

SCENIC HIMALAYAN ADVENTURE – MARDI HIMAL TREK

13 Nights/ 14 Days

A Beautiful Nepal Trek perfect for Beginners



Mardi Himal Trek is perfect for both beginners as well as experienced trekkers who wish to trek on this offbeat and comparatively less crowded trail in Nepal.

Mardi Himal Trek starts from Dhampus Village located beneath the formidable Mt. Machapuchhre, the fish tail mountain, in the Annapurna Conservation Area. Trek takes you on a picturesque trail through green hills, forests of oak and rhododendrons and valleys flanked by snowcapped mountains, Trekking over a high ridge with views of Annapurna range, Dhaulagiri, Mt. Machapuchhre and Mt. Manaslu evoking its essence with you all the time making it one of the many amazing highlights of this trek.

As we pass through several beautiful lakes and waterfalls eventually reaching the Mardi Himal base camp situated at the base of Mardi Himal and Mt. Machapuchhre. The base camp is at an altitude of 4500 M. The best time to do this trek is in the pre-monsoon months of March - May and in the post-monsoon months of Early September to Early December.

Program Itinerary:

Day 1 |

Arrival in Kathmandu.

Once you arrive in Tribhuvan International Airport, you will be warmly greeted and welcomed with “Khada” by our representative who will assist and transfer you towards your hotel. After check-In, all necessary travel documents will be handed over to you along with a short briefing on your tour.

Overnight stay at a hotel in Kathmandu.

Day 2 |

Sightseeing of Swayambhunath Stupa, Kathmandu Durbar Square & Patan Durbar Square.

After breakfast, you will begin your sightseeing tour of Kathmandu by visiting **Swayambhunath Stupa**, also known as the Monkey Temple, a UNESCO World Heritage Site and one of the most iconic landmarks in Kathmandu. From the top of the hill, you can enjoy panoramic views of the city and the surrounding mountains.

Next, you will visit **Kathmandu Durbar Square**, a complex of ancient palaces, temples, and shrines that was once the seat of the Nepalese monarchy. You will explore the intricately carved wooden architecture, the towering pagoda-style temples, and the Hanuman Dhoka Palace.



Finally, you will visit **Patan Durbar Square**, another UNESCO World Heritage Site, located in the city of Patan (also known as Lalitpur), just south of Kathmandu. Here, you will see the traditional Newari architecture and intricate stone carvings of temples and palaces.



Overnight stay at a hotel in Kathmandu.

Day 3 |

Transfer to Bandipur. [Approx. 144 KM / 4 - 5 hours' drive]

After breakfast, you will check out from your hotel in Kathmandu and drive to Bandipur. After check in to the hotel you will have leisure time to explore bandipur, which is famous for old-world architecture imparts a distinct sense of preservation, reminiscent of an ancient heritage site.

The superb location and the quaint village atmosphere come together to fulfill your dreams with its charming beauty and picturesque alleys, creating an enchanting experience throughout your Bandipur visit.



Overnight stay at a hotel in Bandipur.

Day 4 |

Transfer to Pokhara [Approx. 76 KM / 3 - 4 hours' drive]. Boating at Phewa lake.

After breakfast, you will check out from your hotel at Bandipur and drive to **Pokhara**. Upon arrival, you can explore the lakeside area, which offers breathtaking views of the Annapurna Mountain range.

Later in the afternoon, head to **Phewa Lake** for a tranquil **boating** experience, admiring the reflection of the mountains on the crystal-clear waters. Visit the **Tal Barahi Temple** situated on an island in the lake. Relish in the peaceful ambiance of Pokhara as you unwind from your journey, enjoying moments of serenity by the lakeside.



Overnight stay at a hotel in Pokhara.

Day 5 |

Drive to Dhampus. Trek till PittamDeurali via Australian Base Camp.

- **Start Time:** 7:30 AM **Distance:** 8 km
- **Duration:** 3 hours
- **Elevation:** Start: 1,650m, End: 2,100m
- **Difficulty:** Moderate

You will be picked up by your guide at your hotel in Pokhara to start the Mardi Trek. We will then drive to Dhampus Village and start our trekking.



