



## Mardi Himal trek with yoga, meditation.

### Details Trip


Mardi Himal with yoga, meditation trek explore majestic spirituality, nature, and Himalayan view in the less trodden Mardi Himal yoga trek of Annapurna Region. Yoga, nature, and the Himalayas throughout this trip will bring you an experience that you will never forget. You can simply call it your trek of a lifetime. What you will find more amazing is the elevation gained without trouble in just a few days. Imagine the joy of practicing yoga and meditation in this wonderful natural surroundings. It's just a pure bliss.

This program from Discovery Mountain Trek can be booked for spring when the rhododendrons are in full bloom, offering you an added delight of the trek. Also, if you want to book it for autumn, you will see clear skies against the mesmerizing views of mountains ahead. You need a regular walking habit to go on this moderate trek. If you want to have a beautiful introductory tour of the Annapurna Region, this is probably the best program in Nepal.

Laden with unique and diverse natural grace, the villages and viewpoints along the way will offer you panoramic views of the peaks. The rich biodiversity mixed with hospitality of the people will leave you enriched with a unique experience of Nepal. The green hills, captivating waterfalls, dense mossy forests of oak and juniper, explore home stay, do the Yoga & meditation in front of the massive mountain will inspire you to trek further in an immensely beautiful experience.

Mardi Himal trekking and yoga, meditation program is known for its views of Annapurna Range and the immersive experience of a beautiful region of Nepal. Some of the peaks visible during this trek are Annapurna South, Dhaulagiri, Fishtail (or Machhapuchhre), Hiunchuli, and other peaks. The lofty views will be some of best you can have of the Annapurna mountain range. We will begin from Pokhara and takes you through the scenic villages Pothana, Sidhing, and other time-worn villages - all of which have unique experience in store.

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Fitness Level:	:	
Group Size:	:	2 to 15 people
Max-Altitude:	:	4500m
Duration:	:	11 Days
Walking Days:	:	7 Days
Activity:	:	Yoga, Meditation, Trekking & Home stay
Best Period:	:	MAR   APR   MAY   SEP   OCT   NOV

## Itinerary

### DAY 1 : ARRIVAL IN KATHMANDU (1365M)

Upon your arrival in Kathmandu, our staff will pick you up and transfer you to the hotel. Later, your trekking guide will represent with yoga professor and giving a brief about the trip ahead. In the evening you shall have yoga, meditation by our yoga professor.

### DAY 2 : KATHMANDU TO KANDE TO AUSTRALIAN CAMP (2100M) 7H DRIVE 1H TREK

Today an early morning we do first session of yoga, meditation practice to prepare you for a wonderful day later, having breakfast then you will be taking a scenic route along Trishuli River. The drive will take around six to seven hours through winding hilly roads. Once you arrive at Pokhara, take a brief stop. Then coming out of Pokhara, it's a scenic drive along the rivers and hills. After an hour or so we arrive at Kande where we take a break and start the actual trekking. The trek from Kande takes more than an hour to Australian Camp. It's in fact a village known for its beautiful views of Annapurna and Manaslu Mountain Ranges, where you have your second session of yoga and meditation. Stay in guest house at Australian Camp.

### DAY 3 : TREK FROM AUSTRALIAN CAMP TO FOREST CAMP (2560M) 6/7H TREK

Wake up early morning to do our first session of yoga amidst natural surroundings will make you feel all reenergized. After a good breakfast, the scenic journey will take you descend the trail at first. Then we will along a gradual ascending to a place called Pothana. Slightly ahead is the entry check point of acap, or Annapurna Conservation Area Project where the entry tickets and TIMS cards are registered. We will-

Formally enter Annapurna Region and gradually climb up to Deurali. Take a brief break here, then proceed through a thick forest to arrive at Forest Camp. And second session of yoga and meditation will be in the evening. Stay overnight in a lodge among the forest clearings.

#### **DAY 4 : TREK FROM FOREST CAMP TO LOW CAMP (2085M) 5/6H TREK**

As soon as we have breakfast, after our yoga and meditation we will begin our trek to Low Camp. First the trail passes through the dense woods to a place called Rest Camp. Aptly obeying the name, we will take a break at Rest Camp, and then head to “Cloud Forest” - a thick vegetation of orchids, ferns, mossy trees, and lichens. Intermittently through the woods, we’ll have glimpses of Hiunchuli and other peaks of southern Annapurna. Arriving at Mardi Low Camp we will have wonderful close-up views of Machhapuchhre. In the evening you shall have yoga, meditation and breathing practice. Stay in guest house at Low Camp.

