Mardi Himal Yoga Trek

Duration: 12 Days 11 Night | Location: Nepal



Trip at a glance

Category: Trekking in Nepal

Location: Nepal

Duration: 12 Days 11 Night

Difficulty: 8/10

Trip Style: Trekking & Hiking

Best Time: March to May & September to November

Transportation: Flight/Tourist Bus/Car/Van

Meal: Breakfast, Lunch, and Dinner

Group: Min 1 Pax and Max 20 Pax PAX

Summary

Mardi Himal Yoga Trek/Mardi Himal Yoga trek is new most popular in Annapurna region/opened in 2012.exciting route for travelers to explore in the Himalayas/

Overview

Trip Introduction

Mardi Himal Yoga trek is Western of the Kaski District. Mardi Himal Yoga trek is an as new most popular trekking destination in Annapurna region, opened in 2012. It is absolutely an exciting route for travelers to explore in the Himalayas, offering an amazing view point of Dhaulagiri, Machhapuchhre (Fishtail), Manaslu and Annapurna range the trails lead us through the typical Gurung and Magar traditional villages, spectacular views, lush forests, breathtaking scenery and dramatic landscape view with wide range of snow-capped on the high region.

The Yoga course on this itinerary intends to make you familiar with basic yoga postures and the required theoretical knowledge. You can practice on your own once you follow it under the guidance of an expert teacher. Please note that Yoga is practiced early morning as we hike further up than we would see an even closer view of Himalayas and snow capped with dramatic landscape, a great trail will be leading us continually upwards in our destination of the trek, we would walk every day 4/6 hours on average, a journey goes passing through the breathtaking places like Koker 2550m, Lo Camp 3050m and High camp 3900m with Rhododendron forest. Annapurna Base Camp Trek

We provide this Yoga course for the first three mornings in Kathmandu , during which we offer short sightseeing tours of Kathmandu in the afternoon. After that you will relax in beautiful lake town of Pokhara for a couple of days , join a scenic two day hike. A wonderful trekking destination provides massive Mountains View of including Annapurna, Machhapuchre, Hiunchuli and Mardi Himal. And thrill landscape.We would be customizing your trip itinerary according to your time and budget. Please contact us for the details information regarding the suitable more trip in Nepal. Annapurna base camp 7 days trek, Annapurna Circuit Trek.

Day by day itinerary

Trip Itinerary

Day 01: Arrival to Kathmandu [1,330 m]: A representative Mega Mount Trekking Nepal will be waiting outside the airport according to your flight schedule to transfer you to the hotel. A short briefing will be done about the trip once you have checked in. If you have any queries always feel free to ask us. Overnight stay at Hotel (Car).

Day 02: Drive To Pokhara [930 m] about 7 hours- (B): After breakfast at the Hotel we begin our drive towards Nepal's lake city, Pokhara. The drive will take about 6-7 hours where we follow meandering road over the valley. We then drive along the Trishuli River followed by another river, MArshyangdi River after we cross the half way. Crossing many local settlements we reach Pokhara normally in the afternoon. The rest of the day is at leisure after you have checked in. Overnight stay at Hotel Peninsula or Similar.

Day 03: Drive to Phedi and trek to Deurali (2190m/6,722ft) – Trek to Pothana [1,750 m] – (B/L/D): This is the first day of our Mardi Himal Base Camp Trek. We will begin our day with a drive to Hyangja, from where we set on a trail towards Dhampus where we will be spending our first night in the mountain. Trekking on a gentle path we climb the ridge above the Yangri Khola valley and trek through fields and houses of local people which offers great trekking experiences. The glimpse of Annapurna Himalayan Range is just breathtaking from Dhampus. 30 Minute drive then 04-05 hrs Trek. (Tea House).

Day 04: Pothana Trek To Forest Camp [2,550 m] – (B/L/D): Early in the morning the rising sun brings an extraordinary views of Snowcapped mountains. We can witness sunrise over Annapurna I, Machhapuchre (Fish Tail), Annapurna South, Hiunchuli, and many more peaks. We then leave towards Forest Camp on comparatively less trekked trek leaving the crowd behind. The trail is one of the lately discovered trekking trail in the Nepal's Himalayas which is still able to escape the crowd of trekkers. We trek through captivated forest od Rhododendron, maple, mountain oak and daphnia. We will have overnight stay in forest camp. 04-05 hrs Trek. (Tea House).

