

MARDI HIMAL TREK



Spectacular view of the Annapurna Mountain range and Machhapuchhre and Dhaulagiri
Number of beautiful Gurung settlements; their lifestyle and traditional houses surrounded by the farmland
Dense forest, friendly little settlements, lovely fields and the experience of pristine Nepali countryside
Breathtaking view of waterfalls, rivers, hamlets higher up on the hills, terraced fields



WELCOME TO NEPAL WANDERS

Thank you for your interest in our Mardi Himal trek trip. Nepal wanders we are passionate about our off the beaten track experiences as they provide our travelers with the thrill of coming face to face with untouched cultures as well as wilderness regions of great natural beauty. We are committed to ensuring that our unique itineraries are well researched, affordable and tailored for the enjoyment of small groups or

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individuals. Our itineraries will give you the very best travel experience, designed by people with incredible knowledge who have excellent vision of authentic exchange and real exploration with a responsible tourism approach. Whether you like your adventures to include trekking, touring, cycling or kayaking, Nepal Wanders can make it happen for you. We hope you will join us for a life changing experience!!

WHY TRAVEL WITH NEPAL WANDERS?

Nepal Wanders have been pioneering treks in Nepal since 2008. Our extra attention to detail and seamless operations on the ground ensure that you will have a memorable trekking experience. Every trek is accompanied by an experienced local leader trained in remote wilderness first aid, as well as knowledgeable crew that share a passion for the region in which they work, and a desire to share it with you.

You can be sure that when booking a Nepal Wanders trip there will be no hidden costs - our all inclusive treks represent the best value for money. Most importantly, our adventures have always sought to benefit the local peoples we interact with, safeguard the ecosystems we explore and contribute to the sustainability of travel in the regions we experience.

TRIP FACTS

Activities: Trekking

Trip duration: 12 days

Grade: Moderate which means

Suitability: a good choice for most hill walkers, reasonable level of fitness required.

1) Walking times: average 5 to 7 hours walking per day for up to 14 days usually with some rest days included.

2) Altitude: up to 5,000m.

3) Terrain: for most of time following well-travelled trails, there will be daily ascent and descent.

4) Remoteness: usually not too remote and often there is a reasonable level of infrastructure such as lodge accommodation.

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TRIP INTRODUCTION

Situated just east of one of the most popular treks of Nepal, the Annapurna Base Camp trek, the Mardi Himal trek is a hidden gem and is a newly opened eco-tourism, trekking trail that takes trekkers to the base camp of Mardi Himal. Few trekkers make their way to the Mardi Himal Base Camp spectacularly situated at the base of Mardi Himal and the impressive Machapuchhre.

The trail goes along small winding paths, through magical rhododendron forests until you climb out of the forest at an elevation around 3,300 m. The landscape changes quite abruptly into a rugged high mountain landscape, with amazing views of Mardi Himal, Machapuchhre, Annapurna South and Hiunchuli.

From High Camp (3580 m; some maps incorrectly mention 3900 m) you can climb up to Mardi Himal Base Camp in about 3-4 hours, which offers spectacular close up views of the entire Annapurna Range.

TRIP ITINERARY

Day 01: Upon our arrival at the Tribhuvan International Airport (TIA) in Kathmandu, you will be greeted by a representative from Nepal Wanders who will take you to our hotel. In the evening there will be a welcome dinner in a traditional Nepali Restaurant where you will be able to enjoy authentic Nepali cuisine with a brief cultural program. Overnight in Kathmandu.

Meal included: Dinner

Day 02: Sightseeing Kathmandu valley and trek preparation

The capital, Kathmandu Valley is a big storehouse of exclusive cultural and historical sites. Kathmandu valley has the highest concentration of UNESCO world heritage sites in a given space. In this day we will have full day sightseeing of UNESCO World Heritage Sites like Kathmandu Durbar Square (a historical structure offering architectural wonders), the Pashupatinath Temple (a Hindu shrine dedicated to the Lord Shiva- lord

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possessing the power of destruction), Swyambhunath-a Buddhist shrine dedicated to Lord Buddha - the Light of Asia.

