

Himlung Himal

REGION	Manaslu · Nar Phu
DURATION	28 days
MAX ALTITUDE	7,126 m
GRADE	Expedition · PD+/AD
SEASON	Mar-May · Sep-Dec
FROM	from \$15,000

Overview

One of the friendliest first 7,000 m peaks

Tucked behind the Nar Phu valley near the Tibet border, Himlung is widely seen as one of the most achievable 7,000 m peaks - a perfect step toward the 8,000ers.

Himlung Himal lies in the northeast of the Annapurna range, in a secluded corner of Nepal bordering Tibet. The approach begins in Manang and follows part of the Annapurna Circuit, with the first two days covered by road. From Koto, the trek continues for five days, including an acclimatisation day, before breaking away from the main trekking route into landscape that turns increasingly barren and otherworldly.

Base camp is set at 4,900M, with three higher camps established at 5,450M, 6,000M, and 6,350M. Himlung itself is an attractive mountain with a graceful summit shape, though this does not diminish the physical challenge of the climb - a high level of fitness is required, as climbing to this altitude places significant stress on the body. With a strong ratio of Sherpas to clients and ample time built in for acclimatisation, this is a climb designed to be both achievable and genuinely enjoyable.

Highlights

- Marvel at the magnificent Annapurna peaks surrounding the route throughout
- An ideal summit for gaining experience before attempting an 8,000M peak
- Glaciers, stunning mountain vistas, and remote villages steeped in Tibetan Buddhist culture
- Base camp and three high camps established en route to the summit
- The opportunity to climb a relatively new addition to the Himalayan climbing scene, alongside only a handful of other teams
- Experienced climbing Sherpas - certified and insured, having summited Himlung multiple times, trained in rope fixing, glacier travel, and high-altitude rescue
- A tailored acclimatisation strategy - built-in rest days, acclimatisation climbs, and gradual altitude gain to improve summit success and minimise risk
- High-quality equipment - durable expedition tents, high-altitude food, and group gear suited to extreme conditions
- Pre-trip guidance and round-the-clock support - assistance with training plans, gear checklists, and permits, with ongoing communication before and during the climb
- Strong logistics in a remote area - established local coordination in the Nar Phu Valley, a restricted

and logistically complex region

Itinerary

Day 1 - Arrival in Kathmandu

On arrival at Tribhuvan International Airport, you're met by a Satori representative holding a name board and assisted through immigration and customs before the transfer to your hotel. In the evening, a welcome briefing introduces the expedition plan, equipment checklist, and your climbing team.

- Destination: Kathmandu - 1,400M / 4,593ft
- Meals: Breakfast
- Accommodation: Hotel
- Overnight: Kathmandu

Day 2 - Kathmandu - Trip Preparation & Permits

A full day in Kathmandu dedicated to final expedition preparations - an equipment check, a briefing on Nar Phu Valley restricted-area regulations, and processing of the Himlung Himal climbing permit, Annapurna Conservation Area Permit, and TIMS card. The afternoon is free for last-minute shopping or sightseeing around Thamel. Walk in through the Manaslu approach to base camp.

- Altitude: 1,400M / 4,593ft
- Meals: Breakfast
- Accommodation: Hotel
- Overnight: Kathmandu

Day 3 - Kathmandu to Besisahar

After breakfast, your guide collects you for the drive to the bus station, where you board transport to Besisahar. The route follows the Prithvi Highway out of the Kathmandu Valley, running alongside the Trisuli River on the road toward Pokhara. Well before reaching Pokhara, the route turns off the main highway toward Besisahar - also the main starting point for the Annapurna Circuit Trek.

- Destination: Besisahar - 640M / 2,100ft
- Drive Time: 6-7 hours
- Trek Distance: 176km / 109 miles
- Meals: Lunch, Dinner
- Accommodation: Hotel
- Overnight: Besisahar

Day 4 - Besisahar to Koto

A half-day jeep drive to Koto, in the Manang district, home mainly to Gurung and Manangi people with their own distinct culture and language. The route passes forest and terraced farmland, with views of Annapurna II and Lamjung Himal completing the scene. Koto is the starting point for several treks and expeditions, so expect to meet other trekkers and climbers here.

