

MARDI HIMAL TREK



Mardi Himal Trek is a newly launched popular trekking destination in Annapurna region. This trekking trail was opened in 2012. It is one of the most exciting trekking trails, which offers an amazing and beautiful view of Machhapuchhre (Fishtail), Dhaulagiri, Manaslu, and Annapurna range. This trekking route passes through lush forests, dramatic view of up and downhill landscapes, traditional Gurung and Magar villages as well as breathtaking scenery of wide range of snowcapped high Himalayas.

Mardi Himal Trekking is a trek to mount Mardi, which stands about 5,587 meters high from the sea level. The highest point of this trekking route is the **Base camp of Mount Mardi**, which is located at 4500 meters/14, 510 ft. Our 9 days trek to Mardi Himal base, helps you discover the mythical and breathtaking Himalayan peaks of Annapurna region.

Mardi Himal Trekking is a fairly short trek route and less crowded while compared to other trekking trails of Nepal. We stay at beautiful teahouses and enjoy the delicious local Nepali food witnessing the beautiful Nepali culture on our route. The entire trekking route passes through easy terrain filled with paddy fields and incredible views of various mountains of Annapurna range. A trek to Mardi Himal brings you to the unknown corner of Annapurna region where you can have peaceful time along with the discovery of beautiful village life of Nepal.



Activity Levels:

This involves longer treks (5 to 10 days) on maintained trails. The best way to prepare for a trek in Nepal is to make sure you're fit.

Duration:

11 days

AT A GLANCE

- A Trek route that takes you off to the beaten track and remarkable diversity of landscapes.
- Trek up to Base camp of Mardi Himal situated at 4450 m/14, 510 ft.

- Night stay at local beautiful villages of typical Nepalese mountains
- Mardi Himal trek offers spectacular views of the high mountains including Annapurna

Cost Includes

- [Best 3/5 Star] Hotel Accommodation in city
- Mountain Lodge Accommodation during trek
- Daily 3 times healthy & hygienic meals on trek
- Flight Ticket (Kathmandu-Pokhara-Kathmandu)
- [4 times] airport transfers by Private vehicle
- Expert Honest Sherpa guide [Certified by Gov.]
- Strong & honest Porters [1 Porter for 2 Person]
- Duffel bag, Trek map, T-shirt & group Medical kit
- TIMS Card and Mardi trekking permit fee
- Guides and porters pay, meals and insurance
- City sightseeing in Kathmandu on **Day 02 & 10**
- Welcome dinner & healthy breakfast in KTM
- Private Car, Guide & Entrance fee for City Tour

Cost Excludes

- International Airfare and Nepal Visa fee
- Travel & Health Insurance-most recommended
- Emergency Helicopter Rescue Insurance
- Lunch & Dinner in Kathmandu: \$ 5-10 Per Meal
- Meals in Pokhara city : US\$5-10 Per Meals
- Any Alcoholic Drinks, Water and deserts in Trek
- Gratitude for Guide & Porter after end of trek
- Phone, internet & Battery Charges bills on trek
- Unforeseen Cost such as Flight Delayed/Sick

ITINERARY

Day 01:: Arrival in Kathmandu and Transfer to Hotel (1340M) - Hotel (free welcome drinks)

After checking out your baggage and finishing the visa procedures, you have to come outside the airport Terminal Gate where our representative and driver will be waiting. Please check our Company Name board; Our Guide will be waiting with Mountain Sherpa Trekking & Expeditions display board at the entrance gate. Upon our arrival at Kathmandu international airport, our Airport Representative guide will sincerely welcome you with Silk scarves as per Sherpa customs.

Private Vehicle will transfer you to the hotel. Check in at Hotel, free welcome drinks tea/coffee or any cold drinks/juices. Company Manager will meet you as per your chosen time & will tell you about comprehensive itinerary and Briefing about the trip.

At the Evening we will offer you a welcome dinner at the best authentic Nepali restaurant where you can experience the best Nepali food and cultural show.

Accommodations: Best 3 Star or 5 Star Hotel as Per your Choice **Meals:** Breakfast & Welcome Dinner

Day 02:: Half day city tour in Kathmandu city & trek preparations. Overnight stay at hotel

After the beautiful night and hearty breakfast, we drive down to **Swayambhunath** {popularly known as Monkey Temple} "Swayambhu" means "self-created" and refers to the myth that the hill sprung up suddenly from a vast lake that once covered Kathmandu Valley.

