

# MARDI HIMAL TREK (4500M)

Explore, ascend, and reach new heights with our expert-guided mountaineering expeditions.

## COUNTRY

Nepal

## ACTIVITY

Trekking

## ACCOMMODATION

Hotel/Lodge/Tea House

## WALKING

4-6 Hours

## MAX ALTITUDE

**4,500**  
m

## DURATION

**12**  
Days

## DIFFICULTY

**Moderate**  
Difficult

## GROUP SIZE

**5**  
People

## Expedition Overview

The Mardi Himal Trek offers a breathtaking and immersive journey through the heart of the Himalayas, characterized by snow-capped summits, lush rolling hills, and ancient forests of rhododendron, magnolia, and oak. As you traverse the high ridges, you are treated to a continuous panorama that includes the Dhaulagiri range to the west and Manaslu to the east, all while standing in the dramatic shadow of the iconic Mt. Machhapuchare (Fish Tail).

This route strikes a perfect balance between moderate trekking and high-altitude adventure. Because the itinerary is designed with flexibility and steady acclimatization in mind, the risk of altitude sickness is minimized, making it accessible to a wide range of hikers. Accommodations are authentic and welcoming, featuring local guesthouses and homestays throughout the trail. The journey reaches its spectacular climax at High Camp (3,700m), where a final three-to-four-hour ascent to Mardi Himal Base Camp reveals an unparalleled, close-up view of the entire Annapurna Massif.

## INCLUDES

- 1. ARRIVAL AND DEPARTURE** – Airport - Hotel transfers – Airport (Pick Up and Drop), by private vehicle.
- 2. HOTEL ACCOMMODATION IN KATHMANDU** – 4 nights hotel in Kathmandu (5-star category) - single room on bed and breakfast plan.
- 3. WELCOME DINNER** – One Welcome Dinner in a tourist standard restaurant in KATHMANDU with office staff.
- 4. CARGO CLEARANCE** – Assistance for cargo clearance in Nepal's customs, clearance cost is subject to a charge.
- 5. PERMIT** – All necessary paper works: Annapurna Conservation Area permit, TIMS permit & conservation entry fee.
- 6. INSURANCE** – Medical & Emergency rescue Insurance for all involved Nepalese staff during the trek.
- 7. DUFFLE BAG** – One 120L 14 Peaks duffle bag (caps/neck warmer).
- 8. MEMBER TRANSPORTATION** – (Domestic Flight) Fly from Kathmandu – Pokhara and while returning Pokhara - Kathmandu, as per itinerary.
- 9. MEMBER LUGGAGE** – Up to 15 Kg per member for personal baggage during the trek to be carried by porters/yaks.
- 10. FOOD AND LODGING** – 3 meals a day (BLD; including tea and coffee) along with accessible accommodation at Hotel/Lodge during the trek.
- 11. DRINKING** – Per day 2 Liters of boiled water per member to carry on the thermos.
- 12. PORTER** – Porters (1 porter:2 trekkers) during the trek.
- 13. WEATHER FORECAST** – Weather forecast report during the entire trekking.
- 14. GUIDE** – Local government licensed Guide (English speaking) during the trek and sightseeing in Kathmandu valley.
- 15. STAFF SALARY AND ALLOWANCE** – All Nepalese staff & porters' daily wages, salary, equipment, foods & clothing.
- 16. VALLEY SIGHT SEEING** – Sightseeing in Kathmandu Valley [Pashupatinath Temple, Swoyambu (Monkey temple), and Kathmandu Durbar Square] by a professional guide.

