

## Mardi Himal Trek

8 Days 7 Nights

### HIGHLIGHTS

- Scenic Diversity: Trek through rhododendron forests, terraced fields, and rugged highlands.
- Breathtaking Views: Close-up vistas of Annapurna, Machhapuchhre, and Mardi Himal.
- Cultural Insights: Stay in Pun and Gurung tribal villages, experiencing their traditions and hospitality.
- Accessible Adventure: Perfect for trekkers seeking a peaceful yet rewarding journey.

### ITINERARY

DAY 01	Hotel in Kathmandu	<b>Arrival in Kathmandu (1,400m)</b> Meet our representative at Tribhuvan International Airport. Transfer to your hotel, followed by a welcome dinner with cultural programs. <b>Sleeping altitude:</b> 1400m
DAY 02	Tea house in Derali	<b>Fly to Pokhara, Drive to Kande, and Trek to Deurali (2100m)</b> Take a scenic flight to Pokhara, drive to Kande, and begin a short trek to Deurali through terraced fields and villages. <b>Fly Duration:</b> 30 min <b>Drive Duration:</b> 1.5 hours <b>Trek Duration:</b> 5 hours <b>Sleeping altitude:</b> 2100m
DAY 03	Tea House in Rest Camp	<b>Trek to Rest Camp (2,520m)</b> Hike through lush rhododendron and oak forests, with views of Machhapuchhre and Annapurna peaks (10 km). <b>Distance:</b> 10km <b>Trek Duration:</b> 6-7 hours <b>Sleeping Altitude:</b> 2,520m
DAY 04	Tea House in High Camp	<b>Trek to High Camp (3,550m)</b> Ascend through alpine landscapes to High Camp, where panoramic mountain views await (7 km). <b>Distance:</b> 7 km <b>Trek Duration:</b> 3-4 hours <b>Sleeping Altitude:</b> 3,550m
DAY 05	Tea House in Low camp	<b>Hike to Viewpoint (4,200m), Descend to Low Camp (2,970m)</b> Begin early for a sunrise hike to Mardi Himal Viewpoint, offering incredible vistas of Annapurna and Fishtail. Descend to Low Camp for the night. <b>Distance (High Camp-Viewpoint-Low Camp):</b> 16.8 km

		<b>Distance (Viewpoint-Mardi Himal Base Camp-Viewpoint): 3.2 Km</b> <b>Trek Duration: 7-8 hours</b> <b>Sleeping Altitude: 2,970m</b>
DAY 06	Hotel in Pokhara	<b>Trek to Sidding (1,700m), Drive to Pokhara</b> Descend through forests to Sidding village, then drive to Pokhara for a relaxing evening. <b>Distance: 8.2 km</b> <b>Trek Duration: 2-3 hours</b> <b>Driving Duration: 3-4 hours</b> <b>Sleeping Altitude: 822m</b>
DAY 07	Hotel in Kathmandu	<b>Fly to Kathmandu and Explore the City (1,400m)</b> Take a morning flight back to Kathmandu. Spend the day exploring cultural sites or shopping. <b>Sleeping Altitude: 1,400m</b>
DAY 08	-	<b>Final Departure</b> Transfer to Tribhuvan International Airport for your onward journey.

Based on the above itinerary please find below our special rates per person

	Join Group	single supplement
Total in USD per person	\$ 650	\$95

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## ESSENTIALS

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| <input type="checkbox"/> Sleeping bag  | <input type="checkbox"/> Sunglass                      |
| <input type="checkbox"/> Neck gaiter   | <input type="checkbox"/> Trekking pole                 |
| <input type="checkbox"/> Base layer top / Baselayer pant (Wool, Merino wool) | <input type="checkbox"/> Water bottle/bladder          |
| <input type="checkbox"/> Insulated layer (fleece)                            | <input type="checkbox"/> Toiletries                    |
| <input type="checkbox"/> T-shirt   | <input type="checkbox"/> Sunscreen SPF 30 / Lip balm   |
| <input type="checkbox"/> Puffy Jacket  | <input type="checkbox"/> Protein bars and Snickers     |
| <input type="checkbox"/> Waterproof shell Jacket                             | <input type="checkbox"/> Iodine tablet to purify water |
| <input type="checkbox"/> Trekking pant / half pant                           | <input type="checkbox"/> Headlight                     |
| <input type="checkbox"/> Trekking shoes                                      | <input type="checkbox"/> Toilet paper and baby wipes   |
| <input type="checkbox"/> Wool socks  | <input type="checkbox"/> Hand sanitizer / Hand wash    |
| <input type="checkbox"/> Glove   | <input type="checkbox"/> First aid kit                 |
| <input type="checkbox"/> Towel (light)                                       | <input type="checkbox"/> Take all the cash you need    |
| <input type="checkbox"/> Hat   | <input type="checkbox"/> Books (lots of free time)     |

## INCLUDING IN PACKAGE

- One government-certified and experienced English-speaking local guide for the entire trip.
- One porter shared between two clients to carry your main backpack (weight limit: 10 kg per trekker).
- An assistant guide will be provided if the group size exceeds six participants.
- Domestic flights: Kathmandu–Pokhara–Kathmandu.
- All necessary trekking permits.
- All local taxes, VAT, office service charges, and domestic airport taxes.
- Airport pick-up and drop-off.
- Accommodation during the trek on a twin/double-sharing basis (please note: better hotels and attached bathrooms may not be available in some trekking areas).
- Night accommodation in Kathmandu and Pokhara with breakfast.
- Complimentary use of a sleeping bag and duffle bag during the trek (to be returned after the trek).

## EXCLUDING IN PACKAGE

- All bar bills and beverages, including soft drinks such as Coke, Fanta, and bottled mineral water.
- Personal travel insurance, internet usage, telephone calls, and laundry services.
- Expenses related to emergency rescue operations, if required.
- All meals throughout the trip.
- Gratuities and tips for guides and porters.
- Personal trekking equipment.
- Charges for hot showers, battery charging, and hot drinking water during the trek.

## NOTES

- The itinerary is changeable and modifiable per the trekkers' needs and time frame.
- Cost will be recalculated if the itinerary is changed or modified.
- Additional activities may be added as per the trekker's request with appropriate additional cost.
- The cost may also be affected due to weather, political disturbance, and natural calamities.
- The cost may also be affected due to the requirement of a number of guides and porters.
- For any kind of change, please contact us by email or call.
- Guide and potter will expect tips of \$10 and \$5 respectively per day.
- We're not liable for domestic flight delays or cancellations.
- Himalayan Yatri is not responsible for incidents caused by natural hazards.