



Mardi Himal Trekking - 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 Trekking, a newly explored trip in the Annapurna, is a great introductory to isolated and off- beaten trails for breathtaking scenery, traditional rural village, lush forests, rhododendrons in...

Its Notice to all our valuable clients who are joining Mardi Himal trek with us that our journey begins with a 6-7 hour bus ride from Kathmandu to Pokhara (approx 200 km) which is included in the package, however, if you want to take a domestic flight from Kathmandu to Pokhara (20 mins approx) and also from Pokhara to Kathmandu, we can provide that with an additional flight cost which is not included in the package. Discovery World Trekking would like to recommend all our Valuable clients that they should arrive in Kathmandu a day earlier in the afternoon before the day we depart and start our Mardi Himal Trek the next day, To make sure that you'll attend our Official Briefing as an important Pre-meeting. The reason we do so is we want to make sure that you get proper mental guidance and necessary information just to have a recheck of equipment and goods for the journey so that if you have forgotten something then we'll provide you with that ASAP.

About the Trip

Mardi Himal Trekking, a newly explored trip in the Annapurna, is a great introductory to isolated and off-beaten trails for breathtaking scenery, traditional rural village, lush forests, rhododendrons in full bloom, a diverse range of dramatic landscapes in the high alpine 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

-  Spend a day Clean, Green and peaceful city of lake, Pokhara
-  Reach Mardi Himal base camp(4500m)
-  Relaxing Hot spring at Jhinu danda
-  Short and suited for any aged group
-  Trek to High camp (4600m)
-  First hand experience of rural village life at homestay in mountain lodges'

What is Included?

- ✔ Both way transportation service between Kathmandu and Pokhara by Tourist bus.
- ✔ Both way private transportation service from Pokhara to Dhampus (trek start)and Ghandruk Phedi (trek end) to pokhara.
- ✔ Two nights accommodation with Breakfast (room with attached bathroom) at "Hotel Crown Himalayas!" in Pokhara.
- ✔ Accommodation:Two nights room with attached bathroom at Deurali,Jhino Danda, Three nights standard room at Forest camp, high Camp,Low camp Camp,(Generally twin Sharing room)- 5 Nights
- ✔ All Standard Meals (7Lunches, 6 Dinners and 7 Breakfasts) during the trek.
- ✔ Government License holder Discovery World Trekking experienced and qualified trek leader (guide), assistant trekking guide, (12 or above trekkers: 1 assistant guide) and porter to help trekkers luggage (2 trekkers:1 porter "9 kg per trekker max limit").
- ✔ Coverage of guides and porters 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
- ✔ All government, Local taxes and official Expenses
- ✔ Assistance in arranging rescue operation in case of complicated health condition (funded by travel insurance)
- ✔ Souvenir - A company's T-shirt & Cap

- ✔ Discovery World Trekking's appreciation of certificate after the successful trek
- ✔ Farewell Dinner at the end of the trek

🗘 What is Excluded?

- ⊖ International Flight.
- ⊖ Nepal Entry Visa Fees for multiple Entries on arrival 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 Accommodation and meals in Kathmandu, before and after we start our journey
- ⊖ Extra night accommodation, Meals in Kathmandu and Pokhara due to early arrival or late departure, early return from the trek.
- ⊖ Lunch and Dinner in Pokhara.
- ⊖ Personal expense 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 (Recommended by the Culture)
- ⊖ Additional costs or delays caused by management out of 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 which are not listed in "cost includes" will be counted as excludes

🔍 Overview

Mardi Himal Trekking, a newly explored trip in the Annapurna, is a great introductory to isolated and off-beaten trails for breathtaking scenery, traditional rural village, lush forests, rhododendrons in full bloom, a diverse range of dramatic landscapes in the high alpine, and complete wilderness with the backdrop of the soaring snow-capped majestic mountains, Annapurna, Machhapuchre (Fishtail) and Hiunchuli.

