

NEPAL

Mardi Himal Trek- 11 Days

Namaste and Warm Greetings from Ama Adventure - Nepal!

Please note that this itinerary is customizable and can be adjusted to meet all your requirements. If you have any questions or concerns, please do not hesitate to contact us.

Team Ama Adventure



Explore the Mardi Himal Base Camp and discover the Annapurna range in its quiet, unspoiled beauty, away from the crowds.

Our Team

Extraordinary feats require extraordinary skills and preparation, and the safety and well-being of our expedition members are our principal concern. When you join our accomplished teams at Ama Adventure, managed by a female team, you are in the most skillful and qualified hands in the mountains. Our real-world experience makes a crucial difference between a successful summit and an attempted one.

Our Values

Ama Adventure has been managed by a female team with combined mountaineering experience since 2009. All our personnel are from the Mountain regions of Nepal, and their care and safety are as important to us as our clients. We do not cut costs but offer competitive rates that do not compromise the safety of the members of the expedition.

We prioritize empowering women and practicing responsible tourism. We do not cater to mass tourism and take pride in the expeditions we commit to each year. We are unwavering in our obligations to provide our clients with a safe, comfortable, and experiential adventure.



Overview

Mardi Himal is located in the northern part of Pokhara valley in the Annapurna Conservation Area. It is a newly open trekking trail, is peaceful, relatively easy with a sense view and an incredible natural setting. The Mardi Himal trekking is the ideal destination for trek on the off beaten path trail in side the wooden land. This trek is based on the lower elevations but will take you over that take you over 4,000m in short period of time. While exploring this region, pass the verdant forest, colorful villages, rolling hills, rice paddies along with splendid views of Annapurna, Lamjung and Dhaulagiri.

Even though this trek is short, it creates a small circle up to the Mardi Himal Base Camp where you do not have to follow the same trail to return back. The classical Mardi Himal trek is the great to experiences

the authenticity of local food, observe the wild life, mountain landscapes and avoid the crowded trail. Explore the amazing Mardi Himal region to experience the magnificent Himalayan range, biodiversity, varieties of flora/ fauna on this off beaten trail.

If you're planning to explore mountain with colorful culture, Mardi Himal Trek is up to your bucket list.

Trip Overview

Country - Nepal

Trip Duration -11 Days

Trip Grade - Moderate

Highest Altitude - 4,500 m/14,763 ft

Best Season - All year round

Accommodation - Hotel & Tea House

Start/ End Point- Kathmandu

Meals - Included

Price - USD 1140



Trip Highlights

- Exploring UNESCO World Heritage Sites in Kathmandu Valley.

- Discover diverse subtropical forest and varieties of flora and fauna
- Reach to the Mardi Himal Base Camp (4500 m) within a short duration
- Experience authentic Tea House trek
- Majestic mountains view and amazing rolling hills
- Exploring the city of Lake, “Pokhara”

Itinerary

Day 1: Kathmandu (1,300 m/4,264 ft)

Day 2: Kathmandu to Pokhara (8,84 m/2,900 ft) by drive: 7-8 hrs

Day 3: Pokhara to Deurali (2,100 m/6,720 ft): 30 m Drive, 4-5 hrs Trek

Day 4: Deurali to Forest Camp (2,520 m/8,267 ft): 6-7 hrs

Day 5: Forest Camp to Low Camp (2,970 m/9,504 ft): 5-6 hrs

Day 6: Low Camp to High Camp (3,540 m/11,328 ft): 3-4 hrs

Day 7: High Camp to Mardi Himal Base Camp, Return to Badal Danda (4250 m/13,600 ft): 6-7 hrs

Day 8: Badal Danda to Siding (1,750 m/5,024 ft): 6-7 hrs

Day 9: Siding to Pokhara (884 m/2900 ft): 2 hrs by Drive

Day 10: Pokhara to Kathmandu by drive 7-8 hrs

Day 11: Departure

Meals

Throughout our trek, you'll savor authentic Nepalese dishes alongside international cuisines such as Tibetan, Continental, Italian, and Indian. Breakfast and dinner will be served at the tea houses or lodge menus where we stay overnight, while lunches will be provided en route to our next destination. During the trek, all meals are included. In Kathmandu, breakfast is provided, and special welcome and farewell dinners will be arranged for our guests.

