



Bridge Nepal Treks & Travels

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Hidden Gem Api Base Camp Trek with Bridge Nepal Treks and Travels in 8 Nights and 9 Days

Price	1200.00
Duration	8 Nights and 9 Days
Location	Nepal

Tour Overview

Trek Overview : Api Base Camp 9 Days Trek

The Api Base Camp Trek is a cool trip that takes you to one of the most remote places in the Himalayas in Nepal. This 9 day trip is an adventure that goes through the far western part of Nepal. You will see villages, dense forests, really clean rivers, high mountain meadows and super beautiful mountain views all the way to the base of the huge Api Himal mountain which is 7,132 meters tall.

You start this trip in Kathmandu. Then go to the really beautiful Darchula region where the trek starts in a place called Makarigaad. On the way you will pass through villages like Ghusa and Siti where you can see how the local people live and they are really friendly and welcoming. The Api Base Camp Trek is not as crowded as some treks in Nepal so it is great for people who want to be alone and see the real wilderness.

As you walk you will go through forests cross suspension bridges and see mountain streams and high mountain views before you get to the Api Base Camp. When you get there you will see the amazing views of the Api Himal mountain and the other

mountains around it that are covered in snow and the glaciers and the valleys in the Himalayas that nobody has touched. This place is famous for having many different kinds of plants and animals and the views are just incredible.

The Api Base Camp Trek is perfect for people who love adventure, nature taking pictures and seeing places. You get to learn about the culture see the remote mountains and the views are just stunning. So the Api Base Camp Trek is a trip you will never forget it takes you to one of the beautiful and remote places, in Nepal.

Trip Highlights

- Trek to Api Base Camp. It is under Api Himal. Api Himal is 7,132m. It is in western Nepal.
- Live in villages like Ghusa and Siti Village. You get to stay with locals. They are warm and friendly.
- Walk through forests, meadows and river valleys.
- See Api Himal and other snow-capped peaks. There are glaciers too.
- Watch the sunrise and sunset. The view is amazing.
- Cross suspension bridge
- See plants and animals. There are birds too.
- This trek is great for people who love nature and photography.
- Learn about culture. Meet kind people from Darchula District.
- Go on a drive. See hills, forests and river valleys.
- Take photos and Relax in surroundings.
- Our guides are experienced. They will make sure you are safe.
- This trek is a gem, in Nepal. Few tourists visit this place.

Detailed Itinerary

Day 1: Arrival in Kathmandu

You will arrive in Kathmandu. Our team will be at Tribhuvan International Airport to greet you and take you to your hotel. If you arrive early you can visit some places or just rest. In the evening we will have a meeting to talk about the Api Base Camp trek, including what to bring and what to expect. You will stay in Kathmandu for the night.

Here are the things you will do today:

* We will pick you up from the airport. Take you to your hotel

- * You will meet the people who will be with you on the trek
- * We will talk about the trek. Check that you have all the right papers
- * You can walk around the Thamel area if you want
- * You can buy any minute things you need for the trek
- * We will have dinner together if you want

The distance from the airport to the hotel is 6 kilometers. It will take around 20 to 30 minutes to get. You will follow the road from Tribhuvan Airport to Thamel or your hotel in Kathmandu. If dinner is included you will have that tonight.

Day 2: Kathmandu - Attariya - Gokuleshwor - Makarigaad

Today you will start your journey to the western part of Nepal. You can. Drive from Kathmandu or fly to Dhangadhi and then drive to Makarigaad. You will see hills, forests, rivers and traditional villages on the way. When you get to Makarigaad you will check into your hotel. Get ready for the trek.

Here are the things you will do today:

- * You will have a drive or flight to the western part of Nepal
- * You will see the countryside and the valleys of the rivers
- * You will visit some of the villages on the way
- * You will learn about the culture
- * You will get your trekking gear ready. Rest in the evening

The distance from Kathmandu to Makarigaad is about 700 kilometers. It will take around 14 to 16 hours if you drive or you can fly for 1 hour and then drive for 8 to 9 hours. You will follow the road from Kathmandu to Attariya to Gokuleshwor to Makarigaad. You will have breakfast, lunch and dinner today.

Day 3: Makarigaad - Ghusa Village - Siti Village

Today is the day of your trek. You will follow the paths that the villagers use. You will walk through farms, forests and see the mountains. You will stop at Ghusa Village. Then keep going to Siti Village. The people in Siti Village are very friendly. You will stay in a local home tonight.