After sightseeing we finalize our clothing and trekking gears (down jacket, trekking boots, sleeping bags etc.) required during the trek. Overnight in Kathmandu.

Meal included: Breakfast

Day 03: Drive to Pokhara. (850m/6 hours.)

Today, in the morning our guides will come to pick you up at your hotel and escort you to the bus station to catch an early morning, comfortable tourist bus to Pokhara. The bus will head towards the west of Kathmandu Valley and continue the journey towards the western part of Nepal following the Prithvi Highway along the Trisuli River. The bus will stop twice – one for breakfast and one for lunch and then continue until we reach Pokhara. The evening can be utilized to explore the lake area. Overnight at a hotel in Pokhara.

Meals included: Breakfast, Lunch & Dinner

Day 04: Pokhara to Pothana. (1970m/5 hours.)

Pothana is the destination set for the day. After having breakfast, the trip continues with a 40 minute bus ride to Phedi. The upward hike begins from here. A climb through the jungle, passing several small villages takes us to the beautiful Gurung village -Dhampus. From Dhampus, a steep climb will first take us to the Australian Camp, passing Deurali. We further walk up to Pothana situated on the Annapurna Circuit trail. The evening can be spent exploring Pothana and enjoying the views of the mountains. Overnight in a tented camp at Pothana.

Meals included: Breakfast, Lunch & Dinner

Day 05: Pothana to Forest Camp. (2550m/ 7 hours.)

The Forest Camp is the destination set for the day. From Pothana, the upward hike continues on the stone paved trail till Deurali. On reaching Deurali, we leave the circuit trail and catch an off-the-beaten trail that heads east. The trail passes through the dense forest, presenting the glimpses of the Dhaulagiri and

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Annapurna massif and some wildlife en route to the Forest Camp. We reach the forest Camp around the afternoon, where we set up the tent for overnight stay. Overnight in a tented camp at the Forest Camp.

Meals included: Breakfast, Lunch & Dinner

Day 06: Forest Camp to High Camp. (4100m/ 6 hours.)

The High Camp is the destination of the day. Leaving the Forest Camp we proceed towards the High Camp. Though the distance is short the climb through the forest of Rhododendron and Juniper forest is quite steep. The settlement is almost nil around this area. We first pass Manjh Danda to reach the low camp, and then we pass the Nangge Danda to reach the high camp. The top greets you with the most spectacular view of Machhapuchhre, the Annapurna Range, the valley of Annapurna Base Camp and Mardi Himal. Overnight in a tented camp at the High Camp.

Meals included: Breakfast, Lunch & Dinner

Day 07: High Camp, trek to Base Camp.

Mardi Himal Base Camp is the destination set for the day. Today we wake up earlier than usual to enjoy the sunrise view from the High Camp. Today is a challenging day as the day requires walking on a narrow, rocky trail. Leaving the High Camp, we ascend for about 4 hours to reach the base camp of the Mardi Himal. After enjoying the views from the base camp, we walk back to the High Camp. Overnight in a tented camp at the High Camp.

Meals included: Breakfast, Lunch & Dinner

Day 08: High Camp to Siding Village. (1280m/ 7 hours.)

Siding Village is the destination set for the day. From the High Camp crossing the Nangge Danda, a steep descent brings us back to the Low Camp. From the Low Camp, we leave the trail used earlier and head towards the Mardi Khola River through the dense forest. The walk continues till Sidhing. Overnight in a tented camp at Sidhing.

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Meals included: Breakfast, Lunch & Dinner

Day 09: Siding Village to Pokhara. (850m/2.5 hours trek and 1 hour drive.)

Pokhara is the destination set for the day. Leaving Siding, we now hike down following the line of the river valley, passing various small settlements of Gurung and Tamang people until we reach Lumre. At Lumre, we catch a vehicle that will take us to Pokhara in one hour. The evening can be spent exploring the Lake area. Overnight at a hotel in Pokhara.

Meals included: Breakfast

Day 10: Sightseeing and relaxing Pokhara.