- Destination: Koto - 1,700M / 5,577ft
- Trek Time: 5-6 hours
- Trek Distance: 65km / 40 miles Meals: Breakfast, Lunch, Dinner
- Accommodation: Teahouse
- Overnight: Koto

Day 5 - Koto to Meta

A challenging day, gaining almost 1,000M in elevation. Leaving Koto, the route separates from the main Annapurna Circuit trekkers and the atmosphere grows quieter as you enter the Nar Phu Valley - restricted-area permits are checked here before crossing the Marshyangdi River into the valley. The

trail follows the Nar River and the Soti Khola through river gorges and steep sections to reach Meta.

- Destination: Meta - 3,560M / 10,826ft
- Trek Time: 7 hours
- Trek Distance: 14.5km / 8.5 miles
- Meals: Breakfast, Lunch, Dinner
- Accommodation: Teahouse
- Overnight: Meta

Day 6 - Meta to Chyaku

The route follows narrow paths alongside the Nar Khola river. Loose scree and stream crossings on stepping-stones call for care underfoot, while mountains rise overhead and yak pastures add to the scenery. Chyaku itself is a small village with basic trekker facilities.

- Destination: Chyaku - 3,800M / 12,467ft
- Trek Time: 4-5 hrs
- Trek Distance: 9km / 5.6 miles
- Meals: Breakfast, Lunch, Dinner
- Accommodation: Teahouse
- Overnight: Chyaku

Day 7 - Chyaku to Kyang

The trail becomes more demanding as altitude increases and terrain roughens. It follows the Nar Khola as the valley narrows, with switchback paths climbing upward. High winds are possible in this area, so short, regular breaks are recommended along the way.

- Destination: Kyang - 3,840M / 12,598ft
- Trek Time: 5-6 hours
- Trek Distance: 8km / 5 miles
- Meals: Breakfast, Lunch, Dinner
- Accommodation: Teahouse
- Overnight: Kyang

Day 8 - Kyang to Phu Gaon (Village)

A glorious trekking day along the riverbank and narrow valleys beneath towering mountains. The landscape is scattered with chortens and prayer flags. Phu is home to Tashi Lhakhang Gompa monastery, and the village carries a distinctly Tibetan character - many residents migrated from Tibet or descend from earlier migrants, with the village built in Tibetan style and locals largely occupied herding yaks, blue sheep, and goats. The peaks of the Annapurna and Dhaulagiri ranges rise above, making this a village as culturally rich as it is visually striking.

- Destination: Phu Gaon - 4,080M / 13,386ft
- Trek Time: 4-5 hours
- Trek Distance: 9.7km / 6 miles
- Meals: Breakfast, Lunch, Dinner
- Accommodation: Teahouse
- Overnight: Phu Gaon

Day 9 - Acclimatisation Day at Phu Gaon

A dedicated day to acclimatise to the altitude ahead. There is time to learn more of the area's history on a hike to Tashi Lhakhang Gompa - it is said that the resident Rimpoche, Karma Sonam, fled from Tibet to India with the Dalai Lama in 1959 before later coming to Tashi Lhakhang Gompa.

- Altitude: 4,080M / 13,386ft

- Duration: 7 hours
- Meals: Breakfast, Lunch, Dinner
- Accommodation: Teahouse
- Overnight: Phu Gaon

Day 10 - Phu Gaon to Himlung Base Camp

An exciting milestone day, reaching Himlung Base Camp, where the climbing phase of the expedition begins in earnest. Overnight at Himlung Base Camp, camping.

- Destination: Himlung Base Camp - 4,900M / 16,076ft
- Trek Time: 7 hours
- Meals: Breakfast, Lunch, Dinner
- Accommodation: Camping
- Overnight: Himlung Base Camp

Day 11 - Acclimatization at Base Camp

While the camping crew establishes a well-equipped base that will serve as home for the next ten days or so, this day allows the body to acclimatise through short hikes and basic conditioning exercises. It is also an opportunity to check equipment with the climbing guides and discuss summit tactics.

