



Mardi Himal Trek - 7 Days



Trip Facts

Destination	Nepal
Duration	7 Days
Group Size	2 - 30
Trip Code	dwt18
Grade	Moderate
Activity	Annapurna Treks
Region	Annapurna Region
Max. Altitude	4500m Mardi Himal Base Camp
Nature of Trek	Lodge to Lodge Trekking
Activity per Day	Approx. 4-6 hrs walking
Accommodation	Hotel in Pokhara and Hotel/Lodge/ Tea House during the trek
Start / End Point	Kathmandu/ Kathmandu
Meals Included	Breakfast in Pokhara Hotel and all Meals (Breakfast, Lunch, Dinner) during the trek
Best Season	Feb, Mar, Apr, May, June, Sep, Oct, Nov
Transportation	Kathmandu- Pokhara-Kathmandu by Tourist Bus, Pokhara - Dhampus, & Ghandruk Phedi

A Leading Himalayan Trekking & Adventure Specialists

TRULY YOUR TRUSTED NEPAL'S TRIP OPERATOR.

Mardi Himal Hike, which takes you to Mardi Himal Base Camp (4,500m/14,763ft), is a trek on off-trails that pass through breathtaking landscapes, traditional rural villages, lush forests, dramatic high alpine...

Mardi Himal Trek begins with a 6-7 hour bus ride from Kathmandu to Pokhara, which is included in the package. However, you can choose to fly to Pokhara (a 20-minute flight) for additional flight costs. We also request our valuable clients to arrive

at Kathmandu before 3 pm one day earlier than the trip departure date to take part in the trip briefing. During the trip briefing, we will check your luggage to ensure that you have the essentials, and we will also set your trip expectations.

About the Trip

Mardi Himal Hike, which takes you to Mardi Himal Base Camp (4,500m/14,763ft), is a trek on off-trails that pass through breathtaking landscapes, traditional rural villages, lush forests, dramatic high alpine terrain, and complete wilderness with the backdrop of the soaring snow-capped majestic mountains - Annapurna, Machhapuchre (Fishtail) and Hiunchuli.

- ✔ Best Price Guarantee
- ✔ Hassle-Free Booking
- ✔ No Booking or Credit Card Fees
- ✔ Team of highly experienced Experts
- ✔ Your Happiness Guaranteed

Highlights

-  A day in Pokhara - the tourist capital of Nepal
-  Mardi Himal Base Camp (4500m)
-  Relaxing Hot springs at Jhinu Danda
-  Suitable for all age groups
-  High camp (4600m)
-  First-hand experience of rural Nepali village life

What is Included?

- ✔ Both way transportation between Kathmandu and Pokhara on a tourist bus
- ✔ Both way private transportation from Pokhara to Dhampus (trek start)and Ghandruk Phedi (trek end) to Pokhara.
- ✔ Two nights accommodation with breakfast (room with attached bathroom) at Silver Oaks Inn in Pokhara
- ✔ Accommodation (total five nights): Two nights room with attached bathroom at Deurali, Jhinu Danda. Three nights standard room at Forest camp, High Camp, Low camp Camp (Generally twin sharing room)
- ✔ All standard meals (7 lunches, 6 dinners, and 7 breakfasts) during the trek
- ✔ Government Licensed and experienced trek leader (guide), assistant trekking guide for a group of 12 or more trekkers Porters to help trekkers luggage (1 porter for two trekkers, luggage limit 9 kg per trekker)
- ✔ Guides and porters costs - meals, insurance, salary, lodging, transportation, and other necessary equipment
- ✔ Annapurna Conservation Area Permit (ACAP) fee
- ✔ Trekkers Information Management System (TIMS) card fee
- ✔ Snacks (cookies) and seasonal fresh fruits every day Water purification tablets for safe drinking water
- ✔ Water purification tablets for safe drinking water
- ✔ All government, local taxes, and official expenses
- ✔ Rescue operation arrangement in case of complicated health condition (funded by travel insurance)
- ✔ Souvenir - a company's T-shirt & cap
- ✔ Discovery World Trekking trek achievement certificate after the successful trek
- ✔ Farewell dinner in Kathmandu at the end of the trek

What is Excluded?

