

Mardi Himal Trek

3 Star Hotel Package

1470^{USD}
per person

*Including healthy meals

5 Star Hotel Package

1670^{USD}
per person

*Including healthy meals

Trip Style: City Tour & Trekking



Trip Difficulty: Moderate

Mardi Himal Trek – A Short and Scenic Himalayan Adventure

Join the Mardi Himal Adventure in 2025 with a trusted local Sherpa company with over 27 years of experience. Our itinerary includes visits to Landruk and Ghandruk, two scenic villages offering breathtaking views of the Annapurna and Machhapuchhre ranges. In Ghandruk, you'll meet retired Gurkha soldiers, hear their incredible stories from World War II, and experience the rich Gurung culture—making your trek both inspiring and unforgettable.

The **Mardi Himal Trek**, located in Nepal's Annapurna region, is a stunning short trek ideal for those seeking Himalayan beauty without a long commitment. Known for its quiet trails and breathtaking viewpoints, it's perfect for both beginners and experienced trekkers looking for a peaceful alternative to busier routes like Annapurna Base Camp. The trail passes through lush rhododendron forests, alpine meadows, and traditional Gurung and Magar villages, culminating at Mardi Himal Base Camp (4,500m / 14,764ft) with panoramic views of Machhapuchhre, Annapurna South, Hiunchuli, Dhaulagiri, and Manaslu. The best time to trek is in spring (mid-February to May) for warm weather and blooming rhododendrons, or in autumn (mid-September to early December) for clear skies and stunning mountain views.

Why Choose Mountain Sherpa Trekking for Your Mardi Himal Base Camp Trek?

1. **Luxury Accommodation:** Enjoy **4-star or 5-star hotels** in both **Kathmandu** and **Pokhara**, ensuring you start your trek feeling well-rested after your long flight to Nepal.
2. **Comfortable Travel:** Skip the long, uncomfortable bus ride! We offer **round-trip flights** between **Kathmandu and Pokhara** for a faster, more convenient journey.
3. **Best Lodging:** Stay in the **best available lodges** with attached bathrooms in beautiful villages like **Landruk** and **Ghandruk**, plus hot showers throughout the trek.
4. **All-Inclusive Experience:** No hidden costs! Enjoy a variety of dishes from lodge menus, with no food restrictions. Plus, we provide **3-4 liters of drinking water per day**, keeping you hydrated throughout your trek.
5. **Private Transportation:** Travel in style with **private transport** to and from Pokhara before and after your trek. No shared buses—only comfort and convenience.
6. **Expert Sherpa Guides:** Our treks are led by expert, **reliable Sherpa guides**, ensuring you have the best experience possible. As a Sherpa-owned company, we know the mountains inside and out.
7. **Cultural Immersion:** Our well-designed itinerary includes a **full cultural tour of Kathmandu** and a **half-day tour of Pokhara**, offering you an enriching blend of adventure and local heritage.

DURATION: 11 days

Trip Facts

Trek Region

- Annapurna Region, Nepal
- Kande-Mardi B.C-Gandruk

Maximum Altitude

- Mardi Himal Base Camp
- 4500 meters/14, 510 ft

Trip Durations

- 10 Nights/ 11 Days
- Kathmandu To Kathmandu

Suitable For

- Couples, Family Or Friends
- Solos Private Trek

Accommodations

- Luxury Hotels In City
- Best local Lodge In Trek

Meals

- Daily Breakfasts In City
- 3 Meals Daily During Trek

Service Level

- Reliable & friendly
- Authentic sherpa guide

Best Time to Travel

- February to May
- Sep. to December

ITINERARY

Day 01:: Arrival in Kathmandu and Transfer to Hotel (1340M) – Hotel (free welcome drinks)

Upon arrival at the airport, after clearing baggage claim and completing the visa procedures, head outside to the terminal gate. Look for our representative and driver holding a **Mountain Sherpa Trekking & Expeditions** signboard at the entrance. As per Sherpa tradition, our guide will greet you with a warm welcome and present you with a **silk scarf**.

A private vehicle will then transfer you to your hotel, where you'll check in and enjoy a refreshing **welcome drink**—choose from tea, coffee, cold drinks, or fresh juices. After check-in, the company manager will meet you at your preferred time to provide a detailed briefing about your itinerary and **trip details**.

In the evening, enjoy a **welcome dinner** at one of Kathmandu's finest Nepali restaurants, where you'll savor traditional Nepali dishes accompanied by a captivating cultural performance.

Day 02:: Fly to Pokhara and drive to Kande and Trek to Deurali (2100m/6,720ft): Approx. 5-6 hrs.