- Altitude: 4,900M / 16,076ft
- Duration: 3-4 hours
- Meals: Breakfast, Lunch, Dinner
- Accommodation: Camping
- Overnight: Himlung Base Camp

Day 12 - Summit Rotation Plan

The detailed rotation plan is finalised by your climbing guide once at base camp, allowing for an accurate read on weather conditions and each climber's fitness level. The tentative plan follows this structure: a first rotation to Camp I and back to Base Camp; a second rotation to Camp I (overnight) and on to Camp II (overnight), reaching roughly halfway to Camp III before returning to Base Camp; a rest period to prepare for the summit; and finally the summit push - from Base Camp to Camp II (overnight), Camp III (overnight), the summit, and back down to Camp II or III depending on time and conditions, before descending to Base Camp.

- Meals: Breakfast, Lunch, Dinner
- Accommodation: Camping
- Overnight: Base Camp / High Camps

Day 13 - Summit Rotation Plan

Day 14 - Summit Rotation Plan

Day 15 - Summit Rotation Plan

Day 16 - Summit Rotation Plan

Day 17 - Summit Rotation Plan

Day 18 - Summit Rotation Plan

Day 19 - Summit Rotation Plan

Day 20 - Summit Rotation Plan

Day 21 - Summit Rotation Plan

Day 22 - Base Camp to Phu Gaon

With the climb complete, the descent begins. This stage offers a chance to rest and take in the scenery while dropping to a more comfortable altitude, with welcoming teahouses along the way.

- Destination: Phu Gaon - 4,080M / 13,386ft
- Trek Time: 4-5 hours
- Trek Distance: 9km / 5.6 miles
- Meals: Breakfast, Lunch, Dinner
- Accommodation: Teahouse
- Overnight: Phu Gaon

Day 23 - Phu Gaon to Meta

The descent continues from Phu Gaon toward Meta, retracing the valley trail with further opportunities to rest and enjoy the surrounding landscape at a gentler pace.

- Destination: Meta - 3,560M / 10,826ft
- Trek Time: 4-5 hours
- Trek Distance: 9.8km / 6.1 miles
- Meals: Breakfast, Lunch, Dinner
- Accommodation: Teahouse
- Overnight: Meta

Day 24 - Meta to Koto

The final trekking day of the expedition, leaving the restricted Nar Phu Valley behind and rejoining the busier trails beyond. Expect to encounter other trekkers at the teahouse this evening - a fitting moment to celebrate the expedition's success.

- Destination: Koto - 1,700M / 5,577ft
- Trek Time: 7 hours
- Trek Distance: 14.5km / 8.5 miles
- Meals: Breakfast, Lunch, Dinner
- Accommodation: Teahouse
- Overnight: Koto

Day 25 - Koto to Besisahar

After breakfast, a local jeep carries the group from Koto to Besisahar for the overnight stop - a noticeably busier and louder setting after the quiet of the mountains.

- Destination: Besisahar - 640M / 2,100ft
- Trek Time: 3-4 hours
- Trek Distance: 180km / 112 miles
- Meals: Breakfast, Lunch, Dinner
- Accommodation: Teahouse
- Overnight: Besisahar

Day 26 - Besisahar to Kathmandu

The final trekking transfer of the expedition spent travelling back along the highways into the Kathmandu Valley. Two further nights at leisure in Kathmandu follow, including a farewell dinner, ahead of final departure. An extension toward Pokhara can also be arranged as an alternative.

- Destination: Kathmandu
- Trek Time: 7 hours
- Trek Distance: 176km / 109 miles
- Meals: Breakfast, Lunch, Dinner

- Accommodation: Hotel
- Overnight: Kathmandu

Day 27 - Kathmandu - Contingency & Farewell

A reserved contingency day built in to absorb any delays caused by weather or road conditions earlier in the itinerary. If the schedule has run smoothly, the day is free for rest, souvenir shopping, or sightseeing around the Kathmandu Valley. In the evening, the team gathers for a farewell dinner at a Nepali restaurant with a traditional cultural show, marking the close of the expedition.

