

Mardi Himal Trek

If you are looking for a short, marvelous, and quieter trekking trip then Mardi Himal Trek is just the most suitable one for you. It is short trek nonetheless full of adventures. The sceneries you get to observe includes glacial valleys and amazing landscape of Annapurna region – as your trekking route follows the ridge east of Annapurna Sanctuary.

You walk through beautiful Rhododendron Forest, rugged yet adventurous trail with rocky paths up to the Base of Mardi Himal. As the trekking trail is in the high edge you will get panoramic views of the Mardi Himal (5,587 m/ 18,330 ft), Annapurna South (7,219 m/ 23,684 ft), Himchuli (6,441 m/ 21,131 ft) and Fishtail or known as Machapuchhre (6,993 m/ 22,942 ft). Furthermore, you will enjoy the sweeping vistas of Himalayan foothills, and numerous villages and settlements. You can experience local homestay and engage yourself into typical local lifestyle. This treks without any doubt brings you an experience of a lifetime.

Itinerary in Details:

Day 01: Arrival in Kathmandu (1300/ 4265 ft m):

Arrive in Kathmandu – Nepal's only international airport so far is located. On the arrival platform, our friendly representative will be there to receive you and transfer you to your hotel.

After you complete check-in formality, and taking short rest, we introduce you to the market of Thamel, where you can eat your supper, change money, buy some stuffs from supermarket, or buy trekking gears – if you need to do.

Later we take you to our office for the trip briefing.

Overnight at your hotel.

Delay of any kind will postpone the events for next day according to feasibility.

Day 02: Kathmandu Sightseeing - 4 hrs tour.

You will start the day with palatable breakfast at your Hotel. The sightseeing involves tour of two religious, cultural, and art-wise salient sites of Pashupatinath temple and Boudhanath stupa.

Pashupatinath Temple: It is one of the most celebrated Hindu temples in South-Asia. The temple is devoted to Lord Shiva. This place is a UNESCO world cultural heritage site. The Bagmati river flowing besides the temple is religiously and spiritually significant for Hindus where cremation of dead body takes place. Pashupatinath temple holds the most of prominence during Shivaratri – Shiva's birthday and thousands of pilgrims gather in the night to celebrate the day.

Boudhanath Stupa: It is one of the biggest Stupas in terms of size and height in Nepal and located in east of Kathmandu in the ancient trade route between India-Nepal and Tibet. The site is peaceful and culturally filled with intermixed influence of Tibetan and Sherpa roots. Stupa built in the trading route between Kathmandu and Tibet has four pairs of eyes directed towards all four directions. It is believed to be influenced by Mahayana Buddhist philosophy. After short tour of city we return to hotel and prepare for the trek. Overnight will be spent at hotel.

Day 03: Kathmandu – Pokhara / flight 25 mins – and Drive to Kande – Trek to Deurali (2,060 m/ 6,758 ft) / 30 mins drive and 3.5 hrs walk:

You will enjoy your delicious breakfast in the hotel and drive to airport for a flight to Pokhara. You fly to Pokhara – small beautiful city situated in the lap of the Annapurna massif – parallel to the central Himalayas in which in a clear day you can see the Himalayan ranges of Langtang, Gandesh Himal, Manaslu or Gorkha massif, and Annapurnas.

From Pokhara we drive to Kande – a small town located in the jungle along the highway .

Once you reach Kande, you are all set for the trek. You might meet other trekkers during your walk or may not since this trail is used by few trekkers. We pass through Australian Camp and Pothana. After checking in at the ACAP – Annapurna Conservation Area Project has check-posts to register you – hike up to Deurali and spend the overnight in local lodge.

Day 04: Deurali to Forest Camp (2,500 m/ 8,200 ft) - 6 hrs walk:

The day is relatively eventful because we pass through pine and beautiful Rhododendron forest. We pack our lunch and eat it on the way enjoying scenic views. There are few lodges only and no view of the Himalayan peaks. You spend your night here at a local lodge.

Day 05: Forest Camp to Low Camp (2,970 m/ 9,744 ft) - 3.5 hrs walk:

Schedule for this day is shorter in comparison to other days. The day is dedicated for acclimatization as you are at relatively higher elevation. You start the day after breakfast and walk your way through beautiful forest. Once you reach the destination you enjoy the lunch and prepare yourself to spend the night there at a local lodge.