- ☐ International flight costs
- ☐ Nepal entry visa fees at Tribhuvan International Airport- (15 days - \$25-30, 30 days- \$40-50 and 90 days- \$100-110)

- ⊞ Excess baggage charges (limit is 9kg per person)
- ⊞ All Accommodations and meals in Kathmandu, before and after the trek
- ⊞ Extra night accommodation, meals in Kathmandu and Pokhara due to early arrival or late departure or early return from the trek.
- ⊞ Lunch and dinner in Pokhara.
- ⊞ Personal expenses such as shopping, snacks, bar bills, bottle or boiled water, shower, Wi-Fi, laundry, telephone call, battery re-charge fee extra porters, etc
- ⊞ Personal clothing and gear
- ⊞ Travel insurance which has to cover emergency high-altitude rescue and evacuation compulsory
- ⊞ Tips for guide and porters
- ⊞ Additional costs or delays caused by circumstances beyond our control like landscape, bad weather condition, in case of itinerary modification with a view to safety concern, illness, change of government policy, political instability raises strike, moment, etc.
- ⊞ All the costs and expenses not listed in "What is included in the Mardi Himal Trek package?" above

Overview

Mardi Himal Trek is a newly explored trip in the Annapurna region. The trek route captures what Nepal offers- rural villages, incredible terrain, mind-blowing snow-capped mountains, and the changing flora and fauna ultimately taking you to Mardi Himal Base Camp (4,500m / 14,763ft).

From the trek route, you get the up-close views of Annapurna South, Mount Machhapuchre, and Mount Hiunchuli. In a way, this is an alternative trek to the classical Annapurna Base Camp trek. However, this trek takes us to Mardi Himal Base Camp, and this mountain opened for trekking in 2012.

Though the Mardi Himal at **5,587m** (18,330 ft) is a modest peak compared to Annapurna I at 8,091m, or Dhaulagiri at 8,167m, it has a charm that few other mountain ranges carry. Mardi Himal is one of the least climbed and visited peaks in Nepal.

This is a **short trek suitable for first-timers as well as experienced trekkers**. Mardi Himal lies opposite Annapurna I and Macchapuchre.

Your trip starts from a six-hour drive from **Kathmandu to Pokhara**. The following morning we will take a drive from Pokhara to Dhampus, and we start on the trekking trails from **Dhampus**. The destination for this day will be **Deurali**, but before reaching Deurali, you will be passing through many small ethnic villages.

On the third day, we wake up at Deurali and walk past a thick forest full of rhododendron, birch, oak, maple, hemlock, and daphnia towards **Forest Camp**. The forest also hosts leopards, deer, monkeys, and different bird species. When you arrive at Forest Camp, you will catch fantastic views of **Mt. Machapuchre and Mardi Himal**.

The following morning we leave Forest Camp to reach **High Camp**. The trails are very steep, and as you hike, the path gets narrower and more challenging. On your left, you can see **Modhi Khola** river valley, on your right, you can see Mardi Khola and Seti River valleys. On clear days, you might even see Pokhara from the trails. After reaching High Camp (3,900m), we will stop at a lodge for the night.

You will reach the **Mardi Himal Base Camp on your fifth trek day**. But you will be starting your day at High Camp, and climbing up until you reach Mardi Himal Base Camp at 5,300m. From the Mardi Himal Base Camp, you can enjoy spectacular views of the Annapurna range. After enjoying the views from the base camp, we will be descending to **Low Camp (3,050m)**. The trek is easier, as we will be descending.

From Low Camp, we will start our trek to **Jhinu Danda**. The trek will be entertaining and pass through a beautiful Gurung settlement - Landruk. There are natural hot springs near Jhinu Danda, and we will not forget to take a dip in those hot springs.

