

# Mardi Himal Trek



## Trip Overview

Mardi Himal Trail an Off - The – Beaten- Trail. Located just east of the famous treks of Nepal, The Annapurna Base camp is Also known as Annapurna Sanctuary. Mardi Himal is the ideal choice for the novice trekkers. Only a few trekkers make their way to this trail which officially opened in 2012. This trail is one of the hidden Gem of the Annapurna Region. This is one of the short and exciting Trek routes which starts from Pokhara and ends in Pokhara. The trail leads you up to the base camp of Mardi Himal through the High Camp which makes a circuit of the trail and offers a spectacular view of Annapurna Range.

This route is highly diverse with cultural insight, beautiful forest walks, and alpine landscapes. It ascends along interesting villages, Green hills, Terraced Farms, dazzling rivers, and winding paths, through a colorful Rhododendron Forest after you climb up to 3300m the trail will slightly change into a rugged high mountain landscape and get to appreciate the exotic mountain view of the Annapurna, Machhapuchare/ Fishtail and Hiunchuli mountains.

There is a simple guesthouse, Tea house, and homestay along the entire trekking route with a facility of bed and blankets however you can carry your sleeping bag also, and try some local food there which can be an exciting moment for you.

Autumn and spring season are the best time to explore for the enthusiast trekkers. The temperature will be mild, the skies will be clear and you will not miss the scenic view of major peaks.

## **Trip Itinerary**

- Day 1 - Arrival in Kathmandu and transfer to hotel (1400 Mtr/4592 Ft)
- Day 2 - Flight to Pokhara and transfer to Hotel
- Day 3 - Drive from Pokhara to Phedi and Trek to Pothana (1925 meters - 4 hours)
- Day 4 - Trek to the Low Camp (3150 Mtr/10332 Ft )
- Day 5 - Trek to the High Camp(3700 Mtr/12136 Ft)
- Day 6 - Trek to Mardi Base Camp (4500 Mtr/14760 Ft)
- Day 7 - Trek to Siding village (1700 Mtr/5440ft)
- Day 8 - Trek to Lumre - Drive to Pokhara (900Mtr/2952 Ft)
- Day 9 - Flight to Kathmandu
- Day 10 - Transfer to Tribhuvan International airport for final departure.

## **Cost Includes & Excludes**

### **Includes**

- All airport/hotel pick ups and drops within Nepal
- Flight from /to Kathmandu
- All trekking permits , TIMS card, Government and local taxes for the trek
- All Meals (Breakfast , Lunch and Dinner ) During the trek
- 3 Star hotel accomodation in Kathmandu and Pokhara with breakfast
- All ground transportation on a comfortable vehicle as per the itenerary
- An experienced English speaking and government licensed trekking guide
- Porter Services(2 Trekkers : 1 Porter)
- Medical kit incase of Emergency
- Insurance for Nepali Staffs
- Sleeping Bag and Down Jacket for the trek
- Welcome and farewell dinner
- Staffs Cost including their Salary, food , accomodation and equipments

## **Excludes**

- Nepal Visa Fee
- Personal Trekking gears
- International Flight fare
- Lunch and Dinner in the city , extra night accomodation in Kathmandu and Pokhara in case of early arrival or late departure and early return from the trek due to any reason than the scheduled itenerary
- Any rescue cost
- Tips for Guide and Staffs
- Personal Travel and rescue insurance
- Personal expenses as phone calls, laundry , Bar, Battery charge, extra porter, shower and bottled or boiled water
- Helicopter charter flight
- Excess baggage charges ( can be carried only 15 Kg including in Airfare)

## **Gears and equipment**

- Head
  - Warm Hat
  - Cap
  - Face Mask / Muffler
- Upper Body
  - Wind stopper/Waterproof Jacket
  - Down Jacket
  - Fleece Jacket/ trousers
  - Thermal
  - T-shirts
  - Woolen gloves/Water/wind proof gloves
- Lower Body
  - Trekking Trousers(light weight long Pant)
  - Underwear
  - Wind stopper/waterproof Pant

Fleece or woolen pants

- Feet

Thin Lightwear/heavy poly or wool Socks

Sandals

Trekking Boot

Gaiters

Spare Shoes

- Accessories

Medium Rucksack (50-70 Ltr)

Small Day Pack

Personal Medical Kit

Chapstick/Sunscreen

Water bottle

Large Duffel bag

Trekking Pole

Spare batteries for the Camera and Flash Light

Hand Towel

Headlamp with extra Batteries

Sun Glasses with UV protection

Suitcase (Stored in Kathmandu hotel for not needed items for trek)

## Faqs

### 1. Where is Mardi himal?

*Mardi himal is located in the western side of Nepal, near by Machhapuchre (Fishtail) mountain, its elevation is 5467 Mtr. The main entry gate of Mardi himal trek is Pokhara.*

### 2. What is the best seasons to trekking in Mardi Himal?

*In Nepal, there are four different seasons such as Spring, Summer, Autumn and winter. Spring and Autumn are most popular for trekking in Nepal. But the best season of your travel might be differ as per your purpose and your suitable time for travelling in Nepal.*

### 3. What permit do I need for the Mardi Himal trek ?

*you need to have trekking permits that include ACAP (Annapurna Conservation Area Project) and TIMS Card (Tourism Information Management system)*

**4. What is the best seasons to trekking in Mardi Himal?**

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**5. How is the lodging and fooding facilities Mardi Himal Trek?**

*This route is newly opened for the trekkers, so Lodging fooding facilities are very basic, We will get a enough food to stay healthy and enough energy for the trek. We always provide the seasonal fruits as well.*

**6. What is the normal tempreture in spring and Autumn season?**

*Spring season starts from March, but until third week of march tempreture will still be cold even in day time. But actually tempreture depends on weather, if weatheris mild tempreture ranges from 10-15 Degree Centigrate. If the weather is clear, days will be warm. After the April it will be warm with sunny weather. Especially in Morning and Evening time will be little cold.*

*Autumn season starts from September, September will still be warm even the weather is not good. From october normally in morning and everning will be cold.*