



Mardi Himal Yoga Trek - Itinerary

1. Arrival in Kathmandu / 1400 m (4593 ft.)

Once you arrive in Kathmandu at Tribhuvan International airport a representative from Sunrise Adventure trek airport will come to pick you with warm welcome and transfer you to your hotel. Later, you will have briefing about the details trip program at your hotel.

2. Drive to Pokhara

We take a drive early in the morning after having the breakfast from Kathmandu to Pokhara (200 km) which takes around 6 hours' to reach there. This is a scenic drive with amazing views of lush green forests surrounding the highway all around. Pokhara is the heaven place of Nepal as the city is full of natural beauties and ancient caves. Spectacular views of snowcapped mountains, charming lakes, amazing caves and local cultures of people are the best things to observe in Pokhara. If we have some time we roam around the city area with observation of these beautiful sites. Overnight stay in Hotel breakfast, lunch included

3. Drive to Phedi and trek to Pothana (1925m, about 4 hours trek) .B.L.D

Once we reach to Pokhara, we have to drive to Phedi from Pokhara which also includes the scenery of lush green valleys and some remote settlements of local people from different ethnic communities and then our trek starts, walking through the trail takes us through small villages with the panoramic views at Australian camp at 2100 meters. We hike via forest to reach Pothana at 1900 meters and after reaching at Pothana we attend evening yoga sessions. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

4. Trek to Forest Camp at Kokar (2,600m)- around 4 hours walking. .B.L.D

Take the session in the morning, we starts our trek to forest camp (2600 meters) by leaving the main Annapurna trail and climbing in the rhododendron forest. We walk on the ridge of the Goruzure Danda which takes us through the steepy trail filled with trees of pines and oaks. We walk continuously till Forest Camp as there is no any lodge or tea house on the way. Walking downhill through the flat trail takes us at Kokar finally. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

5. Trek to Low Camp (3,150m)- 5 hours trekking. .B.L.D

Having yoga sessions in the morning, we start our trek to low camp with the panoramic views of many stunning Himalayas. The trail is little bit steepy for the first 30 minutes which takes us in front of the excellent Mardi Himal and Mt. Macchapuchrey. After this we walk upwards through the forest trail. So, we also get a chance to see beautiful deer. Now, walking for some hours we reach at Low Camp. You can enjoy the sunset views in the evening and sunrise in the morning between the stunning snowcapped mountains. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

6. Trek to High Camp (3580 m)- 5 hours hours trekking. .B.L.D

With morning yoga sessions, we start our trek to the high camp with the small shrubs above the Himalayas. With morning yoga sessions, we start our trek to the high camp with the small shrubs above the Himalayas. This trek is best part for observing the remote culture of Nepalese people as we walk mostly through the mid hill regions. Walking through the forest trail filled with enchanting rhododendrons flowers also offers the amazing views of Chhomrung village along with spectacular views of Himchuli and Annapurna South. It is also consider under the best short hiking trek from Low camp, just to explore the mountain views with lush green environment. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

7. Excursion to around Mardi Himal Base Camp (4,500m) and trek back to high camp - around 7 hours Trek. B.L.D

Here you can explore the fantastic views of many panoramic Himalayas walking through the ridge of the hill. How far we go for exploring depends upon the weather, trail and individuals fitness. Attending the yoga sessions between beautiful Himalayas, we trek back to the low camp and have the evening yoga sessions. In this trek we get to observe the stunning views of Mt. Fishtail, Mardi Himal, Himchuli, Annapurna South, Annapurna I and many more Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

8. Trek to Siding village (1,750m) -5 hours walk and finally drive back to Pokhara .B.L.D

We take our yoga sessions in the morning, after this we take a breakfast and start our trek to Siding village. Sidding is a Gurung village with is very rich in cultural values. Explore the cultural and traditional values along with the lifestyles of local Gurung people. Trek is very beautiful as we walk through the forest trail filled with charming rhododendron flowers. Then, drive back to the Pokhara and take some rest in hotel.

9. Finally drive back to Kathmandu. .B.D

We take a early drive back to Kathmandu from Pokhara, enjoy the drive with same scenic views. After reaching at Kathmandu take some rest, do shopping and at evening and enjoy the cultural show and dinner program by our side.

10. Departure/ Farewell .B.L.D

Today is your departure date and our airport representative drop you to the airport before 3 hours of your departing time. Or you can join another adventures trip in Nepal or outside the country with Sunrise Adventure Treks. We are always here for operating your trip. Have a safe flight!

INCLUSIONS

- All airport pick up and departure
- All transportation in A/ c car, van or tourist deluxe bus
- Yoga Mat & Yoga Guru
- Daily Yoga class
- Three star category hotel in the city in twin sharing bed with breakfast basis & standard trekking lodge during trekking
- Kathmandu sightseeing with city tour guide

- Whole accommodations during trips
- Sleeping bag, down jacket during trek, T- short and trip achievements certificate
- Full board meals during trekking as mentioned in the itinerary (Breakfast, Lunch, Dinner)
- First aid medicine item ,
- Trekking permit & TIMS card (Trekking Information Management System)
- Necessary staff, guide & porters their salary, accommodation, meals and their insurance, professional guide (for two guest one Sherpa porters to carry baggage)
- One especial farewell dinner program
- Our government tax & official expenses

EXCLUSIONS

- All your personal expenses & any types of drinks
- Tour entrance fee in the city, your extra meals in the Kathmandu, bar bills etc.
- Clients international air ticket
- Clients travel insurance & tips for the trekking crew

URL: <https://sunriseadventuretrek.com>