The next morning, we will wake up at Jhinu Danda and trek to Siwa / Ghardruk Phedi and then drive to **Pokhara via Nayapul**. We expect that you will really enjoy this trek in the Annapurna region. Your trek package ends at Pokhara.

Day to Day Itinerary

Day 1

Drive to Pokhara, west of the Kathmandu Valley.

Itinerary Facts

Driving Hours (200km / 124miles) 6 to 7 hrs

After an early breakfast, we will take a tourist bus to Pokhara. The bus ride will take six to seven hours. On the way, you will see the picturesque Trishuli and Marsyangdi rivers. Pokhara is a beautiful valley set on the banks of the Phewa Lake, known for its panoramic views of Annapurna ranges, Machapuchare in the north, Dhaulagiri in the west, Manaslu and Lamjung Himal in the east. Pokhara is a tourist paradise complete with modern amenities.

 Overnight stay at Silver Oaks Inn (room with attached bathroom)

 Included standard meal (Breakfast)

Day 2

Drive from Pokhara to Dhampus (1640m / 5,380ft) and trek to Deurali (2100m / 6,889ft)

Itinerary Facts

Driving Hours 2 hrs

Trek Distance 9km / 5.5miles

Highest Altitude 2100 m / 6,889 ft

Driving Hours 3-4 hrs.

Early in the morning, we will drive around 2hrs to reach Dhampus from where the trails begin. The hike takes us through ethnic Brahmin, Magar, and Gurung villages while being greeted by panoramic views of the Annapurna peaks. Our walk continues through the rhododendron, forest to Pothana, and finally to Deurali (2100m). At Deurali, you will get to witness the high glaciers on one of the greatest Himalayan peaks - Annapurna South – looming in the distance.

 Overnight stay in a Lodge

 Included meals (Breakfast + Lunch + Dinner)

Day 3

Trek from Deurali (2100m / 6,889ft) to Forest Camp (2600m / 8,530ft)

Itinerary Facts

Trek Distance 6km / 3.7miles

Highest Altitude 2600m / 8,530ft

Trek Duration 5 to 6 hrs

We leave Deurali early morning and head to Forest Camp. The path ascends fairly through rhododendron, birch, oak, maple, and hemlock forest. On your path, you get glimpses of wildlife - leopards, deer, monkeys, and several bird species. We will spend the night at Forest Camp.

 Overnight stay in a Lodge

 Included meals (Breakfast + Lunch + Dinner)

Day 4

Trek from Forest Camp (2600m / 8,530ft) to High Camp (3600m / 11,811ft)

Itinerary Facts

Trek Distance 8.5km / 5.2miles

Highest Altitude 3600m / 11,811ft

Trek Duration 4 to 5 hrs

Today's trek will take us from Forest Camp to High Camp via Low Camp. The trails are steep, but you will be rewarded with breathtaking views of Machhapuchhre (fishtail mountain), the Annapurna Range, the **Annapurna Base Camp valley, and Mardi Himal**.

After walking for some hours, the forest finally opens into a clearing allowing you to see the face of **Annapurna South**. Then the trail breaks into a combination of scrub forest and open meadow.

As we climb the ridge becomes narrower, and you can see the deep valleys on both sides. To your left, you will be looking straight down on the Modi Khola river valley alongside villages that lead up to the Annapurna Sanctuary. To our right, you will see the Mardi Khola and Seti river valleys. On clear days, you can even see **Pokhara Valley**. We continue walking the narrow ridgeline to **High Camp (3900m)**, where we stop for the night.



Overnight stay in a Lodge



Included meals (Breakfast + Lunch + Dinner)

Day 5

Trek from High Camp (3600m / 11,811ft) to Mardi Himal Base Camp (4,500m / 14,763ft) and to Low Camp (3,050m / 10,006ft)

Itinerary Facts

Trek Distance 10km / 6.2miles

Highest Altitude 4,500m / 14,763ft

Trek Duration 7 hrs

We wake up early at High Camp to appreciate the most spectacular sunrise views on the **mighty Himalayas**. Then we will climb along the narrow ridge to reach **Mardi Himal Base Camp** at 5300 meters.

