

Himlung Himal

REGION	Manaslu · Nar Phu
DURATION	27 days
MAX ALTITUDE	7,126 m
GRADE	Expedition · PD+/AD
SEASON	Apr-May · Sep-Oct
FROM	from \$7,900

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 (7,126 m) is one of Nepal's classic 7000m objectives, climbed from a base camp in the Nar Phu with a careful acclimatisation plan and a strong local climbing crew.

We run it as a fully guided expedition - fixed lines on the technical ground, experienced Sherpa support and generous summit windows - so you can focus on the climb itself.

Highlights

- Approachable first 7,000er
- Remote Nar Phu approach
- Strong success rate
- Stepping stone to 8,000 m

Itinerary

Day 1 - Arrive & brief

Gear check, permits and final prep before flying out.

Day 2 - Trek to base camp

Walk in through the Manaslu approach to base camp.

Day 3 - Acclimatisation rotations

Carry loads and sleep high to prepare for the summit.

Day 4 - Summit push

Move to high camp and climb Himlung Himal on the first clear window.

Day 5 - Descend & return

Strike base camp, trek out and fly back.

What's included

- All climbing & national-park permits
- Lead climbing guide + Sherpa crew
- Base camp & high-camp tents and meals
- Group climbing hardware & fixed ropes
- All ground transport & domestic flights
- 5% funds village schools & health posts

Not included

- International flights to/from Nepal
- Travel & high-altitude insurance
- Personal trekking & climbing gear
- Nepal entry visa fees
- Tips for guides and porters
- Personal expenses (drinks, wifi, laundry)

Available departures

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