Here are the things you will do today:

- * You will start the Api Base Camp trek
- * You will walk through the villages
- * You will see the mountains
- * You will talk to the people
- * You will stay in a home and learn about their way of life
- * You can take pictures of the countryside

You will walk 16 kilometers today. It will take around 6 to 7 hours. You will follow the path from Makarigaad to Ghusa Village to Siti Village. You will have breakfast, lunch and dinner today.

Day 4: Siti Village - Khaikot - Chirchire - Shimar - Bhalyakhola - Dhauliodhar - Api Base Camp

This is one of the days of the trek. You will walk up through the forests, cross rivers. See the beautiful mountains. When you get to Api Base Camp you will see the Api Himal mountain. You will stay here tonight. Enjoy the beautiful scenery.

Here are the things you will do today:

- * You will walk through the forests
- * You will cross the rivers and the suspension bridges
- * You will see the alpine plants
- * You will see the mountains all around you
- * You will get to Api Base Camp. Watch the sunset

* You can take pictures of the scenery

You will walk about 22 kilometers today. It will take around 9 to 10 hours. You will follow the path from Siti Village to Khaikot to Chirchire to Shimar to Bhalyakhola to Dhauliodhar to Api Base Camp. You will have breakfast, lunch and dinner today.

Day 5: Explore Api Base Camp & Return to Dhauliodhar

You will wake up to the view of Api Himal mountain. You will spend the morning walking around the base camp seeing the glaciers and taking pictures. In the afternoon you will walk down to Dhauliodhar and stay there tonight.

Here are the things you will do today:

- * You will see the sunrise over Api Himal mountain
- * You will walk around the base camp. See the beautiful scenery
- * You will visit the viewpoints. Take pictures
- * You will see the alpine plants. Enjoy the scenery
- * You will walk down to Dhauliodhar

You will walk about 10 kilometers today. It will take around 5 to 6 hours. You will follow the path from Api Base Camp to Dhauliodhar. You will have breakfast, lunch and dinner today.

Day 6: Dhauliodhar - Khaikot - Siti Village - Ghusa Village

You will follow the path back down through the forests and the villages. You will see the scenery from a perspective and enjoy the peaceful atmosphere. You will stay in a home in Ghusa Village tonight.

Here are the things you will do today:

- * You will walk down through the alpine forests
- * You will see the mountains

* You will visit the villages

* You will learn about the way of life

* You will rest at the village tea shops

* You will talk to the people

You will walk about 20 kilometers today. It will take around 9 to 10 hours. You will follow the path from Dhauliodhar to Khaikot to Siti Village to Ghusa Village. You will have breakfast, lunch and dinner today.

Day 7: Ghusa Village - Makarigaad Trek & Drive to Gokuleshwor

You will walk back to Makarigaad this morning. Then you will drive to Gokuleshwor. You will see the valleys and the rural settlements on the way. You will. Celebrate the end of the trek.

Here are the things you will do today:

* You will walk back to Makarigaad

* You will drive through the hill roads

* You will see the settlements

* You will. Relax after the trek

* You will celebrate the end of the trek

You will walk 6 kilometers today. Then you will drive 35 kilometers to Gokuleshwor. It will take around 2 to 3 hours to walk. 2 Hours to drive. You will follow the path from Ghusa Village to Makarigaad to Gokuleshwor. You will have breakfast, lunch and dinner today.

Day 8: Gokuleshwor - Attariya

You will start your journey back to Kathmandu today. You will drive through the part of Nepal and see the hills, forests and river valleys. You will see the lifestyles and take pictures.

Here are the things you will do today:

* You will drive through the part of Nepal

* You will see the river valleys

* You will visit the settlements

* You will take pictures. Rest on the way

* You will stay in Attariya tonight

You will drive 340 kilometers today. It will take around 8 to 10 hours. You will follow the road from Gokuleshwor to Attariya. You will have breakfast, lunch and dinner today.

Day 9: Attariya - Kathmandu / Flight from Dhangadhi & Final Departure

You will drive back to Kathmandu today. Fly from Dhangadhi. Our team will help you with your airport transfer. You will go home with wonderful memories of the Api Base Camp trek.

Here are the things you will do today:

* You will. Fly back to Kathmandu

* You will see the views of western Nepal

* Our team will help you with your airport transfer

* You will finish the trip. Say goodbye

* You can buy some souvenirs if you have time

* You will go home

You will drive 460 kilometers today if you drive or you can fly for 1 hour. It will take around 10 to 12 hours to drive or 1 hour to fly. You will follow the road from Attariya to Kathmandu. Fly from Dhangadhi, to Kathmandu. You will have breakfast today.