Day 05: Forest Camp To Low Camp [3,400 m] – (B/L/D): After your breakfast we will continue our trek towards the Low Camp. The flora will change the more we climb higher and the rhododendron forests will now be less as mosses and lichen will take over the nature on today's trail. The view of Annapurna South and Hiunchuli is just imposing. We will reach Low Camp in the afternoon where we will be spending the night. Though still surrounded by forest, we have spectacular northerly views of the ever-closer 'Fishtail'. 04-05 hrs Trek. Tea House.

Day 06: Low Camp To High Camp [4,100 m] – (B/L/D): The first part of the day is a short, steep climb which takes us out of the forest followed by a grassy (sometimes snowy) trail that leads us to High Camp where we will reach for our lunch.This is also acclimatizing day as we will be at altitude of 4,100 m above sea level. Great views of the Himalayas are always with us throughout the day. 04-05 hrs Trek. Tea House.

Day 07: Excursion to Mardi Himal Base Camp [4,500 m] – (B/L/D): Today is the highlight of the trek. We will wake early to catch the sunrise over the Himalayas which turn snow into gold with the first rays of the sun. After breakfast we will hike up to Mardi Himal Base Camp. The trail is mostly covered with grass where some of the parts are steep. We will pass numbers of herder's herd on our way to Base Camp as during summer sheep and goats are brought up to graze from lower villages. After 2- 3 hours we will be at base Camp from where we will have panoramic view of Annapurna Himalaya range including the south face of mighty Annapurna. Return back to high Camp after spending sometime at the Mardi Base Camp. 07-08 hrs Trek. Tea House. (If weather conditions require it, we shall descend through High Camp to trek on down to a re-established Low Camp to spend the night there.)

Day 08: High Camp to Siding Village [1750 m] – (B/L/D): Today we will retrace our footsteps and head towards Siding descending 2,750m in altitude. We take a different route to return back. The trail today is mostly downhill leaving the grassy highland behind and entering into the dense forests once again. We make our way along the banks of the Mardi Khola from the hill-side village of Siding, down through the lovely fields, past the simple farms and over the interesting bridges. (06-07 hrs Trek. Tea House).

Day 09: Siding Village To Luwang village [1500 m] – (B/L/D): After your breakfast with magnificient view of Machhapuchre/ Fishtail (6,993m) we head in the direction of Luwang village where we will be staying at a Home Stay with a local family experiencing their lifestyle. The trail today is a wide motor able road at the beginning followed by a trek inside the dense forests and terraced fields. In the evening we hike up to Luwang Tea Garden and return back to Luwang village for overnight stay. Overnight stay at home stay. (05-06 hrs Trek. Tea House).

Day 10: Luwang village Trek to Kande and drive to Pokhara [930 m] – (B/L): After breakfast at Luwang we start our trekking to Hyangja passing through Khormukh. We descend down to Khormukh from where the trail is much wider till Hyangja from where we drive to Pokhara. (Trek 03-04 Hrs and drive 30).

Day 11: Pokhara to Kathmandu by Tourist Bus [1,330 m] – (B): After breakfast in Pokhara, we have a mountain flight to Kathmandu; it is a thrilling exciting flight over forests, fields and villages with the Himalayas at the background. On arrival, we transfer to the hotel. The remainder of the day is at leisure. Overnight stay at Hotel. (Car+Flight+Car).

Day 12: Fly back home [1,330 m] – (B): A representative from Mega Mount trekking Nepal will drop you to the airport according to your flight time. Return back home with memories that last lifetime. "NAMASTE!" Day 04: Trek to Lo-Camp (3035meter). about 5/6 hours walk, overnight at lodge.

Package: Standard Package

Contact for pricing

Pricing depends on dates and group size. Contact us for a quote.

Inclusions

- All the airport and hotel transfer as per the itinerary.
- Meals on the full-board basis (Breakfast, Lunch, and Dinner/ the main course) during the trek in the mountain.
- A highly experienced and knowledgeable English speaking guide and 1porter for 2 trekkers to help the

backpack.

