

- This trek has opened for traveler since 2012.
- Less crowded route comparison with the other route.
- Enjoy with eye-catching views of Mardi Himal, Annapurna range, Himchuli, Machhapuchere (Fishtail).

Mardi Himal trekking is a new open trail and a less crowded route in comparison with the other most popular route. Located in the impressive Annapurna region, the western part of Nepal. Annapurna area does not need any introduction, a beautiful place in the world. This is a new trekking route, open for travelers since 2012. This trek is suitable for all ages and physical fitness people.

This trek offers totally wilderness, an eye-catching south-facing view of Mardi Himal, Annapurna Ranges, Himchuli, Machhapuchere (Fishtail), the daily lifestyle of local indigenous communities, and dense alpine and rhododendron forest, Green hill landscape. This is a perfect trekking trail to the real trekking enthusiast who wants to dive into the peace of Nature. The Glacier Adventure Company has a carefully designed itinerary and acclimatizes safely. We have decades of experience team learned never to rush high altitude in the Himalayas.

Trip Facts**Price:**

USD 1085

Duration:

12 days

Activities:

Hiking & Trekking, Tours & Sightseeing

Accommodation:

Teahouse(Lodge to Lodge)

Meals:

Breakfast in Kathmandu/All the meals during trekking

Max. Altitude:

4450M

Group Size:

Minimum 1

Best Season:

February, March, April, May, September, October, November & December

Daily walking Hour:

5 to 7 hours

Transportation:

Car/ Van/ Plane

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Day to Day Itinerary

Day 1: Arrive in Kathmandu (1300m)

Accommodation: Tourist Standard Hotel | **Meal:** Welcome dinner

When the traveler arrives airport in Kathmandu, Our representative will meet you and transfer to the hotel, then take a rest in the evening time will have welcome dinner at Nepali restaurant.

Day 2: Kathmandu sightseeing (1300m)

Walking hr: 6 hrs | **Accommodation:** Tourist Standard Hotel | **Meal:** Breakfast

After breakfast tour guide pick up you for a tour around Kathmandu valley (Pashupati Temple, Boudhanath, Swayambhu, Kathmandu Durbar square) after that prepare for trekking. Traveler meets trekking guide and team member, they check your equipment as well as advice what you need for trekking.

Day 3: Kathmandu to Pokhara (950m)

Walking hr: 7 hrs | **Accommodation:** Guest house | **Meal:** Breakfast

Early in the morning drive tourist bus Kathmandu to Pokhara through the beautiful Nepalese countryside to reach the lakeside Pokhara then transfer to the hotel rest of the time explore the around lakeside.

Day 4: Pokhara to Deurali (2150m)

Walking hr: 6 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

Early in the morning after breakfast drive to Phedi then the trail ascending to small but beautiful place deurali. Cross Dhampus and Pothana. These are the beautiful place and great viewpoints. On the trail sees amazing views of Mardi Himal, Fishtail (Macchhapuchhare) Annapurna II and many more.

Day 5: Deurali to forest camp (2,520m)

Walking hr: 6 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

Today after breakfast traveler walk less people area through pine and rhododendron forest. Climb four hundred meters. The trail is very quiet until reaching the forest camp.

Day 6: Forest Camp to Low Camp (2970m)

Walking hr: 5 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

Early in the morning after breakfast start to walk then continue to through dense forest grateful Nepal's rich biodiversity. The traveler sees amazing views of Mt. Fishtail.

Day 7: Low camp trek to High camp (3580m)

Walking hr: 6 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

Today is the final day to reach high camp. After breakfast the trail ascending to High camp through Rhododendron and bush forest.

Day 8: Exploration day

Accommodation: Guest house | **Meal:** Breakfast, Lunch & Dinner

Today is an Exploration day to go to the upper viewpoints to see amazing views of Mardi Himal (5587m), Annapurna I (8091m), Annapurna South (7219m), Hiunchuli (6441m), Baraha Shikhar (Mt. Fang) (7647m), Tent Peak (5695m), Singhachuli (6501m), Machapuchhre (6991m) and among others.

Day 9: High Camp to Siding (1850m)

Walking hr: 7 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

The traveler does not use the same trail, use a different trail to go beautiful place Siding. The trail descends to Siding. If, using a different trail makes exiting.

Day 10: Siding to Lumre to Pokhara (950m)

Walking hr: 5 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

Today is the last day in your Himalayas. After breakfast walk towards Lumre then drive back to Pokhara.

Day 11: Pokhara to Kathmandu (1300m)

Walking hr: 7 hrs | **Accommodation:** Tourist Standard Hotel | **Meal:** Breakfast, lunch & Farewell dinner

Early in the morning drive tourist bus Pokhara to Kathmandu through the beautiful Nepalese countryside to reach the Kathmandu then transfer to the hotel rest of the time explore the around Thamel.

Day 12: Departure day

Meal: Breakfast

We dropped you to the international airport for your departure flight to your onward destinations. The Glacier Adventure Company wishes you a wonderful Himalayan adventure in Nepal.

This above Itinerary is a guideline and a standard pattern of what we provide. Our trips can be customized in your interest to accommodate your specific requirements. We also arrange Mardi Himal trekking without sightseeing and hotel arrangements.

NOTE: During the trips, weather conditions, local politics, transportation or multiple other factors. They are beyond our control so that can change Itinerary. However, Unlikely that Itinerary would be substantially altered, if necessary, Group leader will decide the best alternative, they change the best one of the whole group. Where a change does occur, we do everything best. We minimize its special effects but we cannot be responsible for the results of delays.