After a number of days of tiring hike, we spend the day relaxing the tired muscles. Pokhara is a beautiful place that offers a number of attractions to both tourist and the local people. Today we spend our time exploring various attractions of Pokhara. Overnight at a hotel in Pokhara.

Meals included: Breakfast

Day 11: Fly from Pokhara to Kathmandu.

Kathmandu is the destination set for the day. Today we fly from Pokhara to Kathmandu, which leaves you enough time to spend your day in Kathmandu. A private vehicle will be awaiting your arrival at the airport, which will escort you to your hotel in Kathmandu. The day can either be spent resting at the hotel or exploring the cities of Kathmandu. In the evening, we again meet for the farewell dinner and discuss the trek and the feedback. Overnight at a hotel in Kathmandu.

Meals included: Breakfast & Dinner

Day 12: Farewell Nepal

Our representative will pick you up at the hotel and transfer you to international airport for onward journey.

Meal included: Breakfast

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FOOD

In Kathmandu and Pokhara, there will be a wide selection of restaurants to choose from, serving both delicious local and International cuisine to suit a broad range of tastes and budgets. Whilst on treks, a full board meal (Breakfast, Lunch, Dinner and tea & coffee) will be prepared by the cooks. Usually, porridge, toast or chapattis, oatmeal and local bread are served for breakfast. The food served for lunch and dinner are mostly Nepali and simply great. Boiled drinking water will be provided at breakfast, lunch and dinner.

During the trek it is possible to buy snacks, chocolate, soft drinks and beer on most days. Please be aware that since everything has to be carried up to villages where there is but little access to roads, these items become more expensive the further you get away from cities.

DIETARY REQUIREMENTS

Provided we are advised in advance of your departure we are able to cater for vegetarian diets and can assist with medically recommended diets (allergies and intolerances). Please ensure you discuss your requirements with us well in advance (at least 1 month prior to your trip) to determine whether we can cater to such dietary requirements on your chosen adventure. Please note that options are likely to be limited in very remote locations or alternatives may be more expensive or unavailable. There may be times when those with special requirements may need to provide their own food. We are unable to guarantee a peanut free or allergen free trip, and therefore, we strongly encourage that travelers with life threatening or severe allergies take all necessary medical precautions to prepare for the possibility of exposure. Passengers must travel with all necessary medications for food allergies and be capable of self-administering these medications.

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ACCOMMODATION

In Kathmandu, guest will stay at the Ambassador Hotel situated in the heart of the city close to Thamel – the touristic hub of Kathmandu valley. The hotel is an excellent place to relax pre and post trek. Guest will also spend 3 nights in Pokhara at a centrally-located tourist-class hotel. Whilst on trek your stay is arranged in a tented camp due to the unavailability of teahouses and lodges in this part of the Annapurna region.

Please note that the arranged accommodation is based on twin-sharing. However, if you are looking for single accommodation, extra charges will be applied.

A TYPICAL DAY

After dawn you should wake and start packing your kitbag and making preparations for the day. Coming down to the dining room we will be served breakfast from the lodge kitchen. After a wholesome breakfast we are usually on the trail between 7.30am–8am, depending upon the duration and nature of the day's walk. We will generally reach our lunch stop by mid-day after around 3 or 4 hours of trekking. Lunch is taken at tea houses along the route or occasionally as a packed lunch. This is normally a leisurely affair and is a great time for relaxing, reading and sitting in the sun. Our porters usually catch up with the group during lunch and then are well on their way to the evening's stop by the time we set off again. It is usual for the afternoon's walk to be shorter than the morning session. On arrival at the lodge the trek leader will organize everyone's room. After checking in to your room you may wish to relax with a beer on the terrace of your lodge before taking dinner. Dinner is usually served between 6-7 pm. Remember to bring your headlamp and your water bottles to the dining tent so they can be filled with boiling water.

Trekking evenings afford some of the best memories of your trek, whether it is talking, playing cards, chatting with the crew or joining in some singing and dancing with the local people.

Much of the enjoyment of an expedition is in the journey itself.

