8848 Nepal
Api Himal Expedition



Trip Facts

Trip Duration: 36 Days
Difficulty Level: Challenging
Trip Area: Dharchula
Maximum Altitude: 7132m/23,398.95ft-Api Himal Summit
Best Season: Sep - Nov, Feb - May
Meals: Full board (please check the details)
Accomodation: Hotel, Lodge, Tent
Transportation: Air, Land

Itinerary Highlights

Remote Location: Api Himal is located in the far-western region of Nepal, making it one of the more isolated and less commercialized peaks. This remoteness adds to the adventure and provides a unique experience.

High Altitude Climbing: Climbing Api Himal is a physically demanding and technically challenging endeavor due to the high altitude and unpredictable mountain conditions. Climbers need to acclimatize carefully and be well-equipped.

Stunning Scenery: The journey offers breathtaking views of the Himalayan landscape, including pristine glaciers, rugged terrain, and panoramic vistas. It’s an opportunity to immerse oneself in the natural beauty of the region.

Adventure and Exploration: Expeditions to Api Himal are often chosen by adventurers and mountaineers seeking a more unexplored and authentic experience in the Himalayas. It provides a sense of discovery and exploration.

Cultural Experience: The expedition also offers opportunities to interact with local communities and experience the unique culture of the far-western region of Nepal.

Commitment to Safety: Safety is paramount in high-altitude mountaineering. Experienced guides and proper equipment are crucial to managing the risks associated with such expeditions.

Trip Overview

Conquering Heights: The API Himal Expedition

In the heart of the majestic Himalayas lies an adventure that beckons the brave and the bold—the API Himal (7,132 meters 23,390 feet) Expedition. This thrilling journey isn't just about scaling towering peaks; it's a testament to human endurance, teamwork, and the indomitable spirit of exploration. Led by seasoned mountaineers and supported by cutting-edge technology, this expedition isn't just a climb—it's a metaphor for overcoming obstacles and reaching new heights, both literal and metaphorical.

At the core of the API Himal Expedition is a deep reverence for the Himalayan landscape and its significance in global mountaineering lore. The expedition isn't merely about summiting peaks but also about understanding the fragile ecosystem of the region and fostering sustainable practices. As climbers navigate through treacherous terrain and unpredictable weather, they are reminded of the need to tread lightly and leave minimal impact on these pristine mountains. Through partnerships with local communities and environmental organizations, the expedition strives to promote conservation efforts and ensure that future generations can continue to marvel at the Himalayas' breathtaking beauty.

Yet, amidst the challenges and the risks, the API Himal Expedition is also a celebration of the human spirit's resilience and the bonds forged in adversity. Each step taken towards the summit is a testament to the unwavering determination and camaraderie of the climbers, who support each other through every hardship and triumph. As they stand atop the world, gazing at the vast expanse of peaks shrouded in mist, they are reminded not only of their own strength but also of the collective strength of humanity. The API Himal Expedition is more than just a mountaineering feat; it's a reminder of our capacity to dream, to conquer, and to push beyond the limits of what we once thought possible.

Peak Profile of Api Himal

Latitude: 30º 00? 19
Longitude: 80º 55? 54

1st ascent on May 10, 1960 by

Katsutoshi Hirabayashi (Japan)
Gyaltsen Norbu Sherpa (Nepal)

Detail Itineraries

Day 01 Arrival in Kathmandu (1,345m/4,411ft)

Upon your arrival at Tribhuvan International Airport, a representative from 8848 Nepal will be there to greet you. You will be transferred to your **hotel located in the heart of Kathmandu**. Our staff will assist you through the check-in process. You can choose to rest at the hotel, sight-seeing around or visit the office for more information about the expedition. In the evening, please join us for a **welcome dinner** organized by 8848 Nepal.

Accomodation: Hotel
Altitue: 1345

Day 02 Sightseeing in Kathmandu and Preparation

Today, we will dedicate most of our day to sightseeing around several UNESCO World Heritage sites within the Kathmandu Valley. Additionally, we will complete all the necessary paperwork and other preparations for the Api Himal Expedition with us.

Please note that it is not possible to visit all the heritage sites in Kathmandu in one day, so you can select 3-4 places for the day's sightseeing.

