

Mt Himlung Expedition 7126m Nepal



Recently released new expedition peak in the border area between Manaslu the Annapurnas and Tibet

Information Pack



Season:	March - May and October to November
Start & finish at:	Kathmandu, Nepal
Duration:	32 days (ex Kathmandu)
Hotels:	Kathmandu 3 nights single room B&B basis
Camping:	Full service camping trek, BC and High Camps
Meals provided:	All on trek & climb + breakfasts in major cities e.g. Kathmandu
Group Size:	6 to 12 climbers + Sherpas
Activity split (days):	2 arrive/dept, 1 prep KTM, 2 travel bus/plane, 27 trek and climb



Highlights

- Climb to the summit of Mt Himlung 7126m
- Trek part of the Annapurna circuit and the remote valleys between Annapurnas, Manaslu and the Tibet Border
- Visit a peak without the crowds
- Be part of an expedition visiting a rarely visited area
- An excellent preparation expedition for 8000m such as Cho Oyu or Mt Everest



Mt Himlung ABC to C4



Call us to book: +61 8 8232 4433
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delivering success

About DCXP

DCXP was started by Duncan Chessell and has been operating trips around the world for many years. The experience gained in expedition logistics and health, has been utilised in developing teams of talented staff that are the basis of DCXP consistently high quality expeditions. DCXP is now managed by Katie Sarah, who has been involved with this business since 2006, and has now gained her own experience both in the field - from the remote wilderness of Antarctica to the summit of Everest - and in operating expeditions.

Our adventures are to mountainous destinations worldwide including to the seven summits (Mt Kilimanjaro in Tanzania, Mt El'brus in Russia and the extreme summit of Mt Everest to name a few). We arrange custom expeditions worldwide for groups who are looking for an experience that is both an adventure in remote and exciting destinations, but also has the infrastructure and support to help you achieve your goals.

The Journey

Brief Itinerary

- Day 1-2** Arrive in Kathmandu trip briefing and preparation
- Day 3** Bus to start of trek
- Day 4-11** Trek to base camp 4825m
- Day 12-26** Climbing phase on Mt Himlung with four high camps above BC and ABC
- Day 27-31** Trek out and return to Kathmandu
- Day 32** Depart Kathmandu

Kathmandu

On arrival in Kathmandu, our staff will meet you at the airport and take you to our hotel. We will have our mid-afternoon trip briefing at the hotel which is also a chance to meet your trekking crew. Your leader will explain where things are in Kathmandu, what will happen in the next couple of days in preparation for the trip, and check through your gear to ensure the smooth running of the trek and climb. We will spend one day at the start in Kathmandu allowing for people to organise personal gear, slow down from the rest of life and get any rental gear or included loan equipment from our store in Kathmandu sorted out.



Into the hills - getting to base camp

Leaving Kathmandu in our team bus we will drive 5-7 hours to the start point for the trek, where we will unload the bus and the Sherpas will prepare the loads and organise with the porters for all the equipment to go to base camp (BC).

We will be trekking on the first three days of the world famous Annapurna circuit to the village of Koto where we will turn North East towards the Tibetan border. Our trek begins at quite low altitude of only 840m above sea level in the village of Bhulbhule, so expect the trip to be one of contrasts, from warmer climates down low (shorts and light shirt) to very

cold and high on the summit!

Once we turn off the main trail at Koto we go via the village of Phu which is very Tibetan in nature as this region borders onto and mirrors the landscape of the Tibetan high plateau. The people living here are more Tibetan than Nepalese in appearance and this is a time capsule of what Tibet was like before 1959. Until recently this area was closed to foreigners.

The journey...continued

The trek

For those of you who have been on a full service Nepal style camping trek with DCXP before you will know what to expect, but for those new to us or the Himalayas, you will be amazed at work level of the local staff, cooking breakfasts and dinners if not lunches as well. Dining tents are provided to our climbers for eating, hot drinks, playing cards and a kitchen tent is used by our staff to prepare meals, hot drinks and wash up all the dishes. So the trek is the luxury part. This crew will accompany us to BC but no further and wait for us to return from the mountain. You will have a personal tent at BC which will remain standing for the whole climbing phase.