Day 06: Low Camp to High Camp (3,550 m/ 11,647 ft) - 3.5 hrs walk:

Walk designated for this day is shorter too given the height differences. You should keep yourself hydrated throughout the journey. Enjoy the forest while walking. You get to witness beautiful mountains on your way including, South Annapurna, Himchuli and Mt. Fishtail. On this day, you will be able to observe settlements in higher hills and bed of mountains like Chhomrong, Ghandruk and base camp for Fishtail. Your journey ends for the day at High Camp, where beautiful view of sunset will greet you. You spend your night at the local lodge.

Day 07: High Camp to Mardi Base Camp (4,500 m/ 14,763 ft) back to High Camp - 7 hrs walk:

After breakfast and view of sunrise, you are all set to start your walk for the day. Because of absence of tea houses on the way you will be provided with a packed lunch. The trail is steep in places and rocky along the way but it will be worth the climb once you reach the view point. You will be blessed with scenic view of mountain ranges including Annapurna, Mardi Himal and Fishtail.

You will return back to high camp and spend your night here before you return.

Day 08: High Camp to Siding (1,700 m/ 5,577 ft) - 5.5 hrs walk:

After breathtaking sunrise and luscious breakfast, you walk your way down to Siding passing through beautiful Rhododendron and Pine forests. You stop at Low camp for lunch and continue walking to Siding where you spend your night at a local lodge.

Day 09: Sidding to Lwang Vilalge (1,460 m / 4790 ft) - 5.5 hrs walk:

Once you eat your breakfast, your day starts. You walk through unique settlements where you can observe the village lifestyle of the Himalayan foothills. You make a stop at Ghalel for lunch, which is a beautiful Gurung village – the ethnic community who live in the foothills of Annapurna and Gorkha massif – with home-stay facility to experience ethnic life. The trek is gradual up. You are to stay your night in a home-stay at Lwang. You will be spending your evening singing and dancing on folk music and experiencing local life at the fullest. This village offers a beautiful tea garden and ACAP office/check-post.

Day 10: Walk to Khoramukh - Drive to Pokhara / 1.5 hrs walk and drive 1.5 hrs:

You will start your day early for a short to enjoy the tea garden and the magnificent mountain views along with. Then you come back to your homestay for the breakfast.

After breakfast, trek to Koramukh from where you drive back to Pokhara. The drive will provide you with beautiful views of agricultural farms, rivers, streams, hills and local life to watch all the way.

Once you are transferred and checked-in for the night at hotel, you can roam around beautiful city of Pokhara. Some attractions of city are Devi's fall, Caves, Lakes and many more. You spend your night at the hotel.

Day 11: Mountain Museum Exploration tour and Fly to Kathmandu:

After breakfast if you happen to be mountain enthusiast, you will be taken to Mountain museum. The museum is informative on the high mountains, and alpine life and contains historical artifacts of many climbers. You could explore the museum and get information on mountaineering through documentaries and resources available.

After the brief tour of museum you will be taken back to hotel and then to airport for flight to Kathmandu.

You spend your night at hotel in Kathmandu.

Day 12: Cultural Tour of Kathmandu City / 4 hrs:

After breakfast at your Hotel, we take you to the mysterious Kathmandu city tour. This historical, cultural and spiritual city unveils the social and historical mysteries to visitors. You will walk through the narrow lanes of the ancient Kathmandu – the center of power – that includes markets of Ason, Glass beads market at Indrachowk, oldest supermarket at New Road, Kilagal, and Hidden Stupas inside the family courtyard.

Visit of Kathmandu Durbar Square – the administrative quarter of Malla Kings (fourteenth to eighteenth century), and Shah Kings who ruled Nepal from 1768 until 2008. The most unique experience in the square is the visit to the temple of the living goddess “Kumari”.

After the tour, return back to your Hotel. If you are staying in Thamel, you can hang around this bustling tourist market and enjoy shopping. **Overnight in Hotel.**

Day 13: Departure Day:

As per your flight schedule, you will be transferred to the international airport of Kathmandu three hours prior to the flight time and your tour ends here.