The newly explored trek route to hidden treasure in the Annapurna area, Mardi Himal trekking through the **remote off-beaten trail** leads us to Mardi Himal base camp standing at an elevation of **(4,500m/14,763ft)** for the view of the spectacular mountains of Annapurna south, **Mount Machhapuchare** and **Mount Hiunchuli**. This trek is considered as an alternative trek route for [Annapurna circuit trekking](#) as the trek encompasses all of the elements of a classic Nepal trekking experience of villages, wildlife, panoramic mountain views, and a range of landscape from forest to high alpine.

Opened in 2012, Mardi Himal at the east of Annapurna under the impressive Machhapuchre is the lowest, the least climbed and visited peak in Nepal. Trekking around its base camp is a shorter trek making it great for first-timers and more experienced trekkers, as it takes around the least explored trail much away from the crowd of trekkers through the **south of Annapurna** then towards Mardi Himal (5,587m), a prominent peak lying directly under the inspiring summit of Machhapuchare and directly opposite the massive south face of Annapurna 1.

Around **six hours of drive from Kathmandu** takes us to Pokhara, the naturally blessed city of Nepal. Then drive to the trailhead at Dhampus, the starting point of our trek. The walk goes on through the forest until low camp with the best views of Machhapuchare. During the spring season, routes are at their best with the blossom rhododendron forests offering a spectacular demonstration of pink and red. The landscape changes into a rugged high mountain landscape with views of Mardi Himal, Machapuchare, Annapurna South, and Hiunchuli. We arrive at high camp which again offers stunning views overlooking the entire Annapurna range. Reaching a base camp of Mardi Himal rewards us with the views of overlooking Annapurna ranges- an excellent introduction to trekking in the Himalayas. Leaving High camp we descend to the natural hot spring at Jhino Danda to have refreshed. We drive **back to Pokhara** where our trek package completes.

Trekkers visiting **Mardi Himal trekking** can experience Himalayan ranges, mountain landscapes, natural hot springs, **mixed indigenous lifestyle**, rhododendron forest, alpine meadows, an abundance of wildlife, ancient caves, waterfalls, various species of flora and fauna- truly wilderness experience.

Day to Day Itinerary

Day 1

Drive to Pokhara west of the Kathmandu Valley.

Itinerary Facts

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

After an early breakfast, we go to Pokhara by tourist bus (6-7 hours drive). On our way, we can see the picturesque **Trishuli** and **Marsyangdi rivers**. Pokhara is a beautiful valley set on the banks of the Phewa Lake, also known for its panoramic views of **Annapurna**, Machapuchare in the north, **Dhaulagiri** in the west, **Manaslu** and **Lamjung Himal** in the east. Pokhara is a lakeside tourist's paradise with many facilities for travelers.



Overnight at "Hotel Crown Himalayas" with attached bathroom.



Included Healthy Breakfast.

Day 2

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

Itinerary Facts

Driving Hours 2 hrs

Trek Distance 9 km/ 5.5 miles

Highest Altitude 2100 m / 6,889 ft

Driving Hours 3-4 hrs.

After the **early breakfast**, we will drive around 2hrs to reach **Dhampus**. then We will start trekking. the trail goes through the small villages inhabited by Brahmin, Magar, and Gurung communities. you are greeted by first **panoramic views** of the Annapurna peaks. we walk follows through the Rhododendron forest to our camping site in Pothana. **Pothana** is a small settlement in between the Pine trees offering a great view of Pokhara valley. The trails are very well-constructed in this area so it's an easy half-hour hike to Pothana and the **checkpoint for the Annapurna trekkers**. We continue on broad stone trails to **Deurali (2100m)** where the views of Annapurna South loom before us.



Overnight at Lodge.



Included meals (Breakfast + Lunch + Dinner)

Day 3

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

Itinerary Facts

Trek Distance 6 km/ 3.7 miles

Highest Altitude 2600m /8,530 ft

Trek Duration 5 to 6 hrs

Leaving **Pothana**, the trail becomes a **steep uphill** climb for most of the day through a thick forest of **Rhododendron**, birch, oak, maple, hemlock, and daphnia to the forest camp- these are the high glaciers of one of the greatest Himalayan peaks - Annapurna South – looming in the distance. We may encounter to have occasional glimpses of some of the abundant wildlife; leopards, deer, monkeys, and many species of birds all live in this dense jungle. When we finally emerge from the forest into a clearing that is **Low Camp (3100m)** the sacred **Machepuchare** with its distinctive **fishtail-shaped peak** rises before us, its lower flanks skirted by the **Mardi Himal** ridge that is now visible as a separate mountain apart from **Fishtail**.