From **Mardi Himal Base Camp**, you can see the sun will be lighting up the full face of **Annapurna South** while **Fishtail Mountain** looms directly overhead. After spending some time at the Mardi Himal Base Camp, we descend back to High Camp for lunch and then descend further to **Low Camp**, where we will spend another night.



Overnight stay in a Lodge



Included meals (Breakfast + Lunch + Dinner)

Day 6

Trek from Low Camp (3,050m / 10,006ft) to Jhinu Danda (1780m / 5,839ft)

Itinerary Facts

Trek Distance 12km / 7.4miles

Highest Altitude 3,050m / 10,006ft

Trek Duration 7 hrs

We descend from **Low Camp down** on a very steep trail that passes through the forest. After an hour's hike, we reach a broad clearing where we will rest for a while. But our descend continue to hillside village Siding which lies about 500 meters above the river valley. Trek descends through the **village of Landruk**- an ethnic group of Gurung settlement. Depending on the situation, we might stay at Landruk or continue to Jhinu Danda. There are natural hot springs near Jhinu Danda, where we can **relax our tired muscles in the hot springs**.



Overnight stay at Hot Spring Cottage (room with attached bathroom)

Tent

Included meals (Breakfast + Lunch + Dinner)
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Day 7

Jhinu Danda/Landruk to Siwa/Ghandruk Phedi (1,150m/3,770ft) drive to Pokhara (820m) via Nayapul (1050m)

Itinerary Facts

Trek Distance	4km / 2.4 miles
Highest Altitude	1,780m / 5,839ft
Trek Duration	3-4 hrs
Driving Hours	2-3 hrs

We have reached our final day on the **trekking trails**. Today we make a pleasant hike along the Modi River and head down to reach **Siwa/Ghandruk Phedi**. We then say goodbye to the **trails** and make a return drive through picturesque countryside to **Pokhara**.



Overnight stay at Silver Oaks Inn (room with attached bathroom)



Included meals (Breakfast + Lunch)

Route Map

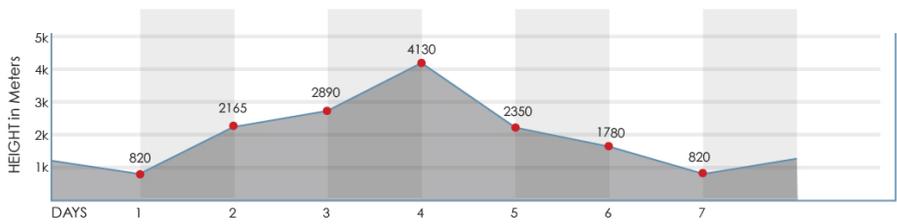


7 DAYS MARDI HIMAL TREKKING

- Difficulty level
- Best Season Feb-Jun, Aug-Nov
- Main Trekking Route
- Secondary Route
- Drive Route
- View Point
- Max. Altitude 4,500m, Mardi Himal



Altitude Chart



Trips Notes

Being Part of The Mardi Himal Trek

You will arrive at **Tribhuvan International Airport by 3 pm, at least one day earlier** than the trip departure date. You will be joining the trip briefing meeting at the Discovery World Trekking office one day before the trip departure date. The following day at around 7 am, we will take a tourist bus to Kathmandu.

Kathmandu- Pokhara - Kathmandu tourist bus fare is included in the package. Flight/private transportation option comes at an extra cost.

Free Airport Transfer Service

We offer a complimentary **Tribhuvan International Airport** pick-up on arrival and drop-off service for all our valued customers. When you arrive at Tribhuvan International Airport, you will find a Discovery World Trekking representative holding a pamphlet with your name on it. They will present you with either a Khada or a marigold garland as a welcome gesture and **take you to your hotel in a private vehicle.**

Mardi Himal Trek Accommodation Details

Mardi Himal trek includes **five nights** lodge to lodge stay at best lodges in trekking regions and two nights stay in Pokhara hotel.

