MARDI HIMAL TREKKING : PERFECT FIRST HIMALAYAN TREK FOR WOMEN

GENERAL DETAILS

Category:	Trekking
Sub Category:	Annapurna Region
Region:	Annapurna
Duration:	11 days
Accomodation:	Tea-House (Lodges)
Altitude:	4500 m
Meals:	Breakfast/Lunch/Dinner
Difficulty:	Moderate
Activity:	Trekking
Season:	March, April, May, September, October, November
Start/End Point:	Kathmandu - Kathmandu
Group Size:	2-30
Total Distance:	Approx. 68 km
Transportation:	Private vehicle

GROUP DISCOUNTS

1 - 4 pax	: $ 1250.00
5 - 12 pax	: $ 1099.99

* The above price resembles price per person.

TRIP OVERVIEW

Mardi Himal Trekking takes you to the hidden pockets of the southern **Annapurna Himalayas** , which were isolated and forgotten for years. The early pioneers and explorers visited this amazing picturesque high country and named it the Other Sanctuary due to its close location

to the actual and original Annapurna Sanctuary, which is a mere distance west. After decades of isolation, the two areas are now separated by a deep, rocky gorge carved by the Modi River. In the last few years, **trekking to Mardi Himal** has become one of the most desired destinations for all trekkers. It can be a perfect adventure for women of all ages whether you are travelling solo or with your fellow **female explorers**.

The reason for gaining popularity in Mardi Himal is its easy accessibility from the road head. One can enjoy the adventure in a week or less, and as well for its spectacular viewpoints. The walk reaches the highest point at about 4,500 m, without the problem of getting altitude sickness, which mostly happens around the high-altitude adventure destinations in the Himalayas. This is why Mardi Himal, is regarded as one of the most sought adventure areas for blissful and scenic walks. Mardi Himal is a lesser mountain at 5,587 m or 18,330 feet high, listed as one of the trekking peaks. It is located right beneath the southwest flank of towering Machhapuchare Himal, the famous Fish-Tail peak, within the **Annapurna Himalayan region**.

The **adventure to Mardi Himal base camp trek** includes a short, exciting drive both ways in the beginning and at the end. The walk follows through an enchanting forested path amidst tall rhododendrons and pine trees as the trek progresses. Exploring the Mardi Himal region offers a unique opportunity to observe the daily lifestyle of local women, an experience that will empower and inspire every trekker. Upon reaching **Mardi Himal Viewpoint**, high above the tree line, you will arrive at the final goal and one of the journey's highlights. Stand beneath the staggering and prominent Machhapuchare Himal that dominates the Himalayan blue sky.

Enjoy the fabulous **panorama of Annapurna Himalayan** groups of snow peaks with Mardi Himal, including views of dramatic rolling green hills. The return journey is on an alternative route from the last camp of High Camp and Badal Danda. Then, the walks lead downhill to the lower farm village at Siding to end the walks and then drive back to scenic Pokhara. You will have a most exciting experience and adventures on Mardi Himal Trekking, with the excellent services of Women Adventures.

ITINERARY

Day 1: Arrival in Kathmandu 1,340 m and transfer to hotel.

On arrival at Kathmandu International Airport, you will be received by our team of ladies staff and guide. After checking the NST (Nepal Standard Time) which is 5 hours and 45 minutes

ahead of GMT, a short drive takes you in the hub of Kathmandu city around Thamel area to your hotels. After checking into your lovely rooms, get refreshed from the Jet Lag. The refreshments will energize you afterwhich you can join the other members of the Mardi Himal Trekking team in the meeting room for a briefing. The briefing will be provided by our lady guide and staff or Group Leader. She will provide information about the treks, local lodge and foods. The wide range of information about trek makes your holiday meaningful and enjoyable. Overnight at Hotel.

Day 2: In Kathmandu with sightseeing tour and trek preparations.

The day begins with breakfast, followed by visits to two significant sites: Pashupatinath Temple and Boudhanath Stupa. The tour is escorted by a government certified female tour guide.

Pashupatinath Temple, a UNESCO World Cultural Heritage site, is a revered Hindu temple dedicated to Lord Shiva. Located by the Bagmati River, it hosts Hindu cremation ceremonies and is especially important during Shivaratri, attracting numerous pilgrims.

After breakfast, we'll visit Boudhanath Stupa, one of Nepal's largest stupas, positioned east of Kathmandu. It's notable for its significant size and height, as well as its four pairs of eyes representing Mahayana Buddhist principles. Following a quick city tour, we'll return to the hotel to prepare for tomorrow's trek. The overnight stay will be at the hotel.

Day 3: Fly to Pokhara and drive to Dhampus village 1,580 m, trek to Deurali 2,040m-06 hours.

The morning after breakfast, as per the flight time for Pokhara our Woman Adventures staff and guide receive you for a short drive to reach Kathmandu Domestic Airport Terminal. After checking in get board on a moderate-size aircraft. Enjoy a sweeping 30-minute flight, offering breathtaking panoramic views of the Himalayan peaks. The landing will be at Pokhara Airport. In Pokhara, we will organize our belongings and get ready for an exciting drive, heading beyond Pokhara city and the valley. After few hours, our route diverts from the main Pokhara and Baglung Highway on rough dirt country hilly road.