Overnight at Lodge.



Included meals (Breakfast + Lunch + Dinner)

Day 4

Trek from forest camp (2600m /8,530 ft) to high camp (3600m / 11,811 ft)

Itinerary Facts

Trek Distance	8.5 km/ 5.2 miles
Highest Altitude	3600m / 11,811 ft
Trek Duration	4 to 5 hrs

Today is a short distance but the way up from **Low Camp to High Camp** is very steep rewarded with the most breathtaking views of Machhapuchhre (fishtail mountain), the Annapurna Range, the valley of **Annapurna Base Camp, and Mardi Himal**. With a gradual walk of the forest finally opens into a clearing where we see the face of **Annapurna South** rise high and wide – an astounding view. From here the trail breaks into a combination of scrub forest and open meadow. As we climb the ridge becomes narrower and soon we can clearly see the deep valleys on both sides. To our left we look straight down on the Modi Khola river valley and the villages leading up to the Annapurna Sanctuary; to our right, we peer down on the Mardi Khola and Seti river valleys over **2000 meters (6500 ft.)** below. On very clear days it's even possible to see all the way back to the **Pokhara Valley** and **Lake Phewa**. The trail continues up the narrow ridgeline to **High Camp (3900m)** where we stop for the evening at a mountain lodge.



Overnight at Lodge.



Included meals (Breakfast + Lunch + Dinner)

Day 5

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

Itinerary Facts

Trek Distance	10 km/ 6.2 miles
Highest Altitude	4,500m /14,763 ft
Trek Duration	7 hrs

With **early morning** wake up, we will appreciate the most spectacular sunrise views of the **mighty Himalayas**. We will climb along the narrow **Mardi Himal Base Camp** ridge up, which stands at 5300 meters. From here the sun will be lighting up the full face of Annapurna South while **Fishtail Mountain** looms directly overhead. From here it's a challenging descent back to High Camp for a mid-day meal before descending down to **Low Camp** where we'll spend another evening. A challenging day walking along narrow, rocky trails, but all will be worth it for the awesome views of this majestic mountain environment. Mardi Himal is a sacred mountain for both **Hindus** and **Buddhists**. Today, be able to see Nepal's national bird, the **Lophophorus**, flying above you will be back to High for an overnight stay.



Overnight at Lodge.



Included meals (Breakfast + Lunch + Dinner)

Day 6

Trek from low camp (3,050m /10,006 ft) to Jhino Danda (1780m / 5,839 ft)

Itinerary Facts

Trek Distance	12 km/ 7.4 miles
Highest Altitude	3,050m /10,006 ft
Trek Duration	7 hrs

We descend from **Low Camp down** a very steep trail through the forest. We pass a shepherds hut in a broad clearing after an hour's hike where we can stop to rest our legs. The trail continues down steeply to the hillside village of Siding, about 500 meters above the river valley. Trek descends through the village of Landruk- an ethnic group of Gurung settlement and reaches Jhino danda. We spend our time to relax in a **natural hot spring**.



Overnight at "Hot Spring Cottage" with attached bathroom.

Tent

Included meals (Breakfast + Lunch + Dinner)
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Day 7

Jhinu Danda (1,780m / 5,839 ft) to Siwa/Ghandruk Phedi (1,150m/3,770ft) drive to Pokhara (820m) via Nayapul (1050m)

Itinerary Facts

Trek Distance 4 km / 2.4 miles

Highest Altitude 1,780m / 5,839 ft

Trek Duration 3-4hrs

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 as we head down the beautiful valley. We gradually descend through the fertile **landscape** to reach **Siwa/Ghandruk Phedi**. We then say goodbye to the **trails** and make a return drive through picturesque countryside to **Pokhara**.



Overnight at "Hotel Crown Himalayas" with attached bathroom.