>> Click Here to know more about the Heritage Sites of Kathmandu Valley

Accomodation: Hotel
Altitue: 1345

Day 03 Fly from Kathmandu to Dhangadi (210m/688 ft)

After breakfast, we will **pack our gear and prepare for a scenic one-hour flight from Kathmandu to the airstrip in Dhangadi**. Dhangadi, a city in western Nepal near the Indian border, serves as the main administrative center and headquarters of the Kailali District. Upon landing in Dhangadi, you will be transferred to the hotel. You can either rest or **explore the bustling market streets** of Dhangadi, where a large number of people from all over the country gather for trade.

Duration: 5 - 6 Hours
Accomodation: Lodge
Altitue: 210

Day 04 Drive to Gokuleshwor (518m/1,699ft)

Today, we will drive from Dhangadi to Baitadi and onward to Gokuleshwor, the starting point of our trek. The drive along the Mahakali Highway will take about six to seven hours. As we pass through Baitadi, we will witness **dramatic changes in the landscape, transitioning from the flat plains of Dhangadi to the hilly, zigzag roads of Baitadi and Gokuleshwor.**

Duration: 6 - 7 Hours
Accomodation: Lodge
Altitue: 518

Day 05 Trek to Karkale (968m/3,175ft)

Our trek begins on the first day from Gokuleshwor, offering breathtaking views of the surrounding mountains. It will be a relatively short day of trekking, allowing us to **fully savor the stunning scenery and natural beauty** along the way. We will continue our trek until we reach a suitable **campsite** near Karkale.

Duration: 4 Hours
Accomodation: Tent
Altitue: 968

Day 06 Trek to Chiureni (1,120m/3,673ft)

After breakfast, we depart from our campsite at Karkale and follow an ascending trail that **gradually climbs through terraced farmlands** and picturesque villages. **The local people are always happy to greet foreigners**, as this trail is off the beaten path and less popular, providing a true adventure for trekkers. We will cross several suspension bridges as we make our way toward Chiureni, a place renowned for its butter trees. Our campsite will be surrounded by these trees, nestled in a pristine and serene environment.

Duration: 6 Hours
Accomodation: Tent
Altitue: 1120

Day 07 Trek to Makarighat (1,800m/5,904ft)

After breakfast, we leave Chiureni and follow the trail that goes along Chamliya Khola. Soon our trail goes along some of the **narrowest parts of the whole trek**. Our trail ascends and descends for a few hours through dense forest areas and passing along several villages. We continue our trek until we arrive at Makarighat where there is a good campsite.

Duration: 7 Hours
Accomodation: Tent
Altitue: 1800

Day 08 Trek to Seti (2,980m/9,774ft)

Ready to continue, we leave our campsite at Makarighat and start trekking on a steep uphill trail. The route takes us through several small villages, **offering stunning views of snow-capped mountains** as we make our way toward Seti, where we will camp overnight.

Duration: 6 Hours
Accomodation: Tent
Altitue: 2980

Day 09 Trek to Bayaligad (3,400m/11152ft)

After breakfast, we depart from our campsite and trek towards **Lwathi, the last village settlement on our journey**. Beyond Lwathi, the trail climbs steeply through dense forest areas until we reach Bayaligad, also known as Saheb Bazaar. We will stop here and set up our campsite for the night.

Duration: 6 Hours
Accomodation: Tent
Altitue: 3400

Day 10 Trek to Simar (3,680m/12,070ft)

We pack our gear and resume our journey, trekking gradually uphill through dense forest areas. Our trail leads us to Simar, where we will camp overnight. This area is known for the abundant presence of the **exclusive and expensive natural herb Yarsagumba**, especially during the summer. People from nearby villages often leave their jobs and schools to search for this valuable herb.

Duration: 6 Hours
Accomodation: Tent
Altitue: 3680

Day 11 Trek to Dhaulo Odar (3,860m/12,660ft)

From Simar, we press on with our trek along an ascending trail that winds through yet another forested area, offering splendid vistas of snow-capped peaks. After a few hours of trekking, we will reach a suitable campsite near Dhaulo Odar. “Odar” in Nepali translates to “Cave,” indicating the historical significance of this location where people once resided. Scientific evidence attests to **human habitation in the cave in the past**. Upon arrival at Dhaulo Odar, we will embark on a brief excursion to **explore the cave** before settling in for overnight camping.