The drive past the Shuikhet Valley and farm village at Dhampus Phedi, with slow climb reaching Dhampus farm village. From Dhampus you will observe a lovely panorama of the Annapurna and Manaslu Himalayan range of peaks. Dhampus is a nice Gurung village located

on a high green hill with grand views of the Himalayas. Explore the lifestyle of the women of Dhampus Village, home to the major Gurung tribe, revealing their resilience and dedication. They are pillars of strength in their community, serving as a powerful source of inspiration for women's empowerment. From Dhampus after an hour's drive, the walk starts on a gentle, gradual trail through the cool shade of the forest to Potana.

Potana is another small village with astounding views of the Annapurna's and Machhapuchare Himal. Here, we will stop for a lunch. After a rest we continue our walk and it take about one hour to reach Deurali for an overnight stop. Relax in the comfort of a nice mountain lodge with views of Annapurna and Dhaulagiri peaks, located on the main trail of Dhampus to Landruk and Annapurna Base Camp as well to Mardi Himal.

The distance from Kathmandu to Pokhara is approximately 220 km (137 miles) by road, or you can take a scenic 30-minute flight between the two cities. The distance from Kathmandu to Pokhara is approx. 220 km/137 miles driving distance. But the flight duration between these two cities is 30 minute's scenic flight. The driving distance from Pokhara to Dhampus is approx. 24 km / 15 miles by drive. The walking distance from Dhampus to Deurali is 9 km/5.5 miles'.

Day 4: Trek to Forest camp 2,520 m-05 hrs.

From Deurali enjoy the morning glorious views and scenery of beautiful landscapes of rolling green hills. The views also includes giant snow-capped peaks of Dhaulagiri and Annapurna Himalayas. After breakfast, we leave the main trail from Deurali towards sheer mountain wilderness. The trail follows through dense vegetation and tall tree lines of oaks, pines, fir, and rhododendrons. Finally, the day ends reaching an open area amidst a forest surrounding at Forest Camp for overnight. The walking distance is approx. 10 km / 6.5 miles from Deurali to Forest Camp.

Day 5: Trek to Badal Danda Camp 3,345 m via Low Camp 2,970 m - 06 hrs.

Today's walk is quite long and we begin our trek from Forest Camp, followed by a steep climb, eventually reaching Badal Danda for an overnight halt. A walk leads for some hours through lovely woods facing views of surrounding dramatic landscapes terrains which includes grand look of the Annapurna Himalayas. The air gets cooler as altitude rises slowly, every hour and then. After a long hours of day, the walk reaches a small and delightful settlement at Badal Danda for an overnight stop. Badal means clouds, as this area gets foggy and misty with low

clouds, hence the name Badal. You will then transfer into a nice simple lodge. Accommodation includes afternoon tea and dinner in a large, warm dining room. The walking distance is approx. 12 km / 7.5 miles to Badal Danda Camp from Forest Camp.

Day 6: Trek to High Camp 3,700 m-03 hrs.

Today is a short walk compared to the previous day but it takes time to reach the overnight stop because of gaining in elevation. The walk follows on a high ridge, leaving the dense forest behind where few short vegetation of alpine bush exists. The climb continues to reach High Camp for lunch and an overnight stop.This will be the highest point for an overnight halt. It takes Approx. 07 km / 4.5 miles from Badal Danda to High Camp by walking.

Day 7: Hike to Mardi Himal View Point 4,500 m and trek to Badal Camp.

We will wake up early at the break of dawn, having breakfast and carrying packed lunch for the long day hike. We start the morning following the high trail on scenic ridge to Mardi Himal Viewpoint. On the highest point of the adventures, the walk can be quite strenuous, but it is worth it to heed slowly and take short breaks. The morning walk is enjoyable along with the surrounding awesome views of rolling green hills down below. The walk finally reaches the highlight of the journey at Mardi Viewpoint, in front of staggering Mt. Machhapuchare famously called the Fish-Tail that dominates the surroundings with black rocky peak of Mardi Himal beneath the Fish-Tail mountain.

One can observe truly an exceptional panoramic views of the Annapurna Himalayan range of jagged snow peaks. After a wonderful mesmerizing experience our return journey is downhill to High Camp for short rest. Then continue further down to Badal Danda Camp for the last overnight around the high ridges of Mardi Himal. Celebrate the moment as you reach the highest point of the trek, sharing the joy and triumph with your female friends, guides, and porters. It is approx. 6.5 km /4 miles to Mardi View Point from High Camp, and a total day hike of approx.14 km / 9 miles.

Day 8: Trek to Siding village 1,750 m, and drive to Pokhara-07 hrs.

Today is the last day of trekking with fascinating and long stretch walks, following the path back into tree lines. We will take a short break after reaching near to Low Camp where a small settlement resides. We continue our walk and descend on an alternative route to end the walk, heading long downhill to Siding Farm Village. After a great tough walk of the day, we

then take the comfort of an exciting short drive to Pokhara.