#### **DAY 5 : TREK FROM LOW CAMP TO HIGH CAMP (3910M) 3/4H TREK**

Today we will trek up to high camp, after our yoga session and having good breakfast. Leaving behind Low Camp, we will trek through the thin forest. Coming out of the forest, we will come to “Badal Hill” or “Cloud Hill”. As if the naming conventions were reserved for this program, “Cloud Hill” is where you can see mesmerizing views of clouds floating below your eye level. Take a break here and head to High Camp. The High Camp has rare and astonishing views of the peaks ahead. You spend your time to doing yoga, meditating, breathing and allowing yourself more time to acclimatize at High Camp. Stay overnight in lodge.

#### **DAY 6 : HIGH CAMP - VIEWPOINT – MARDI BASE CAMP(4500M) - HIGH CAMP 5/6H TREK**

Wake up an early in the morning, and start along the way you will walk through narrow grassy trails and looking sunrise on the Annapurna Range. Tread carefully through the ridge where you might see Danphe, the national bird of Nepal. You will walk again the narrow, grassy trail towards viewpoint. Once you reach the viewpoint, you can enjoy superb panoramic views of Annapurna peaks. And you walk continue along the ridge to reach at a vantage point Mardi Himal Base Camp located at an elevation of 4500m, enjoy the ridge walk towards the base camp exploring the Annapurna gorge below and mountains just in front of you. And you can get a suitable place in between the viewpoint and base camp to have session of yoga, meditation and breathing, before returning back down to the high camp. Stay overnight at guest house.

#### **DAY 7 : TREK FROM HIGH CAMP TO SIDHING VILLAGE (1705M) 6/7H TREK**

An early morning we do a session of yoga and meditation, which help you on your way back to Sidding Village. Once you arrive at Low Camp, we will take a slightly different route, and we will descend on the trail to Sidhing. This beautiful village is serene and untouched by modernization, where you will have a nice family home stay experience. You walk around the village to explore the cultural and lifestyle wonders of local people. And in the evening you shall have yoga and breathing session. Tonight you will probably sleep in a home stay.

#### **DAY 8 : TREK FROM SIDHING TO LUMRE DRIVE TO POKHARA (875M) 2H TREK 2H**

Today you will get a place to have morning yoga session as well as evening. You start to descend from Sidhing enjoying the wonderful views of the snowcapped peaks. You will pass through some villages. For a couple of hours you will trek and take brief rests along the way until you arrive at Lumre. Here, you will get on a private vehicle and drive to Pokhara. Where you can enjoy walk around the lakeside. Overnight in hotel in Pokhara.

#### **DAY 9 : DRIVE FROM POKHARA TO KATHMANDU (6/7H DRIVE)**

Today you drive to Kathmandu. After our session of Yoga, meditation and breakfast, we start drive with scenic view and windy roads to Kathmandu. Once you are in the capital, simply walking around in the town to see and shopping own your. In the evening you shall have second session of yoga and meditation. Stay in hotel.

#### **DAY 10 : KATHMANDU SIGHTSEEING**

After breakfast, we will take you on a sightseeing tour of some iconic places in Kathmandu valley, that will essentially include UNESCO World Heritage sites. In the evening you have second session yoga and meditation, later, you are invited to join us for a farewell dinner to enjoy your trip complete.

#### **DAY 11 : DEPARTURE**

Early morning we do our last yoga session and after your breakfast according to your flight schedule, we will take you to the airport for your flight ahead.

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### **INCLUDED IN THE COST**

- Staff costs including their salary, insurance, equipment, domestic airfare, food and accommodation
- Down jacket and sleeping bag: to be return to Discovery Mountain after trip completion
- Guesthouse accommodation during the trek with: Breakfast, Lunch and Dinner
- All ground transportation on a comfortable private vehicle as per the itinerary
- Discovery Mountain's duffel bag, t-shirt and trekking map are yours to take
- All necessary paperwork and trekking permits: ACAP & TIMS
- 3-star hotel accommodation in Kathmandu & Pokhara with bed and breakfast
- Assistant guide on your trek: 4 participants: 1 assistant
- Porter service on your trek: 2 participants: 1 porter
- An experienced, English-speaking trekking Guide
- Medical kit: carried by your trekking assistant guide
- Energy supplies: Dry fruits, Snicker, Mars and Bounty
- Daily yoga and Meditation treat with yoga mat
- Personal insurance for Nepalese trekking staff
- Welcome and farewell dinners in Kathmandu
- Airport pickups and drops in a private vehicle
- Yoga Teacher and his salary, lodging and food
- Gamow bag for your safety and security
- All Government and local taxes

