



## Mardi Himal Trek



Trip Grade: Easy  
Duration: 10 Nights/11 Days  
Max. Altitude: 3660M

Destination: Nepal  
Region: Mustang  
Activity: Trekking & Hiking  
Theme: Lodge Trekking

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### Overview

Annapurna region is one the best trekking destination in Nepal. Mardi Himal Trek is newly developed trekking route in Annapurna Region. Trekking Experts offers you this special Mardi Himal Trek which brings you closer to the base of camp Mardi Himal (5587m) backdrop of the soaring snowcapped majestic mountains, Annapurna, Machhapuchre (Fishtail) and Hiunchuli. Mardi Himal Trek is one of isolated and off-beaten trekking trails with breathtaking scenery, traditional rural village, lush forests, rhododendrons in full bloom, diverse range of dramatic landscapes in the high alpine and complete wilderness with the backdrop of the soaring snowcapped majestic mountains, Annapurna, Machhapuchre (Fishtail) and Hiunchuli.

This trek is considered as an alternative trek route for the most popular Annapurna Circuit Trek as trek encompasses all of the elements of a classic Nepal trekking experience of villages, wildlife, panoramic mountain views and range of landscape from forest to high alpine. It is a shorter trek making it a great for first timers and more experienced trekkers, as it takes around the least explored trail much away from the crowd of trekkers through south of Annapurna then towards Mardi Himal (5587m). The trip starts from Pokhara; the most visited tourist city of Nepal and lead towards to Dhampus. Reaching at base camp of Mardi Himal rewards you with the views of overlooking Annapurna ranges- an excellent introduction to trekking in the Himalaya. Leaving High camp you descend to natural hot spring at Jhinu Danda to have refreshed and then back to Pokhara.

### Highlights

- ✓ Explore most beautiful city of Nepal; Pokhara
- ✓ Reach the base camp of Mardi Himal
- ✓ Relaxing Hot spring at Jhinu danda
- ✓ Short and suited for any aged group
- ✓ Firsthand experience of rural village life at homestay in mountain lodges
- ✓ Less crowded short trek in Annapurna region
- ✓ Great views of Mount Annapurna, Machhapuchre (Fishtail) and Hiunchuli

#### Day 01: Kathmandu (alt. 1310m)

Upon your arrival at the Tribhuvan airport Trekking Experts representative welcomes you and assists to transfer in your hotel in Kathmandu. Upon arrival at hotel, our tour manager will brief you about trekking information and other necessary information. And then you'll free time to explore Kathmandu. Dinner will be booked at the hotel.

**Accommodation:** Three Star Hotel **Meals:** N/A **Walking Hours:** N/A **Altitude:** 1310 meters

## Trip Itinerary

### Day 02: Kathmandu –Pokhara (alt. 820m)

After breakfast at hotel in Kathmandu, today you'll be picked up by our guide at the hotel and drop to new bus park to catch bus to Pokhara. You'll take tourist bus to Pokhara which will take about 6-7 hours' drive. On your way you'll see the picturesque Trishuli and Marsyangdi rivers. Pokhara is a beautiful valley set on the banks of the Phewa Lake, also known for its panoramic views of Annapurna, Machapuchare in the north, Dhaulagiri in the west, Manaslu and Lamjung Himal in the east. Pokhara is a lakeside tourist's paradise with many facilities for travelers.

**Accommodation:** Three Star Hotel **Meals:** Breakfast **Walking Hours:** N/A **Altitude:** 820 meters

### Day 03: Pokhara-Deurali (alt. 2100m)

After the early breakfast at lodge, you'll drive to Dhampus which will take around 2 hours. From Dhampus, you'll start trekking. The trail goes through the small villages inhabited by Brahmin, Magar and Gurung communities. You'll be greeted by first panoramic views of the Annapurna peaks. Your walk follows through Rhododendron forest to our camping site in Pothana. Pothana is a small settlement in between the Pine trees offering the great view of Pokhara valley. The trails are very well-constructed in this area so it's an easy half-hour hike to Pothana and the checkpoint for the Annapurna trekkers. You'll continue on broad stone trails to Deurali (2100m) where the views of Annapurna South loom before you.

**Accommodation:** Lodge **Meals:** Breakfast **Walking Hours:** 3-4 Hours Walk **Altitude:** 2100 meters

### Day 04: Deurali-Forest Camp (alt. 2600m)

After breakfast at lodge, you'll leave Deurali today for Forest Camp. You'll gradually ascent steep uphill climb for most of the day through thick forest of Rhododendron, birch, oak, maple, hemlock and daphnia to the forest camp- these are the high glaciers of one of the greatest Himalayan peaks - Annapurna South – looming in the distance. You may encounter to have occasional glimpses of some of the abundant wildlife; leopards, deer, monkeys and many species of birds all live in this dense jungle. When you'll finally emerge from the forest into a clearing that is Low Camp (3100m) the sacred Machhapuchhre with its distinctive fish-tail-shaped peak rises before you, its lower flanks skirted by the Mardi Himal ridge that is now visible as a separate mountain apart from Fishtail.