The hotel in Pokhara is located by the serene lovely Phewa Lakeside. You will arrive at the hotel in time for afternoon tea and dinner. You can relax at the Hotel and after a few minutes of rest, you can enjoy the walk around the interesting lakeside. It is approx. 23 km / 14.5 miles driving distance to Pokhara from Siding Village and 16 km/10 miles' trek distance to Siding from Badal Danda.

Day 9: Fly to Kathmandu and transfer to hotel.

The morning after breakfast, as time for the flight to Kathmandu, we will depart from the hotel in Pokhara to the airport. After check-out at the Hotel, you will transfer to the Pokhara domestic airport by private transportation. Then you will board in a moderate-sized airplane for sweeping panoramic flight to Kathmandu. On arrival at Kathmandu airport, a short drive takes you to the hotels. You can spend rest of the afternoon at leisure.

Day 10: In Kathmandu free day, for individual activities with options for tours.

Today is a free day in Kathmandu for individual activities with options for tours. Enjoy a free day in Kathmandu, perfect for relaxing, engaging in personal activities, or going on a shopping spree. You can shop souvenirs of Nepal from handicrafts to jewelers etc. Interested people can opt for another exciting tour of Patan and Bhaktapur cities on request.

Day 11: International departure for homeward bound.

Last day in Kathmandu and Nepal, after an overwhelming adventure and experience around high hills of Annapurna with trek to Mardi Himal. As time for your international flight, our lady guide and staff will transfer you to the airport. Then bid farewell to Nepal, guide, and staff; as you enter the air terminal for homeward bound or to the next port of call.

*** Please note that the schedule is subject to change due to weather conditions and other unforeseen circumstances.**

INCLUDED SERVICES

- Airport Pick Up and Drop Off (International & Domestic)
- 3 star standard hotel with breakfast in Kathmandu (Nepal standard)
- 3 star standard hotel with breakfast in Pokhara
- Tea house (Lodge) accommodation during trek

- All meals (Breakfast, Lunch, and Dinner) during trek
- Tea / Coffee (3 times a day) during trek
- Certified A graded female trekking guide, potter (helper), and assistant guide for groups consisting of more than 5 trekkers
- All expenses for the female trekking staff, including food, drinks, lodging, salary, insurance, medical equipment, and transportation.
- Air ticket (Kathmandu-Pokhara)
- Private transfer (Pokhara-Kande, Khoramukh-Pokhara, and Pokhara-Kathmandu)
- Kathmandu Cultural and Historical sightseeing with a certified female Tour Guide, private transportation, and entrance fee
- Trekking Permit (TIMS)
- Annapurna Conservation Area Permit (ACAP)
- Down jacket, sleeping bag, fleece liner, and a duffel bag
- All government taxes

EXCLUDED SERVICES

- Any bar bills (alcoholic drinks, mineral water, and cold drinks), cigarettes, your personal insurance coverages that should include the emergency helicopter evacuation, and any kind of expenses created due to unforeseen circumstances.
- Lunch and Dinner in Kathmandu and Pokhara.
- Tips for Guide Porter & Driver (Tips are not mandatory but expected, and recommended)
- Any other services that is not mentioned in Inclusion section

FAQS

1. How long is the Mardi Himal Trek?

The Mardi Himal Trek is known as the best short trek in Nepal. It typically takes 5 to 7 days. It can be customized as per your requirements.

2. Is the Mardi Himal Trek difficult?

The Mardi Himal Trek is considered an easy-to-moderate trek. The trek does not require technical skills, so people with basic-level fitness can easily do this trek. Trails near High Camp to Base Camp need a bit more effort with steep climbs and narrow ridges.

3. What is the best time for the Mardi Himal Trek?

The best seasons for the Mardi Himal Trek are Spring (March to May) and Autumn (September to November). During these seasons the weather is stable, and trails are dry with mild weather and clear mountain views.

4. What is the altitude of Mardi Himal Base Camp?

The altitude of Mardi Himal Base Camp lies at 4,500 meters (14,763 feet). The high camp, a stop before base camp, is at 3,580 meters (11,745 feet).

5. Do I need a permit for the Mardi Himal Trek?

Yes, you require permits for the Mardi Himal Trek, and they are:

ACAP (Annapurna Conservation Area Permit)- **30 USD** per person

TIMS Card (Trekker's Information Management System)- **USD 20** per person

Along with the permit, we recommend you to hire a licensed guide and a porter from a registered trekking agency.

We take care of everything, including permits, transport, and accommodation, tailored for your comfort and safety.

6. What is the accommodation available on the Mardi Himal Trek?

Accommodation during the Mardi Himal trek is generally teahouses with twin-sharing rooms, shared toilets, and a main dining area. You can get hot showers and charging services at an additional cost.

7. Can beginners do the Mardi Himal Trek?

Yes, the Mardi Himal Trek is recommended for beginners. This trek requires basic fitness and altitude preparation.

For for information regarding this package, please click on this link. You can also give us a call at +977 9747508926 or email us at info@womanadventures.com for further information.

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