- **Approx. Total Duration:** 5-6 hours (30 min flight + 1 hr drive + 3-4 hrs trek)
- **Trek Difficulty:** Easy to Moderate

After a hearty breakfast in Kathmandu, we head to the domestic airport for a spectacular 25-minute flight to Pokhara, offering breathtaking views of the Langtang, Manaslu, and Annapurna ranges—your first glimpse of the Himalayan giants. At Pokhara Airport, our welcoming Sherpa crew meets you and escorts you on a scenic one-hour private drive to Kande, the starting point of our trek.

We begin our hike toward Deurali (2,100m), reaching the serene Australian Camp after about two hours. This peaceful hilltop offers stunning panoramic views of Annapurna South, Machhapuchhre (Fishtail), Annapurna II & IV, and Lamjung Himal. We stop here for a well-earned lunch surrounded by natural beauty.

Continuing downhill to Pothana (1,950m), we check in at the ACAP and TIMS checkpoint, then ascend gently to Deurali to end the day. Forested trails, mountain vistas, and authentic village charm make this a perfect introduction to your Himalayan journey.

Note: Starting the trek from Kande is a peaceful and scenic alternative to the busier routes—perfect for easing into the Mardi Himal trek. The trail begins with a gradual ascent to **Australian Camp (2,060m)** in about an hour, followed by an easy walk to Pothana (1,950m) and a gentle climb to Deurali (2,100m). Few trekkers choose this route, making it a quiet and beautiful start to your Himalayan adventure.

Day 03:: Trek from Deurali to Forest Camp (2,520m/8064ft). Approx. 4-5 hours.

- **Starting Altitude (Deurali):** 2,100 meters / 6,888 feet
- **Ending Altitude (Forest Camp):** 2,520 meters / 8,064 feet
- Approx. Trekking Time: 4–5 hours
- **Trek Difficulty:** Moderate (Gradual uphill and forested path)

After breakfast in **Deurali (2,100m)**, the trek heads east, leaving the main Annapurna trails behind as you enter a quieter, more secluded section of the Mardi Himal route. The trail turns right from the ridge and dives into a dense rhododendron and oak forest, offering a serene, shaded walk with occasional bird calls and filtered mountain views.

As you ascend gradually, the peaceful atmosphere and untouched beauty of the jungle trail make this section a favorite for nature lovers. About halfway through, the trail dips briefly before climbing again toward your destination. Expect a mix of gentle inclines and steeper sections, especially as you near Forest Camp (also known locally as Kokar).

Located at **2,520 meters (8,064 feet)**, Forest Camp is a small clearing in the woods with several cozy teahouses where you can enjoy mountain hospitality and rest for the night. While you don't yet have wide Himalayan views, the surrounding forest and peaceful environment create a magical and calming trekking experience.

Day 04:: Trek from Forest Camp to Badal Danda (3,360 m/11,020 ft.) 3-4 hours

- **Starting Altitude:** 2,520 meters (8,264 feet) – Forest Camp
- **Ending Altitude:** 3,360 meters (11,020 feet) – Badal Danda
- **Trekking Time:** 4 to 5 hours
- **Difficulty:** Moderate (Uphill through forest, transitioning to alpine ridge)

After a peaceful night in the woods at **Forest Camp**, today's trek takes you deeper into the Mardi Himal trail and higher in elevation. The day begins with a fairly steep ascent through dense rhododendron and oak forests, rich in birdlife and shaded serenity.

Roughly an hour into the hike, you'll reach Rest Camp, a small teahouse stop ideal for a short break and a chance to hydrate. From here, the trail gradually opens up as you climb above the tree line, and the first glimpses of snow-capped peaks begin to appear.

The name **Badal Danda**, meaning "Cloud Hill," truly lives up to its reputation. As you reach this scenic ridge at **3,360 meters (11,020 feet)**, the forest gives way to wide-open grassy slopes with breathtaking panoramic views of **Machhapuchhre (Fishtail)**, **Annapurna South**, and **Hiunchuli**. On a clear day, the clouds roll beneath the ridge, creating a dramatic "above the clouds" effect.

You'll arrive in time for lunch, and the afternoon is free to relax, acclimatize, and take in the stunning surroundings. **Badal Danda** is a perfect spot for sunset views over the Himalayas.

