Detail Itinerary

An Ultimate 3-in-1 Wilderness Expedition in Far-Western Nepal

The Rara Lake Saipal Api Trek is an extraordinary "3-in-1" grand wilderness journey across the remote and pristine landscapes of far-western Nepal. Combining three iconic Himalayan highlights—serene Rara Lake, Mt. Saipal Base Camp (7,031m), and Mt. Api Base Camp (7,132m)—this off-the-beaten-path expedition offers absolute solitude, raw mountain beauty, and authentic cultural immersion.

This grand traverse leads trekkers through undisturbed national parks, alpine pastures, and high-altitude mountain passes where traditional lifestyles have remained unchanged for generations. Because of the extreme remoteness and lack of commercial teahouses, the Rara Saipal Api Trek is organized as a fully supported camping expedition, complete with tented camps, kitchen staff, porters, and pack animals.

Highlights of the Rara Lake Saipal Api Trek

- **Rara Lake (2,980m):** Explore Nepal’s largest freshwater lake located inside Rara National Park, famous for its crystal-clear blue waters and sanctuary for rare bird species.
- **Mt. Saipal Base Camp (7,031m):** Journey to the base of Mt. Saipal, the second-highest peak in far-western Nepal, surrounded by glaciers and untouched valleys.
- **Mt. Api Base Camp (7,132m):** Stand beneath Mt. Api, the highest peak in the Yampa mountain range, protected within the Api Nampa Conservation Area.
- **Ultimate Wilderness & Solitude:** Trek through extremely remote, non-touristic trails far away from commercial trekking crowds.
- **Authentic Far-Western Culture:** Experience genuine local hospitality, unique regional dialects, and traditional highland agriculture in secluded villages.

Route & Access Options

Due to the expansive region covered by this trek, multiple access routes and custom combination options are available:

- **Rara Lake Access:** Flight from Kathmandu to Nepalgunj, followed by a connecting flight to Talcha airport or an overland drive via Surkhet.
- **Saipal Base Camp Access:** Regional flight to Chainpur or Kolti, or an overland drive via Dadeldhura.
- **Api Base Camp Access:** Flight to Dhangadhi and drive to Gokuleshwor/Latinath via the scenic West Nepal Highway.

Best Time to Trek

The ideal seasons for the Rara Lake Saipal Api Trek are **Spring (April to May)** and **Autumn (October to November)**, ensuring clear skies, stable weather, and favorable mountain pass conditions. Flexible shorter variations covering one or two of these regions are also available.

At **Nepal Kailash Trekking**, we specialize in organizing complex expedition logistics for far-western Nepal. Contact us today to customize your 3-in-1 Rara Saipal Api wilderness trek!

Trip Facts

- Trip Duration: 31 days
- Trek Duration: 24
- Primary Activity: Trekking
- Starts Point: Kathamandu
- Ends Point: Kathmandu

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Cost Includes

Cost Excludes