Included meals (Breakfast + Lunch)

Route Map

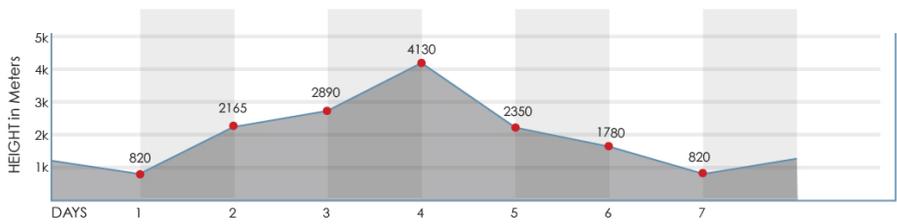


7 DAYS MARDI HIMAL TREKKING

- 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

The beginning of the journey towards Mardi Himal Trek

First day is your arrival day in Kathmandu (**Tribhuvan International Airport-TIA**), Nepal. **Second day**, we drive to Pokhara. Tourist bus departures around 7 a.m. everyday from Kathmandu.

Both way Tourist bus for Kathmandu- Pokhara is included in the package. The flight/private transportation is provided at an extra cost.

Don't Worry, We'll Pick You!

We offer a complimentary Kathmandu TIA (**Tribhuvan International Airport**) airport pick up and drop off service. Upon your arrival, you are **welcomed and greeted** at your arrival gate (**Holding your name on the company pamphlet**) by our **representative member** from Discovery World Trekking, then transfer to your selected hotel in **Kathmandu**. For **departure transfer**, we will come to pick you up at your stay hotel in Kathmandu and take you to the airport for your international flight.

Accommodation Details During The Trek

7 Days Mardi Himal trek includes **Six nights** lodge to lodge stay at a mountain and two nights in Pokhara hotel where we use the best available lodge and select the best **accommodation** in trekking. We provide **Two nights** room with attached bathroom at Deurali, Jhino Danda, **Three nights** standard room at Forest camp, high Camp, Low camp Camp, (Generally twin Sharing room)-. We spend **two nights** hotel in Pokhara, accommodation with attached bathroom, TV, 24 hours hot water, power, and laundry facility.

For solo trekker -a single private room with attached bathroom in the available lodge, single private accommodation in other places of the itinerary.

Two nights Hotels in **Kathmandu** before and after the trek is required which is not included in the package? Kathmandu has a wide range of hotels for all budgets and your interest. We prefer your choice.

Hot showers, Wi-Fi will be available at an extra cost in possible places.

The Meals

Our trek is all over high elevations near one of the world's highest peaks which means your body needs enough carbohydrate, protein, nutrition as food is fuel for the body to hike on such humongous Himalayan trails. The meal on this trek is very convenient but not as in cities.

There will be **7 Breakfasts, 7 Lunch and 6 Dinners**

will be provided in the trek. Some of the popular menu items are -

Seven breakfasts - (Oatmeal, Corn Flakes, French toast with Jam, Butter, Cheese, and Honey Tibetan bread or Chapati Local tsampa porridge, Hashed brown eggs, Varieties of eggs (Omelets) Pancakes Muesli Breads Fruits and Vegetables Hot drinks like varieties of teas and coffees Hot chocolates, etc)

Seven lunch - (Dhal, Bhat & Tarkari (Dal Bhat power 24 hours) Tibetan Bread Various Soups items Sherpa Stew Steaks Sandwiches Momo (dumplings) Macaroni dishes Tenduk Spaghetti Noodles Thukpa Pasta Vegetable curry Potatoes items Vegetable and salad Pizza (Tomato, Mushroom, Mixed) Snakes (Papad, Prawn) Desserts items (Rice Pudding, Apple pie), etc)

Six dinners - (Dhal, Bhat & Tarkari Tibetan Bread Various Soups items Sherpa Stew Steaks Sandwiches Momo (dumplings) Macaroni dishes Tenduk Spaghetti Noodles Thukpa Pasta Vegetable curry Potatoes items Vegetable and salad Pizza (, Tomato, Mushroom, Mixed) Snacks (Papad, Prawn) Korean Raman Desserts items (Rice Pudding, Apple pie), Hard Drinks Steaks, etc.) are available on the menu during the trek.