After hours of trekking, we will reach to PittamDeurali via Australian Base Camp. Australian camp, which offers breathtaking views of the Annapurna massifs. PittamDeurali showcases the typical rural village setting in Nepal, with its stone-built houses and terraced farms. Today's path is immersed in dense forests, mostly consisting of evergreen foliage.

Overnight stay at Local Tea House/Lodge.

Day 6 |

Trek to Forest camp.

- **Start Time:** 7:30 AM
- **Distance:** 10 km
- **Duration:** 4-5 hours
- **Elevation:** Start: 2,100m, End: 2,600m
- **Difficulty:** Moderate

After Breakfast you will trek to Forest Camp which is located about 31 km north west of the city of Pokhara. This village lies within the Annapurna Conservation Area and lies along the Mardi Himal Trekking Route. It's south east from the Annapurna Range which can be seen on a clear day which is about 4 to 5 hrs walk from PittamDeurali.

Overnight stay at Local Tea House/Lodge.

Day 7 |

Trek to High camp.

- **Start Time:** 7:30 AM
- **Distance:** 9 km
- **Duration:** 6-7 hours
- **Elevation:** Start: 2,600m, End: 3,550m
- **Difficulty:** Moderate to Challenging

After breakfast, we start our trek. There are stairways during this trail, and you will walk upstairs to BadalDanda. After about 3-4 hours of trek, we reach BadalDanda, where we have our Tea and lunch. After some rest, we resume our trek toward the High Camp from BadalDanda, which takes nearly 3 to 4 hours of hiking the straight path that steps upward afterward. The breathtaking views of the Himalayas will be seen from High Camp.

Overnight stay at Local Tea House/Lodge.

Day 8 |

Trek to Mardi view point and trek back to Forest camp

- **Start Time:** 4:30 AM
- **Distance:** 12 km
- **Duration:** 5-6 hours
- **Elevation:** Start: 3,550m, End: 4,200m (Viewpoint), Return to 2,600m
- **Difficulty:** Challenging

The final phase of the Mardi view point trek commences with an early morning wake-up call. We embark on a journey to the Mardi view point witness the breathtaking sunrise. The ascent to the Lower viewpoint takes approximately two hours, and it is not without its challenges. The trail consists of rocky terrain that can be slippery, and you must navigate narrow paths along rocky ridges of the mountain. As you venture beyond 4000 meters in elevation, you will feel a noticeable change in altitude.



However, upon reaching the View point, you will be rewarded with a heavenly ambiance unlike any other. The view point offers a mesmerizing panorama of Annapurna's majestic peaks. Many consider this spot to offer one of their most unforgettable views during sunrise. After spending some time at the base camp, we descend towards Rest camp for our accommodation following the steep descent trail.

Overnight stay at Local Tea House/Lodge.

Day 9 |

Trek down to Siding. Drive back to Pokhara.

- **Start Time:** 7:30 AM
- **Distance:** 10 km
- **Duration:** 4-5 hours (trek) + 2 hours (drive)
- **Elevation:** Start: 2,600m, End: 1,700m (Siding), Return to 820m (Pokhara)
- **Difficulty:** Moderate

We will descent back to siding after 4-5 hrs. of trek, we reach the siding village. After 2 hours of drive from Siding we will back to the Pokhara.

Overnight stay at a hotel in Pokhara.

Day 10 |

At Pokhara. Explore Devi's Fall, GupteshworMahadev Cave & World Peace Pagoda.