Next, we head to the world famous **Boudhanath Stupa** which is said to be the largest stupa in the world. This place is a major center for Tibetan culture in Kathmandu. This stupa is constructed like a giant mandala, a representation of the Buddhist cosmos.

We return back to the hotel after lunch and get fresh. Next, we start the process of packing up for trekking. We will help you check for required trekking gears needed during the trekking. Also, we will deliver you our company duffel bag for trekking.

Accommodations: Best 3 Star or 5 Star Hotel as Per your Choices **Meals:** Breakfast

Day 03:: Fly to Pokhara and drive to Kade and Trek to Deurali (2100m/6,720ft): Approx. 4-5 hrs.

Height: (2100m/6,720ft) **Approx. Trekking Time:** 4-5 hours **Flight time:** 30 min

After having decent hearty breakfast at our hotel then we move to the internal airport to fly to Pokhara, which is situated about 200 K.M West of Kathmandu. It will be approx.30 minute flying journey. This stunning short flight offers views of the Langtang, Manaslu and Annapurna ranges. We are join with our Sherpa crew on arrival at Pokhara Airport and taken by comfy private vehicle (1 hour) to the start of our walk.

Together with our Expert Sherpa crew, we trek deurali 2100m from Kande. Roughly 2 Hour of walk will bring us to spectacular spot of Australian Camp. Along the route we can see panoramic view of Annapurna Range including Annapurna South, Machhapuchhre (Fishtail), Annapurna II and IV and Lamjung Himal etc.

After having our best Lunch in Australian Camp, we continue trek over slightly easy downhill to Pothana (1950m). Where your guide will Show your ACAP and TIMS Card at Check Point then we hike gradually up again to Deurali (2100m).

Note: The itinerary from Kande is a suitable one and very few trekkers decide to start the trek from here. The trail is good, first gradually up, then a bit sharper to Australian Camp (2060m - Roughly one hour), then easy walk to Pothana (1950m) & ultimately short and easy hike up to Deurali (2100m). Overnight Stay at Deurali

Accommodation: Best available Mountain Lodge **Meals:** Breakfast, Lunch ,Dinner

Day 04:: Trek from Deurali to Forest Camp (2,520m/8064ft). Approx. 4-5 hours.

Height: (2,520m/8064ft) **Approx. Trekking Time:** 4-5 hours

After having decent hearty breakfast at our lodge in Deurali, We start our trek around 7:30-8:00 AM. We turn right from Deurali, Our trail passes through lush jungle dotted with the red rhododendrons. The flowers are a common sight in Nepalese hills and it is no surprise that its Nepal's national flower. On our trail There is a part just over half way where the trail drops sharply and then gradually increases height and then back onto the edge and into Forrest Camp (2600m) after approximately 4 hour walking. We can take rest and explore the area, which is also known locally as Kokar. Overnight in Forest Camp.

Accommodation: Best available Mountain Lodge **Meals:** Breakfast,Lunch ,Dinner

Day 05:: Trek from Forest Camp to Low Camp (3100m/ 10170 ft.) Approx. 3/4 hrs.

Height: (3100m/ 10170 ft.) **Approx. Trekking Time:** 3-4 hrs.

After having good breakfast at Forest Camp, We restart our trek throughout dense forests admiring Nepal's rich biodiversity and reach the low camp. The trail is initially fairly steep leaving Forest Camp but shortly gets less vertical as you again get upon the ridge, roughly an hour up from Forest Camp there is a new teahouse called "Rest Camp". From Forest Camp to Low Camp is just a short days walking throughout more forest with few glances of Annapurna South before getting into Low Camp (3100 meters/10170 feet). From Low Camp, We can see the wonderful view of Mt. Machapuchhre (Mt. Fishtail). We stay at local lodge witnessing the local lifestyle. Overnight in low camp.

Accommodation: Best available Mountain Lodge **Meals:** Breakfast, Lunch ,Dinner

Day 06:: Trek from Low Camp to high Camp (3540m/11,328ft): 3-4 hours

Height: (3100m/ 10170 ft.) **Approx. Trekking Time:** 3-4 hrs.

We trek uphill alongside a rim near Mardi Himal and Macchhapuchhre. The trail leaves Low Camp through in forest again, but the plants soon start to get lesser and after roughly one hours walking we can see open ridge with amazing views of Machhapuchhre ahead, and Annapurna South to left. The trail then undulates alongside the edge and after roughly 3 hours walking we will get at High Camp (3550m).

