

HIMLUNG HIMAL EXPEDITION

AUTUMN

2026



2023



2025



2022

**“They made it to the top.
It’s your turn this 2026.”**



SATORI
ADVENTURES

your mountain guide in the himalayas

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HIMLUNG HIMAL (7126M) EXPEDITION

FACTS OF THE TRIP:

Highest access:	7,126m (23,379ft)
First Ascent:	08 October 1992. Akio Koizumi from Japan
Duration:	32 days (typically)
Group Size:	08-10 persons per group
Co-ordinates:	28°44'06"N 84°25'00"E
Location:	Nepal/ Annapurna Region
Airport:	Kathmandu (KTM)
Departure From:	Kathmandu Airport
Major Activity:	Trekking/ climbing
Culture:	Gurung, Thakali, Magar
Transportation:	Car, Jeep, Mini Bus
Mode of Stay:	Teahouse/ Camping
Climbing route:	South west (normal route)
Himalayan sights:	Annapurna, Machhapuchhre, Mardi.
Grade:	Moderate Climb (PD++)
Accommodation:	Three-star to four-star as requested
Meals:	B/B plan in Kathmandu & B, L, D during the trek and climbing period
Best season:	Spring (April, May) and autumn (October, November)

ITINERARY DETAILS OF HIMLUNG HIMAL EXPEDITION - AUTUMN 2026

Day 01:	02 October	Arrival at Kathmandu airport and transfer to a hotel in Kathmandu (1350m/ 4,430ft).
Day 2-3	03-04 Oct	Preparation, briefings at the Department of Tourism, last-minute shopping and office formalities.
Day 04	05 October	Drive from Kathmandu to Besisahar to Koto (2610m/ 8,563ft). 5-6hrs. Lodge/ Teahouse accommodation.
Day 05	06 October	Trek from Koto to Meta (3560m/11,680ft). 7hrs. Lodge/ Teahouse accommodation.
Day 06	07 October	Trek Meta to Phu-Gaon (4200m/13,780ft). 7hrs. Lodge/ Teahouse accommodation.
Day 07	08 October	Rest & acclimatisation day at Phu-Gaon (4080m/13,382ft).

ITINERARY DETAILS OF HIMLUNG HIMAL EXPEDITION - AUTUMN 2026

Day 08	09 October	Trek from Phu-Gaon to Himlung base camp 4850m/ 15,912ft). Camping accommodation.
Day9-27	10 -28 October	Climbing period for Himlung Himal (7126m/ 23,345ft). Camping accommodation.
Day 28	29 October	Trek back from base camp to Phu-Gaon (4200m/ 13,780ft) 6hrs. Lodge/ Teahouse accommodation.
Day 29	30 October	Trek from Phu-Gaon to Meta (3560m/11,680ft) 5hrs. Lodge/ Teahouse accommodation.
Day 30	31 October	Trek from Meta to Koto (2610m/8,563ft) 05hrs. Lodge/ Teahouse accommodation.
Day 31	01 November	Drive from Koto to Besisahar to Kathmandu (1350m/ 4,429ft) 7 hrs. Transportation is provided by a tourist minibus. Hotel accommodation in Kathmandu.
Day 32	02 November	Transfer to the International airport for final departure.

COST FOR THE TRIP

S.N	Particulars based on 3-4 star* Hotel accommodation in Kathmandu	Cost per person based on group joining
01.	32 Days full board Himlung Himal expedition 1:1 guides	US\$ 9,500.00 P/P

FULL BOARD SERVICE COST INCLUDES

- All arrival and departure transfer services to and from KTM International Airport, along with other necessary transportation as per the itinerary.
- Assistance at KTM International Airport by Satori Adventures representatives during your arrival & departure.
- 4-night 3-4 star hotel accommodation in Kathmandu on a B&B basis.