### **NOT INCLUDED IN THE COST**

- Nepalese visa fee
- International flights
- Your travel and rescue insurance
- Tips for guide, porter and driver
- Lunch and evening meals in Kathmandu & Pokhara
- Extra night accommodation in Kathmandu because of early arrival, late departure due to any reason
- Personal expenses laundry, bar bills, battery recharge, extra porters, bottle or boiled water, shower

### **ACCOMMODATIONS**

We will be staying at Hotel Manaslu, Hotel Tibet or similar hotel in Kathmandu: and guesthouses during the trek. All accommodations are on twin-shared basis. Single supplement will be served on request and will cost an additional. Also note that single rooms are readily available in Kathmandu and the trekking regions at lower elevation but it might be difficult to find them at higher elevations.

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## MEALS

All meals will be provided during trekking while only breakfast will be available in Kathmandu. There will also be welcome and farewell dinners for guests. While on trek, we have breakfast and dinner in the tea-houses/lodges we spend the night and lunch on our way to the next destination. Nepalese, Tibetan, the more common continental and Indian cuisines are common choices in the menu.

## PHYSICAL CONDITION REQUIREMENT

Discovery Mountain Trek can offer advice and recommendations about health requirements but it is the individual responsibility of each trekker to acquire any necessary documents and medical care. The information on the technical sheet provided is indicative, it is your responsibility to check with the authorities concerned for the exact requirements for your chosen destination at the time of travel. If you do not obtain any necessary medical consultations or travel documents and are not allowed to enter a country, or suffer personal injury or death as a result, we have no liability to you for any cost, loss or damage which you suffer nor will we refund you the cost of any unused portion of your travel arrangements. It is your responsibility to comply with the regulations and procedures of police, customs and health at all times throughout your trip.

## BEST TIME TO TRAVEL

The best time to trek to the Everest Sunrise Trek with yoga and meditation is in spring (February to May) and autumn (September to November). The temperature is moderate in these seasons and guarantees amazing views through the trip. Although this trek can be undertaken during winter, the cold temperature might not be suitable for everyone.

## GUIDE & STAFF ARRANGEMENT

The most significant thing that makes this trek enjoyable and memorable is the skilled, experienced and helpful Guide and crew member who have the ability of guiding our trek on the mountain smoothly. Our trip will be led by the best and most professional Guide. All of Discovery Mountain Trekking Guide's are carefully selected on the basis of their appropriate experience, skills and personal aptitude. With an objective of sustaining local communities, Discovery Mountain only employs local Staff, who have knowledge about culture, ecosystem, flora, fauna, geography, and history of their local region.

## PORTER CARE

We are firmly committed to porter rights. We make sure that all our porters are well treated, well paid and we provide the level of shelter, clothing and footwear that these harsh environments demand. Porters who become sick are treated with the same care and attention as other team members and we have previously used helicopters - at our expense - to rescue porters from dangerous situations. We support the work of the International Porter Protection Group (IPPG), making our resources available to them to help improve the working conditions of the porters. International Porters Progress Group.



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## ENVIRONMENTAL CONCERNS

The Everest Region is stunningly beautiful, but equally fragile. Future generations have just as much of a right to appreciate it as much as we do. Therefore, we believe that the tourism industry has an obligation to protect and preserve it. Discovery Mountain employs a 'zero impact' policy on the natural environment and the traditional communities that live there. Discovery Mountain, therefore, enforces a number of do's and don'ts. Please talk to your trek leader to avoid environmental impacts.

## TRAVEL INSURANCE

It is a condition upon joining any of Discovery Mountain's trips that all clients be insured for comprehensive expenses that might incur due to medical issues or accidents (this includes air ambulance, helicopter rescue, and treatment costs). Please note that we don't arrange or sell insurance.

## ACCLIMATIZATION

This trek's itinerary is planned with a high degree of awareness of AMS (Acute Mountain Sickness). Going up at higher altitudes too fast causes a medical condition serious enough to result in death. The higher the altitude, the less oxygen will be in the air. For example, at an altitude above of 5000m, there is 50% less oxygen than at sea level. Therefore, our body needs many days to adapt to an environment with less oxygen. During this trip, we take rest in Namche Bazaar and Dingboche which will help us acclimatize to the high altitude.

## EQUIPMENTS LIST

This list is a guideline to help you pack for your adventure. Also understand that the items listed below will vary a little according to the season and the trek duration. Those items marked by an asterisk (\*) are provided by Discovery Mountain Trek inclusive in the service. The weight limit for your luggage is 15 kg.

