



HIMLUNG & SARIBUNG

7,162M / 23,497FT

A photograph of a high-altitude mountain landscape. The foreground and middle ground are dominated by large, smooth, white snowdrifts. Two climbers are visible: one in the center wearing a blue jacket and a red hat, and another further down on the left wearing a red jacket. Several red flags are planted in the snow, marking a route. In the background, rugged, snow-covered mountain peaks rise against a clear blue sky.

2021 EXPEDITION TRIP NOTES





HIMLUNG & SARIBUNG EXPEDITION NOTES

2021 EXPEDITION DETAILS

Dates: September 5 to October 14, 2021

Duration: 40 days

Departure: ex Kathmandu, Nepal

Price: US\$20,900 per person

▲ Himlung Base Camp. Photo: Geoff Green

During the autumn season of 2021, Adventure Consultants will operate an expedition to climb Mount Himlung (7,162m/23,497ft) in the lesser-travelled Gandaki region of Western Nepal. We will access the mountain from the remote Mustang region of Nepal, travelling over the Saribung Pass and ascending the seldom climbed peak, Saribung (6,328m/20,761ft) as part of our acclimatisation programme.

This expedition is a true mountaineering adventure into a remote part of Nepal that has seen few Western travellers in recent years. It also offers a fantastic opportunity for aspiring climbers to ascend two major Himalayan peaks, one above 7,000m/23,000ft.

The climbing on both Himlung and Saribung is not technically difficult, which makes this an attractive expedition for climbers wanting to discover how they perform at 7,000m elevation. For some, this will become a significant stepping stone on the journey to the world's highest peaks over 8,000m/26,250ft, such as Cho Oyu or Mount Everest. For others, the allure may be to climb in a remote and uncrowded location on a very high Himalayan peak. Whatever your motivation, this expedition provides a compelling reason to journey into the heart of the Himalaya and climb a high peak in the Nepali wilderness.

EXPEDITION OUTLINE

Our trip will initiate in Kathmandu, the colourful capital of Nepal. After a day to sort equipment, we fly to the picturesque town of Pokhara. We spend an evening discovering the pleasures of Pokhara, then fly to the high village of Jomsom beneath the 8,000m/26,250ft massifs of Annapurna and Dhaulagiri.

This is where we leave the tourist route and trek through lower Mustang, where spectacularly fluted cliffs of red hues overlook the Kali Gandaki River. The Kali Gandaki flows from the high plains of Tibet through Mustang into Nepal before flowing into India.

The Upper Mustang region is dominated by an endless expanse of yellow and grey rolling hills made smooth by the wind. We traverse this lonely landscape

via several passes (the highest being the Nyi La at 4,010m/13,155ft), camping in villages nestled in the midst of green irrigated oases until we reach the spectacular ancient walled town of Lo Monthang. Visually, this is an extraordinary place and home of the Mustang Raja (king) as well as some beautiful temples and monasteries. The people of Upper Mustang are always curious about new arrivals and we can expect children with windblown hair and apple red cheeks will gather to confront the spectacle of foreign visitors. The abrasive lifestyle required to survive is easily evident here.

After taking time to explore the area and interact with the local population, it is from here that we will start to really move away from the beaten path. Over the next days, we will slowly make our way through a barren Tibetan landscape towards the 6,050m/19,850ft Saribung Pass. Our acclimatisation schedule is gentle and we will ensure that we have plenty of time to adjust to these new heights. From the pass, we will then climb the non-technical but glaciated Saribung at 6,328m/20,761ft.

After this ascent, we will continue the trek to Himlung Base Camp (4,900m/16,100ft) via the phenomenally scenic village of Phu (4,000m/13,100ft). The Base Camp is in a beautiful grassy spot with amazing views all around us.