- All Food, Accommodation, Insurance, and transportation for the porter and your guide.
- Annapurna conservation area permit.
- TIMS card (Trekking Information Management System).
- 2-night accommodation in Pokhara with breakfast.
- Tea house lodge during the trek.
- Arranged an emergency helicopter services (paid by your travel insurance).
- Exclusives First aids box.
- All Government and local taxes.
- Kathmandu-Pokhara-Kathmandu by tourist bus.
- Assistant guide group size of more than 4 people in a group.
- Appreciation of certificate after the successful trek.

Exclusions

- Nepal entry visa fee (you may easily issue the visa on arrival at Tribhuwan International Airport – Kathmandu). $25 USD for 15 days Visa.
- Extra accommodation and meals behind schedule.
- Extra drinks as alcoholic & non-alcoholic.
- Surplus luggage charges for the domestic airport.
- Additional cost by out of management control due to the landscape, weather condition, illness, change of government policies, strikes, and physical condition etc.
- Personal expense such as snacks, laundry, telephone, wife, hot shower etc.
- Travel insurance.
- Tips for guide and porter

Gear checklist

Equipments List

EQUIPMENT LIST

Nepal Trekking Equipment List

This piece info is creating data on consumer goods and equipment needs, For those that would love an extra detailed discussion for equipment for Nepalese Himalayan Trek.

The following equipment list is required for Nepal Trekking and climbing and a list, you have to have suggested equipment just have with you, however, that you just might have your own personal first choice equipment which can be equally as appropriate

Footwear

- Walking boots with suitable ankle support that have been worn-in prior to the trek, and which are waterproof.
- Trainer or casual shoes, for trekking and/or for travelling.
- Warm socks for colder areas.
- Gaiters, in case of rain or snow

Legwear

- Loose, casual trousers for trekking.
- Thermal leggings for colder areas.
- Long skirt for women as an alternative to trousers.
- Waterproof trousers

Body

- Selection of T-shirts, and long sleeved shirts, preferably not cotton.
- Thermal shirt for colder areas.

- Warm shirt, possibly fleeces, for colder areas.
- Fleece jacket or warm wool jumper.
- Windproof, waterproof outer shell garment for higher altitudes.
- Down jacket (optional for cold nights & mornings; can be hired in Kathmandu cheaply)

Head/Hands

- Wool or fleece hat, or balaclava.
- Hat or cap for sun protection while trekking.
- Sunglasses or goggles.
- Warm gloves

Other items

- Strong rucksack or large hold all to be carried by porters.
- Daysack to be carried personally.
- Plastic bags or stuff sacks to store/separate trekking gear inside your main bag.
- One litre water bottle.
- Personal first aid kit to include essential items.
- Sleeping bag, 4 seasons.
- Torch, ideally head torch.
- Digital Camera and spare battery and battery charger! – For those not to be forgotten shots of the Himalaya.
- Toilet items and towel.
- Large handkerchief/bandana for neck

Optional items

- Binoculars

- Books (see Recommended Reading)
- Altimeter
- Compass
- Playing cards / backgammon / chess set

Recommended Mountaineering Kit

In addition to the items mentioned above for trekking, the following is a list of the additional specialist items which are required for the trekking peaks.

Plastic or leather mountaineering boots, with gaiters and crampons that have been tested for a good fit.

Peak Climbing

- fleece trousers
- Additional mitts and gloves suitable for climbing
- Ice axe, and ski poles (note – ice axe can be hired in Kathmandu)
- Climbing harness
- 2 x tape slings
- 2 x screw gate karabiners
- Descended/abseil device
- Ascender

Trip notes

Trip Highlights

Trip Duration: 9 days.

Max Altitude: 4500 m.

Trip Grade: Medium.

Lodging: Lodge (Tea house).

Meals: Breakfast, Lunch, and Dinner.

Transportation: Flight/Tourist Bus/Car/Van.

Group Size: Min 1 Pax and Max 20 Pax PAX.

Best Season: March to May & September to November.

Per Day Walk: 4-7 Hours.

Departure

Departure

Review

Trip gallery



Mardi Himal Yoga Trek - photo 1



Mardi Himal Yoga Trek - photo 2



Mardi Himal Yoga Trek - photo 3

Plan your journey with our team

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