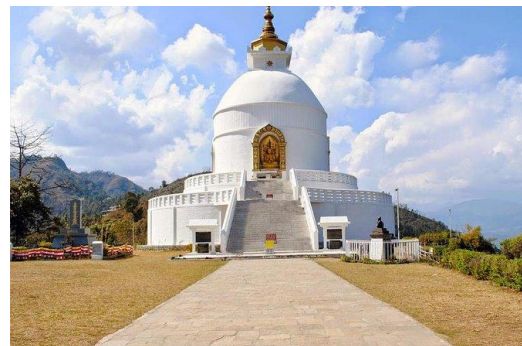
After Breakfast, you'll start your sightseeing tour of Pokhara by visiting **Devi's Fall**, a stunning waterfall that originates from the Phewa Lake and disappears into the underground tunnel. The source of the waterfall is Phewa Lake and the fall itself is named after a Swiss lady who was swept away by the fall in 1961. The fall cuts through the rocks to create complex caves and tunnels on its path. GupteshwarMahadev cave on the other side of the fall is one such cave carved by Devi's Fall.



Next, we'll visit **GupteshworMahadev Cave** is recognized as one of the longest caves in Nepal with a length that exceeds 2,000 meters. The cave sits across Davi's fall, and inside the cave, one can hear the thundering sound of water. The main entrance of the cave was only constructed in 1991 AD. The exterior of the cave is furnished with a huge brown arch, and as you enter it, there are numerous souvenir shops if you are interested to shop some something, you see a statue of Lord Vishnu in a sleeping position, and right in front of the ticket counter, there is a concrete balcony and a spiral staircase.



Lastly you will visit **World Peace Pagoda**, a symbol of peace. Situated at the height of 1100 meters on the Anadu Hill, NichidatsuFujiilaid the foundation stone along with relics of the Buddha on 12 September 1973. From the stupa, we can have a fascinating view of Fewalake, mountain range and pokhara valley.



[Optional: Experience ultimate relaxation at one of Pokhara's luxurious spas. Indulge in a variety of treatments, from traditional Nepali massages to contemporary wellness therapies, all designed to revitalize your body and mind. With skilled therapists, natural products, and tranquil settings, a spa visit in Pokhara is a must for those seeking peace and well-being amidst nature's beauty.]

Overnight stay in Pokhara.

Day 11 |

Transfer to Gorkha.

After breakfast, you will be transferred to **Gorkha**. It is a hill that is historically linked to the formation of modern Nepal. It has traditionally been renowned as the land of valiant warriors and the birthplace of Nepal's unifier, King Prithvi Narayan Shah.

Gorkha is a portion of Gandaki Pradesh and one of the country's 77 districts. The Gorkha Durbar, which is where the Shah kings started their 239-year long reign, is also located in this hill. The Durbar, or palace, is a historic landmark built in the 16th century by Ram Shah.

Overnight stay at a Hotel in Gorkha



Day 12 |

Transfer back to Kathmandu. Drive to Nagarkot.

Today marks the return journey from Gorkha to **Kathmandu**. After breakfast, bid farewell to the charming and beautiful Gorkha and embark on a scenic drive back to Kathmandu.

Then, you will be transferred to **Nagarkot** which commands one of the broadest views of the Himalayas in the Kathmandu valley (8 Himalayan ranges of Nepal out of 13 from here). The ranges include Annapurna range, Manaslu range, GaneshHimal range, Langtang range, Jugal range, Rolwaling range, Mahalangur range (Everest range) and Numbur range with views of the Kathmandu valley and Shivapuri National Park. You might have a chance to watch the beautiful sunset from Nagarkot(**subject to weather**).

Overnight stay at a Hotel in Nagarkot



Day 13 |

Sightseeing of Bhaktapur Durbar Square, Pashupatinath Temple & Boudhanath Stupa.

Early in the morning, sunrise view over Himalayas. (Subject to availability and weather).

After the sunrise, you will have your breakfast at the hotel.

After breakfast, will begin your sightseeing by visiting to **Bhaktapur Durbar Square** which is an open museum holding exciting palace, courtyards, royal bath, sculptures, pagodas, Shikhara style temples and Buddhist monastery along with exclusive architecture. In other words, this is the most beautiful Durbar you visit in your Nepal tours.



Next, you will visit **Pashupatinath Temple**, also known as one of the oldest Hindu temple, a UNESCO World Heritage Site and a largest temple in the world. You can see sprawling collection of temples, ashrams, images and inscriptions raised over the centuries along the banks of the sacred Bagmati river.