We provide **two nights** room stay with an attached bathroom at Deurali and Jhino Danda. You will be spending three nights in standard rooms at Forest Camp, High Camp, Low camp Camp (Generally twin sharing room).

You will be spending **two nights at a hotel** in Pokhara, the room comes with an attached bathroom, TV, 24 hours hot water, power, and laundry facility.

Solo travelers will be staying in a single private room with an attached bathroom in the available lodges and single private accommodation in other places.

Two nights of hotel stay in **Kathmandu** before and after the trek may be required but not included in the package. Kathmandu has a wide range of hotels for all budgets and interests.

Hot showers, Wi-Fi are available at an extra cost in the trek regions.

Mardi Himal Trekking Meals

Mardi Himal Trek takes place in the high Himalayan region, so you need nutritious food. You will get enough tasty and nutritious food during the trek, but you will not have all the choices cities offer.

This package comes with **seven breakfasts, seven lunches, and six dinners.**

Seven breakfasts - Oatmeal, Corn Flakes, French toast with Jam, Butter, Cheese, Honey Tibetan bread or Chapati, Local Tsampa porridge, Eggs, Pancakes, Muesli Breads, Fruits, Vegetables, Hot Drinks (varieties of teas and coffees, hot chocolates, etc.)

Seven lunches - Dhal, Bhat, Tarkari, Tibetan Bread, Various Soups, Sherpa Stew, Steaks, Sandwiches, Momo (dumplings), Macaroni dishes, Tenduk Spaghetti Noodles, Thukpa, Pasta, Vegetable curry, Potatoes, Vegetables, Salad Pizza (Tomato, Mushroom, Mixed), Snacks (Papad, Prawn), Desserts, (Rice Pudding, Apple pie), etc

Six dinners - Dhal, Bhat, Tarkari, Tibetan Bread, Various Soups, Sherpa Stew, Steaks, Sandwiches, Momo (dumplings), Macaroni, Tenduk Spaghetti, Noodles Thukpa, Pasta, Vegetable Curry, Potato items, Vegetable and Salad Pizza (Tomato, Mushroom, Mixed), Snacks (Papad, Prawn), Korean Raman, Desserts (Rice Pudding, Apple pie), Hard Drinks Steaks, etc

We select the best hotels/lodges in trek regions that provide hygienic and tasty food. The menu in trek regions consists of **traditional, Asian, and Western cuisine**, but at higher elevations menu gets shorter. We highly recommend you to take fresh vegetables and liquids (green tea, lemon tea, hot lemon, ginger tea, and garlic soup(must), etc.) at high altitudes.

You will have plenty of non-veg item choices in the trekking regions, but we do not recommend them for hygiene regions. We also suggest you to avoid dairy, cheese, alcohol, caffeinated items, and hot chocolates.

Note: This package does not cover lunch and dinner in Pokhara.

All personal bills (alcoholic drinks, hot (tea, coffee), and cold drinks) in tea houses/lodges or cafes except standard meals (breakfast, lunch, dinner with seasonal fruits) are excluded from the package.

Best season to trek Mardi Himal

The weather is a crucial factor when deciding to **trek to Mardi Himal**. People trek to the Mardi Himal throughout the year, but certainly, there are ups and downs based on seasons.

The trails are easier, along with clear mountain views during spring and autumn. The magical clear azure skies provide the most spectacular vistas. During winter and summer, the treks get a bit challenging. In winter, trek regions get cold and may receive snow, while summer coincides with the monsoon that makes the trails wet and slippery.

March-May (Spring)

During spring, mountain lovers and travel enthusiasts trek to Mardi Himal in large numbers as the temperature is mild, the rainfall is quite low, and the trekking conditions are perfect. The mean daily temperature in the higher elevations of the Mardi Himal trek region is **between 5°C to 0°C**. Lower regions are even warmer.