Trek out end of trip

We will trek out over several days back to our starting point. We have in the past trekked to Humder and flown out, but it is extremely unreliable weather in the area, and to save being stranded in Humde waiting for the weather to clear, we shall trek out instead.

Climbing Phase

We have 15 days to climb from BC at 4825m to the 7126m high summit (a 2301m vertical height gain).

This will need to be done in stages as we will need to firstly acclimatise ourselves to BC (phase one) then to about 6000m while climbing (phase two). Once we have completed our acclimatisation phases and rested for two days we should be ready to push through to the top in steady steps through our five camps above BC. As listed below from two previous teams who have made the ascent the camps are spread out evenly in altitude and distance as per the rough photograph of the route.

Climbing Camps Plan



BC	4825m
ABC	5193m
C1	5619m
C2	5987m
C3	6317m
C4	6410m

Mt Himlung ABC to C4

The Team

We will have with us a small sherpa team at a ratio of 1:3 to assist with fixed lines, camps and general mountain guiding. All members of the team will need to carry their own belongings and some food with them on the mountain. This will be a tough climb and require a VERY HIGH level of aerobic fitness. The sherpas will not be there to pack your bag and carry it for you, they will assist with melting snow when they can and preparing meals, but there is a good chance we will all be doing our own melting of snow and food production. The Sherpa team will be employed to get safety equipment in place, such as fixed lines, medical kits and emergency oxygen supplies. The Sherpas will also set the camps and tents for the most part and if there is any extra energy, to assist with other loads as possible. You will need your own LARGE backpack, 70L minimum or if it's smaller, the ability to attach lots of things to the outside.

The journey...continued

Personal Sherpa

If it all sounds like too much hard work, then you can employ a Sherpa to assist you all the way to the summit. This is in addition to the assistance from the group sherpa team. A personal Sherpa can help carry your personal gear and food and be a great help along the way. Not everyone will or would want a personal Sherpa but it would be a worthwhile option if you are not very experienced or are new to altitude. [This is optional for most people although we do reserve the right to insist you hire a personal sherpa depending on your climbing CV.](#)



Upper slopes of Himlung just below summit

Preparing for Everest or an 8000m peak?

This will be a great trip to test yourself at high altitude in preparation for a climb to 8000m or even the summit of Everest. This would be a great stepping stone that would give your body experience with adjusting to extreme altitude and give you the confidence of working with the Sherpa people who would be with you on Everest, DCXP and familiarity with the Himalayas that is vital to a successful summit bid on Everest.



Above C4 summit Himlung shown

Is it right for me?

This trip is aimed at the moderately experienced climber and/or very fit athlete wanting to test themselves at high altitude before attempting an 8000m peak. Suitable experience would be a Technical Mountaineering Course such as DCXP H5P or Alpine Guides TMC10 in New Zealand or a good level of proficiency with leading rock climbs combined with cross country skiing experience in the back country. If you are fit and motivated but lack technical climbing skills or suitable experience we have options to keep you safe and get you high. This might be a personal Sherpa or a pre-trip training course in New Zealand or Nepal.

Fitness

Any expedition that goes to 7000m requires a VERY HIGH level of aerobic fitness. Your resting heart rate should be below 60 but preferably below 50. You should be able to run 20km on flat ground in under 2.5 hours and walk with a very light pack for 100km in less than 20 hours on a mixture of flat and hilly terrain. Endurance and the ability to carry a heavy pack of up to 25kg is more important than sprint ability. Upper body strength will not be a big factor in this climb, more legs and lungs.

What's included?

Your expedition price includes:

- All airport transfers in Nepal
- Three nights at the four star Hotel Shanker in Kathmandu, single room (shared available). This charming historic palace has a peaceful garden with a pool and is just on the edge of the main tourist area, Thamel
- All meals on trek & climb, breakfasts in Kathmandu (Shanker Hotel is on BB basis (bed & breakfast))
- Land transport from Kathmandu to Bhulbhule and return to Kathmandu (trek start point)
- Trekking permits, special area permits and National Park fees
- Expedition climbing permit, liaison officer fees, rubbish deposit and levies
- Individual tents on trek and at BC (warmer shared tents are available also)
- Shared mountain tents and sleeping mats at high camps
- All meals, cooking and dining equipment on trek and climb, and full camping service on trek
- Expedition leader, sherpas, cooks, porters, all with local staff insurance
- Group climbing gear, tents, stoves, cooking pots, ropes, anchors
- Walkie talkies, base station radio
- Medical equipment, Gammov bag and emergency oxygen
- Down jacket and one sleeping bag each (suitable for base camp)
- 240V AC generator at BC for re-charging batteries (limited use) as per domestic Australian power point



What's not included?