Included Services

- Airport pick up and drop off service in private vehicles

- 2 nights hotel accommodation in Kathmandu
- All ground transportation as per the itinerary from Kathmandu to Makarigaad to Gokuleshwor and back to Kathmandu by tourist vehicle or private jeep
- Alternative airport transfers and ground transportation for travelers who choose the Kathmandu to Dhangadhi flight option
- An experienced government licensed English speaking trekking guide will be with you throughout the Api Base Camp Trek
- Necessary supporting trekking staff according to group size
- You will stay in homestays and teahouses during the Api Base Camp Trek
- You will get three meals a day during the Api Base Camp Trek which includes Breakfast and Lunch and Dinner
- You will get fresh fruits during the Api Base Camp Trek
- The Api Base Camp Trek permits and all necessary documents
- Guide and staff salary and insurance and food and accommodation and transportation are included
- A comprehensive aid medical kit will be carried by the guide during the Api Base Camp Trek
- You will get a trek completion certificate from Bridge Nepal Treks and Travels after the Api Base Camp Trek
- All applicable government taxes and service charges are included in the package

Excluded Services

- International airfare and Nepal entry visa fees
- Kathmandu to Dhangadhi to Kathmandu domestic flight fare is not included if you choose this option
- Travel insurance is not included. It is mandatory and highly recommended
- Emergency rescue and helicopter evacuation expenses
- Personal expenses such as laundry and internet and charging and hot showers and telephone calls
- Tips for guide and support staff
- Any services not specifically mentioned under the Cost Includes section are not included in the package.

Fixed Departure Dates

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Frequently Asked Questions

Q: Where is Api Base Camp located?

The Api Base Camp is in Darchula District, Far western area of Nepal.

Q: How difficult is the Api Base Camp Trek?

The Api Base Camp Trek is a little bit tough, You should be fit and ready for walks.

Q: Do I need trekking experience?

You do not need to have trekked but You should be fit and determined.

Q: What is the highest altitude reached during the trek?

The highest point is Kali dhunga which is 4200m high. simply Api Base Camp is 3900m high.

Q: What is the best season for the Api Base Camp Trek?

The best time to go is in spring or autumn. The weather is usually good and the views of the mountains are great at that time

Q: Is altitude sickness a concern on this trek?

Rare but Some people might feel sick because of the altitude. So acclimatization day is required . Our guide will take care about that

Q: What type of accommodation is available?

You will stay in homes, teahouses and simple lodges during the trek.

Q: What meals are provided during the trek?

You will get breakfast, lunch and dinner.

Q: Do I need a guide for the Api Base Camp Trek?

Yes you need a guide. Bridge Nepal Treks and Travels provides guides. They will keep you safe and make your trek enjoyable.

Q: What permits are required for the trek?

Kaptad National park Permits and Tims. Bridge Nepal Treks and Travels will arrange them for you.

Q: Is there mobile network coverage during the trek?

You can get a signal in some villages. It is hard to get a signal in higher areas.

Q: Can beginners join this trek?

Yes beginners can join but should be fit and have a positive attitude.

Q: What should I pack for the trek?

Generally You need to bring: Trekking boots, Warm clothes, Rain gear, A small backpack, Sunglasses, Sunscreen, A water bottle, Trekking poles

Q: Are emergency evacuation services available?

Yes in case of an emergency you can be evacuated by helicopter but Travel insurance that covers trekking is highly recommended.

Q: Is travel insurance necessary?

Yes we recommend getting travel insurance. It should cover trekking, treatment and helicopter evacuation in emergency case.

Q: Why choose Bridge Nepal Treks and Travels for the Api Base Camp Trek?

Bridge Nepal Treks and Travels is government registered company in Nepal and offers:

*licensed and professional guides

* A well planned itinerary

* Personalized service

* Fully focus on safety

* 24/7 assistance during the trek

Q: Can this trek be customized?

Yes we can change the trek to suit you. We can adjust the itinerary, transport, accommodation and length of the trip.

Q: How can I book the Api Base Camp Trek?

You can simply booked the trek by contact us through our website, email, WhatsApp or social media. Our team will help you to book and Plan your trip.

Trip Information

- About The Trek
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Bridge Nepal Treks & Travels
www.bridgenepaltreksandtravels.com