Lastly, you will visit **Bouddhanath Stupa**, also known as KhastiChaitya, another UNESCO World Heritage Site, located about 11km from the center and northeaster outskirts of Kathmandu. It was built in the 5th century and is surrounded by devotees who whirl prayer wheels 108 times enchanting mantras.

Overnight stay in Kathmandu.

Day 14|

Final Departure

As your journey comes to a close, you bid farewell to Kathmandu with a mix of nostalgia and gratitude for the experiences shared. After a final breakfast at your hotel, you're transferred to the airport for your departure flight, carrying with your memories of adventure, friendship, and the breathtaking beauty of the Himalayas.

[Note: This program is given as an indication according to the indications known to date. It may be subject to changes on site due to local data. These changes will always be made in the best possible way, in the spirit of the original program.]

****END OF SERVICES****

*****HAPPY JOURNEY*****

13 Nights / 14 Days

MARDI HIMAL TREK

PER PERSON PACKAGE COST BASED ON TWIN/DOUBLE SHARING ON Bed & Breakfast basis except during Mardi Himal Base Camp Trek where package cost is based on All Three Meals

daily:-

Validity :

01 March 2025 to 31 May'2025

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01 Aug'2025 to 30 Nov'2025

CITIES	NIGHTS	PLAN	HOTELS - I	HOTELS - II	HOTELS - III
Kathmandu	02 N	BB	Hotel Tibet	The Malla Hotel	Dusit Princess Kathmandu
Bandipur	01 N	BB	Bandipur Mountain Resort	The Old Inn	The Old Inn
Pokhara	01 N	BB	Hotel Utsab Himalaya	Atithi Resort & Spa	Hotel Barahi Pokhara
Trek	04 N	AP	Local Tea House/ Lodge	Local Tea House/ Lodge	Local Tea House/ Lodge
Pokhara	02 N	BB	Hotel Utsab Himalaya	Atithi Resort & Spa	Hotel Barahi Pokhara
Gorkha	01 N	BB	Gorkha Garden	GorkhaGaun	GorkhaGaun
Nagarkot	01 N	BB	Soaltee Westend Resort, Nagarkot	Club Himalaya	Club Himalaya
Kathmandu	01 N	BB	Hotel Tibet	The Malla Hotel	Dusit Princess Kathmandu
Cost Based on 02 Pax			USD 1620 Per person	USD 1760 Per person	USD 1850 Per person
Cost Based on 03 Pax			USD 1710 Per person	USD 1850 Per person	USD 1940 Per person
Cost Based on 04 Pax			USD 1610 Per person	USD 1750 Per person	USD 1840 Per person
Cost Based on (05 - 09) Pax			USD 1500 Per person	USD 1640 Per person	USD 1740 Per person

Cost Based on (10 - 14) Pax	USD 1420 Per person	USD 1560 Per person	USD 1660 Per person
Cost Based on (15 - 19) Pax	USD 1300 Per person	USD 1440 Per person	USD 1540 Per person
Cost Based on (20 - 24) Pax	USD 1310 Per person	USD 1450 Per person	USD 1540 Per person
Cost Based on (25 - 29) Pax	*USD 1225 Per person	USD 1370 Per person	USD 1460 Per person
Single Room Supplement	USD 270 Per person	USD 440 Per person	USD 480 Per person
MAP (Dinner) Supplement (except during the trek portion where all three meals daily are included)	USD 190 Per person	USD 220 Per person	USD 240 Per person
AP (Lunch & Dinner) Supplement (except during the trek portion where all three meals daily are included)	USD 380 Per person	USD 440 Per person	USD 475 Per person