Your expedition cost does not include any of the following:

- Domestic or international airfares to Kathmandu
- Excess baggage
- Nepal visa or International departure taxes from Kathmandu
- Excess baggage (allowance: 20kg /person to BC)
- Tips for trek crew USD \$150 per person average
- Changes in itinerary, or break from the group
- Personal expenses such as gifts, phone calls, laundry and drinks (including alcohol)
- Meals and accommodation other than those specified, such as outside the trip dates or break from group
- Personal clothing and equipment for the expedition
- Summit bonuses for team climbing Sherpas of USD \$150 per climber
- Summit bonus for personal Sherpa USD \$400 if reqd
- Medical evacuation - travel insurance is REQUIRED
- Use of the satellite phone or email is extra!
- Personal clothing and equipment for the trek, plastic boots and crampon rental



Mountain Designs Equipment - VIP privileges

Members of DCXP Expeditions receive a Mountain Designs VIP 15-20% discount card valid from the time your deposit is received to the start of the expedition.

Mountain Designs manufactures high quality outdoor gear suitable for your expedition. You can visit one of Mountain Designs' 35 outlets in Australia and New Zealand (see www.mountaindesigns.com for locations).

Travel Insurance

We recommend cancellation insurance to protect your investment. We require participants to have travel insurance that covers medical expenses, evacuation and repatriation. Please ensure that your chosen policy provides cover for the activities (trekking and mountaineering with ropes and guides) and in the localities in which you will travel (Nepal to elevations up to 7,126 metres above sea level). You may already have your own policy but if not we can suggest either World Nomads <http://www.worldnomads.com> or Covermore <http://covermore.com.au>.

You will also require insurance that will cover climbing with fixed ropes. We recommend IHI insurance, which we can also help you organise. This policy is available from the link on our website. Whichever policies you choose, please read the relevant policy details in full.

How do I book?

- Step 1** Go to the DCXP website and locate the trip that you wish to book or forward to us the booking form contained in this document.
- Step 2** Follow the prompts, and enter your details and pay your deposit by telegraphic transfer. Please use the bank details below, make sure you tag your payment with YOUR name, note details of payment and email them to us.
- Step 3** Once you have completed your booking form online, you will receive an automatic confirmation of your booking, and have access to downloads for trip dossier, including what to expect, training tips and so on. This will answer many remaining questions!

Bank details for direct payments **USD DOLLARS**

Via direct payment at a branch or internet transfer use:

Bank: Nepal Investment Bank Ltd
Swift Code: NIBLNPKT
Account Name: Arun Treks and Expeditions (P) Ltd
Account Number: 2431902
Branch address: Main Branch Durbar Marg, Kathmandu, Nepal



Personal and group gear checklist

✓ Personal Clothing etc

- Travel and town clothes (can leave extras in hotel in KTM)
- Sun hat suitable for snow conditions
- Sunglasses: Category 3 or 4, glacier type, UV & polarized are best
- Snow goggles (as for skiing)
- Warm (fleece/wool) hat or beanie
- Fleece scarf or neck gaiter AND balaclava
- 1-2 pairs of thermal liner gloves
- Windstopper fleece gloves
- Heavy mitts with waterproof shell (note: mitts not gloves)
- T-shirt/long-sleeved shirt
- 2 Thermal tops
- Fleece jacket or pullover mid weight
- Fleece jacket heavy weight
- CA Mid-heavy weight down jacket
- Rain and wind-proof jacket, preferably Gore-Tex
(make sure jacket goes over other clothing when layered up!)
- Rain and wind-proof pants (preferably with full side zips)
- Trekking shorts &/or long pants light weight
- 1-2 Thermal long pants
- Fleece long pants, mid weight
- Several pairs socks and underwear
- Trekking boots - we suggest strong leather boots
- Warm boots for camp (e.g. sheep skin boots) *Optional but great!

