

Api Saipal Himal Trek

Duration: 16 Days

Starts At: Kathmandu

Grade: Difficult

Accommodation: Hotels, Tents

Transport: Plane, Car, Jeep, Bus

Ends At: Kathmandu

Group Size: Min : 2- Max:14 Pax

Meals: Breakfast, Lunch, Dinner

Highlights

- Adventurous camping trek towards unspoiled region of Nepal.
- Breathtaking views of mountains including Api, Saipal, Rajamba, Nandadevi etc.
- Explore local culture of different community
- Hike to off the beaten track.

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 the great opportunity to explore the real wilderness of nature of Nepal. Besides these, it offers the massive mountain view, cultural diversity, beautiful forests, rapid rivers, mysterious culture and off beaten trail. While on the trail you can enjoy the spectacular views of Api Himal (7132m), Saipal {7031m}Mt. Thado Dhunga Tuppa (5368m), Mt. Nandadevi (7817m), Rajamba (6537m) and other peaks as well. Api Saipal base camp trekking via Simikot required a special permit. Most trekking agencies operate this trekking 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 house during parents away from house {in day time} on Api Saipal Himal trek.

Api Saipal Himal trek via Mahendranagar, even though Api Himal trek is the 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 walking from the Api Himal Base Camp. Bramin, Chhetri, Mahara, Bohora, Thekare, Jhakari, and Lohar are the local community of this region. Normally, they have their own different language and culture. They are not able to speak fluent Nepali language as well. A nomad community was known as "Raute" is also found here. They speak their own language and they used to live in caves in the past. During summer they ascend up to Api Himal

Base Camp and during winter they descend to Terai and reach as far as the Indian border.

Itinerary

Day 01 : Arrival Kathmandu and transferred to Hotel, free day (1400m)

As you begin to see the Himalayan zone from the air, we will be waiting for your arrival at the Tribhuvan International Airport. You can recognize our office representative as he will be holding our company name card. He will then shift you to your hotel and assist you in check-in. You can freshen up and rest a while after a long flight. Later, you spend the remaining time exploring the outskirts of Thamel and do some shopping. In the evening, you will meet your guide for a briefing of the upcoming program and you will be invited for a welcome dinner which includes a typical Nepali dish and you also get to see the typical Nepali cultural dance.

Day 02 : Kathmandu sightseeing and preparation for the trip

Kathmandu is the capital city of Nepal which holds numerous ancient temples, old arts, and heritage sites. The Kathmandu city tour is the experience you would not want to miss while in Nepal. There are 7 world heritage sites in Kathmandu city that includes Swayambhunath Stupa, Patan Durbar Square, Bhaktapur Durbar Square, Boudhanath Stupa, Pashupatinath Temple, and more.

All these sites carry a lot of cultural significance that traces back to an ancient civilization and are definitely worth visiting. However, you will visit 3 to 4 places out of all, for a tour, as visiting all sites is not possible in a single day.

Day 03 : Fly from Kathmandu to Nepalgunj (150m)

This day we will prepare the paperwork for the restricted area trekking. After that, we will be flying to the Nepalgunj on the southwestern side of Nepal which is also considered as the gateway to the far west.

Day 04 : Flight to Simikot and trek to Dharapuri (2310m)

Today early morning we will take the flight to Simikot and trek to Dharapuri. Upon reaching Simikot, the gateway to the trips in Far-western Nepal. Then, you officially start to trek by heading to Dharapuri. The trail is a rough rocky road filled with pine forests. Passing Gwalekhor and Syada, the trek crosses a suspension bridge over Humla Karnali River to reach Dharapuri.

Day 05 : Trek to Kermi (2670m)

After Breakfast, we move towards our next destinations for Kermi. You will follow the trail along the banks of Humla Karnali River. You can see waterfalls and steep cliffs

along this trail. You come across Lakiyo Gompa and Lhundrup Choeling Gompa, famous Buddhist monasteries of this region. After visiting these monasteries, you come across a hot spring where you take a dip. Then you reach Kermi.

Day 06 : Trek to Yalbang (3020m)

After Breakfast, we move towards our next destinations towards Yalbang. You will walk along with paddy and buckwheat fields and, then walk through a pine forest. En route, you can see amazing landscapes of the high Himalayas. First, you cross Okharthala and cross the Salli River to continue westwards towards Yalbang. Once you reach Yalbang, you can visit the Namkh Kyung Dzong monastery. This monastery houses statues of Sakyamuni Buddha and Guru Rinpoche.