Lodging

We'll be accommodated at Standard Hotel in Kathmandu, and the best available teahouses during our trek. Accommodations are based on twin sharing. For those requesting a single room, there will be an additional cost of USD 150. While we aim for rooms with attached washrooms, please note that some tea houses may only have shared washing and toilet facilities. Single rooms are readily available in Kathmandu, Pokhara, and lower-elevation trekking areas, but availability might be limited at higher elevations.

Dates & Prices

We ensure departures on all published dates. If these dates don't align with your plans, we're happy to assist in setting a customized date. Whether you're a solo traveler, a couple, a family, or a group seeking private trips, you can tailor-make your adventure. Reach out to us for pricing details or any other queries.

Nepal Visa Information

All foreigners require a visa for entry into Nepal (except Indian nationals). It is your responsibility to obtain an entry visa. Visas can be obtained from the Nepalese embassy prior to travel or on arrival at Tribhuvan International Airport in Kathmandu and various international border crossings between Nepal and its neighbors. To make the visa process easier, have a passport-sized photograph for immigration and the correct USD cash - please bring this in your hand luggage. In addition, trips in Nepal require photos for various permits. Please bring a total of 3 passport-sized photographs.

Multiple entry 15 days US\$ 25 or equivalent convertible currency. Multiple entries 30 days US\$ 40 or equivalent convertible currency. Multiple entries 90 days US\$ 100 or equivalent convertible currency.

The visa fee must be paid in cash. (This is payable in any major currency but not traveler's cheques) and you must have passport photos to purchase a Nepal visa on arrival at Kathmandu airport or at any Nepal entry point.

If you plan to obtain your visa in your country, you can download the application form from the website at: www.nepalimmigration.gov.np

Trekking Temperature

The day temperatures will be about 16° Celsius. At night and early in the morning it can become quite cold, with temperatures that vary from 0° to 1° Celsius.

However, depending on the weather, the temperature can drop to -5° Celsius, so you should be prepared to dress appropriately.

Physical Conditioning and Safety Tips

This trek is 5-6 hours a day. Some days we may have to walk for 9- 10 hours. Walking at a higher altitude is physically more demanding than walking at a lower altitude; However, if you are in good shape and of average physical shape, with a positive attitude towards life and firm determination, you can complete the trek successfully.

Regular exercise and jogging is a good way to increase strength and stability. For the trek, you need to pack essential personal items, which can vary based on your preferences. Preparing for the cold weather in the Himalayas is crucial, so bring sufficient warm clothing.

During a supported trek, porters will carry heavy items, while you are responsible for carrying daily necessities like water bottles, rain gear, a camera, sun cream, and toilet paper.

Remember to pack your belongings in two separate bags for the trek. You can leave non-trek items at the hotel in Kathmandu or Pokhara and retrieve them after completing the trek. This way, you can travel light and focus on the journey ahead.

Price Includes

Accommodation

- 2 nights in a 4-star hotel in Kathmandu on a twin/double-sharing basis with breakfast
- 8 nights in guesthouses during the trek (twin-sharing), with attached bathrooms in Lukla

Meals & Drinking Water

- Breakfast, Lunch, and Dinner during the trek
- One hot drink per meal and seasonal fruits
- Farewell dinner on the final night in Nepal
- Purified drinking water throughout the trek (via water filter or purification tablets)

Transportation

- All private ground vehicle
- One-way flight between Kathmandu to Pokhara

Guide & Support Staff

- Licensed, experienced, English-speaking trekking guide (2 guides for groups of 8 or more)
- Porter support (1 porter per 2 trekkers)
- All staff's wages, accommodation, meals, insurance, gear, and medication

Permits & Entry Fees

- Annapurna Conservation Area Project (ACAP) permit
- TIMS (Trekkers' Information Management System) card

Health & Safety

- Comprehensive first aid kit
- Daily health checks with a pulse oximeter to monitor altitude-related symptoms

Extras & Souvenirs

- Trekking map, duffle/kit bag, sun hat, Buff (neck gaiter), and a trip completion certificate