Day 05:: Trek from badal dada to high Camp (3,540m/11,328ft): 3-4 hours

- **Starting Altitude:** 3,360 meters (11,020 feet) – Badal Danda
- **Ending Altitude:** 3,540 meters (11,328 feet) – High Camp
- **Trekking Time:** 3 to 4 hours
- **Difficulty:** Moderate (Steep climb with alpine vegetation and panoramic views)

After an early breakfast at **Badal Danda**, you'll begin today's ascent towards **High Camp**, situated at **3,540 meters (11,328 feet)**. The trail starts off relatively steep as you leave the grassy ridgeline and move into higher altitudes where the vegetation becomes more sparse. The once-dense rhododendron forests give way to alpine scrub, with the iconic **rhododendron bushes** and occasional wild shrubs adding a splash of color against the backdrop of snow-capped peaks.

The higher you climb, the more expansive the views become. You'll be treated to wide panoramas of **Machhapuchhre (Fishtail)**, Annapurna South, and Hiunchuli, which appear even closer as you gain altitude. At times, you might spot wildlife like **Himalayan tahr** or the Daphne pheasant, Nepal's national bird, along the way.

Around the 2-hour mark, you'll reach a small teahouse at Rest Camp, a welcome spot for a brief rest and a hot drink before continuing the final stretch towards **High Camp**. The trail gradually flattens out as you near High Camp, and the landscape transitions into a barren, windswept ridge, with magnificent views of the surrounding mountains in all directions.

Upon arrival at High Camp, you'll find yourself surrounded by awe-inspiring views of the **Annapurna and Machhapuchhre ranges**, with Mardi Himal looming above. This is a perfect spot for acclimatization, and the high altitude ensures a peaceful and relatively quiet atmosphere. Take your time to explore the area and soak in the stunning scenery before resting for the night.

Day 06:: Hike to the Viewpoint or hike up to Mardi Base Camp and return to Low Camp.

- **View Point Height:** 4,200 meters / 13,780 feet
- **Base Camp Height:** 4,500 meters (14,764 feet)

Today presents two exciting options for your adventure:

The first option is to push on to Mardi Himal Base Camp (4,500m) from High Camp, a challenging and rewarding full-day trek of approximately 7-8 hours, with a round-trip return. This will be an unforgettable journey, offering panoramic vistas of the towering peaks, but it's a demanding day.

Alternatively, we can choose a more relaxed pace by hiking up to the Viewpoint (approximately halfway), enjoying spectacular views, and then returning to High Camp for a slightly easier, yet still awe-inspiring experience.

After a hearty breakfast, we begin our day as the first light of dawn bathes the towering peaks of Annapurna South, Himalchuli, and Machhapuchhre (Fishtail) in golden hues. The ascent over the next 2-3 hours is steep, but the views keep you captivated as you look down over the trail to Annapurna Base Camp and out to the high, snow-capped giants of the Himalayas.

Reaching the top, you are treated to a 360-degree panorama that feels like stepping into the heart of the Himalayas. Annapurna South (7,219m), Himalchuli, Glacier Dome (7,069m), Gangapurna (7,454m), Machhapuchhre, and the jagged summit of Mardi Himal (5,587m) stand proud against the sky. This breathtaking vista is an experience that will stay with you long after the trek.

This day offers not just spectacular views, but a deep connection with the mountains, their grandeur, and their rugged beauty. Whether you choose the full trek to base camp or a shorter trek to the viewpoint, it will surely be one of the highlights of your journey.

Day 07:: Trek from Low camp to Landruk(1500m/ 4920ft), 5-6 hrs- Lodge(B/L/D)

- **Starting Elevation:** Low Camp – 3,050m (10,006 ft)
- **Ending Elevation:** Landruk – 1,565m (5,135 ft)
- **Approx. Trekking Time:** 5 to 6 hours
- **Difficulty:** Moderate (mostly downhill with some uneven and forested sections)

After enjoying breakfast at **Low Camp**, we begin our descent toward Landruk, a scenic Gurung village nestled on the side of the Modi Khola valley. The trail drops steadily, winding through beautiful **rhododendron and oak forests**, offering occasional glimpses of **Machhapuchhre (Fishtail)** and **Annapurna South** as the landscape opens up.

We first retrace our steps through **Forest Camp**, then continue descending through quiet woodland paths. This part

of the trail is rich in biodiversity and birdsong, making for a peaceful and refreshing walk.

Eventually, the forest thins as we approach the lower hills. We pass through small settlements and terraced fields before arriving in **Landruk**, located at 1,565 meters. The village offers stunning views of the Annapurna Range, especially **Hiunchuli** and **Machhapuchhre**, and is known for its traditional Gurung culture and hospitality.

This section of the trek is less physically demanding compared to the higher elevations, but the consistent descent can be tough on the knees—trekking poles are helpful here.