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INTERNAL FLIGHTS

Access to the high and remote areas of the Himalaya where our treks start is often only possible using internal flights. The inclement nature of mountain weather makes flying conditions complex. In addition, the Civil Aviation Authority of Nepal does not operate to the same standards as those of western nations and all airlines in Nepal appear on the European Commission's list of airlines that are banned from flying into EU member states. Flying in Nepal is an acknowledged risk, and many countries provide information regarding travel warnings. UK and Commonwealth Office travel advice provides further details which you can read on their website at: www.gov.uk/foreign-travel-advice/nepal/safety-and-security.

Nepal Wanders is mindful of its duty of care to clients travelling with. NW uses only four airlines in Nepal which were approved as safe carriers. These airlines are: Yeti Airlines, Tara Air, Buddha Air and Simrik Airlines. In addition to this both, Tara Air and Yeti Airlines have fulfilled the IATA Standard Safety Assessment (ISSA) - a new global safety standard for commercial airlines operating smaller aircraft. www.iata.org/whatwedo/safety/audit/issa/

While we have taken appropriate action to try to minimize the risks of flying in Nepal, you should be aware that flying in mountainous terrain is not without any risk.

Please note that poor weather can cause delays on internal flights. If at the start of your holiday internal flights are cancelled for the day, you will spend an extra night in Kathmandu. On the majority of trips there is enough flexibility in the trekking itinerary to make up 1 or possibly 2 lost days, but alternative arrangements must be made if internal flights are cancelled for a subsequent day. For trips that end with an internal flight out of the mountains with no alternative road access, we have included 2 nights in Kathmandu as a contingency against delay.

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Helicopters can sometimes fly when the scheduled fixed wing aircraft cannot. If your group is offered the opportunity to use a chartered helicopter, either flying up from or back to Kathmandu, the cost will be shared between those choosing to take this option. In the extremely unlikely event that flight cancellations cause you to miss your homeward international flight, NW will render all assistance, but cannot be held liable for any extra costs incurred. We advise you to take out suitable insurance and to keep your receipts, as you may subsequently be able to make a claim.

TRAVEL INSURANCE

For everyone planning their next trek in the Himalayas of Nepal, it is highly recommended that you get a travel insurance that covers added expenses that might result due to various health issues, injuries or accidents (together with air ambulance, helicopter rescue and other treatment cost). Your insurance policy should cover up your entire activities that you are planning to accomplish throughout your stay in Nepal. In addition to this, the policy should also cover death, misplaced luggage, theft and liability, cancellations, medical treatment (counting hospital charges, cost of the medicine, doctor's fees) as well as repatriation cost. Also, most of the trekking trails in Nepal take you above the altitude of 5000m, therefore, you also need to ensure that your insurance policy covers treks that go over 5000m. In short, its client himself/herself has to take the responsibility regarding unforeseen expenses during the trip. For details please read our "terms and conditions".

GROUP LEADER & SUPPORT STAFF

The group will be led by an experienced English-speaking local leader and local guides. We will also have the services of porters or baggage animals to carry luggage.

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SPENDING MONEY

Approximately £200 (or equivalent in US dollars, Euros etc.) changed into local currency, should be sufficient for miscellaneous personal expenses including porter and trek crew tips, beer and soft drinks. It is not necessary to obtain local currency (Nepali rupees) prior to departure. Sterling, US Dollars and Euros are equally acceptable for exchange in Nepal. We recommend that you carry your travel money in the form of cash, since you will exchange the majority of this on the day of your arrival in Kathmandu. If you prefer not to carry all of your spending money in cash, it is possible to withdraw money (rupees only) from ATMs in Kathmandu and Pokhara using your debit or credit card but not while on trek. During the trek it is possible to buy snacks, chocolate, tea, coffee, soft drinks and beer on most days. Please be aware that since everything has to be carried up, these items become more expensive as you gain altitude.