**Accommodation:** Lodge **Meals:** Breakfast **Walking Hours:** 5-6 Hours Walk **Altitude:** 2600 meters

### Day 05: Forest Camp- High Camp (alt. 3600m)

After breakfast at lodge, today you've a short distance but the way up from Low Camp to High Camp is very steep rewarded with the most breathtaking views of Machhapuchhre (fishtail mountain), the Annapurna Range, the valley of Annapurna Base Camp and Mardi Himal. With gradual walk of the forest finally opens into a clearing where you see the face of Annapurna South rise high and wide – an astounding view. From here the trail breaks into a combination of scrub forest and open meadow. As you climb the ridge becomes narrower and soon you can clearly see the deep valleys on both sides. To your left we look straight down on the Modi Khola river valley and the villages leading up to the Annapurna Sanctuary; to your right you peer down on the Mardi Khola and Seti river valleys over 2000 meters (6500 ft.) below. On very clear days it's even possible to see all the way back to the Pokhara Valley and Lake Phewa. The trail continues up the narrow ridge line to High Camp (3900m) where you'll stop for the evening at a mountain lodge.

**Accommodation:** Lodge **Meals:** Breakfast **Walking Hours:** 4-5 Hours Walk **Altitude:** 3600 meters

### Day 06: High Camp-Mardi Himal Base Camp (alt. 5300m)-Low Camp (alt. 3050m)

After early breakfast at lodge, you will have opportunity to witness the most spectacular sunrise views of the mighty Himalayas. You will climb along the narrow Mardi Himal Base Camp ridge up, which stands at 5300 meters. From here the sun will be lighting up the full face of Annapurna South while Fishtail Mountain looms directly overhead. From here it's a challenging descent back to High Camp for a mid-day meal before descending down to Low Camp where you'll spend another evening. A challenging day walking along narrow, rocky trails, but all will be worth it for the awesome views of this majestic mountain environment. Mardi Himal is a sacred mountain for both Hindus and Buddhists. Today, you'll be able to see Nepal's national bird, the lophophorus, flying above you will be back to High for overnight stay.

**Accommodation:** Lodge **Meals:** Breakfast **Walking Hours:** 7 Hours Walk **Altitude:** 3050 meters

### Day 07: Low Camp- Jhinu Danda (alt. 1780m)

After breakfast at lodge, today you'll descend to Jhinu Danda; the natural hot spring water. You'll descend from Low Camp down a very steep trail through the forest. You'll pass a shepherds hut in a broad clearing after an hour's hike where you can stop to rest our legs. The trail continues down steeply to the hillside village of Siding, about 500 meters above the river alley. Trek descends through the village of Landrung; an ethnic group of Gurung settlement and you'll reach to Jhinu danda. You can spend your time to relax on natural hot spring too.

**Accommodation:** Lodge **Meals:** Breakfast **Walking Hours:** 7 Hours Walk **Altitude:** 1780 meters

### Day 08: Jhinu Danda- Pokhara (alt. 820m)

After breakfast, you'll do your final walk of the trip. You'll do a pleasant trek along the Modi River as you head down the beautiful valley. You'll gradually descend through fertile landscape to reach at Siwa/ Ghandruk Phedi . From here you'll take local bus/jeep for Pokhara. You'll drive to Pokhara and upon arrival in Pokhara, you'll check-in at hotel and free time to relax at hotel.

**Accommodation:** Three Star Hotel **Meals:** Breakfast **Walking Hours:** 3 Hours Walk **Altitude:** 820 meters

### Day 09: Pokhara-Kathmandu (alt. 1310 m)

After early breakfast at hotel, you'll be picked up from hotel and drop to tourist bus park so that you can catch tourist bus to Kathmandu. The 200 km route goes along the Marsyangdi River and then the Trishuli river offering a good view of the natural scenery and farmland. Upon the arrival to Kathmandu, you will drop to hotel and then free to relax there. If you would to upgrade and take flight option to Kathmandu, you can take flight to Kathmandu at an extra cost.

**Accommodation:** Three Star Hotel **Meals:** Breakfast **Walking Hours:** N/A **Altitude:** 1310 meters

### Day 10: Kathmandu (alt. 1310 m)

Today is your last day in Nepal and you can relax at hotel or do souvenir shopping for your loved ones. Also you can visit world heritages sites of Nepal. There are seven world heritage sites in Kathmandu which are very beautiful, interesting and meaningful. You shouldn't miss to visit them. You may contact our tour officer if you need any support for visiting those sites and its costs.

**Accommodation:** Three Star Hotel **Meals:** Breakfast **Walking Hours:** **Altitude:** 1310 meter

### Day 11: Departure from Kathmandu

Depending on your flight time, you'll be transfer to airport before 3 hrs of flight time.

## What's Included

#### Meals & Accommodations

3 nights in Kathmandu at three star-hotels on twin sharing basis with bed & breakfast  
2 nights in Pokhara at three star-hotels on twin sharing basis with bed & breakfast  
5 nights in local lodges during the trekking on twin sharing basis in common rooms with bed & breakfast

#### Transportations & Flights

All airport/hotel/airport transfers by private air-conditioned vehicle  
Kathmandu-Pokhara and Pokhara-Kathmandu ground transfer by local tourist bus  
Pokhara-Dhampus and Siwa-Pokhara by private vehicle with trekking staff  
15 kg baggage per person for trek

#### Permits & Fees

Annapurna Conservation Fee  
TIMS Fee

#### Guide & Supporting Crew

1 English speaking experienced trekking guide  
1 porter for every two members to carry personal baggage

#### Value-Added Services

Comprehensive First Aid Kit  
Comprehensive Trekking Map and Kathmandu Valley Map

## What's not Included

- All personal expenses like alcoholic beverages, bottled drinks, telephone calls, laundry services etc.
- Medical and travel insurances
- International airfare and taxes
- Nepal Visa fees
- Entrance fees to visit monasteries in Mustang
- Emergency helicopter rescue charges
- Main meals in entire trip (lunch and dinner)
- Tips for trekking crew