- **17. MEDICAL KIT** – Comprehensive medical kit for members and staff.
- **18. MAP** – Mardi Himal region trekking map

## EXCLUDES

- **1. AIR FARE** – International flight airfare (from and to Kathmandu).
- **2. NEPAL ENTRY VISA FEE** – Nepalese Visa fee is \$50 USD for 30 Days.
- **3. LUNCH & DINNER** – Lunch & dinner during the stay in Kathmandu (also in case of early return from trekking than the scheduled itinerary).
- **4. EXTRA NIGHT IN KATHMANDU** – Extra nights' accommodation in Kathmandu. In case of early arrival or late departure, early return from trekking, or domestic flight cancellation (due to any other reason) than the scheduled itinerary.
- **5. INSURANCE POLICY** – Insurance covering both medical and high-altitude evacuation costs (for the trip cancellation, interruption, high-altitude rescue & air evacuation, medical treatment, repatriation, etc.) \*Mandatory (Send us a copy of your insurance policy- before your arrival.)
- **6. PERSONAL EXPENSES** – Telephone calls, internet, toiletries, battery recharge, hot shower, laundry, soft drinks, beers, and any alcoholic beverages (during the trek and in Kathmandu but we will have soft drinks for members at base camp).
- **7. TOILETRIES** – Soaps, shampoos, toilet and tissue papers, toothpaste, and other items used to keep yourself clean.
- **8. FILMING** – Special filming, camera, and drone permit fee.
- **9. INTERNET SERVICE** – Not included during the trek and the trekking.
- **10. TIPS** – Calculate some tips for guide minimum 250 USD & 100\$ for porters.

## Trip Itinerary

Days	Program	Meals	Accommodation	Description
1	Arrival in Kathmandu & Transfer to the Hotel (1,400m)	-	Hotel	
2	Drive / Fly to Pokhara & transfer to the Hotel (820m)	B	Hotel	
3	Drive to Kande and Trek to Pitam Deurali (2,100m)	B/L/D	Lodge	
4	Trek from Pitam Deurali to Forest Camp (2,500m)	B/L/D	Lodge	
5	Trek from Forest Camp to Low Camp (2,990m)	B/L/D	Lodge	
6	Trek from Low Camp to High Camp (3,580m)	B/L/D	Lodge	
7	Trek from High Camp to Madri Himal Basecamp (4,500m) and Back to High Camp	B/L/D	Lodge	
8	Trek from High to Siding Village (1,700m) via Low Camp	B/L/D	Lodge	
9	Drive from Siding to Pokhara & transfer to the Hotel	B/L/D	Hotel	
10	Fly from Pokhara to Kathmandu	B/L/D	Hotel	
11	Sightseeing around Kathmandu valley and stay at hotel.	B/L/D	Hotel	
12	Transfer to International Airport for final departure	B-	-	

# Trekking Gear List

## Travel Documents

Valid Passport   Debit/Credit Card   PP Size Photos(4 Pieces)  
Insurance Paper/Certificate   Summit Down Suit – 8000M

## Medicine / First Aid Kits

Paracetamole

## Upper Body

Thermal Base Layer   Fleece Jacket   Gore Tex Jacket  
Warm Jacket   Wind Proof Jacket   Down Jacket   Cotton T-Shirt

## Lower Body

Trouser   Bottom Base Layer   Fleece Trouser   Gore Tex Pant  
Heavy Weight Pant   Mid Weight Pant   Trekking Pant  
Under Wear   Down Pant   Gaiters for Trekking Boots  
Climbing Boot -6000m   Normal Socks   Summit Socks  
Trekking Shoes   Thermal Bottom Base Layer   Trekking Pants

## Foot Wear

Summit Boot - 8000m   Sport Shoes

## Hand

Thin Fleece Gloves   Wind Stopper Gloves   Heavy Gloves(Guide)  
Summit Gloves

## Head

Sun Cap   Desert Cap   Fleece Hat/Warm Hat   Neck Gaiter  
Snow Goggles   Balaclava

## Eating & Drinking

Water bottle   Thermos

## Bag Packs

Rucksack 35L-50L   Duffle Bag   Dry Bags

## Miscellaneous

Trekking Pole   Pocket Knife   Nail Cutter   Umbrella/Rain Coat  
Hot Water Bag   Pee Bottle   Tenacious Tape Repair  
Altimeter Watch   Satellite Phone(Optional)   GPS Tracker  
Power Bank   Camera   GPS Tracker