Day 08:: Trek from Landruk to Ghandruk (6,365 feet / 1,940 m): 3-4 hours

- **Starting Elevation:** Landruk – 1,565m (5,135 ft)
- **Ending Elevation:** Ghandruk – 1,940m (6,365 ft)
- **Approx. Trekking Time:** 3 to 4 hours
- **Difficulty:** Moderate (short but includes a steep uphill section)

After a relaxed morning in the beautiful village of Landruk, we begin our trek toward **Ghandruk**, another iconic Gurung settlement in the Annapurna region. The trail initially descends steeply through terraced fields and stone steps to the Modi Khola (river), which flows from the Annapurna Base Camp.

After crossing the bridge over the Modi Khola, the trail begins a steady and sometimes steep uphill climb through forests and stone-paved switchbacks. This part can be a bit challenging but is well-maintained and shaded.

As we gain elevation, we begin to see stunning views of Annapurna South, Hiunchuli, and **Machhapuchhre (Fishtail)**. After **3 to 4 hours** of hiking, we reach Ghandruk, one of the largest and most culturally rich Gurung villages in the region.

Ghandruk offers magnificent mountain vistas, traditional houses, a Gurung museum, and a warm, welcoming atmosphere. It's a perfect place to explore local culture and enjoy a peaceful overnight stay with panoramic views.

Day 09:: Trek to Khimche & drive back to Pokhara by jeep(2 hrs & 1hours drive)- Hotel

Start your day with a delicious breakfast in **Ghandruk**, surrounded by the tranquil mountain views. Afterward, embark on a short, relaxing one-hour trek through charming villages and terraced rice fields, making your way toward **Khimche**. The trek provides a final opportunity to take in the natural beauty and local life of the Annapurna region.

Upon reaching Khimche, a private jeep will be waiting to take you on a scenic drive back to **Pokhara**, approximately a 2-hour journey. Along the way, enjoy the picturesque landscapes as you leave the mountains behind and head toward the serene lakeside city.

Upon arriving in **Pokhara**, you'll check into your comfortable hotel and have some time to freshen up. After lunch, we'll take you on a relaxing tour of Pokhara, visiting iconic spots such as **Devi's Fall** and the **International Mountain Museum**. You'll also enjoy a peaceful hour-long boat ride on **Phewa Lake**, with stunning mountain reflections and a serene atmosphere that's perfect for unwinding.

In the evening, explore the lively **Lakeside** area at your own pace. Whether you're in the mood for Nepali delicacies or international cuisine, there's no shortage of great dining options. Wrap up your day with a delightful meal, reflecting on the unforgettable experiences of your trek and your time in Nepal.

Day 10:: Drive to airport & Fly back to Kathmandu and Full day city Tour in Kathmandu.

After a satisfying buffet breakfast at your **luxury hotel**, you'll be transferred to Pokhara's domestic airport, just a quick 20-minute drive from your accommodation. From there, enjoy a scenic 25-minute flight back to Kathmandu, offering stunning aerial views of the mighty Himalayas and the verdant valleys below.

Upon your arrival in Kathmandu, you'll embark on a full-day guided tour of the city's most iconic and culturally significant sites. Your first stop is the sacred **Pashupatinath Temple**, one of the holiest Hindu temples in the world. Located along the Bagmati River, this **UNESCO World Heritage Site** is a hub of religious activity, where you can witness ancient rituals and the spiritual vibrancy that surrounds it.

Next, we'll visit **Boudhanath Stupa**, one of the largest and most revered Buddhist stupas in Nepal. This peaceful monument is central to Tibetan Buddhist practices and is surrounded by monasteries, offering a serene atmosphere for reflection. You'll also have the chance to enjoy lunch at a rooftop restaurant, where you can marvel at panoramic views of the stupa and surrounding areas.

After lunch, the tour continues to **Swayambhunath**, also known as the Monkey Temple. Perched on a hill, this ancient Buddhist site provides sweeping views of the Kathmandu Valley and is renowned for its tranquil environment and playful monkeys.

Lastly, explore **Kathmandu Durbar Square**, a historical heart of the city, home to grand temples, royal palaces, and vibrant markets. Wander through this UNESCO World Heritage Site and discover the deep cultural and historical significance it holds, once being the center of Nepalese kingship.

After your tour, return to **Thamel**, the lively tourist district. Take some time to wander the colorful streets, shop for unique souvenirs, or enjoy a delicious dinner at one of the many renowned restaurants. Your day ends with a restful night at your luxury hotel, where you can unwind and reflect on the remarkable experiences from your Annapurna Base Camp trek.

Day 11:: Transfer to international Airport & fly back to Home

After breakfast, our guide and office vehicle will be on standby at our hotel to transfer you to the airport for our connecting flight home.

