



## Api Base Camp Trekking

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| <b>Trip code</b>      |  |
| <b>Package name</b>   | Api Base Camp Trekking   |
| <b>Duration</b>       | 18   |
| <b>Max. elevation</b> | 4100 m   |
| <b>Level</b>          | MODERATE   |
| <b>Transportation</b> | Kathmandu - Nepalgunj and Return,  |
| <b>Accommodation</b>  | Hotel Lodge + Tented twin sharing Bed Basis During the Trek  |
| <b>Starts at</b>      | Kathmandu/Nepalgunj  |
| <b>Ends at</b>        | Kathmandu/Nepalgunj  |
| <b>Trip route</b>     | Kathmandu - Nepalgunj - Mahendranagar - Gokuleswar - Chiureni - Makarighat - Seti - Lawati - Simar - Dhawaliodar - Api Base Camp - Makarighat - Bitule - Gokuleswar - Mahendranagar - Nepalgunj - Kathmandu. |
| <b>Cost</b>           | USD 3,250 per person   |

## Highlights

- Experience the adventure and thrill of Api Himal Base Camp Trek trails.
- Walkthrough the virgin trekking destination with Camping
- Witness the scenic views of Mt. Api (7,132 m) up close and other snow-capped peaks such as Mt. Kapchuli (6,850 m), Mt. Rajama (6,537m), and Mt. Thado Dhunga Tuppa (5,368m).
- Explore the lifestyle, culture, and tradition of the people living in the Far west Nepal.
- Explore the holy lake of Kali Dhunga and Deuda culture.

## Overview

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**Api Base Camp trekking is ideal for bird-watching lovers. This trek is popular among those who are interested in bird watching. You will enjoy and see different spectacular Himalayan scenery including Api Himal, Kappa Chuli Peak, Nandadevi, Rajramba, etc, different species of wild animals, birds, rapid rivers, off-beaten paths and grin pristine forest with deep experience.**

Being such a beautiful paradise, Api Base Camp Trek is still off the beaten path trekking trail and very few tourists have visited this region. It is hidden side in the western remote area of Nepal. While trekking on this route, we will be able to see Kali Dhunga which is one of the Holy Lakes in this area and we can reach there by a walk of about two hours from the base camp.

Agriculture is the main occupation of the local people. The mixed community includes the Brahmin, Chhetri, Mahara, Bohora, Thekare, Jhakari, and Lohar (Iron smith). Normally, they have own language and unable to speak fluent Nepali language as well.

Api base camp trek is quite a remote and untouched trekking area in western Nepal. Till now, only a few tourists have visited the region. The real wilderness of Nature can be experienced along the Api Himal base camp trail. Beautiful mountain landscapes, cultural diversity, rapid rivers, and pristine forests are the main attractions of this region.

Apart from the scenic beauty, off-beaten trails, and mysterious culture, the region offers a panoramic view of the 7,817-metre Mt. Nandadevi, which lies in Uttar Pradesh of India, Thado Dhunga Tuppa (5,368m.), Api Himal, Rajamba (6,537m.), Kapchuli and many other peaks. The 6,850-metre peak of Kapchuli is also known as Jethibahurani. The favorable month for trekking in Api Base Camp is between September to November and March to May.

### **Why do Api base camp trekking ?**

- Not Crowded , Vrigin Trek in farwest Nepal.
- Experience the authentic lifestyle of Local People
- Majestic views of mountains like Jethi Bahurani (6,850m), Api (7,132m), Nampa (6,757m), Babai, etc.
- Explore rural villages like Ghusa, Siti and Khayakot
- Experience the harvest of the most expensive herb, Yarsagumba
- Explore and enjoy the life of shepherds

## Trip Itinerary

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**Day 1 : Drive / Fly Kathmandu to Nepalgunj (517 km) – (1 hour flight, 10 / 11 hrs drive)**

Our journey begins with a drive of flight from Kathmandu to Nepalgunj. It will take approximately ten to eleven hours to reach Nepalgunj by road which may be tiresome to someone whereas it will take one hour to reach Nepalgunj from Kathmandu by flight. Overnight at hotel

### **Day 2 : Drive from Nepalgunj to Mahendranagar (219 km) – 3 / 4 hrs drive**

After breakfast, we head towards Mahendranagar. After three to four hours drive we reach Mahendranagar from Nepalgunj. Overnight at hotel.

### **Day 3 : Drive from Mahendranagar to Gokuleshwor (290 km) – 5 / 6 hrs drive**

Leaving Mahendranagar, we move forward to reach Gokuleshwor which can be reached in five to six hours drive. Overnight at camp.

### **Day 4 : Trek from Gokuleshwor to Karkale (900 m) – 3 hrs walk**

Today, the first day of our trek begins. We will hike through an area with picturesque peak view and striking landscape. We will have to make about 2 hours straight walk and reach Karkale, where we will stay overnight at camp.

### **Day 5 : Trek from Karkale trek to Chiureni (1100 m) – 6 / 7 hrs walk**

Commencing our trek from Karkale, we will walk through stunning villages and farmland. On the way, we will cross countless hanging bridges. After walking for six to seven hours, we will reach Chiureni. In Nepali, Chiuri means butter tree. This place is famous for butter trees so the name comes after it. We will see many butter trees around our campsite and stay overnight at camp.

