

Api Himal Expedition 7132m

Standard Itinerary

Mount Api Himal Expedition Itinerary:

Day 01: Kathmandu

Arrival in Kathmandu 1310m. Airport pickup by Himalayan Nepal Trek member and transfer to hotel in Kathmandu on BB plan.

Day 02: Preparation

Preparation, Briefings at Departments of Tourism. Overnight at Hotel on BB plan.

Day 03: Dhangadi

Flight from Kathmandu to Dhangadi by flight and transfer to hotel on BB plan.

Day 04: Gokuleshwor

Drive from Dhangadi to Gokuleshwor for 14 hours. Overnight at Lodge.

Day 05: Chiureni

Trek from Gokuleshwor Chiureni through Karkale 8 hours. Overnight at tented camp.

Day 06: Makarighat

Trek from Karkale to Makarighat 7 hrs. Overnight at tented camp.

Day 07: Seti

Trek from Makarighat to Seti 3,000m 7 hours. Overnight at tented camp.

Day 08: Bayaligad

Trek from Seti to Bayaligad 3,400m 2 hours. Overnight at tented camp.

Day 09: Hill Dense Jungle

Trek from Bayakigad to Hill Dense Jungle 5 hours. Overnight at tented camp.

Day 10: Simar

Trek from Hill Dense Jungle to Simar 3,600m 5hrs. Overnight at tented camp.

Day 11: Dhawali Odar

Trek from Simar to Dhawali Odar 3,800m 5 hours. Overnight at tented camp.

Day 12: Api Himal Base Camp

Trek from Dhawali Odar to Api Himal Base Camp 4000m 2 hours. Overnight at tented camp.

Day 13-27:

The climbing period for Mt. Api Himal (7,132m (23,399 ft) Base Camp to Base Camp.

Day 28: Saheb Bagar

Trek from Api Base Camp to Saheb Bagar 2,800m 6 hours. Overnight at a tented camp

Day 29: Makarighat

Trek from Saheb Bagar to Makarighat 1,800m 6 and a half hours. Overnight at tented camp.

Day 30: Bitulechaur

Trek from Makarighat to Bitulechaur 1,200m 6 hours. Overnight at tented camp.

Day 31: Gokuleshwor

Trek from Bitulechaur to Gokuleshwor 8,50m 6 hours. Overnight at tented camp.

Day 32: Mahendranagar

Drive from Gokuleshwor to Mahendranagar by Bus for 10 hours. Overnight at hotel.

Day 33: Kathmandu

Drive from Mahendranagar to Kathmandu for 17 hours. and transfer to Hotel on the BB plan.

Day 34: Kathmandu

Leisure day and shopping evening farewell dinner typical Nepali cultural restaurant. Overnight at hotel on BB plan.

Day 35: Departure

Departure from Kathmandu to your onward destination our representative will assist you to the airport for your further destination ahead.

Includes and Excludes

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- 3 Times airport pick up and drops (domestic and international) Car, Van, Hi-ace, or Coaster in a standard private vehicle.
- 4 nights hotel in Kathmandu 5* Marriott Hotel twin sharing room on bed and breakfast plan.
- Welcome Dinner in a Nepali cultural dance restaurant with office Staff.
- Assistance for cargo clearance in Nepal's Customs Department, clearance cost is subject to a charge before the expedition.
- Expedition Royalty and permit of Nepal Government to climb Mount Api Himal Api Nampa Conservation Area entry permit fee.
- 1 Government Liaison officer with full equipment, salary, food, and accommodation.
- Garbage Deposit fees.
- Himalayan Nepal Trek Duffel Bag for each member.
- Medical and Emergency rescue Insurance for all involved Nepalese staff during the trek and climbing.
- Trekking and climbing map.
- Domestic Flight: Fly from Kathmandu – Dhangadi 1 hrs and while returning Gokuleswor – Kathmandu by Bus as per itinerary.
- Necessary all equipment Transportation for all Members and Staff from Kathmandu to Mahendranagar/Gokuleswor (Drive) and to Base camp (by Porters / Mule) While returning: Base camp to Gokuleswor (by porters / Mule) and Gokuleswor/Mahendranagar to Kathmandu (Drive).
- Up to 60 Kg per member for personal baggage during the trek carrying by porter or Mule.
- Food 3 meals a day Breakfast Lunch and Diner including tea and coffee along with accessible accommodation at Hotel/Lodge/Tea house/Camp during the trek and Base Camp Well-managed base camp set up for members and staff.
- All Necessary equipment for Camping during the trek.

- Porters:1 member: 1 Porter up to Base camp from Gokuleswor and Porter's return from Base camp to Gokuleswor.
- Experienced and well-trained Base camp Cook and kitchen Helpers as required.
- All Nepalese staff and porters' daily wages, equipment, food, and clothing.
- Each member will have an individual north-face tent in Base Camp.
- All camping equipment such as a dining tent with table and chairs, Kitchen Tent, Toilet Tent, and all necessary cooking gear.
- Heater for base camp in each Dining.
- Necessary light at Dinning tent and Kitchen tent.
- Veteran and Government Licensed Climbing Guide.
- Climbing Sherpa's Salary, Equipment, Food, And Clothing.
- Oxygen bottles will be in stock at base camp in case of an emergency (with appropriate charge).
- 1 Set of Summit Oxygen masks will be in base camp in case of an emergency.
- High Altitude Tent, Necessary cooking EPI gas, cooking pot for a member, High food for a member, Sherpa, all climbing and cooking crew at (C1), (C2), and (C3). Group climbing gears and fixed and dynamic rope during the climbing period as required.
- Walkie-Talkie for communicating from Base Camp to Mountain and Mountain to Base Camp.
- Satellite Phone and walkie-talkie permit for all members and staff.
- Comprehensive Medical kit for group.
- Weather forecast report during the entire expedition.
- Mt. Api Himal Climbing certificate issued by the Ministry of Culture, Tourism and Civil Aviation (Nepal) (after climbing Mt. Api Himal successfully).

Excludes

- International flight airfare (from and to Kathmandu).
- Nepali Visa fee is US\$ 40 per person for 30 days (to be applied for 60 days (USD\$ 90)).
- Lunch and dinner during the stay in Kathmandu (also in case of early return from Trekking / Expedition than the scheduled itinerary).
- Extra night's accommodation in Kathmandu in case of early arrival or late departure, early return from Trekking.
- Expedition (due to any reason) than the scheduled itinerary.
- Travel and high-altitude insurance, accident, medical, and emergency evacuation.
- Medical Insurance and emergency rescue evacuation cost if required. (Rescue, Repatriation, Medication, Medical Tests, and Hospitalization costs).

- Telephone, Internet, Toiletries, battery recharge, hot shower, laundry, soft drinks, and any Alcoholic beverages.
 - Clothing, Packing Items or Bags, Personal Medical Kit, Personal Trekking /Climbing Gear.
 - Soaps, shampoos, toilet and tissue papers, toothpaste, and other items used to keep yourself clean.
 - Special Filming, Camera, and Drone permit fee.
 - Internet facility.
 - Summit bonus for climbing Sherpa minimum 1200\$ USD.
 - Calculate some tips for Base Camp staff and Porters for 350\$ USD.
 - Any other services or activities, which are not mentioned in the itinerary, or any other item not listed in the Cost Includes section.
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