Duration: 5 Hours

Accomodation: Tent
Altitue: 3860

Day 12 Trek to the Api Himal Base Camp (4,190m/13,743ft)

Today's trek is brief as we ascend higher to reach the Base Camp. After breakfast, we depart from our campsite at Dhaulo Odar and follow a gradually uphill trail all the way to a **suitable campsite at 4,190m (13,743ft)**. Our Sherpa crew will set up the base camp and make necessary preparations for establishing additional camps at higher altitudes. They will also inspect all climbing gear before our main summit attempt of Api Himal. If time allows, we can embark on **a hike to the Holy Lake – Kali Dhunga**, which is approximately a two-hour journey from the base camp.

Duration: 4 Hours
Accomodation: Tent
Altitue: 4190

Day 13 Climb to the Api Himal Summit (7,132m/23,392ft)

Over several days, we focus on climbing training amid unpredictable mountain weather. Our experienced guides lead us through challenging terrain, while Sherpa support ensures camp setup and safety. Despite obstacles, we steadily progress towards our summit goal. Each day brings new lessons and challenges, humbling us before the mountain's might. Yet, with perseverance, we push forward, driven by the shared dream of reaching the apex. When the weather permits, we'll seize the opportunity, prepared to face whatever lies ahead. It's not just the summit that calls to us, but the journey itself—a test of our limits, a bond of camaraderie, and a testament to the human spirit.

At the summit of Api Himal (7,132m/23,392ft), we are greeted by breathtaking vistas, with Mt. Nanda Devi (7,817m/25,646ft) towering majestically beyond the Indian border. The surrounding peaks, including Rajamba Peak and Kappa Chuli Peak, create a stunning backdrop. We pause, absorbing the awe-inspiring scenery, cherishing a brief yet profound moment of triumph. With gratitude in our hearts, we begin our descent, retracing our steps back to base camp, each step a testament to our resilience and determination.

Duration: 16 Days
Accomodation: Tent
Altitue: 7132

Day 28 End the Climb (4,190m/13,743ft)

As we near towards bidding farewell to the base camp after summiting the peak, a bittersweet atmosphere fills the air. Memories of triumph and camaraderie linger as we pack our gear and prepare for departure. The towering peak, now conquered, stands as a testament to our

resilience and determination. Yet, there's a sense of longing for the simplicity and solidarity of mountain life. With a final glance at the majestic landscape, we embark on our descent, carrying with us the lessons learned and bonds forged amidst the challenges of the climb. Though the journey may be over, the spirit of adventure and the memories of our shared triumph will forever reside in our hearts.

Duration: 16 Days
Accomodation: Tent
Altitue: 4190

Day 29 Trek to Bayaligad (3,400m/11,152ft)

With our triumphant summit of Api Himal behind us, we begin our last day at base camp with a leisurely start. After a hearty breakfast, we gather to clean and organize the camp, preparing for our return trek. Retracing our steps along the familiar trail, we descend from the heights, passing through Dhaulo Odar and onward to Simar. The path leads us through dense forested areas, each step carrying us closer to the comforts of home. As we make our way back to Bayaligad, we reflect on the challenges overcome and the memories made during our mountain conquest. Though the journey may be ending, the spirit of adventure and achievement will linger in our hearts long after we've returned to civilization.

Duration: 7 Hours
Accomodation: Tent
Altitue: 3400

Day 30 Trek to Makarighat (1,800m/5,904ft)

After a hearty breakfast, we bid farewell to Bayaligad and begin our descent through dense forested terrain towards Lwathi. Continuing onward, our trail leads us through Seti as we make our way back towards Makarighat for our overnight camping. Along the way, we are treated to magnificent vistas of picturesque villages set against the backdrop of snow-capped mountains, adding a delightful flavor to our return trek. Each step brings us closer to the comforts of Makarighat, yet we savor the beauty of our surroundings, cherishing the memories of our mountain adventure. As the day draws to a close, we settle in for the night, grateful for the experiences shared and the sights beheld on our journey back from the summit of Api Himal.