### **Day 6 : Trek from Chiureni trek to Makarighat (1800 m) – 6 / 7hrs walk**

On this day our trekking trail follows the Chamliya Khola moving ahead from Chiureni. The trail goes to straight and some part narrow. Overnight at camp.

### **Day 7 : Trek from Makarighat trek to Seti (2800 m) – 6 / 7 hrs walk**

The trail today is ascending. We have to walk frequently uphill and climb up to 1200m. On the way we will see some villages and observe that settlements are very scattered. We can see pleasant Mountain View while walking for about six to seven hours. Overnight at camp

### **Day 8 : Trek from Seti to Lawathi (3000 m) – 4 hrs walk**

Leaving Seti, the trail goes up and move down again for about 2 hours then we will reach Lawathi. This is the last village of this trek and this place is known as Saheb Bagarâ. Many years ago, trekkers were staying at that place so local people started to call this place “Saheb Bagar”. From here trail goes to uphill and walk through dense jungle reaching Lawathi where you will spend your overnight.

### **Day 9 : Trek from Lawathi to Simar (3300 m) – 5 / 6 hrs walk**

Commencing trek from Lawathi, we hike through thick jungle. The trail goes tenderly up hill. During the summer season there are a lot of kinds of plant which can be seen in this area. The name of plant called “Yarsagumba” which is kind of Viagra.

### **Day 10 : Trek from Simar to Dhawaliwadar (3800 m) – 4 / 5 hrs walk**

On the following day, we walk straight to Dhaliwadar. “Dhaliwadar” means cave as mentioned above in the past days nomadic people used to stay at this cave. Today we will walk through greenery forest with Mountain View and need to cross some small stream. Overnight at camp.

### **Day 11 : Trek from Dhawalidwar to Api Base Camp (4100 m) – 4 hrs walk**

Ascending up for about two hours from Dhawalidwar, we will reach at Api Himal base camp. After having lunch, we will visit to view the holy lake, walk around the base camp and enjoy with stunning mountain views. Overnight at camp.

### **Day 12 : Trek from Base Camp to Saheb Bagar (2800 m) – 6 hrs walk**

Early in the morning, after breakfast we descend down to Saheb Bagar and go behind the same trail following the same path. After six hours walk, we will reach Saheb Bagar where we will stay overnight.

### **Day 13 : Trek from Saheb Bagar to Makarighat (1800 m) – 6 / 7 hrs walk**

Leaving Saheb Bagar, we move forward towards Makarighat which will take about six to seven hours to reach ou destination. Overnight at Makarighat.

### **Day 14 : Trek from Makarighat to Bitule (1200 m) – 5 hrs walk**

Following the same foot path, we walk back to Bitule chaur for about five hours. Overnight at Bitule

### **Day 15 : Trek from Bitule to Gokuleshwor (850 m) – 5 / 6 hrs walk**

Today is the last day of our trek. We will walk through stunning villages for about six hours to reach Gokuleshwor. Overnight at Gokuleshwor.

### **Day 16 : Drive from Gokuleshwor to Mahendranagar – 5 / 6 hrs drive**

Driving back to Mahendranagar after such a wonderful trek makes such a relief. After about six hours drive, we will reach Mahendranagar where we will spend our night in one of the hotel.

### **Day 17 : Drive from Mahendranagar to Nepalgunj – 3 / 4 hrs drive**

After breakfast, we drive from Mahendranagar to Nepalgunj. The drive is short and pleasant. Overnight at Nepalgunj.

### **Day 18 : Flight from Nepalgunj to Kathmandu**

Early in the morning, fly Nepalgunj to Kathmandu.

## **Inclusions**

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### **What is included?**

- Domestic airports pick up and drop in Kathmandu as per program by private car
- Camping+lodge (whereas possible) trek with all meals (breakfast, lunch and dinner prepared by our cook) and accommodation in tent/lodges.
- Experienced sherpa and kitchen staff & crew transfer from Kathmandu.
- Services of an experienced English speaking trekking guide, cook, kitchen helpers and porters.
- Food, salary (allowance), insurance, equipment and transportation for cook, assistance, porters etc.
- First aid kit bag box including oximeter to check pulse rate and oxygen level everyday to save from higher risk of altitude.
- All equipment for camping (tent, mattress, kitchen tent, kitchen utensils, toilet tent etc)
- Sleeping bag and down jacket if necessary.
- All applicable government taxes and service charges.
- Local fee and TIMS.
- kathmandu - Nepalgaunj and Return airfare.
- Nepalgunj to Gukuleswar Jeep reserve and Return .

### **What isn't included?**

- Any meals, accommodation and sightseeing in Kathmandu (if required please let us know and as per your budget requirement we would be very happy to arrange the same)
- Bottled drinks (mineral water, any cold drinks, and alcoholic drinks).
- Personal travel insurance against sickness, injury, accidents, damage or loss of goods.

Liability for extra expenses caused by illness, accidents or situation beyond our control.

Expenses of personal nature such as laundry, telephone, bar bill, tips for driver, guide and porter, etc.

Medical and emergency evacuation charges.

Respective expenses if one returns earlier from the trip due to sickness or emergency purpose.

Personal equipment for Sunglasses, Sun hat, normal trekking boot, plastic trekking boot etc.

Any other services or optional activities not mentioned above in the included list.

Any kind of tips for guide and Porters with other staff.

## **Complimentary**