



## Himlung 2012 Expedition Notes

**Dates: 12 September to October 14**

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**During the autumn season of 2012 Adventure Consultants will operate an expedition to the 7162m Mt Himlung in the lesser-travelled Gandaki region of western Nepal.**

Recently opened to foreigners for climbing, an expedition to Himlung presents an opportunity to climb a **7000m** peak in a beautiful corner of Nepal's high Himalayas.

The climbing on Himlung is not technically difficult which makes it attractive for climbers wanting to discover how they perform on a 7k peak. For many people this becomes a significant stepping stone on the journey to the world's highest peaks over 8000m such as Cho Oyu or Mt Everest. For others the attraction may be the allure may be to climb in a remote and un-crowded setting on a very high Himalayan peak. Whatever the motivation, this expedition provides a compelling reason to journey into the heart of the Himalaya and climb a high peak within a reasonable timeframe.

### **Trip Outline**

The expedition initiates in the lively city Kathmandu, capital of Nepal. We travel west by vehicle to the town of Bhulbhule where we embark on the trek towards base camp that afternoon. We pass through a short stretch of the well known 'Annapurna circuit' before turning off into remote and rarely visited valleys en route to the mountain. Leaving the abundance of lodges and trekkers, we enter a recently opened corner of the Himalayas whose inhabitants live just as they did in a bygone era. Our travel days are filled with interesting sights as we pass through Tibetan style villages with spectacular alpine backdrops. At the end of each day we stop in small settlements where we meet some of the locals and gain some insight into their unique lifestyle.





From base camp we move onto the mountain to make a ten day push for the summit. Each day we push the route forward to deposit loads at our next camp site and move up the following day. Our summit phase has several alternate days available to provide weather contingency and give us the best opportunity to enjoy our climb and reach the top in good condition.

The climb will be sufficiently strenuous that participants should come with a very good level of fitness and be prepared to carry a pack up to 20kg.

### **Mt Himlung West Ridge (7126m) Itinerary**

**Dates: September 12 to October 14, 2012**

- Day 1 Arrive Kathmandu
- 2 Gear preparations
- 3 Kathmandu / Besi Sahar/ Bulbhuli (820m) by van. Trek to Khudi (790m)
- 4 Khudi – Nagdi (900m)
- 5 Nagdi – Jagat (1310m)
- 6 Jagat – Dharapani (1940m)
- 7 Dharapani – Koto (2650m)
- 8 Koto – Dharmasala (3230m)
- 9 Dharmasala – Kyang (3910m)
- 10 Kyang – Phugaon (4075m)
- 11 Phugaon - Himlung Base Camp (4850m)
- 12 Rest/gear prep BC
- 13 Carry load to Camp 1 (5620m), return to BC
- 14 Rest BC
- 15 Move to Camp 1
- 16 Rest at Camp 1
- 17 Carry to Camp 2 (5990m)
- 18 Move to Camp 2
- 19 Carry to Camp 3 (6320m)
- 20 Move to Camp 3
- 21 Carry and move to Camp 4 (6400m)
- 22 Summit Himlung (7126m), descend to Camp 1 or BC
- 23 Return to BC
- 24 Contingency day / spare weather day
- 25 Contingency day / spare weather day
- 26 BC to Kyang
- 27 Kyang to Dharamsala
- 28 Dharamsala to Koto
- 29 Koto to Dharapani
- 30 Dharapani to Jagat
- 31 Jagat to Nadi
- 32 Trek to Besisahar. Drive to Kathmandu
- 33 Trip Ends

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## **Logistics**

The 2012 Himlung expedition is being organised and run by Adventure Consultants and will be operated to the same high standard we have for all our expeditions. Adventure Consultants expedition staff, along with the operations and logistics team at the head office in New Zealand, provide the highest level of backup and support to the climbing team in order to maximise your chances of success. This is coupled with a very strong expedition guiding team and Sherpa contingent, who are second-to-none in the industry.

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## **The Expedition Team**

### **The Expedition Leader**

#### **Dean Staples**

The expedition leader for the 2012 Himlung expedition is IFMGA qualified guide Dean Staples who has an impressive history as an expedition guide. Dean has summited Mount Everest six times as well as many other peaks in the Himalayas and elsewhere. He has successfully led expeditions to Aconcagua in South America, Vinson Massif in Antarctica, Carstensz Pyramid in Indonesia and Mt's Shishapangma and Cho Oyu in Tibet. He has also managed to fit in multiple seasons as a mountain and ski guide in the Southern Alps of New Zealand, he has seasons mountain guiding in Canada, ten years as a heliski guide and he holds the position as Adventure Consultants Chief Guide for our New Zealand guiding operation.