Serving you was an incredible joy and pleasure, we at **Mountain Sherpa Trekking and Expeditions** will cherish the bonds of our relationship created over the time you spent with us, and we thank you for choosing us as your travel partner and for visiting this fantastic country Nepal. We are sure that trekking in this beautiful region of the Annapurna region [Mardi Himal trek] will give you lifetime memories of a vacation well enjoyed. Ciao friends! Till we meet again!!

Cost Includes

Transportation & Hotels As Detailed Below:

- Private Transport: Private car with guide for both pickup and drop-off and Comfortable private jeep from Pokhara to the trek starting point and from the trek ending point back to Pokhara.
- Kathmandu Stay: 2 nights in a premium 4- or 5-star hotel with daily breakfast (based on selected package).
- Flights: Round-trip Kathmandu–Pokhara–Kathmandu flights with airport transfers.
- Trek Accommodation: 7 nights in the best available mountain lodges, including 2 nights with attached bathrooms in Landruk & Ghandruk. Hot showers is included every day throughout the trek
- Pokhara Stay: 1 night in a premium 4- or 5-star hotel with daily breakfast (based on selected package)

Meals & Drinks Included As Follows:

- Three hygienic breakfasts in the city in Kathmandu & Pokhara are included as per the itinerary.
- Three meals per day—breakfast, lunch, and dinner—will be provided throughout the entire trek, there are no restrictions—you choose your meals directly from the lodge menu, ensuring you get exactly what you want,

every time.

- 5–6 cups of warm beverages, such as tea or hot lemon, will be provided daily to keep you cozy throughout your journey.
- A warm welcome dinner at a traditional Nepali restaurant with a cultural show.
- Safe drinking water (3–4 liters per day) and fresh fruit will be provided daily for your health and well-being.

Staff Wages, Insurance & All Permits Included

- We proudly offer the highest daily pay to our Sherpa guides and porters, and we fully cover their insurance—because taking care of our team is our top priority
- Annapurna Conservation entry permit fee and TIMS Card fees are included
- A full-day Kathmandu and half-day Pokhara city tour with a private guide and driver—an immersive experience to explore Nepal’s rich heritage and vibrant local life, all included in your package.
- Entrance fees to historic sites, temples, and monuments during the city tour are included.
- A one-hour boating experience on Fewa Lake is included to help you enjoy the very best of Pokhara

Experienced Sherpa Guides & Porters Included

- Our experienced, responsible, honest, and friendly Sherpa guides are the heart of your trekking journey—offering flexible support, ensuring your safety, and delivering an unforgettable experience from start to finish. A great guide is the key to making your trek truly exceptional.
- You'll be supported by hardworking, trustworthy porters (one porter for every two trekkers) who will carry your luggage and handle your belongings with the utmost care and honesty throughout the entire trek.
- All meals and lodging for your Sherpa guide and porter are fully covered throughout the entire trek—no extra fees, no hidden costs

Complimentary Gear & Equipment

- Complimentary T-shirt, company cap, reusable water bottle for boiled water (very useful in the mountains), and a highly recommended walking pole will be provided.
- High-quality sleeping bags and down jackets will be provided if you don’t have your own, and can be returned after use.
- You’ll receive a complimentary waterproof duffel bag (worth US\$25) to keep, along with a detailed trek map and access to a group medical kit for added safety.
- Pulse oximeter for oxygen saturation as well as heart rates

Value Added Service (VAS) By MSTE

- One hour of free special Ayurvedic massage will be provided at the end of the trek.
 - We offer free storage service for any extra luggage and provide assistance in obtaining a SIM card, as well as renting or buying necessary gears.
 - We offer a complimentary Local Market Guiding Service for our valued clients interested in purchasing souvenirs at both wholesale and local prices.
 - We assist with lost or delayed luggage and offer international flight ticket reconfirmation when needed—stress-free travel, always.
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WHAT'S NOT INCLUDED

- International Airfare and Nepal Visa fee
- Travel insurance for emergency rescue and trip Cancellation
- Gratitude for Guide & Porter after end of trek
- Unforeseen Cost such as Flight Delayed/cancellation

Extra Small Bills

- Phone, internet & Battery Charges bills on trek
- Lunch & Dinner in City (approximately \$ 5-10 Per Meal)
- Any cold or Alcoholic Drinks and desserts in Trek after meal

Vital Information

Visa Info

Visa on Arrival:

A tourist visa can be obtained on arrival at Tribhuvan International Airport, Kathmandu. The current fee for a multiple-entry visa valid for **15 days is USD \$30**. A multiple-entry visa valid for **30 days is USD \$50**. All fees are subject to change without notice and must be paid in cash in U.S. dollars. Carrying two passport-size photos is also recommended.