Other Personal Gear

- Sun screen, zinc cream and lip balm
- Wash kit (small personal toiletries, nail clippers and pack towel)
- First aid kit and blister kit (tape or moleskin, band aids, betadine, bandages etc)
- Personal medicines including your usual medicines AND 1 course each of (usually available in Kathmandu):
 - respiratory antibiotic (e.g. Amoxicillin)
 - gastrointestinal antibiotic (e.g. Ciprofloxacin)
 - gastro treatment (e.g. Imodium)
 - mild pain killers (e.g. Aspirin/paracetamol/ibuprofen)
 - throat lozenges
 - altitude medication (e.g. Diamox)

✓ Personal Equipment

- Large pack 70L - 85L
- Water containers: minimum 3L: e.g. Nalgene wide mouth bottles 1L + bottles or bladder another 2L capacity
- CA Foam sleeping mat
- An extra sleeping mat (*recommended: e.g. ThermoRest or RidgeRest)
- CA Sleeping bag for base camp and trek use
- Sleeping bag: 900 grams of down with Dryloft outer shell, winter grade
- Water-proof bag for sleeping bag (e.g. dry bag or robust plastic bag(s))
- Head lamp (we suggest Black Diamond with LED), spare batteries
- Pee bottle – wide mouth Nalgene are good *Optional
- R Double (usually plastic) mountaineering boots (e.g. Scarpa Vega, Koflach Arctis Expeditions, etc; sizes 6-12 available to rent) or One Sports
- R Crampons Alpine style with rapid-fix bail type to suit your boots (e.g. Black Diamond Sabretooth)
- Gaiters (for snow) appropriate to your plastic & trekking boots
- Adjustable trekking pole(s)
- R Ice axe: one only, 65-75cm in length
- R Climbing harness with a belay loop, adjustable leg loops
- R Belay/Abseiling gear: e.g. Black Diamond ATC
- R Ascender e.g. Petzl expedition ascender
- R 2 Non-locking carabiners
- R 2 Locking carabiners (wide gate preferred)

Group Equipment Supplied by DCXP

- CA Group medical kit (for altitude illness, trauma, reserve antibiotics); emergency oxygen and portable altitude chamber
- CA Satellite phone (pay for air time used: USD \$5/minute)
- CA Sleeping tents, dining tent, all cooking and eating equipment & food on trek/climb
- CA 240V AC generator at BC to recharge camera batteries
- CA Barrel or duffle bag for transporting personal gear by Yak and truck
- CA Climbing ropes, fixed safety ropes
- CA Snow anchors, ice anchors, rock anchors, v-thread cord

NOTE: You must have all of the above personal gear, clothing and equipment. It may be possible to buy some extra equipment (if forgotten) but don't rely on it.

R: This item is available to rent, see Gear Rental form

CA: DCXP provides this item

Personal details & trip details

Name as on passport: First name(s): _____ Middle names: _____
 Last name: _____ Sex: Male or Female
 Passport number: _____
 Home address: _____
 Postal address: _____
 Phone number: AH: _____ BH: _____
 Mobile phone: _____ Which is your preferred phone number: Home Work or Mobile
 Email address: _____
 Date of birth: (dd/mm/yyyy) _____ Nationality (as on passport): _____
 Shirt size: XS S M L XL XXL Boot Size: _____ UK or USA (for climbing trips)
 Trip applied for: _____
 Start date: _____ Finish date: _____
 How did you hear about the trip?: _____
 Previous Experience: _____
 Special Dietary Requirements/Food Allergies?: _____

Next of kin (Emergency) contact details

Name: _____ Relationship to you: _____
 Phone number (preferred): _____ Mobile ph: _____
 Email: _____
 Residential Address: _____

Self assessed fitness / readiness for trip

Height (cm): _____ Weight (kg): _____ Resting heart rate: _____
 Evaluate your general health: poor average good excellent
 Evaluate your fitness: poor average good excellent
 Please NOTE that you will on most trips be required to have your Doctor fill out a medical clearance certificate in addition to this information

Self assessed questions	Yes	No	Details
Do you feel you are physically prepared (or will be before commencement) for the trip that you are planning to undertake?			
Do you have any medical illnesses, infirmities, disabilities that require the regular care of a doctor?			
Do you have allergies, to food, bites, stings, drugs?			
Are you allergic to penicillin?			
List all the medications you are taking currently and the dosages			
Have you been hospitalised or had surgery in the last five years?			
Do you have any heart or respiratory problems?			
Are you a diabetic?			
Do you suffer from epilepsy or seizures of any kind?			
Do you have any physical or mental limitations that might preclude you from this trip?			
Are you pregnant?			