Trip Cost Includes

- Airport / Hotel / Airport pick up & drop by private car / van / bus.
- Standard twin sharing accommodation in two/three star hotel in Kathmandu breakfast included (3 nights)
- Standard twin sharing accommodation in Pokhara breakfast included (2 nights)

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- Welcome and fair well dinner.
- All accommodation and meals during the trek
- A full day sightseeing tour in Kathmandu valley including tour guide and entrance fees
- Government licensed experience English speaking Guide. Two People, one porter, 4 people 1 Sherpa.
- The required number of local staff and Porters to carry your luggage during the trek.
- Food, accommodation, salary, insurance, equipment and medicine for all staff.
- Annapurna conservation Park permits/TIMS.
- Down Jacket and sleeping bag (which needs to be returned after the trek.)
- Free duffle Bag/T-shirt/Map
- Surface transfer from and to Kathmandu.
- All our government taxes.
- Official expense.

Trip Cost Excludes

- Your travel and rescue insurance
- International airfare and airport departure tax.
- Nepal entry visa, you can obtain a visa easily upon your arrival at Tribhuvan International Airport in Kathmandu.
- Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porters, bottle water, shower)
- Personal trekking Equipment.
- Tips for staff.
- Others expenses which does not mention on the Price Includes.
- Excess baggage charges
- Lunch and dinner in Kathmandu (and also in the case of early on return from the mountain than the scheduled itinerary)
- Extra night accommodation in Kathmandu because of early arrival, late departure, and early on return from the mountain (due to any reason) than the scheduled

IMPORTANT NOTE

Trekker's safety is our paramount concern while trekking with Glacier Adventure. Every effort will be made to keep to the above the itinerary. Mardi Himal Trekking located remote area in the Annapurna region. Glacier Adventure can't guarantee it such as weather condition, availability of porter and the health of team members can all contribute to change. Guide and Sherpa will try to ensure that the trip runs according to plan but please be prepared to be flexible if necessary.

Pre-trip meeting

Glacier Adventure hosts the Pre-trip meeting in Kathmandu 2nd day of itinerary. Trekkers introduce with trek leader. We will provide an opportunity for individuals to ask questions about Mardi Himal Trekking. Pre-trip meeting covers personal equipment, acclimatization and to introduce you to another team member. Glacier Adventure hope pre-trip meeting have excellent, informative, supportive and fun.

Acclimatization

Glacier Adventure's Mardi Himal Trekking itinerary is focus rules AMS (Acute Mountain Sickness) when

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going up too fast causes a medical condition serious enough to kill. Higher mountains area is less oxygen in the air. If, trekkers want safe Mardi Himal Trekking. Their body needs some days to rest to the less air environment. Especially, travelers need to know heart, lungs/blood diseases to consult their doctor before leaving home. Glacier Adventure's itinerary designed to try to prevent AMS as much as possible. It is important to remember that some people are more susceptible than others.

Physical Condition & Experience Requirements

Normally, Mardi Himal Trekking is a remote mountain in Annapurna region. This is suitable for physical fit walkers. The traveler must be in good health and physical condition. Most part of treks five to six hours walk but some days are seven hours. It is good idea; prepare yourself in the lead-up to your trip with some regular exercise. The best form of which is long walking in hill area. Technical experience is not required, hiking experience is an advantage, but most important thing is a positive attitude and a generous amount of determination. If you have any pre-existing medical conditions, it is vital you let us know the details of these before setting. Also, before coming to Nepal it's important to consult your doctor regarding vaccination and any other medical concerns the trip may raise. "Medical and emigration expenses are your responsibility."

Insurance

When traveling with Glacier Adventure. Trekkers must be fully insured, including Air rescue, Air ambulance and treatment service. Have an accident? Trekkers should be careful in choosing a policy; however, as some makes special exceptions for adventure travel. Please note that Glacier Adventure doesn't arrange any insurance.

Staff Arrangements

Glacier Adventure staffs tries to make successful, enjoyable and memorable in your Mardi Himal Trekking they are innocent, helpful, experienced and Careful. Your trip led by the best and most professional leader. He had a long experience. He has knowledge of Culture, Ecosystem, flora and fauna, geography and history of Nepal. Glacier Adventure's leader trained following things

English Language.
Trekking guide training.
First aid course.
Conservation & Biodiversity

Porter care

Trekking is an adventure. Porter's job is a hard working job. They carry trekker supplies and baggage that makes a journey easy and comfortable into the remote mountains in the Annapurna region. We ensure all our porters are well trained and well paid. Porters who become sick are treated with the same care and attention as team members and we have previously used helicopters at Tour expense to rescue porters from dangerous situations. The porter's sake, we require all trekkers to keep their bag weight 15 to 20kg. We support the work of the International Porter Protection Group (IPPG), Provides help and advice to those organizations to improve the working conditions of the porters on whom we depend.

Accommodations

All accommodations for Mardi Himal Trekking are twin sharing basic included in the trip cost. The trip based on, standard service and Standard hygiene food. There are two types of accommodations on trips. Standard tourist hotel in Kathmandu, Pokhara and during the treks, Trekkers spends standard Guesthouse which one normal room with wooden beds and foam mattress. Glacier Adventure also provides the attached bathroom where is possible. Some places are only having shared shower/washing and toilet facilities. We always try to provide good rooms in all places.