Administrative

- All government taxes and administrative fees

Price Does Not Include

- ✗ Meals in Kathmandu – Lunch and dinner while in Kathmandu
- ✗ International airfare and airport departure tax
- ✗ Travel insurance – Must include high-altitude emergency evacuation coverage
- ✗ Alcoholic beverages, cold drinks, and bottled juices
- ✗ Tips – For trekking staff and drivers (at your discretion)

- ✗ Personal trekking gear and equipment
- ✗ Single room supplement – Available on request at an extra cost
- ✗ Any expenses not mentioned in the Price Includes section
- ✗ Nepal Entry Visa

Trip Departure

We book solo and group to make your holiday lifetime memorable with people from all over the world. As far as your trip has been confirmed we guarantee for all group departures dates even if there is only a single person sign for trekking. We want to be noted that before departure we always confirm how many members are recently in your group before final sign up.

Difficulty Level

This trek is suitable for individuals with above-average physical fitness. There is no need for special technical skills, making it accessible to beginners and hikers. However, the trek does reach high altitudes and requires a significant level of physical exertion. Despite hiking for 5 to 10 hours a day, you will gain substantial elevation.



Packing List

Below is a suggested packing list to help you prepare for the Mardi Himal Trek. This is a general guide-you may need extra warm layers depending on the season. Ama Adventure provides each trekker

with a 75-liter duffel bag, handed over at the pre-trip briefing in Kathmandu. The duffel bag is yours to keep. Sleeping bags and down jackets are available to rent in Kathmandu for USD 35 each.

General

- ✓ Four-season sleeping bag (rated to 0°C or lower)
 - Rental available: USD 35
- ✓ Sleeping bag liner
- ✓ Insulated down jacket
 - Rental available: USD 35
- ✓ Daypack (35-45 liters recommended) with rain cover

Upper Body Essentials

- ✓ Sun hat or cap
 - Complimentary Ama Adventure cap included
- ✓ Warm knitted hat or beanie
- ✓ Scarf or neck gaiter (Buff recommended)
- ✓ Headlamp with extra batteries
- ✓ UV-protection sunglasses

Torso Clothing Essentials

- ✓ Technical fabric base layer (light for warmer months, heavy for colder months)
- ✓ Technical fabric short (2) and long sleeve (2) shirts
- ✓ Windproof and waterproof outer shell or jacket
- ✓ Warm fleece jacket or pullover for added insulation

Lower Body Essentials

- ✓ Technical fabric base layer (light for warmer months, heavy for colder months)
- ✓ Two pairs of durable hiking pants
- ✓ Comfortable pants for relaxing inside teahouses
- ✓ Waterproof and windproof shell pants for protection against rain and wind
- ✓ One pair of hiking shorts (ideal for lower altitudes and warm days)

Handwear Essentials

- ✓ Liner gloves made of wool or technical fabric for warmth and flexibility
- ✓ Insulated outer gloves with a hard shell – ideal for wind and cold at higher altitudes

Footwear Essentials

- ✓ Warm socks made of wool or technical fabric
- ✓ Hiking socks (several pairs recommended)
- ✓ Optional liner socks (e.g., silk) for added comfort and blister prevention
- ✓ Waterproof trekking/hiking boots – well broken-in before the trek
- ✓ Ice Cleats or Micro Spikes (recommended from November to March for icy trails)
- ✓ Comfortable casual shoes or sandals for teahouse use
- ✓ Gaiters – lightweight for dust or heavier ones for snow in cold months

Undergarments & Sleepwear

- ✓ Quick-drying, moisture-wicking underwear (technical fabric recommended) – adjust quantity based on personal preference
- ✓ Sports bras (for women) – supportive and breathable
- ✓ Pajamas or comfortable sleepwear for chilly nights in the mountains

Note: Laundry opportunities are limited, so pack accordingly.

First Aid & Medications

- ✓ Sunscreen (high SPF)
- ✓ Lip balm with SPF
- ✓ Antiseptic or soothing ointment
- ✓ Personal medications (for altitude, allergies, pain relief, etc.)

Note: Our guides carry a basic first aid kit, but personal supplies are strongly recommended.