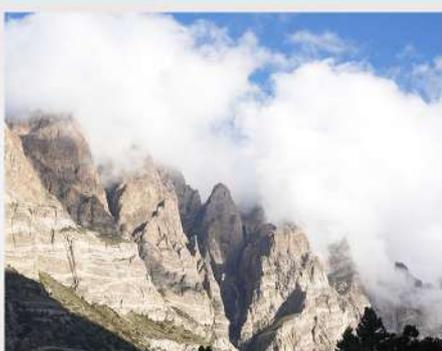
FULL BOARD SERVICE COST INCLUDES

- Experienced and government-licensed trekking and climbing Sherpa guide during the trekking and climbing period.
- An appropriate number of porters during the trekking period.
- Land transportation from Kathmandu to Koto and back to Kathmandu for all climbing Sherpa guides, liaison officers and kitchen staff in a mini bus and a public jeep.
- All our facilities include a kitchen tent, storage tent, dining tent, client tents, toilet tents, tables, chairs, and cooking utensils for the base camp.
- Common climbing equipment includes: rope, ice bars, ice screws, and snow bars.
- 3 meals a day: breakfast, lunch, and dinner, with tea or coffee.
- Accommodation at a hotel/ lodge/ guest house during the trekking period.
- All camping accommodation for members and staff during the climbing period. You will be sharing sleeping quarters with one other member.
- All food and fuel for base camp and higher camps during the climbing period.
- A 40kg baggage allowance is available per person during the trekking period. Porters or mules will carry this.
- Daily weather report services from a Seattle, Washington-based company.
- Services of a chef and a kitchen assistant at an advanced base camp.
- Trekking Permit (Narphu and Annapurna Conservation Park entry fee).
- TIMS card (Trekking Information Management System).
- Nar Phu restricted area trekking permit during the expedition period.
- Expedition Royalty and a permit from the Nepal government to climb Mt. Himlung.



FULL BOARD SERVICE COST INCLUDES

- Nepalese Government Royalty.
- One experienced, trained, government-licensed, and 2 time summiteer climbing guide (Sherpa) per person.
- All wages, equipment, medical and accident insurances for all involved staff during the trekking and climbing period.
- Helicopter rescue insurance for all expedition staff involved.
- Medical consultation services are available at the base camp through the HRA clinic.
- Equipment allowances and wages for climbing Sherpas, cooks, kitchen assistants and government liaison officers.
- First aid medical kits for the group and the staff.
- The guide for communication carries a satellite phone. Available to clients at a cost of \$3 USD per minute.
- Provide appropriate high-altitude food for all clients and staff at base camp and above as required.
- Required fixed and dynamic rope during the climbing period.
- Heater will be provided at the base camp for the dining tent.
- Emergency oxygen mask and regulator provided upon request by the client, subject to a suitable charge.
- Each client will have an individual tent available in the Himlung advanced base camp.
- Solar panels for lighting and charging electronic devices.
- All tents for camps 1, 2 and 3. Icefall charges.
- Gamow Bags (Portable hyperbaric chambers) for high altitude sickness.
- We provide Sherpa's tents, food for climbing and insurance.
- Free assistance service for cargo clearance and duties.
- EPI cooking gas and stove will be provided above the base camp for cooking food.
- Generator will provide backup for the lighting at the base camp.
- Transportation of food supply from Kathmandu to base camp by porters/ mules.
- Our service charge and government taxes are levied in Nepal.



FULL BOARD SERVICE COST INCLUDES

- Complete pre-departure information.
- Flight ticket reconfirmation and visa extension procedure services.
- Farewell dinner in a typical Nepali restaurant with a cultural show in Kathmandu before departure.
- Our company t-shirt and scarf.

FULL BOARD SERVICE COST EXCLUDES

- Lunch and dinner during your stay in Kathmandu (except for the farewell dinner).
- Any packed food/ snacks, aerated drinks, energy drinks, mineral water, alcohol, cigarettes, chocolates, or any other food consumed beyond the prescribed breakfast, lunch and dinner.
- Expenses incurred for the use of landlines, mobile phones, walkie-talkies, satellite phones, and the internet.
- Clothing, packing items or bags, a personal medical kit, and personal trekking gear.
- Any extra expenses arising out of various/ unforeseen situations like natural calamities, landslides, political disturbances, strikes, changes in government, etc.
- Transportation services include only what is listed on the itinerary. Any additional distance travelled will be charged accordingly.
- Any additional staff other than those specified.
- Rescue, repatriation, medicines, medical tests and hospitalisation expenses.
- Medical insurance and emergency rescue evacuation, if required.
- Travel insurance and helicopter rescue.
- Walkie-talkies & Filming permit, Personal climbing gear.
- Summit bonus \$700.00USD minimum for each climbing Sherpa guide.
- Nepal's customs duty for importing expedition equipment.



FULL BOARD SERVICE COST EXCLUDES

- Items of a personal nature, laundry expenses, and tips.
- Airfare of international flights, Tips, gifts, and souvenirs.
- Nepal entry visa fee (Visas are easy to acquire upon arrival).
- Any additional services, products, offers, or activities not mentioned in the itinerary.
- Any other item not included in the "THE PACKAGE COST INCLUDES" section.
- Tips, gifts, souvenirs.



Kindest Regards,

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Although the adventure is free of cost, safety matters, so it comes at a cost.