GUIDANCE ON TIPPING

Tipping is the accepted way of saying 'thank you' for good service. Tips do not form part of the wages of your guides, porters and trek crew but they are very much appreciated. It is important to remember that tipping is voluntary and should be dependent on good service. Normally the tips are given at the end of the trek and this is best done as a group rather than from individuals. Most groups will give the tips with a bit of ceremony (or sometimes a party) on the last evening, to mark the end of the trip. The level of tipping should be determined by the group as a whole with everyone contributing an equal amount that all are comfortable with. As a rough guide, we recommend that a contribution from each group member of around £50 - 60 (in rupees) should provide a good level of tips when divided among your guides, porters, and other trek crew. At the end of a trek many people also like to donate various items of their equipment to the porters and trek staff who work so hard to make the trip a success. Boots, gloves, hats,

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scarves and even socks (clean of course) are always warmly received by the porters. Technical clothing and equipment such as head-torches and trekking poles are highly prized by the Sherpa crews. If you think you would like to donate equipment at the end of your trip, your local trip leader will make arrangements for a fair distribution among the trek crew.

BAGGAGE ALLOWANCE

Your baggage on trek will be carried by porters or pack animals. The packed weight of your trek bag whilst trekking should be no more than 15kg (33 pounds). It is possible to leave clothes or other items not required on trek at the group hotel.

ACUTE MOUNTAIN SICKNESS

When we ascend above 2500 meters our bodies have to acclimatize to the decreasing amount of the oxygen available. To allow our bodies to adjust we have structured our treks so that you ascend slowly allowing acclimatization to occur. However, during the acclimatization process, you may experience some of the following symptoms.

- Headache
- Tiredness
- Disturbed sleep
- Loss of appetite/nausea
- Shortness of breath
- Cough
- Palpitation
- Swelling of the hands and face

Individuals acclimatize at different rates. Your best strategy is to take your time and drink plenty of water. These symptoms may not indicate the onset of A.M.S. and if you experience them it does not necessarily mean that you should not continue. All our group leaders have extensive first aid training and we urge you to communicate with the group leader at all

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times should you believe you have any symptoms in order that we can effectively monitor your symptoms. The only cure for Acute Mountain Sickness is to descend.

Please note that your group leader has ultimate responsibility and may ask you to descend if symptoms persist.

EQUIPMENT LIST

The following checklist should help you with your packing. As a general rule, you should always try to keep the weight of your equipment to a minimum. The packed weight of your trek bag while trekking should be no more than 15 kgs.

You must bring the following Items:

- Hiking boots – highly recommended leather ones
- Socks
- Trekking trousers
- Waterproof over-trousers
- Underwear
- Base-layer shirts
- Casual shirt and/or T-shirts
- Fleece jacket or warm jumper
- Waterproof jacket
- Warm jacket (down)*
- Sunhat
- Warm hat
- Sunglasses
- Gloves or mittens
- Daypack 30 litres
- Head-torch and spare batteries
- Sun protection (including total bloc for lips, nose etc.)
- Water bottles 1 Litrex2
- Sleeping bag (comfort rated -15°C)
- Washbag and toiletries
- Toilet paper (you can also buy this in the lodges if necessary)
- Antibacterial handwash
- Small towel
- Selection of dry bags (to keep trek bag contents dry)

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OUR ATTEMPT WHILE YOU ARE ON A TREK:

Most of our trails take you to the remote Himalayan region of Nepal, where communication facilities are very less. Therefore, we will take all the responsibility to deliver your message to your family, friend, relatives or the concerned person. Our guides are provided with a cell phone and are contacted on a regular basis. You can use the cell phone provided to our guides to send your message to us which will further be delivered to the respected person. Also, our guides will make every attempt to follow the planned itinerary; however, it is kindly requested to be flexible in case of changes in the itinerary caused by extreme weather conditions. We can also help you reschedule your international flight (Extra charge applicable) if you need any additional days to complete your trek. We will make every possible attempt to make your trek a 'grand success'.

IMPORTANT LINKS

Booking Conditions Link:

<http://nepalwanders.com/terms-and-conditions/>

Reservation and Booking Link:

<https://nepalwanders.com/booking-form/>