Over the next week, we will wait for a suitable weather window to climb Himlung, thereby completing an amazing and remote double ascent. Since we are well acclimatised by now, we can climb Himlung 'alpine style', which means that we can head straight up the mountain utilising three camps as we go. No need to

go up and down to acclimatise and then rest, as you would in a standard expedition. Our summit phase has several alternate days available to provide weather contingency to 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 of up to 20kg at altitude. We can arrange Sherpa support to help with your personal load carrying if this is required.

The walkout from Himlung will be relatively quick, with stunning scenery as we re-enter the greener lowlands and eventually find ourselves back on the Annapurna Circuit and driving back to Kathmandu.

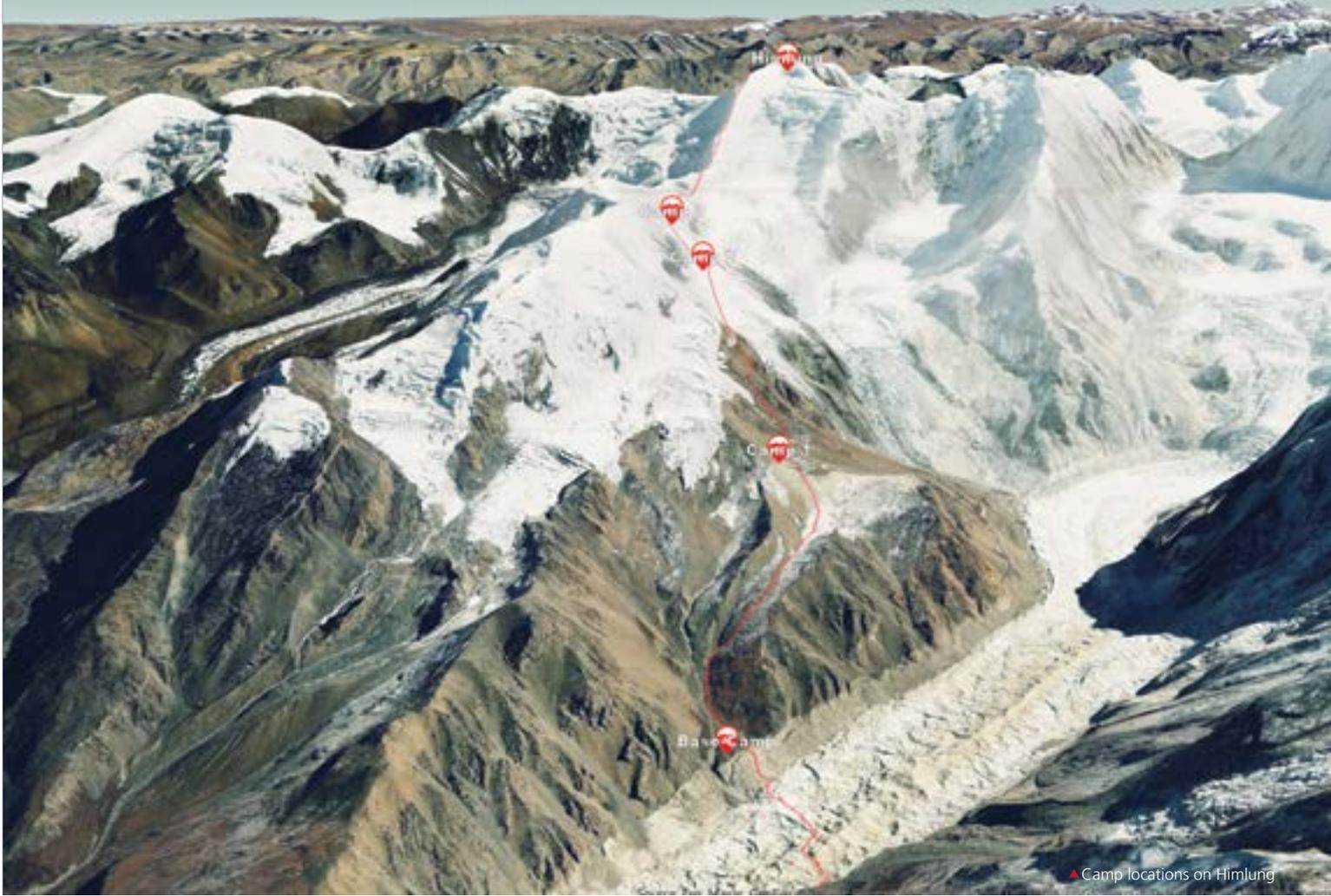
THE ADVENTURE CONSULTANTS HIMLUNG & SARIBUNG TEAM

LOGISTICS

The 2021 Himlung and Saribung 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 our head office in New Zealand, will provide the highest level of back-up 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.



▲ Travel through the remote and untouched Mustang region. Photo: Camilla Rutherford



EXPEDITION LEADER

The Expedition Leader will be scheduled approximately six months out from the expedition start. All of our trip leaders have extensive experience at high altitude and a proven record of safety, success and compatibility.

EXPEDITION GUIDES

Our international guiding staff are the best in the industry. You will find the Adventure Consultants Mountain Guides to be 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, some 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.