## SLEEPING

- 1 sleeping bag: -10° or -15° (\*)
- Fleece sleeping bag liner (optional)

## FROM HEAD TO TOE

- Long-sleeved and short sleeved t-shirts, preferably in quick-drying technical material
- A pair of sandals or equivalent casual shoes for cities, villages and evenings
- A light fleece or equivalent (plus extra warm layers if necessary)
- A breathable windproof, water proof jacket (Gore-Tex...)
- long-sleeved thermal tops and full-length long johns
- Discovery Mountain Trek's down Jacket (\*)
- Discovery Mountain Trek's half T-shirt (\*)
- Lightweight waterproof over trousers
- A pair of high rise walking boots
- Warm gloves, Hat and scarf

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- Yoga mat (\*)
  - Thick walking socks
  - A cap or sunhat
  - 2-pair of thermals
  - Suitable shorts
  - Walking trousers

### **DAY BAGS/ SHOULDER BAG**

- 1 medium shoulder bag: 50-70 liter cubic inches, can be used for an airplane carryon
- A small daypack/backpack for carrying your valuables,

### **PRACTICAL ITEMS**

- 1 small roll of repair tape, 1 sewing-repair kit
- 1 digital camera with extra cards and batteries
- 1 medium-sized quick drying towel
- 1 compass or GPS (optional)
- Female hygiene products
- Wet wipes (baby wipes)
- Anti-bacterial hand wash
- Tissue /toilet roll

### **MEDICAL**

- Stomach antibiotic: Ciprofloxacin etc. Do not bring sleeping pills as they are a respiratory depressant
- Anti-altitude sickness pills: Diamox or Acetylzolamide
- Water purification tablets or water filter
- Small personal first-aid kit simple and light
- Aspirin, first-aid tape, and plasters (Band-Aids)
- Cough and/or cold medicine
- 1 skin-blister repair kit
- Anti-diarrhea pills
- Anti-headache pills

### **TERMS AND CONDITIONS**

Discovery Mountain Trek & Expeditions Company is a trustworthy and registered Company under the laws of Nepal Tourism Industry and accepts your bookings under the following terms and conditions.



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### Booking Terms

Booking your trip with Discovery Mountain Trek accept with terms and conditions of sale. Every trekker is required to complete the form of registrations. At the time of registration, Trekker's are expected to pay a deposit 25% of total cost to complete your booking. Please note the trip cost is required to make in advance as per the company policy, this deposit help us to make confirm reservation of Hotels in City, domestic flights and all other trip arrangements for final trip booking. Along with deposit we need detailed name lists of participants, same as passport, Gender, Nationality, Date of birth, passport number, passport issue/ Expiry dates & profession. You need to send us passport copy, photo identity and e-ticket by e-mail for all trips in Nepal.

### Cancellation Policy

If any reason you have to cancel your trip, we Discovery Mountain Trek require written confirmation of your decision. The amount you have paid to us will be refunded according to the following terms:

- Cancellation more than 35 days before your departure date: \$60 will charged
- Cancellation more than 35 to 19 days before your departure deposit, 25% will charged
- Cancellation more than 18 to 10 days before your departure date: 50% will charged
- Cancellation more than 9 to 05 days before your departure date: 75% will charged
- Cancellation less than 4 days before your departure date: 100% of the total will charged

I reserve the right to revise pricing rates declared under any circumstances, or on the pressure of various external factors that are further than our control, for instance changes in exchange rate, government action etc. But, I declared forth effort to keep on the present rate. In case of minor increase in flights fares, hotels or other related factors, we don't revise the cost of the trip which was already confirmed & booked by deposit.

### RISK & RESPONSIBILITY

Your safety and enjoyment is my prime concern. I therefore carry out my responsibility honestly & sincerely to ensure your holiday trouble – free as well as you have desired. Nevertheless, unless stated otherwise, trip may be change under uncertain and inherent circumstances such as land-slides, road blockage, flood, snow political unrest, cancellation of flight, delay arrival, sickness or accidents etc. Any extra cost incurring there is your personal responsibility and should be borne on the spot.

### IMPORTANT NOTE

Your safety is of paramount concern while traveling with Discovery Mountain Trek. Please note that your guide has the authority to amend or cancel any part of the itinerary if it is deemed necessary due to safety concerns. The guide will try to ensure that the trip runs according to plan, but please be prepared to be flexible if required. Bad weather in mountain regions can cause domestic flight delays, particularly in the Everest, Lukla, Jomsom, phaplu, Kanchenjunga and any other remote mountain regions in Nepal.