Day 07 : Trek to Chala (3690m)

After Breakfast, we move towards our next destinations towards Chala. You will head north to Chala. En route, you can see the magnificent peaks in Saipal and Sumjum Himal ranges and enjoys the beauty of the landscapes. Even though there are a few teahouses along the trail, you will set up tents to get an amazing experience of camping in the remote landscape. A short descent after crossing Syakup Lagna (4214m), you arrive at Chala.

Day 08 : Trek to Karang Khola/labuk Depsa (4000m)

After Breakfast, we move towards our next destinations towards Karang Khola. You will follow the Kalungba River. En route, you get to see the beautiful Karang Valley and catch glimpses of North Saipal Glacier as well. You can also see the Karang Taal and the Saipal ranges as you continue ahead. The final part of the trail follows a lushly forested area to settle Karang Khola.

Day 09 : Trek to Base camp (4250m)

After Breakfast, we move towards our next destinations towards Base camp. We pack up our stuff and then head towards the base camp. The trail gets steep and icy, so it is important to be cautious and follow the guidelines strictly. Once you reach the base camp, you can enjoy the spectacular views of Saipal (7031m), Api (7132m), Nandadevi (7817m), and the neighboring peaks. The nearby Phirankoph Chuli (6730m) also offers a mesmerizing Himalayan display. Saipal Glacier, Nunekhara Glacier, and Humla Danda make up for the rest of the scenery from the Saipal Base Camp.

Day 10 : Rest Day

After Breakfast, we will explore around the Base Camp. You can hike up to the nearby vantage points with the help of your guide to get more amazing views of the mountain ranges. You need to carefully follow your guide as the terrain here can get tricky at times with the snow and ice-covered most of the time. Overnight stay at base camp.

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

After Breakfast, we move towards our next destinations towards Karang Khola. you descend down to the banks of Karang Khola. You trace back the trail through which you ascended. Enjoy the scenic view of the Karang region and the yaks you occasionally see. You can also choose to take a short detour to the Karang Tal. The trek continues along lush pasture land to settle at Karang Khola.

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

After Breakfast, we move towards our next destinations towards Yalbang. The trek begins along the isolated trails that offer amazing scenery of surrounding landscapes. The trail gets easy as you descend to Yalbang. En route, you will walk along the Puiya River to conclude the trek for the day. You can explore the village inhabited by Bhotia and Thakuri once you reach there.

Day 13 : Trek back to Dharapuri (2310m)

After Breakfast, we move towards our next destinations for Dharapuri. The trail gently descends to vegetation and settlement areas. This is also one of the villages inhabited by indigenous people Bhotia, Jhakri, and Thakuri community. You can explore the unique culture once you have refreshed.

Day 14 : Trek back to Simikot (2910m)

After Breakfast, we move towards our next destinations towards Simikot. You trace back the route you came from, Upon reaching Simikot, you can explore the town. There are many unique monasteries and stupas in this town. Culture and practices are also one-of-a-kinds.

Day 15 : Fly back to Kathmandu via Nepalgunj

Today we will take an early morning flight from Simikot to Nepalgunj. After reaching Nepalgunj we then further fly back to Kathmandu and celebrate our final dinner together.

Day 16 : Departure Day

Today we will drive you back to the airport for your flight back to your home. Congratulations! You made it happen!

Trip Includes:

- All the airport transfers according to the itinerary.
- Deluxe hotel in Kathmandu city inclusive breakfast.
- all the domestic airfare as per the itinerary.
- All the essential long-range transports.
- All the required trekking permits for the trip.
- A professional and knowledgeable guide from the trip.
- Essential trekking porters for the trip. (1 porter for 2 clients)
- Accommodation in Nepalgunj with a full board of meals.
- All the camping gears including tents, kitchen utensils, mattresses, etc.
- Company Guarantee for Emergency evacuation (clients are required to have their own traveling Insurance which copied hand over to the company)
- All food, kitchen & camping staff, and equipment transfers by bus to Nepalgunj and by air to Simikot.
- The full board of meals while on the trek. (Breakfast, Lunch, Dinner)
- Guide and porters will be insured as required by Nepal government regulation

Trip Exclude:

- International airfare
- Nepal visa which can be obtained at the airport upon arrival {bring 4 copies passport size picture too}
- Lunch and dinner in Kathmandu hotel stay.
- Alcoholic beverages, bottled mineral water.
- Tips to the guide and porters.