The best selected from the menu of the lodge which will be fresh, hygienic, tasty, and nutritious. The menu is a combination of traditional local, Asian, and western cuisine almost everywhere but as we go up close, the menu list will be shorted. We highly recommend liquids green tea, lemon tea, hot lemon, ginger tea and garlic soup(must), etc. at high altitude and also the fresh vegetable items for health benefit.

The plenty of non-veg items will be available we won't recommend any of them because the meat in such places is not hygienic and healthy during the trek. We highly encourage to avoid dairy and cheesy items and strongly suggest not to consume Alcoholic drinks, caffeinated items, hot chocolates as experts suggest to avoid such items during such high elevation treks.

Note: Lunch and dinner at Pokhara shall not be provided by the company

All Personal Bills (Alcoholic Drinks, Hot and Cold Drinks) in tea house/ Lodges or in cafe except Standard Meals(Breakfast, Lunch, Dinner with seasonal fruits) are excluded from Package.

Best season to trek Mardi Himal

The weather is one of the most important factors to look at when deciding to **trek to Mardi Himal** cause no one is beyond nature. People trek throughout the year up to Mardi Himal trek but certainly, there are ups and downs in every season. It is best suited to trek during the spring and the autumn as the sky is crystal clear from **dusk** till dawn, the rainy weather stops, and thick sun-blocking clouds also fade. The Magic of clear azure skies provides the most spectacular vistas. With added those breathtaking views, Trek during the winters and monsoon, it becomes a bit challenging to trek due to heavy snowfall, cold temperature but that's what excites many trekkers.

Although trekking is possible throughout the year each season has different advantages and attractions and advantages offer for trekking in the **Annapurna region**. The temperature in the **mountains** also depends according to the altitude range – the higher the altitude, lower the temperature. In brief, below are the detailed information about the **climatic** condition of every quarter of months.

March-May - Spring

Destination towards Mardi Himal in Spring (March-May) is a season in which mountain lovers and travel enthusiasts come to Mardi Himal trek in a very large number. In this season, the climate is mild, the rainfall is quite low and the trekking conditions are perfect. The mean daily temperature in **the high part of Mardi Himal is between 5 to 0 degree C**. **Lower** regions along the trek are even warmer making it pleasant for any nature lover.

Trekking season begins after March in the spring. By April, the trek route throughout the Himalayas will be rewarded with different full blossom rhododendron of red, pink, and white even at an elevation of over 3,000 meters. **The temperature** starts rising from mid-March up to mid-May. The weather is cool at this time. The sky is very clear and you can enjoy the clearest views of the mountains.

June to August -Summer

If you are coming to trek Mardi Himal between July to August, you are signing up for summer. Summer season falls in the month of June, July, and August. Summer is the month of the hottest temperature and therefore has the most pleasant trekking conditions compare to other months. But the monsoon that coincides with the summer means that you have to be more careful with your preparation as the trekking trails might be wet and slippery.

It usually rains during this season. Monsoon generally begins around the end of June and continues up to the second week of August. The temperature during the days usually ranges from 15°C to 25! and gets relatively colder at night (5°C to 10?) mornings are usually clear with clouds building up during the afternoon and disappearing again at night. Though the rain may cause some problems. various plants bloom during this season, the valleys will be a green and totally different view than during other seasons.

September to November -Autumn

Autumn (**September, October, November**), like Spring, is a season that invites travelers around the world to trek in the Mardi Himal Moderate temperatures, mild wind, and low precipitation make Autumn a season of wonderful trekking conditions.

This is a favorite among tourists with the most favorable weather and perfect climate condition. The sun shines brightly the skies are clear you get a superb view of mountains and the **temperature is perfect** for the daytime trek. You can enjoy spectacular starry skies since the sky is clear at night. The monsoons will be over by early September and the weather ranges from mild to warm days. Daytime temperatures can reach up to 20c in high altitudes, the nights are colder with temperatures that may go down around 5c. the greens that grew during monsoon fade to golden/amber proving a spectacular contrast against the crystal blue skies, grains are ripening in the enclave. The environment is clean and the lowlands are lush. The biggest festivals of Nepal like **Dashain, Tihar** also fall during **these seasons**. It is also a busy season, the clearest month, with the crisp and sparkling sky. The daytime temperatures at this month are usually the most stable, from mild to cool conditions the humidity is also pretty dry with very cold nights.