Booking conditions, waiver, pricing policy

Name as on passport: First name(s): _____ Last name: _____
Trip Name: _____ Start Date: _____
Total Trip cost: _____ Currency (listed on website): USDS _____
Deposit due: _____ Currency (listed on website): USDS _____

Base Currency price policy

Each trip is generally quoted in USD as listed on the website. The currency converter is indicative of a "mid rate" and the actual FX rates vary widely from bank to bank. We require payment in this currency to be able to stabilise the price. Our agents and offices hold multi-currency bank accounts to facilitate this process, speak to your booking agent who will obtain an invoice for you from Arun Treks and Expeditions (P) Ltd (hereafter referred to as Arun Treks) in the appropriate currency and assist with payment either by EFT, telegraphic transfer, cheque or cash as appropriate. If you pay by prior arrangement with your agent in another currency be advised a FX surcharge may apply.

Travel insurance & Doctors certificate

As a pre-condition for delivery of service you agree to return 60 days ahead of the start date of your trip, a Doctors certificate (that we will supply) stating you are fit for your intended journey and hold valid travel insurance appropriate to the journey intended that covers medical expenses and evacuation, i.e. climbing coverage for expeditions.

Booking Conditions

Risk Awareness / Liability Waiver

I have been advised by DCXP as agent for Arun of the following matters in relation to my upcoming trip with Arun Treks. I have been advised that travel, trekking, climbing and especially mountaineering are inherently dangerous activities. I may be killed, injured, incapacitated and experience pain, illness and suffering. I may experience loss, damage or theft of my property. Any of the above may not be Arun Treks or DCXP's fault or the fault of anyone. These incidents may be caused by others in my party, employees or directors of Arun Treks, their subcontractors or even my guide, may be caused by environmental factors, or even just physical or mental exhaustion which can happen at any time on my trip. There is no way of predicting all the hazards I may face. While Arun Treks will take reasonable precautions to minimise the risks, there is no way Arun Treks can guarantee my safety on this trip 100%.

I acknowledge that often the areas of operation are remote with little or no immediate medical support. In some remote areas self-rescue is the only option. My guide may need to begin first aid appropriate to the remoteness of the area and the nature of my ailment. By signing this document I certify that I have read and understood these risks and they are acceptable to me.

I also agree not to seek compensation, financial or otherwise from any incident that might occur during or associated with the trip, from Arun Treks or DCXP, or their respective directors, officers, employees, agents, partners or subcontractors.

Arun Treks and its agents including employees, guides, leaders, subcontractors and porters shall not be liable for loss, death or injury, to any of its clients or loss or damage or delay to their baggage, personal effects or other property arising from the following:

1. Acts of God including but not limited to Landslides, Ice Cliff Collapse, Avalanche, Earthquakes, Flooding and Fire;
2. Civil disturbances of any nature including but not limited to War, Revolution, Riots, Strikes or Labour Shortages;
3. Environmental Factors such as changes to trails rivers and valleys, loose rocks, unstable snow, unstable ground, bad weather;
4. Any other circumstance beyond our control and responsibility.

Cancellation Policy

Your non-refundable deposit amount is specific to each trip and listed on the DCXP website or trip documentation. If you cancel you lose your deposit.

Payment in full is normally due 60 days ahead of departure date, if you don't pay by this date you can lose your place on the trip and your deposit is forfeit. In rare cases earlier payment will be required.

Normal Policy Is:

If you cancel 60-31 days before departure date you lose 50% of your payments.

If you cancel less than 31 days before departure date you lose 100% of your payments.