'On Arrival' visa procedure is very quick and simple. You can expect some queues during peak Tourist season. If you wish to skip those queues, you can also consider getting Visa from Nepalese Diplomatic Missions stationed abroad prior to your arrival. Choice is yours.

Once you arrive at the airport, please follow these simple procedures for Tourist Visa on Arrival.

1st Step

Fill in ' Arrival Card '

Fill in Online [Tourist Visa form](#) (you can fill it up prior to your arrival visiting official website of Department of Immigration / fill it up using Kiosk machines upon your arrival at the airport). If you fill it from the website, you will get submission Receipt with barcode, please print it out and bring it along for acquiring visa. It works for fifteen days and becomes invalid then after. If so, you will have to fill it up again.

2nd Step

Make payment at the bank according to your visa requirement (15/30/90 Days) Get the receipt

While you can use different modes of payments (at visa fees collection counter), we advise you to carry some cash to be on the safe side.

3rd Step

Proceed to the Immigration Desk with your online form, payment receipts and your passport. Hand in your documents to immigration officer for visa processing. He/she issues visa to you upon his/her satisfaction.

On Arrival Visa Fee

15 Days – 30 USD

30 Days – 50 USD

90 Days – 125 USD

CASH & CREDIT CARDS:

Nepal: Cash transactions can generally be made in either U.S. dollars or local currency. U.S. dollars should be recently issued bills in smaller denominations. Major credit cards are accepted mainly in the larger shops, hotels and tourist category restaurants. Access to ATM machines is available in bigger city like Kathmandu & Pokhara but limited in rural areas.

Food & Water

What Kind of Food I can expect during Trek?

Morning Breakfast between 7:00-8:00 AM

1. Tea or Coffee, Hot chocolate, lemon tea, hot milk or green tea
2. Eggs items- Fried Eggs, Boiled Eggs, scramble eggs, Omelet,
3. Bread items- Toast, Pancakes, Chapati & Tibetan Bread
4. Porridge with Honey

Afternoon Lunch between 12:30 – 1:00 PM

- Nepal Dal Bhat, Curry with Rice, Pasta or Noodles item,
- Fried rice, fried Potatoes, Mo.Mo

Evening Dinner between 6:00-8:30 PM

1. Garlic Soup local Stew, vegetable Soup, mixed Soup, Potato Shop
2. Dal Bhat Tarkari – a soup of lentils with rice and a vegetable curry
3. Fried potatoes with veg, MO. MO, fried Noodles, Pasta, mash potatoes with Cheese, etc

Drinking-Water during Mardi Himal Trek

For many of us, the perfect choice may be to go for mineral water. After all, it's sealed and safe to drink, plus it provides an income for the local traders – right? Regrettably, things are never quite that simple. Mineral water produces a vast number of knock-on problems for mountain societies.

While it does provide an income to local people it also generates an extraordinary, heart-breaking amount of waste and spoiling. Most places simply do not have the resources to do anything with the empty plastic bottles – and they burn them, releasing toxic gases into the air, or leave them in piles just out of sight of travelers, where they take more than 450 years to decompose.

Take, for example, Mardi Himal Trek. The recommended amount of water intake on a high-altitude trek like this is 3-4 liters a day. The trek is 7 days long. That's more than approximately 21 liter and 21 plastic bottles, which won't decompose until the year 2466 – per person.

For a full MST group of 12 people, just one trip will result in more than 252 mineral water bottles. And the salt in the wound is that plastic doesn't decompose at high altitudes, so those 360 or more bottles will be up there forever. But what can you do? You have to drink, so how can you get around the problem?

The Alternatives: The great news is that there are really various options that will help you out of the bottled water trap. Here are just four of the best. All you have to do is pick which one is right for you.

Striped- Steripen is the most trusted model on the market. This technique uses exactly the same process as most mineral water undergoes before it is bottled. It's UV filtering, exactly the same treatment as the majority of bottled water undergoes to be purified, but on the go. The technology has been around for much longer than you think, but it's only recently been competitively priced enough to be on the market. SteriPen is an American company; other UV filters are also available.

Boiled water– This isn't always an option if you're out and about, but boiled water is an excellent option for safe drinking water on trek. Boiling the water kills any nastiness lurking there. It is the safest and most convenient option. Most lodges serve it, and it is great to ward off the cold. Prices range anywhere between NPR 50 and 120 per liter. [This means the cost of drinking water will be around \\$25-\\$30 for 7 days ABC trek. Please](#)

note that 3-4 liters of fully boiled drinkable water are provided daily. Book our all-inclusive [Mardi Himal trek package](#) for safe and hassle-free service. There is no hidden cost.