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Gorkha	01 N	BB	Gorkha Garden	GorkhaGaun	GorkhaGaun
Nagarkot	01 N	BB	Soaltee Westend Resort, Nagarkot	Club Himalaya	Club Himalaya
Kathmandu	01 N	BB	Hotel Tibet	The Malla Hotel	Dusit Princess Kathmandu
Cost Based on 02 Pax			USD 1865 Per person	USD 2025 Per person	USD 2130 Per person
Cost Based on 03 Pax			USD 1970 Per person	USD 2130 Per person	USD 2235 Per person
Cost Based on 04 Pax			USD 1855 Per person	USD 2020 Per person	USD 2120 Per person
Cost Based on (05 - 09) Pax			USD 1730 Per person	USD 1890 Per person	USD 2010 Per person

Cost Based on (10 - 14) Pax	USD 1640 Per person	USD 1800 Per person	USD 1910 Per person
Cost Based on (15 - 19) Pax	USD 1500 Per person	USD 1660 Per person	USD 1775 Per person
Cost Based on (20 - 24) Pax	USD 1510 Per person	USD 1670 Per person	USD 1775 Per person
Cost Based on (25 - 29) Pax	USD 1410 Per person	USD 1580 Per person	USD 1680 Per person
Single Room Supplement	USD 315 Per person	USD 510 Per person	USD 560 Per person
MAP (Dinner) Supplement (except during the trek portion where all three meals daily are included)	USD 220 Per person	USD 255 Per person	USD 280 Per person
AP (Lunch & Dinner) Supplement (except during the trek portion where all three meals daily are included)	USD 440 Per person	USD 510 Per person	USD 550 Per person

INCLUDED

- ✓ Welcome and assistance in Kathmandu,
- ✓ Accommodation in hotels mentioned or similar in DBL/TWIN rooms on Bed & Breakfast Basis except during the trek portion where all three meals daily are included.
- ✓ Welcome drinks in the hotels.
- ✓ Necessary tours & transfer using Aircond Vehicle.
- ✓ Service of an Excellent English Speaking during sightseeing tour at Kathmandu, Pokhara and licensed Guide during Trek.
- ✓ 05 Days Mardi Trek with Licensed guide, 01 Porter for 02 Pax.
- ✓ Necessary Monument Entrance Fees.
- ✓ Meals as per itinerary.
- ✓ Bottles of Mineral Water in the vehicle.
- ✓ Sanitizers, Wet wipes & Tissue box in the vehicle.
- ✓ Assistance and transfers airport - hotel & vice versa.
- ✓ Taxes.

NOT INCLUDED

- × Any International Flight tickets
- × Travel Insurance
- × Nepal Visa & Visa Fee
- × Items of personal nature such as drinks, alcohol, laundry, Gratuities/tips and Camera fees, etc.
- × Extra Meals, Drinks & Beverages other than mentioned in programs,
- × Emergency Transportation / Evacuation.
- × Extra cost for unseen & unstoppable circumstances (natural disaster, strike etc.)
- × Elements not mentioned in above inclusion

Physical Considerations before Base Camp Trek

Preparing for the Base Camp Trek is essential to ensure that you have a safe & enjoyable experience. This trek takes you through varied landscapes, challenging terrains, and high altitudes, demanding both physical and mental preparation. Training for the trek should begin at least two months in advance, focusing on building cardiovascular endurance through running, swimming, or cycling. Strength training for your legs, core, and shoulders is also necessary, besides flexibility exercises like yoga or stretching to prevent muscle injuries. Practice hiking on uneven terrain with a loaded backpack to simulate actual trekking conditions.

Gear preparation involves breaking in hiking boots, practicing with trekking poles, and wearing layers to ensure comfort in diverse weather. Always Carry a first-aid kit, as well as altitude sickness medication, & other essentials like water purification tablets. Keeping in mind that packing smartly and keeping your load light will make the trek more manageable.

Trekking at high altitudes can be physically taxing, so develop resilience through long hikes and by familiarizing yourself keeping in mind challenges of remote areas, as well as Learning about altitude sickness symptoms and how to handle them is crucial.

Nutrition and hydration are key to building endurance and staying fit on the trail. Maintain a balanced diet during training and stay hydrated to mimic trekking habits. Before the trek, get a medical check-up to ensure you are fit for high-altitude trekking related symptoms, especially if you have history of fluctuating health conditions.