If you cancel and we are able to fill your place on the trip we may refund your money at our discretion. This would normally be subject to an administration fee. We may also choose to offer you another trip (transferable) at our discretion. Arun Treks reserves the right to vary or cancel a trip or a specific departure and will endeavour to advise you of cancellations not less than 42 days before departure. In the event of Arun Treks cancelling a trip, we would work with all the members of the trip to try to provide an alternative venue. If you do not accept alternative arrangements we will refund all payments you have made to Arun Treks, less any unrecoverable costs. Arun Treks will not be liable for any additional costs incurred by you such as airticket cancellation fees or changes. We advise you to have a travel insurance policy that covers cancellation.

Itinerary Policy

Arun Treks will make every effort to achieve the objectives of the given trip/expedition. By signing below I understand that variations may be necessary for reasons including but not limited to; safety, interruptions to transportation, political unrest, prevailing weather conditions and the needs of the group.

Trip Price Policy

The trip price may change at any stage. Changes might be due to international currency fluctuations, inflation, fuel prices, conditions, fees or other changes. Once your full payment has cleared into our account, we would normally not vary the price. If the trip price were to vary considerably (>10%) after you had paid your non-refundable deposit and you decided to cancel we would likely allow a full refund or transfer to another trip.

For included/excluded items and any special conditions, see the Info Pack for each specific expedition.

Acceptance

I have read and understood, and accept, the Risk Awareness / Liability Waiver, Cancellation Policy and the Trip Price Policy. I acknowledge and accept that DCXP is an agent of Arun Treks. I understand and accept the risks that have been explained to me, I hereby waive my right to bring any legal claim against Arun Treks even where Arun Treks and its Employees, Agents or Contractors would otherwise be deemed liable due to Gross Negligence, Breach of Contract or otherwise.

Signed: Date: Name:

If under the age of 18 please have a parent or guardian sign for you.



Instructions

This document DUE 60 days from the start of the trip please.

PLEASE attend to these details at the first available moment.

Please fill out this as carefully as possible and fax, post or scan/email this into our reservations team.

Latest contact details can be found on the website.

If you can only fill out one section send that in now and update the second part later, thanks :-)

Personal details & trip details

Name as on passport: First name(s): _____ Middle names: _____

Last name (Surname) : _____ Sex: Male or Female

Trip name: _____ Start date: _____

Passport Number: _____ Nationality: _____

International flight information

Arrival City: _____ (city name) _ Departure City: _____ (city name) _

Arrival Date: _____ (dd-mm-yyyy) _ Departure Date: _____ (dd-mm-yyyy)

Arrival Time: _____ Departure Time: _____

Arrival Flight No: _____ Departure Flight No: _____

Hotels: Single Supplement and Travelling Companion

Do you require a SINGLE SUPPLEMENT for your Hotel: Yes or No: _____ Camping/Lodges: Yes or No: _____

Note that some trips a single supplement is included, if not a quote for the specific trip will be sent to you for approval and payment, before we book it.

If you are travelling with someone and would like to be allocated a hotel room together, please specify below. Note some trips are share basis and you will be assigned someone to share with if you do not specify someone below. EXCEPTION - females will not be required to share with a male unless specifically requested! A single room will be provided for you in this situation at no cost.

Name of travelling companion: _____ Room Setup: Twin Share (two single beds) or Double (one large bed)

Further instructions: _____

Travel insurance details

Please Note: The insurance company you have chosen to take cover with has a 24 Hour world-wide emergency assistance service. Should an accident occur after you have departed for your trip, DCXP needs to be able to contact the emergency assistance section of your insurance company. Therefore we need to know who they are and a contact phone number for them. Please note this is a different number to general enquiries and claims.

The following are two **examples** of Insurance companies and their emergency assistance contact details.

Company: **Covermore**
24 hour emergency provider: Customer Care Pty Ltd
24 hour emergency Ph: +61 2 8907 5619

Company: **IHI** (good for mountaineering cover) www.ihl.com
24 hour emergency provider: IHI
24 hour emergency Ph: +45 33 15 33 00

Primary Policy

Company: _____

Policy Number: _____

24 HR Emergency Provider: _____

24 HR Emergency Ph: _____

Second Policy (if required)

Company: _____

Policy Number: _____

24 HR Emergency Provider: _____

24 HR Emergency Ph: _____

It is in your best interest to purchase travel insurance as soon as you book your trip to cover cancellation costs, for example if you become ill before the trip and can not attend some travel insurance policies will re-imburse all your lost funds.