WHAT IT TAKES TO CLIMB 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. What is imperative before you arrive is a very good level of fitness and stamina for the climb.

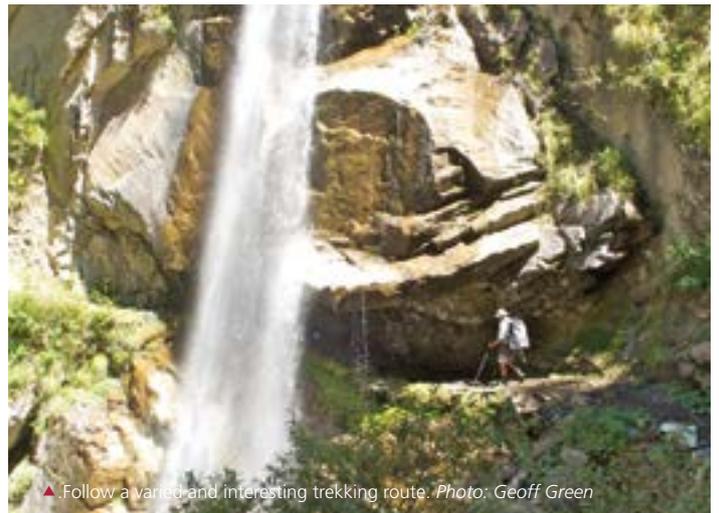
Climbing at high altitudes is very demanding and team members must be prepared to carry all their own clothing and equipment on the mountain and contribute to expedition tasks such as cooking at camps on the mountain. If need be, we can arrange a Personal Sherpa for those who need assistance with load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



▲ Flowers blanket the fields of Mustang. Photo: Guy Cotter



▲ The trek provides a culturally stimulating experience. Photo: Camilla Rutherford



▲ Follow a varied and interesting trekking route. Photo: Geoff Green

If you put the work into your training, the rewards will be significant and you will certainly gain a substantial insight into the world of high altitude mountaineering. The climbing days will be between 6-8 hours with a long day on summit day (10-14 hours, including the descent back to a lower camp that same day). Depending on how much personal gear you do take, you will be carrying 15-20kg/30-45lb 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 factors. The first is weather and snow conditions. Next is the logistical approach taken by the expedition leaders and the strategies employed to embark on a summit bid. The final factor is your own preparation in the months prior to the expedition, and how you perform whilst the expedition is underway. 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 any questions you may have.