Trekking season begins after March in the spring. By April, the rhododendron flowers bloom adding red, pink, and white colors to the forests. **The temperature** starts rising from mid-March up to mid-May. During this time, the sky is clear, and you can enjoy the unobstructed mountain views.

June - August (Summer)

Summer is the hottest season, and therefore the temperatures are higher. However, summer coincides with the monsoon in Nepal, making the trails wet and slippery.

Monsoon generally begins around the end of June and continues up to the second week of August. The daily temperatures at high elevations range from **15°C to 25°C**. The night temperatures are colder at **5°C to 10°C**. Mornings are usually clear, with clouds building up during the afternoon and disappearing at night. Though the rain may cause some problems, various plants bloom during this season, providing a green look to the trekking regions.

September - November (Autumn)

Autumn is a perfect season for Mardi Himal Trek due to moderate temperature, mild wind, and low precipitation. The sun shines brightly, the skies are clear, you get a superb view of mountains, and the **temperature is perfect** for the trek.

Moreover, you can also enjoy spectacular starry skies. The monsoons will be over by early September. Daytime temperatures can reach up to 20°C in high altitudes, the nights are colder at around 5°C. In this season, the greens that grew during the monsoon fade to golden/amber providing a spectacular contrast against the crystal blue skies.

This is also a season to harvest ripening grains in terrace farms. The environment is clean, and the lowlands are lush. Nepal's biggest festivals - **Dashain & Tihar** also fall during this season, adding a festive mood to the whole environment. **If you are looking for an easy trek, this season can be your choice.**

December - February (Winter)

Winter (**December - February**) treks in the Annapurna region are less popular. The places along the Mardi Himal trek can be cold during the winter, but it excites some trekkers. The winter temperatures at higher trek elevations of the Mardi Himal trek can be as low as **-10 °C**, but this tempts adventurous trekkers.

The coldest period starts from December and continues through early February. After late February, the climate gradually gets warmer. **Despite being cold, winter skies are usually quite clear, mountain views with snowy caps look stunning.** However, it snows in winter, making your trek more challenging. On the positive side, the trails are the least busy in winter. Winter treks might not suit trek beginners, but **experienced trekkers will have no problem** completing this trek during winter.

Physical Condition & Experience Requirements

Mardi Himal trip is a moderate grade trek that takes you to Mardi Himal Base Camp at 4,500m. You will be hiking for about 4 to 7 hours, with regular breaks to appreciate the stunning mountain views and click pictures.

The routes involve long ascents, steep descents, and straightforward paths. We will be trekking short distances in high elevations and more in low lands. You do not need any technical skills or experience to complete this trek.

Exercising and jogging regularly for a couple of weeks before the trip is a good idea as it enhances your **stamina**. The fitter you are, the more enjoyable your trek experience will be.

Trekkers need to be in good health with normal physical fitness, a positive attitude, and a strong determination to complete the trek. Participants with pre-existing medical conditions such as heart, lung, and blood diseases should inform us before booking the trek.

Trekking in Group / Single

We organize a **group as well as a private trek**. **The bigger your team size is, the more discount you will get.** However, you are not eligible for any discounts for groups our company assembles. We can handle all team sizes. Each trek team will consist of a trekking guide and porters as necessary. We will assign one extra assistant guide for a group of 12 or more.

A typical day in Mardi Himal Hike

Each day during the Mardi Himal Hike, you will get new places to explore, **enjoy the natural beauty, take pictures, and interact with locals**. Our qualified expert guide/Sherpa will inform you about the places you will be visiting. We will assign a porter for every two trekkers to carry your luggage. However, we expect you to carry a small backpack to ensure that your valuables and essential documents are safe.

The day starts with an early morning cup of tea. After breakfast and according to the nature of the trek, we will be on the trails by 7 or 8 am. After trekking for two or three hours, we will stop to have lunch and rest for an hour. After the rest, we continue on our trek until we reach the destination for that day. Before it gets dark, you will have time to explore that day's destination.

