

# Detail Itinerary

Rara Lake Saipal Api Trek is a three in one trek (3 in 1 Trek in Nepal). It is an outstanding trek and Rara lake known as bird lovers trekking in Nepal. Rara lake is the main spot of the Rara National Park. The Rara Lake is situated at the altitude of 2980m. It is a good destination for a western Nepal Trek. The trek affords glimpses of nature, cultures and different scenery from that rest of Nepal. Are you looking for wilderness and solitude? It can overcome the logistical complications of the region. Rara lake Saipal Api trek is a good choice. It is a camping trek (own tented), porters, mules, and kitchen.

Rara Saipal Api trek is extremely naturally beautiful in far western Nepal (Api Saipal Himal). It is rewarding extraordinary and stunning and similar elevation mount Saipal (7031m) and Api (7032m). Api Saipal trek is off the beaten track trek in Nepal. It is the very remote and undeveloped region in Nepal. It is sure that a more different world while you reach there because of living a more hard life than other parts of Nepal. It is better to do in April to May and October to November. If you do not have enough time such a month for 3 in 1 the trek then you may choose one or two of these.

You should know that Rara lake, Saipal Himal Base Camp and Api Himal Base Camp are three different treks but if you want then you can do it in one.

## How to do Rara Saipal and Api Himal Base Camp Trek?

Rara the lake is a very popular destination in Nepal. There are daily flights to Nepalgunj from Kathmandu. There is already a built-up road by the Nepalese Army. So, you can drive to nearby the Rara Lake from Nepalgunj via Surkhet. It is a bumpy road but scenic views and adventurous experience. You can take a flight to Talcha from Nepalgunj and reach to the Lake in a couple of hours. There is another route from Rara Lake, that is Rara Khaptad trek and finally, reach to Bardia National park, where you can enjoy with safari activities.

Saipal Himal Base Camp access can be a flight also to Chainpur or flight to Nepalgunj/Dhangadhi and drive to Chainpur via Dadeldhura or flight to Kolti and drive option as well.

Api Base Camp trek accessible by flight to Dhangadhi from Kathmandu and drive to Gokuleshwor (up to Latinath or Martadi by private jeep) via Dadeldhura. Driving is another scenic experience along the highway through

## Trip Facts

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

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## Cost Includes

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