When we walk higher, the tree lines start getting thinner and the area typically contains of shrubs with lonely rhododendron bushes along the trail. If lucky, we may even come across the Daphne pheasant (national bird of Nepal) on our way to high camp. We climb up to the high camp, which the ultimate destination of the day. From here the massif mountains views are magnificent. Overnight in high camp.

Accommodation: Best available Mountain Lodge **Meals:** Breakfast, Lunch ,Dinner

Day 07:: Hike to viewpoint (4250 m/13600 ft.) & back to High Camp. Overnight stay at Lodge.

Height: (4250 m/13600 ft.) **Approx. Trekking Time:** 4-5 hrs.

Today we have **two possibilities**, one options is we can continue trekking along the ridge to Mardi Himal Base Camp (4500m) from High Camp, which takes about 7-8 hours for two way. This will be quite long day. However, we also have second options that we can hike up to viewpoint only and then come back to high Camp, which is about half way.

After our breakfast, we start our day with the first rays of sunshine on Annapurna South, Himalchuli, and Machhapuchare. The two to three hour ascent offers spectacular views deep down on the trekking route to the Annapurna base camp and high out to the ice-crowned mountain peaks.

At the top, you will be rewarded with a 360-degree view of Annapurna South (7219 m), Patal Himalchuli, Glacier Dome (7069 m), Gangapurna (7454 m), Machhapuchare and the barren rock of Mardi Himal (5587 m).

Accommodation: Best available Mountain Lodge **Meals:** Breakfast, Lunch ,Dinner

Day 08:: Trek from High Camp to Sidhing Village (1700m/5440ft): 6-7 hours

Height: (1700m/5440ft): **Approx. Trekking Time:** 6-7 hrs.

On the way back we take an alternative path so finishing a journey, from Low Camp there is a route that goes down to Siding village rather than going back down same route. Siding is an old-style Nepalese village and still very much away from the busier modern-day tourist treks and it is probably you will stay at a homestay in Siding possessed by the person who runs one of the lodges at Low Camp. It is a delightful cultural experience finding out more about village life and you will possibly eat dhal baht in the evening with the family in their kitchen.

Accommodation: Best available Mountain Lodge **Meals:** Breakfast, Lunch, Dinner

Read more at:

<http://www.himalayanleisure.com/nepal/trekking/annapurna-trek/mardi-himal-trek>

Day 09:: Trek to Lumre and Drive to Pokhara by Private Vehicle and Free day in Pokhara.

Approx. Trek Time: 2-3 hours **Approx. Drive:** 1 hour

After an early breakfast, we walk towards Lumre ultimately getting the road from where we begin our drive to Pokhara. The route keeps on the contour of the Mardi river valley and slowly descends down the fields through stunning Tamang and Gurung Settlement. Our comfortable private Vehicle will wait for us at Lumre from where we drive to Pokhara. We take refreshment and freshen up. In the evening, you can walk around Lakeside Street and enjoy your dinner at one of the best restaurant in Pokhara.

Accommodation: Best Comfortable Hotel (Deluxe Room) **Meals:** Breakfast, Lunch

Day 10:: Drive to airport & Fly back to Kathmandu and Half day city Tour in Kathmandu.

After a healthy breakfast at the hotel, we will drive to Pokhara airport. It takes about 25 minutes on the flight. Flying from Kathmandu to Pokhara gives a great chance to experience the magnificent views of mountains such as Annapurna and Langtang and landscape flying to north over the snow-capped Himalaya and green Mahabharat range to the south is exciting.

Once you land at Kathmandu airport, our Tour guide will take you for half-day tour of Pashupatinath Temple and Patan City.

Pashupatinath is more than just a spiritual endpoint. It is a mixture of religion, art, and philosophy. It offers peace and loyalty. The temple, spread throughout 246 hectares wide, is sufficient with temples and shrines. Hundreds of ceremonies are accomplished here every day. The temple grounds are an open museum. This national pride is listed as a UNESCO World Cultural Heritage Site since 1979. Patan is just 5 km away from the center of Kathmandu, but, despite such closeness, its 'well-maintained' ancestral distinctiveness differentiates Patan as a unusual atmosphere to experience in a short travel. Patan is also known as Lalitpur, "City of Beauty", and its exceptional Durbar Squares, temples, alleys, cuisine, friendliness and religious tolerance explain the pre-historic status of the city.

Patan is a city of 55 main temples, 136 Buddhist monasteries, fine metal works, and uncountable celebrations. Patan takes pride in manufacturing great Thangka painters in the country. In every - now and then - junctions and pathways of Patan can be seen with Thangka artistes, filling color to antique Gods and Goddess.