We will have dinner at around six or seven. After the dinner, it is time for socializing, and your trek leader will also brief you about the next day's plan. Before going to bed, you can **read books, watch mountaineering videos, play cards, or monopoly**. Most of our guests learn common Nepali words from our crew.

Communication during the trek

During the Mardi Himal Trek, you can use the internet at lodges/tea houses for an extra charge. At high elevations, we will be using our mobiles. **Discovery World Trekking office will be in contact with all the trek teams, at least once a day, via the trek leader.** Depending on the kind of network you use, you might get signals, but they may not be strong enough. If you want, you can buy a local sim in Kathmandu.

Wi-Fi is available at trek lodges, but you need to pay a service charge.

Electricity & water on trek regions

Electricity for the camera and mobile battery recharge **is available** at all the lodges we will be staying in. You can either **buy packed mineral water** from local lodges and en route shop or **fill your water bottle with boiled water** for an extra cost. We will also provide you water purification pill to make water drinkable.

We advise you not to drink water from the rivers, taps, and wells in the trekking region because the water may not be drinkable.

Extra personal expenses during the trek

This package does not cover all the trip costs. **We expect trekkers to bring spending money for expenses** - including visa application, travel insurance policy purchase, alcoholic drinks, hot (tea, coffee) drinks, cold drinks, snacks, tips for the crew, souvenirs, hot shower, mobile and battery recharge, mineral water, etc. We recommend bringing cash (major currencies), which you can exchange for Rupees in Kathmandu, or you can bring a credit/debit card and **withdraw money (Nepali Rupees) from ATMs**.

Travel insurance for Mardi Himal Trek

Mardi Himal Trek grade is ranked moderate with a very low risk of altitude sickness. However, the trek might face unforeseen or unexpected events such as injury, illness, flood, landslide, or sudden climate changes. Hence, travel insurance is compulsory for Mardi Himal Trek. **All trekkers must provide a copy of their travel insurance policy certificate to Discovery World Trekking.** The policy must cover medical and emergency repatriation, including

helicopter rescue and evacuation expenses at high altitudes.

We can recommend insurance companies to help you based on our client's experience, but our company does not sell insurance.

We request you to send your detailed insurance information after booking the trek. In emergencies, we will be using your insurance policy for fast rescue.

Before you buy travel insurance, make sure to call the insurance company and recheck if they have helicopter rescue and evacuation up to 5000m. Do not rely on what the company says on its website.

Visa Information

All foreigners except Indians need a valid visa to enter Nepal. You can get an on-arrival visa at Tribhuvan International Airport upon entry in Kathmandu or at entry and exit points established at the border regions. Visa regulations might change without notice so you can get the latest visa regulations at www.immigration.gov.np

For a visa application, you need a passport that is valid for at least six months, a passport-size photo, and a visa application fee. The current cost for a 30-day visa is USD 50 (to be paid in cash/dollar).

The children under the age of 10 will get a free visa.

We recommend you schedule at least 1-2 days extra for the trip so that even if the trek does not end on time, you will not miss your international flight back home.

Chinese and South Asian Association for Regional Cooperation (SAARC) countries (Bangladesh, Bhutan, India, Maldives, Pakistan, and Sri Lanka) citizens get a free visa.

On-arrival visas might not be available for citizens from Nigeria, Ghana, Zimbabwe, Swaziland, Cameroon, Somalia, Liberia, Ethiopia, Iraq, Palestine, and Afghanistan. If you are a citizen of these countries, contact your local Nepalese embassy.

Money exchange in Nepal

Nepali Rupees (NPR/Rs) is the local currency.

(1 USD = ~ Rs.120 NPR).

You can exchange major foreign currencies through local banks and legitimate money exchanges in Kathmandu and all over Thamel. Legal money exchanges display their exchange rates visibly. Please remember that only INR 100 and INR 2000 notes are legal in Nepal.