Purification tablets– Water refining tablets or chemicals like chlorine dioxide are frequently used. They are easy to carry and cheap to buy. However, they are not as effective as UV filters or boiled water and need a few hours to act. Besides these, LifeStraw and iodine-based treatments are also available but have their drawbacks. Read more about Water Safety in Nepal and Diarrhoea [here](#).

Transportation

Airport Pickup by Private Vehicle:

We always provide timely airport pickup service, which is most important for hassle-free travel. Your guide & driver will meet you at the arrivals hall after you pick up your luggage and head to the exit. (Provide us with your correct international flight details). Please meet our Guide and driver who will be waiting outside the Kathmandu international airport terminal. Our Guide will be holding a welcome banner with your name and our company name Mountain Sherpa Trekking & Expedition at the Kathmandu international airport. They will take you to your hotel in a vehicle arranged by us. By booking your trip with us, you get a safe and comfortable ride without stress and inconvenience.

Kathmandu-Pokhara-Kathmandu Flight:

Our Mardi Himal trek includes both way scenic flights from Kathmandu-Pokhara and Pokhara-Kathmandu. Pokhara may not seem far from Nepal's capital city Kathmandu (the cities are only 126 miles / 204 km apart), but the Nepali landscape and road quality make for a very long drive. That's why we recommend our clients opt to fly instead of a long drive.

Flying is by far the fastest and most comfortable way of traveling between Kathmandu and Pokhara and is highly suggested if you're short on time and looking for a comfortable journey. There are several flights scheduled each day from the domestic terminal of Tribhuvan Airport and take only around 25 minutes. It's a very scenic flight, particularly if you sit on the right-hand side of the plane, so you can see the Himalayas. When flying, you're likely to arrive feeling enthusiastic and with plenty of time for activities the same day, which can't really be said if you make the trip overland.

Naturally Pokhara. The charming city has numerous beautiful lakes and offers stunning panoramic views of the Fishtail Mountain flanked by the Majestic Himalayas. Pokhara is an amazing place for natural beauty at an altitude of 827 meters from sea level and 200 km west of Kathmandu. It is also one of the most popular tourist destinations in the country.

The Dhaulagiri, Annapurna, and Manaslu ranges, each with peaks over 8,000 m, can be seen from Pokhara and there are lakes, caves, and impressive falls (Patale Chhango or Devi's Fall) where the water from the Phewa Lake thunders into a hole and disappears. These are some of the Pokhara's heritage sites as well

As there are many lakes in this beautiful city, Pokhara is also known as the "City of Lakes". Phewa Lake, Begnas Lake, and Rupa Lake are the most visited lakes of Pokhara. While at Pokhara, you can visit World Peace Pagoda, Sarangkot, Davi's fall, Mahendra Cave, and museums. These places will surely help you to reveal a lot about Pokhara.

Pokhara to Kande By Private Transfer

We meet our Sherpa crew at Pokhara Airport then you will transfer to Kande by Private Car. Which is approximately a 45-minute drive from Pokhara, from where we'll begin the first steps of our trek. From Pokhara, we travel by a private vehicle northwest along the Baglung Rajmarg Road.

Although most of the trekkers began from Phedi, we highly advise you to drive up to Kade and start your first-day trek because the trekking route from Kande- Australian Camp to Deurali offers a spectacular view of Annapurna Range including Annapurna South, Machhapuchhre (Fishtail), Annapurna II and IV and Lamjung Himal.

Kimche to Pokhara by Private Jeep

We end our trek in the lower Modi Khola at Kimche. From here you will transfer back to Pokhara by private vehicle. It takes approx. 1-2 hours by private vehicle. We will arrive in Pokhara by late afternoon. **The vehicles being used by mountain Sherpa Trekking during the tour will be fully sanitized before use.**

Packing List

Packing List Mardi Himal Trek

The following checklist should help you with your packing. As a general rule, you should always try to keep the weight of your equipment to a minimum. The packed weight of your kit bag while trekking should be no more than 15 KG/33Lbs. Please note that this gear list is only a guide. Those are basic to bring the listed items, but you can decide from your desired brands using your expertise. Plus, you can shop the trekking gear and clothing at a good price at stores in Thamel, Kathmandu.

YOU MUST BRING THE FOLLOWING ITEMS:

Upper Body - Head / Ears / Eyes

1. Sun hat
2. Headlamp with Fresh Batteries
3. Wool or synthetic hat that covers the ears
4. Sunglasses with UV protection

5. Neck gaiter or bandana (for sun protection)
6. Face Masks
7. Sun protection (including total bloc for lips, nose etc.)

