

Api Saipal Himal Trek

Url: <https://www.glorioushimalaya.com/trip/api-saipal-himal-trek/>

Duration

16

Max. Altitude

4,250m

Difficulty

Difficult

Group Size

2+ pax

Transport

Plane, Car, Jeep

Meals

Breakfast, Lunch, Dinner

Starts At

Kathmandu

Ends At

Kathmandu

Accommodation

Hotels and camping tents

Overview

Api Saipal Himal Trek is for those trekkers/hikers who want to visit a remote and unspoiled area of Nepal. It lies in far western Nepal. The name Api comes from the Tibetan word, which means grandmother. This route is still off touristy and very few tourists have visited this area. Api Saipal Himal trek gives a great opportunity to explore the real wilderness of nature of Nepal. Besides these, it offers a massive mountain view, cultural diversity, beautiful forests, rapid rivers, mysterious culture, and off the beaten trail.

While on the trail you can enjoy the spectacular views of Api Himal (7,132m), Saipal (7,031m) Mt. Thado Dhunga Tuppa (5,368m), Mt. Nandadevi (7,817m), Rajamba (6,537m) and other peaks as well. Api Saipal base camp trekking via Simikot required a special permit. Most trekking agencies operate this trek via Mahendranagar where you have to drive a long journey at least 15 hours one way. Chala will be the last settlement from this route. And here, keep to their child with tight by fixed rope for not to fall down from the house during parents are away from the house (in the daytime) on the Api Saipal Himal trek.

Api Saipal Himal trek via Mahendranagar, even though Api Himal trek is an adventure trek from this place is equally popular among those travelers who are interested in bird watching. And agriculture is the main occupation of the local people in this area. Kali Dhunga Lake is a famous holy lake in this area which is about 2 hours walk from the Api Himal Base Camp. Bramin, Chhetri, Mahara, Bohora, Thekare,

Jhakari, and Lohar are the local community of this region. Typically, they have their own different language and culture.

They are not able to speak fluent Nepali language as well. A nomad community known as “Raute” is also found here and speaks their own language. They used to live in caves in the past. During summer they ascend up to Api Himlal Base Camp and during winter they descend to Terai and reach as far as the Indian border.

Check out our crafted itinerary for Api Saipal Himal Trek below. However, our tailor-made itinerary can extend or reduce according to your needs. [Contact us](#) if you want to prolong the itinerary.

Itinerary

Day 01: Arrival in Kathmandu and transfer to the hotel. (1400m)

Welcome to the Himalayas! Our airport representative will receive you at Kathmandu airport with a private tourist vehicle. He will transfer you to your respective hotel and help you check-in. After some refreshment, you can explore the outskirts of Thamel and do some shopping. Our senior guide will visit you to give a briefing about the trip and you will be invited for a warm welcome dinner which includes typical Nepali cuisine and cultural dance. Overnight at Hotel inclusive breakfast.

Day 02: Kathmandu sightseeing and trip preparation

The Kathmandu city tour is the experience you would not want to miss while in Nepal. The city holds numerous heritage sites, old arts, and ancient temples. There are 7 world heritage sites in Kathmandu alone, which includes Syambhunath Stupa (The Monkey Temple), Pashupatinath Temple, Kathmandu Durbar Square, Bhaktapur Durbar Square, Patan Durbar Square, and more. All these sites carry a lot of cultural importance that traces back to an ancient civilization. We will visit 3 to 4 places as visiting all sites is not possible in a single day. Overnight at a hotel inclusive breakfast.

Day 03: Fly from Kathmandu to Nepalgunj (150m) - 1 hrs flight

Our trekking guide will receive you at your hotel for our domestic flight. We will be flying to Nepalgunj in south-west Nepal. Nepalgunj is considered as the gateway to the far west and is famous for adventure treks to Dolpa and Jumla region. Overnight at the hotel inclusive breakfast.

Day 04: Flight to Simikot (45 minutes flight) and trek to Dharapuri (2310m) - 4 hrs walk

After breakfast early in the morning, we will take the 50 min flight to Simikot on a tiny airplane. Upon arriving at Simikot airport, we will officially start our trek by heading to Dharapuri. We will go through pine forests walking on a rough and rocky trail, passing Gwalekhor, Syada, and crossing a suspension

bridge over the Karnali River before reaching the Dharapuri. We will stay overnight at a tented camp on full board meals.

Day 05: Trek to Kermi (2670m) - 6 hrs walk

We continue our trek moving towards our next destination, Kermi. Following the trail along the banks of Humla Karnali River, we will come across beautiful waterfalls and visit the famous Buddhist monasteries: Lakiyo Gompa; and Lhundrup Choeling Gompa. After a visit to these monasteries, we will come across a hot spring and stop to take a dip before we reach Kermi. Overnight at a tented camp on full board meals.

