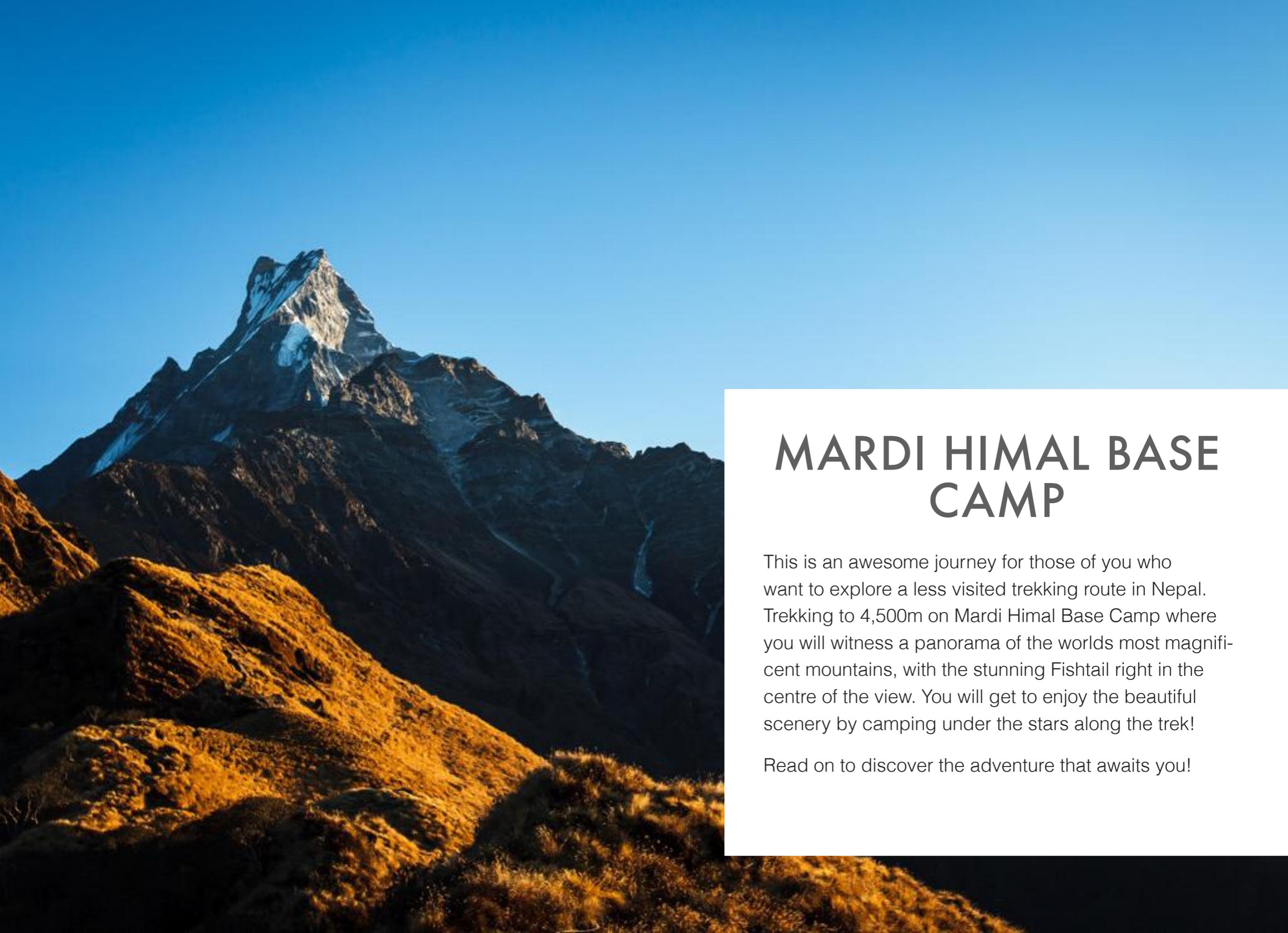




MARDI HIMAL
BASE CAMP



MARDI HIMAL BASE CAMP

This is an awesome journey for those of you who want to explore a less visited trekking route in Nepal. Trekking to 4,500m on Mardi Himal Base Camp where you will witness a panorama of the worlds most magnificent mountains, with the stunning Fishtail right in the centre of the view. You will get to enjoy the beautiful scenery by camping under the stars along the trek!