Dean has an effervescent and uplifting personality and he brings a relaxed but very professional approach to being a Guide and Expedition Leader.

#### **Expedition Guides**

Our international guiding staff are the best in the industry. You will find the Adventure Consultants mountain guides companionable and strong expedition leaders with considerable abilities and a willingness to see you achieve your goals. The number of guides is determined by the team size but the normal ratio of guides on Himlung is 1:6. and the ratio of Sherpas is 1:2.

#### **Sherpas**

We have a legendary group of Climbing Sherpas, many who have been with us since 1992 and who operate in a harmonious atmosphere of cooperation and commitment to the expedition and its members. They are very experienced mountaineers who have dozens of ascents of the highest peaks in the Himalaya between them. They are enthusiastic, motivated and regarded as amongst the strongest and most cohesive group of Sherpas operating in the Himalayas. They are a humble yet friendly group of people and their contribution to the expedition is most impressive.

Our cooking staff are very well known for the sheer quality of the cuisine they produce. The array of food and the variety they present is phenomenal especially when considering they are doing all this from a kitchen that is moved on each day of the trek!

We have been developing and training the personnel within our Sherpa team for many years and they are an integral part of the Adventure Consultants Team.

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### **What it takes to climb Mount Himlung**

The climbing route on Mount Himlung is not an especially technical climb, yet prospective climbers should be well versed in the use of crampons and ice axe. Your guide will assist team members to develop the additional techniques required for the climb such as fixed rope work etc. What is imperative before you arrive is a very good level of fitness and stamina for the climb.

Climbing at very high altitudes is very demanding and team members must be prepared to carry all their own clothing and equipment on the mountain and contribute to expedition tasks such as cooking at camps on the mountain. If need be, we can arrange a personal Sherpa for those who need assistance with load carrying so please arrange this with us during the booking process.

If you put the work into your training, the rewards will be significant and you will certainly gain a substantial insight to the world of high altitude mountaineering. The climbing days will be between 6-8 hours with a longer day on summit day (10-14 hours) with a descent back to a lower camp that day. Depending on how much personal gear you do take, you will be carrying 15-20kg in weight, but this is all part of the process of expedition climbing on Himlung.

The outcome of the expedition will be determined by three broad groups of factors. The first is environmental (weather and snow conditions, etc). The second is the logistical approach taken by the expedition leaders and the strategies employed to embark on a summit bid. The third is your own preparation in the months prior to the expedition and how you perform whilst the expedition is under way. You will need to embark on a training program that will prepare you, both physically and mentally, for the climb. You must make it a priority to commit the time and energy to your training to ensure you are ready for the rigours of the expedition. You don't need to be superhuman, but you do need to be strong and have good cardiovascular fitness.

Every step of the way, our office staff will be there to answer your questions. If they can't, they will be happy to put you in touch with one of our Senior International Guides who can answer what questions you may have.

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### **Additional Services**

We can provide you with '**Additional Sherpa Support**' where we will arrange our Sherpa team to carry your loads between camps. This option enables climbers to forego the carrying of heavy packs which is often very debilitating at high altitude. For some climbers, the long climb wearing a pack can leave them too exhausted for summit day and hence this service greatly enhances your summit opportunity.

We are also able to offer **Privately Guided Expeditions** where you have the services of a top AC western guide as well as your own Sherpa support team to work exclusively with you on the expedition to ensure your needs are best met. AC have been fortunate to work with many privately guided groups over the years with exceptional results.

You may also like to talk to us about other options such as bringing your own group of friends for a private trip, personal communication systems, or the provision of a personal tent on the mountain.

For more information, please contact our office for details.

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### **The Expedition Fee**

The cost of the expedition ex Kathmandu, Nepal is **US\$11,300 per person**.

This is an inclusive cost and covers the following:

- Nepalese Government peak royalty fees
- All trek organisational requirements
- All trekking permits
- Airport Transfers in Kathmandu
- Air transport and accommodation in lodges or tents ex Kathmandu
- All group equipment (tents, ropes, kitchen, radios etc.) and emergency medical supplies
- All trek staff, including western Guide(s) and Sherpa guides, cooks & porter support
- Transport of 30kg of personal equipment
- All meals after departing Kathmandu and before arriving back in Kathmandu
- Access to our satellite telephone for outgoing calls
- Dispatch webpage updated throughout the trip for friends & family to follow
- dZi Foundation support for their “revitalize a village” programme – likely to include support for a Nepalese child’s education for a year

The expedition fee does not include the following:

- Air travel to and from Nepal
- Hotel accommodation and meals in Kathmandu
- Purchases of bottled water while on the trek, gifts, alcohol (we supply boiled/treated water for drinking)
- Other charges at lodges/tea houses such as showers, internet access or battery re-charging
- Entry visas for Nepal (suggest getting a 90 day tourist visa for Nepal on arrival into Kathmandu)
- Personal clothing and equipment
- Personal travel insurance / trip cancellation insurance / rescue insurance
- Excess baggage charges for portage
- Cost of satellite telephone calls
- Any rescue costs or costs of early departure from the expedition
- Gratuities

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## Deposit

A deposit of **US\$1,000** is payable to secure a place on the expedition.