Despite security advantages, we **encourage you to bring cash** instead of traveler's cheques to avoid lengthy bank processes and high commissions. You can also use your international card and withdraw cash in Rupees from ATMs all over Kathmandu. Many of these ATMs are open throughout the clock. The maximum withdrawal amount is 35,000 Rupees for a 500 Rupees processing fee for a foreign card.

If you use the money exchange facility at banks and financial institutions, they will charge you a service fee of four percent or more.

Most banks in Asia will not accept old, torn, or faded foreign currency notes, so please bring new, crisp notes.

How much luggage can I take to Mardi Himal Trek?

The weight limit per trekker is 9 kg. For every two trekkers, we will assign a porter, who will not carry more than 18kg. You can leave any excess baggage either at your hotel or at the Discovery World Trekking store for free.

We will recheck your luggage, equipment, and gear during the trip briefing to ensure that you have all essentials.

Mardi Himal Trek Safety

We **guarantee the safety and security of our clients** and prepare ourselves to face any situation. Our team will be carrying the necessary gears, equipment, and first aid kits.

Our trek leaders have taken extensive first aid training. If anyone in the team falls sick, the team leader will have the authority to continue the trek or descend, keeping in mind the interest of the group. During emergencies, we arrange

rescue helicopters (paid by insurance). For added security, the whole group will be traveling together.

Equipment Checklist

Depending on the season, you need to adjust your clothing, gear, and equipment. However, here is our list to help you decide what to bring to the trek.

Head

-  Sun hat or scarf
-  Winter hat or insulating hat or a wide-brimmed hat
-  Headlight with extra batteries

Face

-  Sunscreen
-  Sunglasses with UV protection
-  Face/body wipes

Hands

-  Lightweight gloves
-  Heavyweight winter gloves

Body

-  Hiking shirts
-  Long sleeved shirt made of synthetic fiber
-  Hooded rain jacket
-  Fleece jacket
-  Lightweight cotton pants
-  T-Shirt (bring lightweight wool)
-  Polypropylene underwear
-  Down jacket (available for rent in Kathmandu)
-  Sweater
-  Waterproof jacket and pants

Footwear

-  Hiking Boots that have been worn in
-  Thick wool socks (Take an extra pair of thick light socks)

Essential gear

-  Backpack or daypack (Size depends on whether you take porter or not)
-  Thermal bottle

-  **Water purification**
-  **Trekking pole**
-  **Sleeping bag (-15 degree bag is best in the high altitude trekking)**

Toiletries

-  **Medium size drying towel**
-  **Tooth brush**
-  **Toilet paper**
-  **Toothpaste**
-  **Deodorant/ floss**
-  **Biodegradable bar soap**
-  **Nail clippers**
-  **Small mirror**

Personal accessories

-  **Money**
-  **Watch**
-  **Cell phone**
-  **Camera**

Extra items

-  **First aid kit**
-  **Extra passport photos and passport photocopies**
-  **Notebook and pen**
-  **Binoculars**



Discovery World Trekking

Paul Gurung (CEO/Founder)

Mailing Address: Post Box: 21576, Kaldhara Marg, Thamel, Kathmandu, Nepal, Kaldhara Marg, Thamel, Kathmandu, Nepal

Phone: [+977 1 4252366](tel:+97714252366)

Mobile: [+9779840055491](tel:+9779840055491)

E-Mail: info@discoveryworldtrekking.com

Skype: discovery1120

Phone: [+977 1 4252366](tel:+97714252366)

Location: Saat Ghumti Chowk, On the way to Kaldhara Marg, Near to the International Guest House, Kaldhara, Thamel, Kathmandu, Nepal. [Opening hours – 8 Am to 7 Pm]

24 Hrs. Emergency Call

[+977 9851054143](tel:+9779851054143)

or [+977 9840055491](tel:+9779840055491)

Quick Questions? Email Us

info@discoveryworldtrekking.com

Talk to an Expert

[+9779840055491](tel:+9779840055491)  