Hand

1. Fleece/Wool Gloves

Core Body

1. Base layer shirts
2. Moisture-wicking long-sleeve t-shirts (1)
3. Moisture-wicking short-sleeve t-shirt (optional)
4. Fleece jacket or warm windproof jacket with hood
5. Synthetic sports bras (for women)
6. Underwear (3-4 pairs)
7. Sleeping bag (comfort rated)

Lower Body – Legs

1. Hiking Pants (Convertible, Quick-Dry, Lightweight) 1-2
2. Warm hiking pants with waterproof Windproof and breathable
3. Rain Pants (Lightweight, Waterproof, Breathable)- optional
4. Long underwear

Feet

1. Hiking boots with ankle support recommend
2. Camp shoes or tennis shoes for lodge
3. Hiking Socks (Synthetic or Wool) 2-3 pairs recommended

Food & Snacks

- Snacks (combine protein & carbs for well-balanced energy)

- Thermos (optional for hot beverages)

Toiletries

1. Sunscreen, Lip balm with sunscreen
2. Toilet Paper
3. Soap
4. Deodorant
5. Toothbrush/toothpaste
6. Razor (as needed)
7. Shampoo
8. Wet wipes
9. Hand sanitizer
10. Feminine hygiene products (as needed)
11. Face lotion
12. Hairbrush
13. Hair ties

Other necessary important items:

- Passport and extra passport size photos (2-4 copies)
- Visa (these are easy to attain when you land in Kathmandu—bring \$30 (15 Days) or \$50 (30 Days) USD for Visa Application)
- Money (\$200-300 cash is suggested—while there are occasional ATMs on the trail, they are almost always out of order)
- Travel insurance- most recommended
- Airline tickets (Please make a copy and leave one at our office in KTM just in case if you need to change the date of yours)
- Durable wallet/pouch for travel documents, money & passport
- Water bottles 1 Liter x 2 (we encourage re-filling water bottles rather than single-use plastic)
- Water purification Iodine tablets
- Toilet paper (you can buy this in the lodges)

- Travel towel
- Small padlock (to lock your kit bag)
- Antibacterial handwash

Additional Supplies

1. Portable solar charger/power bank
2. Book
3. Journal/pen
4. Playing cards

Basic First Aid Kit including antiseptic cream, throat lozenges, diarrhea treatment (Imodium), altitude (Diamox), painkillers, plasters and blister treatment, insect repellent, and re-hydration salts (Dioralite). Glucose tablets and multi-vitamin tablets are also a good idea

THE FOLLOWING ITEMS ARE OPTIONAL:

1. Trekking poles – if you don't have poles, We can provide you complimentary trekking.
2. Sleeping bag liner
3. Pillowcase, Scarf, or buff
4. Swimwear (for the hotel pool in Kathmandu)
5. Earplugs (particularly if you are not the one snoring)
6. Travel clothes
7. Camera
8. Pen-knife (remember to pack sharp objects in hold baggage)
9. Repair kit – (eg. needle, thread, duct tape)
10. Reusable cloth bag for shopping (to avoid plastic bags)

Note:

The Nepalese are still traditional and conservative in the way they dress. Hence to avoid discomfiture on both sides we advise that you respect this and do not wear revealing clothing or sleeveless tops while visiting Nepal. Shorts are acceptable, but they should reach just above the knee and be modest and for women, it is better to wear trousers or a long skirt.

Additional info:

As you pack for [Mardi Himal Trek](#) remember that your gear will be separated into two packs: your daypack that you will carry each day as you trek, and your duffel bag which will be carried between tea houses by porters. All extra baggage (non- trekking items) can be stored at the hotel before you start your trek. We provide you with a free duffel bag in Kathmandu. You can use it to pack your essential trekking equipment. We provide one-porter services for two people. Porters will carry up to 25 kg - 30 Kg or 55-66 pounds of your personal items. This must include your sleeping bag and down jackets. Therefore your duffel bag should not weigh more than 12 kg-15 kg or 26 pounds to 33 pounds.

INSIDE YOUR DAYPACKS:

Daypacks can be any size for hiking, but we always recommend the smaller, the better. Around the 25l to 30l size is good for the Mardi trek. You need to carry your own backpack (with waterproof cover) where you can carry your daily needed items in your own backpack. For instance: Water bottle, Extra money for drinks, souvenirs & tips, sunhat, camera, important documents, toiletries, sunscreen, hand sanitizer, rain gear, music (iPhone), etc.

If you don't have your own down jacket & sleeping bag, don't worry. We will provide you with 4 season sleeping bags and a good down jacket with a hood for complementary use. Good quality sleeping bag and down jacket are most important for high altitude trek.