Kathmandu



### **Very strong communication equipment**

All members and Sherpa's are given a radio for the duration of the expedition and we have quality base sets at BC . Satellite telephones at Base Camp; essential for weather forecasts. You can take the phone to use in the privacy of your own tent.

### **Quality Mountain Equipment**

We use expedition tested equipment, a good supply of stoves, shovels etc. Quality Base Camp & Advance Base Camp. We do not use Nepali tents and equipment and as a result we can guarantee the quality. Our Mess tents and base camp facilities are among the most comfortable ones in Base Camp!

Although this may appear to be a luxury we have found they add to your overall comfort and relaxation allowing you to be physically more able at critical times. Only those who have been to these altitudes for long periods will fully appreciate the subtle differences.

All those Little Luxuries; Showers, mess tent heaters, high quality tents, entertainment and comfortable seating don't add to the cost of your expedition but can add to your potential summit success. You will be more relaxed and rested which in turn allows you to retain your strength or regain it if you suffer a bout of illness.

### **Staffing**

We have good cooks and Sherpa; staff who regularly work for us. We have a cook and cook assistant at both BC and ABC to ensure you are well looked after wherever you are. At least 1 climbing Sherpa to every client. This is a higher ratio than many other companies and allows for illness, accident or to give the resources needed to get logistics in place after a bad spell of weather etc.

### **Medical**

We normally manage to have a Doctor on the team but this is not guaranteed.

Our Leader is trained and has a lot of experience in treating and recognizing High Altitude Sickness. The expedition has his own: Medical supplies, Gammo Bag Emergency equipment, spare oxygen, stretcher etc



Arnold Coster wants to thank his sponsors for all their years of support!