Optional Items

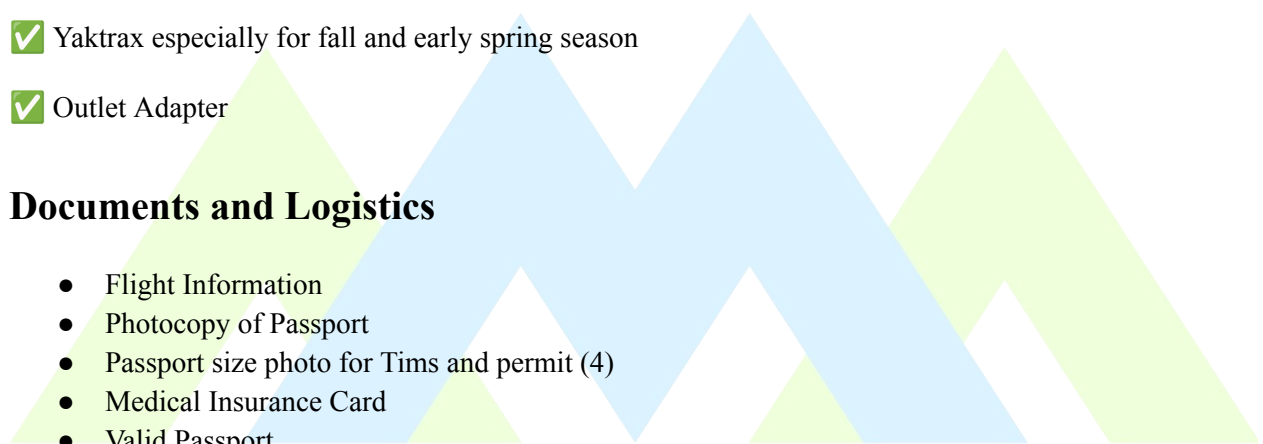
These can enhance your comfort during the trek and are widely available in Thamel, Kathmandu.

- ✓ Guide Book
- ✓ Power bank or spare batteries
- ✓ Camera and mobile phone (for capturing memories)
- ✓ Cards, books, or lightweight entertainment
- ✓ Pee bottle or pee funnel (especially useful for women at high altitudes)
- ✓ Trekking poles (highly recommended for stability)
- ✓ Whistle (for safety/emergency use)
- ✓ Thermos (to carry hot water/tea during cold days)
- ✓ Energy Bars
- ✓ Basic Medicine (Pepto, Bismol, Advil, Imodium)
- ✓ Bandana for dust and wind

Tip: Thamel is full of gear shops where you can purchase or rent trekking essentials at a reasonable price once you're in Kathmandu.

Other Essential Gear

- ✓ Valid passport
- ✓ Extra passport-sized photos (for permits or emergency use)

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- ✓ Airline tickets (leave a copy with our office in Kathmandu)
 - ✓ Reusable water bottle or hydration bladder
 - ✓ Water purification tablets or UV water purifier
 - ✓ Pillowcase (for hygiene in teahouses)
 - ✓ Toiletry kit (toothbrush, toothpaste, wipes, etc.)
 - ✓ Toilet paper (2 rolls minimum)
 - ✓ High-protein snacks (nuts, energy/protein bars)
 - ✓ Waterproof/dry bags to protect documents and valuable
 - ✓ Yaktrax especially for fall and early spring season
 - ✓ Outlet Adapter

Documents and Logistics

- Flight Information
- Photocopy of Passport
- Passport size photo for Tims and permit (4)
- Medical Insurance Card
- Valid Passport
- Cash for souvenirs, Incidental costs, and tips for staff

Important Notes

Your safety is always our first priority while traveling with Ama Adventure, Stay flexible if needed.

Your trip leader has the authority to change all itineraries based on local conditions and judgments of your leader's.

We also have the right to modify the itinerary due to medical considerations, unexpected weather conditions, Natural Disasters etc.

Your leader and crew always tries to make your trip comfortable to ensure that the trip runs according to plan. but we heartily request to be prepared and to be flexible if needed.

Weather Information

Mountain weather changes a lot with elevation and landscape. Starting in Lukla, you'll gain height each day, and temperatures will slowly get colder. Days are warmed by the sun, but nights become quite cold.

At higher altitudes, nighttime temperatures can drop to the teens or twenties (°F). Mornings usually start with a fleece or jacket, and you can add or remove layers during the day as needed.

Regards,
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