Duration: 7 Hours
Accomodation: Tent
Altitue: 2980

Day 31 Trek to Bitule Chaur (1,200m/3,936ft)

Continuing our journey from Makarighat, we retrace our steps along the familiar trail, passing through several villages with undulating terrain. After hours of trekking, we reach the expansive

plains of Bitule Chaur, which provides excellent camping grounds for the night. As we pitch our tents and settle in, we reflect on the adventures and challenges of our mountain ascent, grateful for the camaraderie and memories forged along the way. Surrounded by the tranquility of the Himalayan landscape, we prepare to rest, rejuvenating our bodies and spirits for the final leg of our return journey.

Duration: 7 Hours
Accomodation: Tent
Altitue: 1200

Day 32 Trek to Gokuleshwor (518m/1,699ft)

On the final day of our trek, we depart from Bitule Chaur, trekking through picturesque villages as we make our way back to Gokuleshwor. The trail offers a fairly moderate trek, allowing us to soak in the beauty of our surroundings one last time. As we reach Gokuleshwor, a sense of accomplishment fills the air, mingled with nostalgia for the journey now coming to an end. In the evening, we gather with our climbing crew to celebrate our achievements and reminisce about the challenges and triumphs of our expedition. With laughter and camaraderie, we cherish the memories made during our time in the mountains, grateful for the bonds forged and the experiences shared.

Duration: 7 Houra
Accomodation: Lodge
Altitue: 518

Day 34 Drive to Dhangadi (210m/688ft)

Following breakfast, we embark on a scenic drive from Gokuleshwor back to Dhangadi, a journey spanning approximately six hours. Upon our arrival in Dhangadi, we are transferred to the hotel, where we have the option to relax or explore the bustling market streets of the city. As evening descends, we may choose to take a leisurely stroll, immersing ourselves in the vibrant atmosphere of Dhangadi one last time before bidding farewell to this unforgettable adventure.

Duration: 6 Hours
Accomodation: Lodge
Altitue: 210

Day 35 Fly to Kathmandu (1,345m/4,411ft)

Following a short flight lasting approximately 50 minutes, we arrive back in Kathmandu, where a day of relaxation and exploration awaits. With no scheduled activities planned, this free day provides the perfect opportunity to unwind and rejuvenate after our mountain adventure. Whether strolling through the bustling streets of Thamel, exploring the ancient temples of

Durbar Square, or simply indulging in delicious Nepalese cuisine, there is no shortage of ways to immerse oneself in the vibrant culture and charm of Kathmandu. As the day draws to a close, we reflect on the memories created during our journey, grateful for the experiences shared and the sights seen along the way.

Accomodation: Hotel
Altitue: 1345

Day 36 Depart from Kathmandu

It’s time to bid farewell to the enchanting city of Kathmandu as we transfer to the airport for our departure. With memories of our adventure still fresh in our minds and hearts, we carry with us the spirit of exploration and the bonds forged during our time in Nepal. As we navigate the bustling streets one last time, we reflect on the sights seen, the experiences shared, and the friendships made. Though our journey may be ending, the memories we’ve created will linger on, inspiring future adventures and reminding us of the beauty and resilience of the human spirit. With gratitude for the journey and excitement for the adventures yet to come, we embark on the next leg of our travels, carrying the spirit of Nepal with us wherever we go.

Cost Includes

- All land transportation and domestic flights as required for the trip itinerary
- Pick-ups and Drop-offs in a private vehicle at the airport (Arrival & Departure)
- Hotel Accommodations (Bed & Breakfast) in the city
- 3-course meal (Breakfast, Lunch, & Dinner) during the entire trek
- Accommodations in teahouses/guesthouses/lodges and tented camps as per the nature of the trek
- Necessary climb and trek permits, national parks, and restricted areas entrance fees
- First-aid Medical Kits
- Experienced and government license holder English-speaking trekking guides
- Porters (2 trekkers: 1 porter), supporting crews, cooks, & asst. cooks (depending on the nature of the trek)
- Allowances for crew staff including insurance on medical grounds
- All government taxes, official charges