After the tour you will have time to explore Thamel area for last minute shopping. We will provide you with our very special Ayurvedic massage service for one hour. In the evening, there will be a farewell dinner at one of the most beautiful restaurantsto rejoice the successful completion of our Mardi Himal Trek

Accommodation: Best Comfortable Hotel (Deluxe Room) **Meals:** Breakfast, Farewell Dinner

Day 11:: Transfer to international Airport & fly back to Home

After breakfast, our guide and office vehicle will be on standby at our hotel to transfer you to the airport for our connecting flight home.

Serving you was an incredible joy and pleasure, we at **Mountain Sherpa Trekking and Expeditions** will cherish the bonds of our relationship created over the time you spent with us, and we thank you for choosing us as your travel partner and for visiting this fantastic country Nepal. We are sure that trekking in this beautiful region of the Annapurna region [Mardi Himal trek] will give you lifetime memories of a vacation well enjoyed.

Ciao friends! Till we meet again.

Meals: Breakfast

ACCOMMODATION

3 Nights Excellent rooms in Kathmandu at 3 Star Or 5 Star Class Hotel as per your choices

1 Nights Deluxe accommodations in Pokhara at 3 Star Or 5 Star Class Hotel as Per Your Choices

6 Nights Mountain lodge cozy room with 3 times hot meals- Local best available Lodge

All room is on a twin-sharing basis (Single rooms can be arranged throughout the trek with additional cost)

For the 3 Nights hotel in Kathmandu & 1 night in Pokhara. single rooms are available at a supplementary cost.

What kind of food I can expect during Mardi Himal lodge trek??

----- Morning Breakfast [6:30-7:30 AM] -----

- Tea or Coffee, Hot chocolate, lemon tea, hot milk or green tea
- Eggs items- Fried Eggs, Boiled Eggs, scramble eggs, Omelet etc
- Bread items- Toast, Pancakes, Chapati & Tibetan Bread etc
- Porridge with Honey, muesli with milk etc

----- Afternoon Lunch [12:30 - 1:00 PM] -----

- Curry with Rice, Pasta, Noodles item, fried rice and fried Potatoes, Mo.Mo etc

----- Evening Dinner [6:00-8:30 PM] -----

- Sherpa Stew, vegetable Soup, mixed Soup, Potato Shop
- Dal Bhat Tarkari - a soup of lentils with rice and a vegetable curry, Lassani, Pizza, Home Made Pasta etc
- Fried potatoes with vegetables, MO. MO, fried Noodles, Pasta, mash potatoes with Cheese

Extra special from Mountain Sherpa Trekking

- Seasonal Fresh fruits after lunch & Dinner [Where Available]
- **Welcome/farewell Dinner with live Cultural Show at typical Nepali Restaurant**

----- Safe Drinking Water -----

You can get bottled water all the way up to base camp but the price per liter goes higher and multiplies significantly. It is recommended to bring steripen (UV filtration) or iodine tabs for water purification with soft plastic bags so that you can purify the water from local source and make it safe for drinking purposes. At tea houses you will be served with boiled water. And please be noted that don't drink water from local taps and resources as it would prone you to water borne illness and affects the whole trekking journey.

VITAL INFORMATION

***** TRAVEL INSURANCE *****

It is a condition of joining any of our holidays that you are insured against medical and personal accident risks (to include repatriation costs, air ambulance, and helicopter rescue services). We also strongly recommend that you take out delayed departure and cancellation insurance, as all deposits paid are non-refundable.

A relaxed trip is not possible without good travel insurance. In the event of any sickness or injury, the cost of emergency treatment and evacuation is shocking. Therefore, travel insurance is strongly recommended for everyone who signs up with Mountain Sherpa Trekking & Expeditions.

We strongly recommend that you be careful while choosing a policy as some make special exceptions for adventure travel. Before buying your insurance, please ensure that your insurer is aware of your MSTE itinerary and can agree to cover the activities being undertaken in the trip to Nepal, Tibet, Bhutan & India. Such as if you are planning trekking or climbing/expedition in the Himalayas your insurance must cover emergency air ambulance/helicopter rescue including medical expenses.

For group tours in urban areas, your insurance coverage of ambulance or helicopter rescue is not mandatory, however better to have with them too. Again, in Tibet, Bhutan & India trips there is no possibility of helicopter rescue, so no need to buy the air ambulance coverage. You need send us your copy of your insurance policy (e.g. your insurance certificate) or carry it with you while you come on the trip.