Cost Includes:

- ✓ Airport Pick Up and Drop Off (International & Domestic)
- ✓ 3 star standard hotel with breakfast in Kathmandu (Nepal standard)
- ✓ 3 star standard hotel with breakfast in Pokhara
- ✓ Tea house (Lodge) accommodation during trek
- ✓ All meals (Breakfast, Lunch, and Dinner) during trek
- ✓ Tea / Coffee (3 times a day) during trek
- ✓ A professional Trekking Guide, Porter (Helper), and Assistant Guide provided for more than 5 trekkers.
- ✓ Air ticket (Kathmandu-Pokhara)
- ✓ All food, drinks, lodging, salary, insurance, medical equipment, and transportation for Trekking Staff
- ✓ Private transfer (Pokhara-Kande, Khoramukh-Pokhara, and Pokhara-Kathmandu)
- ✓ Kathmandu Cultural and Historical sightseeing with a Tour Guide, private transportation, and entrance fee
- ✓ Trekking Permit (TIMS)
- ✓ Annapurna Conservation Area Permit (ACAP)
- ✓ Down jacket, sleeping bag, fleece liner, and a duffel bag
- ✓ All government taxes

Cost Excludes:

- Any bar bills (alcoholic drinks, mineral water, and cold drinks), cigarettes, your personal insurance coverages that should include the emergency helicopter evacuation, and any kind of expenses created due to unforeseen circumstances.
- Lunch and Dinner in Kathmandu and Pokhara.
- Tips for Guide Porter & Driver (Tips are not mandatory but expected, and recommended)

- Any other services that is not mentioned in Inclusion section

What to bring

This list outlines the required things to bring during the trekking tours. There are various selections and brands that you can choose as per your interest. All required trekking equipments can be bought or even hired easily at a reasonable price in Kathmandu.

General

- 1) Down sleeping bag (you can borrow with us if required).
- 2) Duffel or Rucksack bag (you can borrow with us if required).
- 3) Daypack
- 4) Down Jacket (you can borrow with us if required).
- 5) Fleece liner (you can borrow with us if required).
- 6) Walking poles (Walking poles are optional but recommended, and you can borrow with us if required).
- 7) Water bottle with purification tablets.
- 8) Hand wash liquids.
- 9) Lip guard.
- 10) Sun-block cream.
- 11) Toiletry kit. Be sure to include toilet paper stored in a plastic bag, hand wipes, and liquid hand sanitizer, towel, soap, etc.

Upper Body - Head / Ears / Eyes

- 1) Cap and ears covering hat.
- 2) Glacier glasses
- 3) Head torch.
- 4) Ear-muffs and neck warmer is another piece of gear for extra warmth (optional)

Hand

- 1) Hand gloves (One light pair and One warmer pair)

Body

- 2) T-shirts – few.
- 3) Light and weight thermal tops and warm thermal top.
- 4) Light jacket and vest.
- 5) Wind and rain jacket.
- 6) Shirts and warm shirts.

Lower Body – Legs

- 1) Long and short hiking pants.
- 2) Lightweight and warm long underwear.
- 3) Rain and windproof trousers and warm trekking trousers.

Feet

- 1) Thin and thick socks.
- 2) Trekking boots, light shoes, and sandal.
- 3) Trekking Gaiters.

Medicines and First Aid Kits

(Our guide will carry first aid kit bag during the trek. We still recommend you to bring your personal first aid kit as you feel it necessary).

- 1) Headache and fever medicine.
- 2) Ibuprofen for general aches and pains.
- 3) Burnt cream.
- 4) Immodium or Pepto Bismol capsules for upset stomach and diarrhea.
- 5) Diamox (commonly prescribed as Acetazolamide). Please discuss with us before starting to take this medicine.
- 6) Antibiotics.
- 7) Blister treatments such as moleskin, hand plants and-aids, some waterproof tape, anti-infection ointments, etc.

Miscellaneous

- 1) Passport and extra passport photos (2 copies).
- 2) Durable wallet/pouch for travel documents, money and passport.
- 3) Pocket knife.
- 4) Bandanas.
- 5) Favorite snack foods and energy bars
- 6) Paperback books, cards, mp3 player. Avoid players with moving hardware as it may not function. Remember, keep these items lightweights
- 7) Binoculars.
- 8) Camera.

All garments should be kept dry using waterproof stuff sacks or large puncture resistant plastic bags.