Cost Includes

- International Airfare
- Nepal Entry Visa Fees
- Personal Expenses
- Additional charges in the tea/guesthouses (Wi-Fi, electricity charge, hot shower, laundry, boiled water)
- Meals (Lunch & Dinner) in Kathmandu
- Extra night’s stay accommodation and meals in Kathmandu
- All kinds of Alcoholic & Non-alcoholic Beverages, Mineral Water

- Personal Trekking Gears
- Emergency Rescue cost & Travel Insurance cost
- Tips to the supporting crew members (guides, porters, drivers) after the trip completion
- Unforeseen events

Travel Info for Api Himal Expedition

Nearest Help Center

Police Post: Khalanga, Darchula 66.6KM

Army Post: Khalanga, Darchula 66.6KM

Health Center: Lahuti 54.1KM Ghusa 21.8KM

Nearest Settlement: Dumbling 28.3KM Lawthi 14.3KM

Accommodation

Accommodations in the during the expedition is mostly tented camps. In the city, the hotel is the accommodation. For the use of Wi-Fi, charging electronic devices, hot water buckets, laundry, and boiled water, trekkers must pay an additional charge.

Meals

In the city, only breakfast is provided. During the entire expedition, a full 3-course meal (breakfast, lunch, and dinner) is provided at the campsite. The meals are basic but organic and healthy suitable for the health of the trekkers. The prime dish is Nepali Dal-Bhat served with vegetable curry and pickles. Besides Dal-Bhat, noodles, soups, Sherpa stew, hot drinks, roti, and fresh curries are served.

Drinking water

Drinking water keeps the body hydrated which is essential during the trek. In the Himalayas, water is pure and fresh. One can directly drink water from the natural stream from the Himalayas or one can fill up the boiled water at villages enroute, paying an additional charge. However, water-purifying solution kits are essential. Remember to carry a water bottle to minimize the use of plastic bottles.

Communication

The internet connectivity is stable and easily accessible in the lower regions of expedition. But, in the higher regions both mobile network and internet connectivity is unstable, and sometimes no connection at all. One can also purchase a local Sim to use the phone and mobile data internet in the lower regions.

Required Permits

Royalty Fees

Nepalese (NRs):
Spring 6000, Autumn 3000,Winter/Summer 1500

Foreigners (USD):
Spring 500, Autumn 250, Winter/Summer 125

Travel Insurance

Travel Insurance is required while trekking and climbing in Nepal. Travel Insurance makes your journey stress-free. It acts as a safety tool that prevents unforeseen and unwanted events during the travel journey. One must get travel insurance from a trusted insurance company. It must cover all emergencies, flight cancelations, loss/theft of luggage, altitude over 3000m, evacuations, and medical difficulties.

Safety and our guides

The client’s safety is our topmost priority. So, when it comes to safety one can 100% trust us. Our guides are certified and have years of experience in this field. They are aware of the technical difficulties, altitude sickness, and health of the trekkers in the Himalayas. Thus, they are fully prepared and always carry necessary medical kits, safety tools, and are experts in safety performances. From the beginning to the end of the trek, the client’s safety is taken into consideration and kept as a high priority. Therefore, all the program itineraries are carefully planned and scheduled with proper acclimatization and rest days to prevent altitude sickness and adapt to the higher altitude. We are available 24/7 at your service. Hence, feel free to ask queries and share your thoughts.

Best time for Api Himal Expedition

All seasons have their beauty. But, when it comes to climbing the Api Himal, Spring and Autumn seasons are termed best. These two seasons are the best time to explore as the weather is clear, the days are bright, and trekking trails are easy to walk. Spring and Autumn season is followed by the Summer season to trek in the Api Himal region. Winter and Rainy seasons are riskier due to muddy, slippery, and snowy trails. The weather is also uncertain and the chances of the temperature fluctuating are high making it cold for the trekkers. It is advisable to properly plan before trekking in the rainy and winter seasons in the region.