Day 06: Trek to Yalbang (3020m) - 5 hrs walk

After breakfast, we leave Kermi and move trek to our next destination Yalbang. En route, we can enjoy the dramatic scene of the high Himalayan landscapes. We will be walking along with the buckwheat and paddy fields, then through a pine forest. First, we cross Okharthala and cross a bridge over the Salli River and continue west towards Yalbang. After reaching Yalbang, we can visit the Namkh Kyung Dzong monastery which houses statues of Guru Rinpoche and Lord Buddha. Overnight at a tented camp on full board meals.

Day 07: Trek to Chala (3690m) - 6 hrs walk

After breakfast, we set-off for Chala heading north. En route, we can enjoy the beautiful landscapes and see the wonderful peaks in Sumjum and Saipal Himal ranges.

We can also find a few teahouses along the trail. We arrive Chala after a short descent from Syakup Langa. Overnight at a tented camp on full board meals.

Day 08: Trek to Karang Khola/ Labuk Depsa (4000m) - 6 hrs walk

After breakfast, we head for Karang Khola; our next destination. We will follow the trail along the Kalungba River, seeing the beautiful Karang Valley. As we continue ahead, we also see the Saipal ranges and Karang Taal along our way. We will also get to catch the glimpses of North Saipal Glacier as well. The final part of our trail is through a lush forest before we arrive at the settlement of Karang Khola. Overnight at a tented camp on full board meals.

Day 09: Trek to Base Camp (4250m) -

We continue our trek moving towards the Saipal Base Camp following a trail that gets steep and icy. So we ought to be cautious and follow the guidelines of our guide. Upon reaching the base camp, we can enjoy the picturesque views of Api (7132m), Saipal (7031m), Nandadevi (7817m), and surrounding peaks like Chuli (6730m) which also offers a mesmerizing display. The rest of the scenery from the Base Camp also includes Saipal Glacier, Nunekhara Glacier, and Humla Danda. Overnight at a tented camp on full board meals.

Day 10: Rest Day

We will spend another day at the Base Camp exploring around the Base Camp. To get more amazing views of the mountain ranges, we can hike up to the nearby vantage points with the help of our guide. We need to be careful and follow our guide as the terrain here is snow and ice-covered most of the time that can get tricky at times.

Overnight stay at the Base Camp at a tented camp on full board meals.

Day 11: Trek back to Karang Khola (4000m)

After breakfast, we trace our way back the trail descending down to the banks of Karang Khola. Enjoying the alternative view of the Karang Region, our trek continues along with lush pasture land. We can also choose to take a short visit to Karang Tal before we further continue our trek to the settlement fo Karang Khola. Overnight at a tented camp on full board meals.

Day 12: Trek back to Yalbang/ Salle Khola (3020m)

The trail today is easy as we descend to Yalbang. We will trek along the isolated trails that offer remarkable scenery of surrounding landscapes. En route, we will walk along the Puiya River before concluding the trek for the day. Once we reach Yalbang, we can explore the village inhabited by Thakuri and Bhotia community. Overnight at a tented camp on full board meals.

Day 13: Trek back to Dharapuri (2310m)

We continue our journey, heading back to Dharapuri. The trail gently descends to vegetation and settlement areas inhabited by indigenous people. Once refreshed, we can go explore the lifestyle and unique culture of Jhakri, Thakuri, and Bhotia community. Overnight at a tented camp on full board meals.

Day 14: Trek back to Simikot (2910m)

Today is the last day of our trek. We retrace our way back to Simikot after our breakfast. Upon reaching Simikot, we can explore many unique stupas, monasteries, and many other places in this town.

Herein, the cultures and practices are unique and one-of-a-kinds. Overnight at a tented camp on full board meals.

Day 15: Fly back to Kathmandu via Nepalgunj (1400m) - 1 hrs 45 minutes flight

It was a wonderful time in the mountains! We will take an early morning flight to Nepalgunj. We will further take another flight from Nepalgunj to Kathmandu and celebrate our final dinner together with the crew. Overnight at a hotel inclusive dinner and breakfast.

Day 16: Farewell day (Have a Safe Journey!)

This is your final day in Nepal. Our Airport representative will drive you back to the airport for your flight back to your home at least 3 hours prior to your flight. Congratulations! You made it! We hope to see you again and pray for your safe journey!