TRIP DATES & ITINERARY

Dates: September 5 to October 14, 2021

Day 1	Arrive Kathmandu
Day 2	Gear checks, day in Kathmandu
Day 3	Fly to Pokhara (1,400m/4,600ft)
Day 4	Fly to Jomsom (2,720m/8,925ft) and trek to Kagbeni (2,810m/9,220ft)
Day 5	Day hike to Muktinath (3,760m/12,340ft)
Day 6	Trek to Chele (3,050m/10,000ft)
Day 7	Trek to Syangboche (3,800m/12,400ft)
Day 8	Trek to Ghemi (3,520m/11,550ft)
Day 9	Trek to Dhakmar (3,820m/12,530ft)
Day 10	Trek to Charang (3,560m/11,680ft)
Day 11	Trek to Lo Monthang (3,810m/12,500ft)
Day 12	Explore Lo Monthang
Day 13	Trek to Yara (3,600m/11,800ft)
Day 14	Trek to Luri Gumpa (3,850m/12,630ft)
Day 15	Trek to Ghuma Thati (4,708m/15,682ft)
Day 16	Trek to Damodar Kund (4,990m/16,370ft)



▲ Climbing between Camps. Photo: Geoff Green

Day 17	Rest day at Damodar Kund
Day 18	Trek to Saribung Base Camp (5,200m/17,060ft)
Day 19	Rest day
Day 20	Climb to High Camp (5,820m/19,100ft)
Day 21	Summit Saribung (6,328m/20,761ft)
Day 22	Descend to Advanced Base Camp (5,600m/18,370ft) or Moraine Camp (5,400m/17,720ft)
Day 23	Trek to Phu (4,000m/13,100ft)
Day 24	Trek to Himlung Base Camp (4,900m/16,100ft)
Day 25	Rest day
Day 26	Climb to Camp 1 (5,435m/17,830ft)
Day 27	Climb to Camp 2 (6,035m/19,800ft)
Day 28	Climb to Camp 3 (6,210m/20,370ft)
Day 29	Summit Himlung (7,126m/23,497ft)
Day 30	Descend to Base Camp
Day 31–35	Spare summit days
Day 36	Trek to Phu
Day 37	Trek to Meta (3,600m/11,800ft)
Day 38	Trek to Koto (2,640m/8,660ft)

Day 39	Drive to Kathmandu
Day 40	Depart Kathmandu

TEAM SIZE

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

ADDITIONAL SERVICES

ACCOMPANYING TREK

This expedition will be accompanied by a small group of trekkers, creating a perfect opportunity for friends or family to share the adventure, including an optional ascent of the non-technical Saribung. While you are climbing Himlung, the trekkers enjoy exploring the trails and villages around the region before meeting again for celebrations and descent down the valley.

Friends and family can also join the Mustang Trek and depart for Kathmandu and home from Lo Monthang, making for an achievable 3 week trip away from home.



▲ Climbers pause enroute to Base Camp. Photo: Geoff Green

ADDITIONAL SHERPA SUPPORT

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.

PRIVATE CUSTOMISED EXPEDITIONS

We are also able to offer Privately Guided Expeditions where you have the services of a top AC Western guide



▲ Ready to leave Camp 1. Photo: Joe Coughlin

as well as your own Sherpa support team to work exclusively with you on the expedition to ensure your needs are best met. Adventure Consultants has been fortunate to work with many privately guided groups over the years with exceptional results.

OTHER SERVICES

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 (own satellite phone and internet connection at Base Camp), or the provision of a personal tent on the mountain.

For more information on Additional Services, please contact our office for details.

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, we will be dining in lodges and at tent camps. In the 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 energy gels, muesli bars, chocolate and/or candy to supplement the snacks that we provide.

ACCOMMODATION

The accommodation will be a mixture of lodges and camping. In the initial stages of the trek, we will predominantly be in lodges in twin-share rooms or camping in the walled gardens of the lodges, but once we leave the Mustang area we will be solely camping until after the Himlung ascent. During this time, team members will share a two-man tent with a mattress each. If preferred, a single supplement is available, please feel free to ask us for more information on this. There will also be a dining tent with tables and chairs, plus a toilet tent.

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 by our medical adviser and the guides only and is treated with full confidentiality. Advice on immunisations will be provided at this time.