Api Himal Expedition Difficulty

The Api Himal Expedition is a challenging and demanding adventure, suitable for experienced climbers with a high level of physical fitness and technical skills. This expedition involves several factors that contribute to its difficulty:

1. Altitude and Acclimatization: Reaching heights of over 7,000 meters (22,966 feet), the expedition requires careful acclimatization to prevent altitude sickness. The thinning air at such elevations poses significant challenges, making it essential to have prior experience in high-altitude climbing.
2. Technical Climbing: The route to the summit includes technical sections that require proficiency in using ropes, crampons, ice axes, and other climbing gear. Climbers must be adept at negotiating steep ice and snow slopes, crevasses, and potentially unstable rock sections.
3. Weather Conditions: The weather in the Himalayas is notoriously unpredictable and can change rapidly. Climbers must be prepared to face extreme cold, high winds, and sudden storms, which can add to the complexity and danger of the ascent.
4. Physical Endurance: The expedition demands high levels of stamina and strength. Climbers will need to endure long days of trekking and climbing, often in harsh conditions, while carrying heavy loads of gear and supplies.
5. Remote and Rugged Terrain: The approach to Api Himal involves trekking through remote and rugged terrain, far from medical facilities or rescue services. This isolation requires climbers to be self-sufficient and prepared for emergencies.
6. Logistical Challenges: Organizing an expedition to Api Himal involves complex logistics, including the transport of equipment and supplies, setting up multiple camps, and coordinating with support staff such as porters and Sherpas.

Given these factors, the Api Himal Expedition is best suited for seasoned mountaineers who have previous experience with high-altitude expeditions and are well-prepared for the physical and technical demands of the climb. Proper preparation, training, and a reliable support team are crucial for a successful and safe ascent.

Altitude Sickness and Acclimatization

Altitude sickness is common at an altitude above 3000m. Here in Nepal, during trekking, altitude sickness chances are high. The high elevation, the weather, and the temperature play a key role. Thus, to prevent altitude sickness, acclimatization is quintessential. Thus, the acclimatization rest days are carefully scheduled to adapt to the surroundings. All age groups and even healthy people can suffer from altitude sickness. But, no need to panic as its symptoms and precautionary advice is given below:

Altitude Sickness Symptoms

The symptoms of altitude sickness are primary at the initial stage and get extreme if primary symptoms are not taken into consideration.

Primary symptoms: Headache, vomiting, breathlessness, loss of appetite & sleep, tiredness, vertigo

Extreme symptoms: primary symptoms along with delusions & unconsciousness

Precautionary Advice

- Inform the guide immediately
- Stretch the body and do warm ups before the start of the trekking journey
- Keep yourself hydrated by drinking water at regular intervals
- Urinate frequently throughout the journey
- Keep it slow and steady
- Take proper rest and sleep
- Avoid taking salty and unhygienic foods
- Avoid consuming alcohol, and smoking
- If it feels uneasy or difficult, immediately descend
- Consult a guide to taking a medicine

Porter Luggage limitation

One porter is assigned to carry the luggage of two trekkers. The luggage limitation is a maximum of 15 kg per trekker.

However, the climbers need not carry any luggage during the climb to the summit.

Equipment checklist

Essential Documents: Passport, Travel Permits, Visa Photocopy, Passport size photos

Food: Light snacks, Energy bars, and drink mix

Shoes: Camp shoes, Pair of hiking boots, Rubber sandals

Clothes: Windcheater jacket, Thermals, Insulating Down Jacket, Fleece, Long sleeve shirts, Gloves, Towels, Inner garments, Trekking pants, Trousers, Shorts, Socks, Raincoat, Balaclava, Bandana, Gaiters

Accessories: Sunglasses, Hats/Caps, Sunscreen, Lip Balm, Water bottles, Pocket Knife, Solar chargers, Batteries, Head Lamps, Torch, Umbrella, Sewing kit, Water Purifying solution kits, reusable bags to deposit waste, and separate clean/dirty clothes

Equipment & Gears: Warm Sleeping bags, Map, Trekking poles, Duffel bag.

Medicine: First-Aid Kit, Altitude sickness medicines, Insect repellents, Blister kits, Approved medicines

Rainy season: Waterproof clothes, boots, Raincoat, Anti-leech socks

Winter Season: Light woolen clothing items

Personal Hygiene Kit: Hand sanitizer, wet wipes, napkins, sachet shampoo, moisturizer,

hand wash/soaps, toothbrush, toothpaste, comb/brush, razor, and for ladies (menstrual kits)

Note: One can customize the above. Only bring necessary items from the provided list from your home or one can rent or purchase here in Nepal.