Trip Includes

- All the airport pick-offs and drop-offs by private vehicles.
- 3 nights of 3-star category hotel accommodation in Kathmandu city inclusive breakfast.
- 11 nights of twin sharing tented accommodations while on the trek.
- 1 night of deluxe hotel accommodation in Nepalgunj city inclusive breakfast.
- 1-day Kathmandu sightseeing tour includes city tour guide and private transport.
- All the domestic airfares including airport taxes as per the itinerary. (Kathmandu-Nepalgunj-Simikot-Kathmandu)
- All the required trekking permits and official paperwork for the trip.
- An experienced and government certified local trekking guide for the trek.
- An expert local trekking cook to prepare your meal for the trek.
- Supporting local porters to carry your belongings while on the trek. (1 porter for 2 clients)
- All the camping gears including tents, kitchen utensils for the trek.
- The full board of meals while on the trek. (Breakfast, Lunch, Dinner)
- Foods, Salary, accommodation and accidental insurance of all our trekking staffs.
- Glorious Himalaya Company duffel and sleeping bags to use while on the trek.
- First aid medical kit with an oximeter to check your pulse and oxygen level while on the trek.
- Trip achievement certificate after successful trip completion.
- Complimentary welcome and farewell dinner in Kathmandu.
- All the government taxes and company service charges.

Trip Exclude

- International airfare and Nepal's travel visa.
- Entrance fees for Kathmandu sightseeing.
- Lunch and dinner in Kathmandu and Nepalgunj hotel stay.
- Alcoholic beverages, bottled mineral water while on the trek.
- Tips to the guide and porters.
- Any other extra cost which is beyond our includes.

Checklist

Trekking Gear Checklist

Head

- Bandana or headscarf, also useful for dusty conditions.
- Warm hat that covers your ears (wool or synthetic)
- Headlamp with extra batteries and bulbs.
- Sunglasses with UV protection
- Prescription sunglasses (if required)

Upper Body

- Polypropylene shirts (1 half sleeve and 2 long sleeves)
- Light and expedition weight thermal tops.
- Fleece wind-stopper jacket or pullover.
- Waterproof shell jacket (preferably breathable fabric)
- Down jacket
- Gore-Tex jacket with hood, waterproof and breathable

Hands

- 1 pair of lightweight poly-liner gloves.
- 1 pair of lightweight wool or fleece gloves.
- 1 pair of mittens, consists of 1 Gore-Tex over mitt matched with a very warm polar-fleece mitt liner (seasonal)

Lower Body

- Non-cotton underwear briefs.
- 1 pair of hiking shorts.
- 1 pair of hiking trousers.
- 1 pair of lightweight thermal bottoms (seasonal)
- 1 pair of fleece or woolen trousers
- 1 pair of waterproof shell pants, breathable fabric

Feet

- 2 pairs of thin, lightweight inner socks.
- 2 pairs of heavy poly or wool socks.
- 1 pair of hiking boots with spare laces (sturdy, soles, water resistant, ankle support, "broken in")
- 1 pair of trainer or running shoes/sandals
- Cotton socks (optional)
- Gaiters (winter only), optional, "low" ankle high version

Sleeping

- 1 sleeping bag (-20 degrees)
- Fleece sleeping bag liner (optional)

Rucksack and Travel Bags

- 1 medium rucksack (50-70 liters/3000-4500 cubic inches, can be used for an airplane carryon)
- 1 large duffel bag
- A small daypack/backpack for carrying your valuables should have good shoulder padding
- Small padlocks for duffel-kit bags
- 2 large waterproof rucksack covers (optional)

Medical

- Small, personal first-aid kit. (Simple and light)
- Aspirin, first-aid tape, and plasters (Band-Aids)
- 1 skin-blister repair kit
- Anti-diarrhea pills
- Anti-headache pills
- Cough and/or cold medicine
- Anti-altitude sickness pills: Diamox or Acetylzolamide
- Stomach antibiotic: Ciprofloxacin, etc. Do not bring sleeping pills as they are a respiratory depressant.
- Water purification tablets or water filter.
- 1 set of earplugs
- Extra pair of prescription glasses, contact lens supplies.

Practical Items

- 1 small roll of repair tape, 1 sewing-repair kit
- 1 cigarette lighters, 1 small box of matches
- 1 compass or GPS (optional)
- 1 alarm clock/watch
- 1 digital camera with extra cards and batteries
- Large Ziplocs
- 2 water bottles (1 ltrs. each)
- 1 small folding knife
- Binoculars (optional)
- 4 large, waterproof, disposable rubbish sacks.

Toiletries

- 1 medium-sized quick-drying towel
- Toothbrush/paste (preferably biodegradable)
- Multi-purpose soap (preferably biodegradable)
- Deodorants
- Nail clippers
- Face and body moisturizer
- Female hygiene products
- Small mirror

Personal Hygiene

- Wet wipes (baby wipes)

- Tissue/toilet roll
- Anti-bacterial hand wash

Extras/Luxuries

- Reading books
- Trail map/guide book
- Journal and pen
- iPod
- Travel game i.e. chess, backgammon, scrabble, playing cards (to help you pass the time at teahouses or camps)
- 1 modest swimsuit
- Voltage converter
- Plug adapter (2 round pegs to 2 flat pegs)
- Lightweight pillowcase (in case if your teahouses do not provide you)

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