December to February- Winter

Winter (**December - February**) treks in the Annapurna region are as popular as the Spring or Autumn treks. The places along the Mardi Himal trek can be cold during the winter but that's what excites most trekkers. The temperature of Mardi Himal trek itself can be as low as -10 degree C which tempts trekkers to visit this region in pleasant climatic conditions.

The coldest time is from December through early February, after late February, the climate gradually gets warmer. Temperatures get cold dropping to -5 degree C at high altitudes. Daytime is pleasantly and relatively warm with sunshine. Despite being cold the skies are usually very clear, mountain views are at their best. With snowy caps, it might snow and the ground will be snow the trails are the least busy at this time. It may not be the best season for beginners but experienced trekkers will have no problem.

Physical Condition & Experience Requirements

7 Days Mardi Himal is a moderate grade trek that takes us to 4500m at Base Camp of Mardi Himal, the highest point of the trip. Hiking duration per day ranges from 4 to 7 hrs, with regular breaks to take in the stunning **mountain views**. The routes that involve long ascents, steep descents, and straightforward path following a good trail. As per day to day itinerary, we trek more hours in low land and fewer hours in the high mountain, because trekking at higher altitude is physically demanding than trekking in the lower altitude. To accomplish trek, past hiking experience would be an added advantage although no technical experience and skills are necessary. Novice trekkers can join in this trek but should be able to hike 5 to 6 hours a day at a reasonable pace with a light day pack. Some days require longer waking hours, so you must be reasonably fit and prepared for long days. Exercising and jogging regularly for a couple of weeks prior to the trip is a good idea to enhance our **stamina**. The fitter we are the more **enjoyable experience** we will have during the trekking.

Our trekking leader and guide have extensive first aid training and well -experienced in the Himalaya, we use an oximeter to monitor your oxygen level and help in the early detection of the symptoms. We guarantee your health will be in reliable hands. Your trek leader or guide will suggest precautions. All participants should be in good health condition with normal physical fitness and have a positive attitude, self-confidence, and strong determination. It is very important to make sure you are as healthy as possible before starting the trek. Participants with pre-existing medical conditions such as heart, lung, and blood disease should inform us before booking the trek.

Trekking group /single

We organize a group as well as a private trek. The price of group discount is applied with having your own paxes at your group and price will be the same whether group joining or private touring. We are able to lead and handle any size of the participants in a group. There will be a group leader Guide, a porter for every two trekkers, and an assistant guide for a group of 12 or above trekking members.

A typical day in Mardi Himal Trek

A day of trekking will be rewarded with a unique experience providing to trek leisurely with plenty of time to enjoy the scenery, take photos, and explore the local village. During the trek, you are accompanied by an experienced, friendly, and qualified expert guide along with porters to carry out your baggage. You need to take your small regular day pack on hiking days. The day starts with an early morning cup of tea. Each morning after packing our bags and having a wholesome breakfast, we set off on the day's walk around 7 am -8 am, depending on the duration and nature of the day's walk. After trekking 3 to 4 hours, lunch will be served around midday on the route to the next destination and we continue after an hour rest. **The afternoon** walk is generally shorter being only 2 to 3 hours when we reach our overnight lodge we snack on the pre-prepared extra dietary snacks, then after dinner, we will have free time to explore nearby places. Dinner is provided around 6 to 7 pm. In the evening before going to bed, we discuss each group member's hiking experience of that day. And the guide will brief the next day trip plan. After completing the trip briefing we enjoy fun and games and entertainment. Trekkers love learning the Nepalese language from our **Discovery World Trekking** crews, playing cards, talking to and chatting with the crew members, reliving the day adventure, or reading books before heading off to bed for a well-deserved sleep.