▲ Himlung comes into view. Photo: Mark Morrison

VISAS

Expedition members will need to arrange their own entry visa into Nepal. This can be organised by a Nepalese Embassy or Consular office in your own country or at Kathmandu Airport upon arrival in Nepal. Currently, the easiest and best place to obtain a visa is on arrival at Kathmandu Airport. Visa application forms can be downloaded off the web and we will also send you a copy prior to your departure. You will need to get a 90-day visa for this expedition. If you choose to get your visa at the Kathmandu Airport, you will need to have a passport photo handy.

DOCUMENTATION & PHOTOGRAPHS

Expedition members will need to provide a digital passport photograph for various climbing and trekking permits and a copy of their passport biodata page.

EQUIPMENT LIST

Expedition members will be sent a list detailing all necessary clothing and equipment to be procured. We will correspond with you prior to the trip to answer your queries and ensure you have met all the equipment requirements. Having the correct equipment is key to your performance on summit day and to achieving success.

EXPEDITION FEE

The cost of the expedition ex Kathmandu, Nepal is US\$20,900 per person.

The cost for trekkers to accompany the expedition is US\$7,200.

NOTE: All prices subject to change.

This is an inclusive cost and covers the following:

- Nepalese Government royalty fees
- All trek organisational requirements
- All trekking permits
- Airport transfers in Kathmandu
- Fixed-wing air transport within Nepal
- Accommodation in lodges or tents ex Kathmandu
- All group equipment (tents, ropes, kitchen, radios, etc.) and emergency medical supplies
- All trek staff, including Western and Sherpa guides, cooks and porter support
- Transport of 30kg of personal equipment
- Breakfast, lunch and dinner ex Kathmandu
- Access to our satellite telephone for outgoing calls
- Dispatch webpage updated throughout the trip for friends and 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



• Step back in time at the remote mountain village of Phu. Photo: Geoff Green

- Purchases of bottled water, 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
- 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

PAYMENT DETAILS

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

Bank of New Zealand
Offshore Branch
42 Willis Street
Spark Central
Wellington
New Zealand

for the account of Adventure Consultants Limited

Account Number: 1000-594771-0000

Account Type: US Dollars

Swift Address: BKNZNZ22

NOTE: All bank transfer charges are for the remitter's account.

We can also accept your deposit and balance payment by credit card (Visa, Mastercard, Amex) plus a 3% credit card fee.

DEPOSIT

A non-refundable deposit of US\$2,000 is payable to secure a place on the expedition.

BALANCE

The balance is payable 90 days prior to the expedition start date.

CANCELLATION & REFUND POLICY

An expedition member may then cancel their participation on the following basis:



▲ Trekkers pause alongside lush forested mountainsides. Photo: Geoff Green

- Cancellations outside of 90 days will result in the loss of the trip deposit.
- For cancellations made within 90 days of the trip commencement date we reserve the right to retain 50% of the balance payment fee.
- For cancellations within 60 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 if you wish to be covered against cancellation due to medical or personal reasons.

HOW TO JOIN THIS EXPEDITION

If you would like to join our 2021 Himlung & Saribung Expedition, please complete our online application form at <https://www.adventureconsultants.com/expeditions/himalayan-climbs/himlung-and-saribung/book-now> and submit your trip deposit.

CONTACT US

Or contact us if you'd like further information and assistance in planning your trip.

If you require more information, please contact us at:

Adventure Consultants Ltd
PO Box 739
20 Brownston Street
Wanaka, 9343
New Zealand

Phone: +64 3 443 8711

Freephone from North America: +1 866 757 8722

Email: info@adventure.co.nz

Website: www.adventureconsultants.com



▲ Views across the Annapurna Range. Photo: Ambir Tolang



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 is a supporter of the dZi Foundation in Nepal for their 'Revitalise a Village' programmes.

Adventure Consultants perform to IFMGA/UIAGM standards and are world leaders in high altitude guiding.