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## Balance

The balance of **US\$10,300** is payable **by 14 June 2012**.

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## Payments

All payments can be made by bank transfer to the following bank and account:

**Bank of New Zealand  
Offshore Branch  
Wellington  
New Zealand**

for the account of: **Adventure Consultants Limited**

Account # **1000-594771-0000**

Or, we can accept a US Dollar bank check made out to Adventure Consultants Limited. We can also accept your deposit via credit card (Visa, Mastercard, Amex only) and we can accept your balance of payment via credit card plus a 3% surcharge.

Note: All bank transfer charges are for the remitters account.

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## Cancellation & Refund Policy

Once you have paid your deposit your trip is confirmed, subject to payment of the balance of fees owing 90 days prior to your trip commencement date. An expedition team member may then cancel his/her participation on the following basis:

- Cancellations outside of 90 days will result in the loss of the trip deposit.
- For cancellations made within 89-60 days of the trip commencement date we reserve the right to retain 50% of the full fee.
- For cancellations within 59 days of the departure date a cancellation fee of 100% of the full fee applies.

We strongly recommend you take out **trip cancellation insurance** via your travel agent.

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## **Group Size**

For the Himlung expedition we will take a minimum of 6 people and a maximum of 12 people, hence spaces are limited.

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## **Visas**

Members will be required to obtain an entry visa into Nepal at the beginning of the expedition. This is easily procured at Kathmandu airport on arrival. Currently a 90 day visa costs US\$100. The trekking and climbing permits are a separate matter dealt with by the expedition agent.

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## **Food**

Food will be of the highest standard possible, given the remoteness of the situation. Please inform us if you have any special dietary requirements. During the trek to Base Camp we will be dining in Lodges and at tent camps. At camps we will be eating in the dining tent where food will be prepared by our expedition cook and support crew. Our camp equipment and ample, nutritious meals are always the envy of other groups along the way! We do recommend that you bring some of your favourite snacks like muesli bars, chocolate and/or candy.

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## **Equipment List**

Expedition members will be sent a list detailing all necessary clothing and equipment to be individually provided.

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## **Medical Examination**

Expedition members will be provided with a medical questionnaire and asked to visit their family physician to receive a full medical examination. This information will be sighted only by the expedition doctor and treated with full confidentiality. Advice on immunisations will be provided at this time.

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## **Documentation and Photographs**

Expedition trek members will need to provide 3 passport-photographs for trekking permits and a copy of their passport bio-data page.

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## The advantages of trekking and climbing with us

Adventure Consultants is renowned for the quality of its service and strategy applied to their expeditions. Our reputation is attributed to meticulous planning and experienced logistics coordination. We have a philosophy of investing in every expedition to offer our trekkers the best possible experience.

We employ strong and specialised Expedition leaders and Sherpa staff, who are some of the most pre-eminent in the industry. We pride ourselves on operating with small teams, the best back-up and support available. This includes nutritious and ample quantities of food, comfortable base camp facilities, reliable emergency communications systems and the necessary medical back up.

Many of our expedition members come to us because they have seen us in action on a previous trip and decide to opt for our level of service and proven experience. Others return because they know we do our very best to make expeditions safe and successful.

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## How to join this expedition

If you would like to join the expedition please request an Expedition Application Form and forward along with your climbing résumé and the deposit for the trip. If you require more information please contact us at:

**Adventure Consultants Ltd**  
PO Box 739 , 58 McDougall St  
Wanaka, 9343,  
New Zealand

Ph + 64 3 443 8711 Fax + 64 3 443 8733  
Email: [info@adventure.co.nz](mailto:info@adventure.co.nz)  
Web: [www.adventureconsultants.com](http://www.adventureconsultants.com)

Adventure Consultants – is affiliated to the New Zealand Mountain Guides Association (NZMGA), New Zealand Alpine Club (NZAC) and a corporate member of the American Alpine Club (AAC). Adventure Consultants perform to IFMGA/UIAGM standards and are world leaders in high altitude guiding.

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