Communication on trek

On the Mardi Himal Trek, the use of internet service will be available at the lodges with some extra service charge. You can contact your family and friends via the lodges, but once we reach high altitudes communication will be through the phone for safety purposes. We'll communicate all our valuable clients through our leader at least once a day to make sure you're fine, safe, feel right, and have everything up there. You'll always be connected to Kathmandu's DWT office for any kind of help during the trek. Also, depending on the kind of network you use, there will be a signal but not very strong before the high altitude. At your request, we can provide you with a separate local sim card (Most of the places have wifi service available with an extra cost) for good access to connect.

Normally Wi-Fi works every part of the trek in lodge/lodges which will be provided with an extra cost.

Electricity and battery recharge, water on trekking

Throughout the lodges at Mardi Himal trek, electricity for the camera and mobile battery recharge is available with an extra cost in all lodges. Most of the lodges have hydroelectricity and some of them have used solar panels. Water during the trek, you can buy either packed mineral water from local lodges and en route shop or filling boiled water at an extra cost. A water purification pill is will be provided to make water drinkable.

You shouldn't drink water from the river, tap, well up there cause it might not be drinkable as it seems.

Extra personal expenses on trekking

Discovery World Trekking believes in flexibility in packages without hiding any information and cost for the trip. We provide possible extra personal expenses that are excluded in the package. All meals, transfer, and accommodation required for Mardi Himal Trekking are included except lunch and dinner in Kathmandu and Pokhara. Trekkers need to bring personal spending money with them to cover costs for visa process, travel insurance policy purchase, alcoholic and non-alcoholic beverages, snacks while trekking (to buy from local shops along the trail), tips to Discover World Trekking crew members (a member who involves in your trips such as guide and porters), souvenirs, hot shower, mobile and battery charge, mineral water. The Nepalese Rupee is a closed currency, which means you cannot bring the currency in or out of the country. We recommend bringing cash (dollar), which can be exchanged for Rupees in Kathmandu, or bringing a cash card you can use to withdraw from an ATM (bear in mind your bank may charge for this service).

Travel insurance

This trip grade is ranked moderate. There is less and less risk of potential high altitude sickness. However, this mountain journey is not for usual visits, and other unforeseen or unexpected events such as injury, illness, flood, landslide or sudden climate changes, etc may face. Travel insurance is a significant part of our booking condition for the Mardi Himal Trek. All the members of trekking must provide a copy of their comprehensive travel insurance policy certificate to Discovery World Trekking. The policy must cover medical and emergency repatriation inclusive of helicopter rescue and evacuation expenses at high altitude for trekking members.

We can recommend insurance companies to help you but we don't directly get involved in the sale of an insurance policy. Members can be refused to be included in the trekking based on insufficient, improper, or absence of travel insurance policy.

Trekking members are kindly requested to send their detailed insurance information once they book for trekking. In case of emergency situations, we will be using the insurance policy and informational documents you sent us. This will help us arrange a quick and effective rescue operation, transfer for emergency medical help, etc. Please ensure that the insurance company includes the cost incurred for mountain rescue service at the highest elevation of the trekking.

Before you buy travel insurance (Don't just believe them what they say on their website) make sure you call them and recheck if they have Helicopter-rescue and evacuation up to 6000m according to your trekking height.

Passport and visa

All foreigners except Indian nationals must have a valid visa to enter Nepal. Visa is available on arrival at Tribhuvan International Airport upon entry in Kathmandu, Nepal, and at Nepal borders of India and Tibet. Visa can be easily extended to the central immigration office.

www.immigration.gov.np; Visa application requires a passport with at least 6 months until expiration and one passport-size photo. The current cost of visa for 30 days is US\$50(to be paid in cash) for 30 days that is required to make in cash. Other currencies are also accepted although rates may differ. Other nationalities should check entry requirements. visitors are requested to specify return flight tickets, time intended to stay in Nepal. we recommended you schedule at least 1-2 days extra at the end of the trip just in case there is a delay. If no delay occurs we can arrange additional activity for your time in Nepal To help calculate the exact dates of these crossings we have found the website www.timeanddate.com to be very useful. The children under the age of 10 will get a free visa. Please be advised to check the current regulation. Visa regulation can change without prior notice. Citizens of china as well as citizens of the South Asian Association for Regional Cooperation (SAARC) countries (Bangladesh, Bhutan, India, Maldives, Pakistan, and Sri Lanka) get a free visa. countries not entitled to get a visa upon arrival are Nigeria, Ghana, Zimbabwe, Swaziland, Cameroon, Somalia, Liberia, Ethiopia, Iraq, Palestine, and Afghanistan If you are a citizen of one of these

countries, please contact your local Nepalese embassy.