- Meals: Breakfast, Farewell Dinner
- Accommodation: Hotel
- Overnight: Kathmandu

Day 28 - Final Departure

Depending on your international flight schedule, transfer from the hotel to Tribhuvan International Airport for your onward journey home. Flight reconfirmation and visa extension assistance (if required) are arranged ahead of departure.

- Meals: Breakfast
- Accommodation: N/A
- Overnight: Departure

What's included

- Pick-up and drop services from international and domestic airports on arrival and departure
- Assistance at Kathmandu international airport with Satori banner and ID confirmation
- Surface transportation included during trekking and major cities as per itinerary
- Transportation from Kathmandu to Besisahar and back for members and staff
- Transportation of expedition supplies from Kathmandu to Base Camp (via Lukla, porter/yak) and return
- 4 nights requested category hotel accommodations in Kathmandu (tourist star to five-star) on B/B basis
- Tea house accommodation during trekking (except chain hotels)
- Camping accommodation at Advanced Base Camp and Camp 2
- Individual tents for each member at Advanced Base Camp; above ABC, 2 members share 1 tent
- Experienced and government-authorized high altitude trekking/climbing Sherpa guide (Expedition leader)
- Chef, cook assistant, helper, and base camp manager at Advanced Base Camp
- Appropriate number of porters during trekking
- Wages, equipment, medical and accidental insurance for all staff
- Helicopter rescue insurance for all staff
- Three meals a day: breakfast, lunch, and dinner with tea/coffee
- All food and fuel at Base Camp and higher camps for members and staff
- EPI cooking gas and stove at camps for cooking, boiling water, tea, coffee, and high-altitude nutrition
- Heater provided at Base Camp dining tent for cold temperatures
- Mt. Himlung regular route climbing royalty and Nepal Government climbing permit
- Annapurna Conservation Permit for Narphu and Annapurna territory
- Trekking Information Management System (TIMS) permit
- Icefall charges, summit rope cost, and Himalayan Rescue Association medical insurance included

- Medical consultation services at Base Camp
- Satellite phone and walkie-talkies with guide and team leader (client use \$3/min)
- Daily weather forecast for climbing duration
- Emergency oxygen mask and regulator for clients (charges apply)
- Gamow Bags (portable hyperbaric chamber) for high-altitude sickness
- Solar panels or generator for lighting, electronics charging at Base Camp
- Dynamic/static ropes, ice screws, snow bars, and rock pitons for safe climbing
- Maps of trekking and peak climbing areas
- Complete pre-departure information
- Flight ticket reconfirmation and visa extension assistance
- Satori T-shirt, Pashmina, and brochure before departure
- Farewell dinner in a Nepali restaurant with cultural show

Not included

- Lunch and dinner in Kathmandu (except farewell dinner)
- Packed food, snacks, aerated drinks, energy drinks, mineral water, alcohol, cigarettes, chocolates, nutra-bars
- Laundry, tips, clothing, packing items, personal medical kit, personal trekking gear
- Expenses for landline, mobile, walkie-talkie, satellite phone, and internet usage
- Any extra services, products, offers, or activities not mentioned in itinerary
- Additional expenses due to unforeseen situations: natural disasters, landslides, political disturbances, strikes, regulatory changes
- Additional staff beyond what is specified
- Travel insurance and emergency rescue for clients
- International airfare
- Nepal tourist visa fee
- Rescue, repatriation, medicines, medical tests, and hospitalization
- Icefall charges and garbage deposit fees if applicable
- Walkie-talkies or special filming permits
- All tents above ABC (Camps I, II, III)
- Personal climbing gear and personal climbing Sherpa guide(s)
- Satori staff or equipment will not be provided above Advanced Base Camp
- High-altitude food for Sherpa and clients
- Nepal custom duty for imported expedition equipment
- Tips, gifts, souvenirs
- Any other item not included in "The Package Cost Includes" section

Available departures

- 15 Mar 2026
- 02 Apr 2026
- 21 Apr 2026
- 12 May 2026
- 18 Sep 2026
- 06 Oct 2026