Money exchange

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

(1 USD = ~ Rs.100 NPR).

We can exchange most of the foreign currencies through local banks and legitimate money exchanges in Kathmandu and all over Thamel. Small amounts of cash can also be exchanged at the hotel. The ongoing rate of exchange is visibly displayed. The government of Nepal has banned the import, export, and use of 500 and 1000 Indian Rupee note in Nepal. You should ensure that you are not carrying these notes on arrival in Nepal as they will be confiscated and you may also be fined. Despite having the security advantage of a traveler's cheque, we prefer cash exchange to avoid hassles like a lengthy process and a high rate of commission at the banks. You can withdraw cash (in Rupees only) from one of the many ATMs in Kathmandu and Thamel itself. There are quite a several ATMs that are open around the clock. The maximum withdrawal amount is 35,000 Rupees for a 500 Rupees processing fee if you are using your foreign card. If you use the money exchange facility at banks and financial institutions the service fee charge imposed is about four percent or more depending upon the bank. Please note that most of the established banks in Asia will not accept foreign currency notes that are old, torn, or faded. Please ensure that you have new, clean notes

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How Much Luggage can I take during 7 days- Mardi Himal Trek?

The weight limit for your luggage is 9 kg per trekker, Porters will be assigned to carry your luggage, Two people will be assigned with one porter, combined luggage should not exceed more than 18 kgs. We never overload our porters. but a should carry your own knapsack or backpack **(with your valuables or anything important)** on your own. Only carry what is essentials, You can leave any excess baggage either at your hotel or at the Discovery World Trekking store for free and it'll be completely safe.

We'll recheck everything (Luggage, equipment, etc.) in our briefing before we start our journey from our Office.

Mardi Himal Trek Safety

Discovery World Trekking guarantees our valuable client's **safety, security, and satisfaction**. **Safety** is the utmost important concern for us. For the trek, we will be carrying all the necessary gears, equipment, and first aid kits. Our leaders and guides have vast knowledge and have extensive first aid training. If a trekker falls sick due to the altitude, it is entirely up to the trekker to decide if he/she will further continue as health is very important. In case of emergency, the rescue helicopter will always be ready to bring you back from the higher elevation. During the trek, every group will be together so that everyone is safe and won't wander off alone.

Equipment Checklist

Equipment list for Mardi Himal trekking

Depending on the season you wish to go trekking you may have to make adjustments to clothing and equipments however these are the necessities list we prepared keeping keeping your comfort and utility in mind. We never recommend our clients to bring over equipments which are not necessary for 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 fibre
- ☞ 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 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 (toilet papers, toothpaste, toothbrush)

Toiletries

- ☞ Medium size drying towel
- ☞ Tooth brush
- ☞ Toothpaste
- ☞ Deodorant/ floss
- ☞ Bio degradable bar soap
- ☞ Nail clippers
- ☞ Small mirror

Personal accessories

-  Money
-  Watch
-  Cell phone
-  Camera

Extra items

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

Join Upcoming Trips

The given prices are per person basis and fixed in which the International flight cost has excluded. In addition, trek cost includes and excludes details is applied. The dates schedule is fixed, 100 percent guaranteed and confirmed to departure trekking. We are flexible to organize trek in your own departure trek date. We organize private and group trek. For this, trekker can send us message submitting your own departure trek date.

Departure Dates	Price
04 Dec, 2020 - 11 Dec, 2020	\$900 \$440
07 Dec, 2020 - 14 Dec, 2020	\$900 \$440
09 Dec, 2020 - 16 Dec, 2020	\$900 \$440
11 Dec, 2020 - 18 Dec, 2020	\$900 \$440
14 Dec, 2020 - 21 Dec, 2020	\$900 \$440



Discovery World Trekking

Paul Gurung (CEO/Founder)

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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

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Quick Questions? Email Us

info@discoveryworldtrekking.com

Talk to an Expert

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