Read on to discover the adventure that awaits you!



INTRODUCTION

We have built the trip around the concept of experiencing a great Nepal Himalaya trek that will not be found in any tourist guide. On the way to the base camp you will be able to explore an untouched route with very few tourists, be able to camp under the stars in the serene mountainside and enjoy the culture in the cities of Nepal.

The area we have chosen for you is Pokhara which is Nepal's second city, but is a far cry from the hustle and pollution of Kathmandu. It is located roughly in the centre of Nepal and is surrounded by the Annapurna Himalaya range that has three of the World's ten highest

mountains. These are Annapurna 1, Dhaulagiri and Manaslu. It is also home to the stunning Machapuchare (fishtail) mountain.

Mardi Himal Base Camp (4,120m) is your goal, with unreal views of the Annapurna range almost within touching distance. You will have an endless amount of photographic opportunities during the trek. After reaching Mardi Himal Base Camp there will be plenty of time to relax and celebrate in Pokhara and then explore the stunning medieval Capital of Kathmandu.

We will be with you with our guides for the duration of the trip.



THE ITINERARY



Day 01 - Welcome to Nepal

Our Mountain Quests team will meet you at the airport and escort you to your hotel. Today is a free day to rest from your flight, settle in, check your gear and perhaps some last minute shopping while in the Capital for your upcoming trek. In the evening we'll have a group briefing for the trip, where we can all meet each other and discuss the trek in detail.

Day 02 - Fly to Pokhara, Drive to Dhampus, Trek to Australian Camp (1,800m): 2 hours

You will take an early flight from Kathmandu airport to Pokhara. This is a stunning half hour flight along the Himalayan Range, seeing four out of the world's fourteen giant mountains over 8000m; Daulagiri, Annapurna I, Manaslu and Shishapangma, before landing in Pokhara. An experience not to be missed!

Once we arrive in Pokhara we will then continue our journey with a bus ride to Dhampus. Dhampus a large mountain village, about 1.5 hours' drive from Pokhara. When we arrive in the village, if the weather is clear, we will see incredible panoramic views of the Annapurna Mountain Range, including Annapurna 1, Annapurna South and Macchapuchare peaks.

From Dhampus we'll start our trek, heading towards our destination for the day, Australian Camp. The day won't be too long; only about 2 hours of trekking, on gentle slopes to reach the village. We should get there in time for a late lunch, which will give us plenty of time to relax before dinner and bed.



Day 03 - Trek to Forest Camp (2,520m): 5 hours

After breakfast we will be on our way once more. Today our goal is Forest Camp, also known as Kokar. The start of the day will see us trekking through forests of oak, rhododendron and hemlock, before we pop out at a clearing, where we see some stunning views of the Himalaya, a lot closer than we did in Dhampus. This is in fact our goal for the day, forest camp. It's a much smaller village than Australian Camp, and it sets the tone for the rest of our trek. The day will take about 5 hours, getting us to our tea house for a late lunch or early dinner, depending on how you feel.

Day 04 - Trek to Low Camp (2,970m): 4 hours

Today we will continue up through the calming forest with regular breaks along the way as we slowly gain altitude. There will be a few breaks in the trees where you can see magnificent views of the valley below along with the stunning mountains. By the time we reach Low Camp the views of the Annapurna range are starting to get very special, and tomorrow it will improve again. A 4 hour day will see us in Low Camp with plenty of time for lunch and plenty of time to relax, play cards, get to know the guides, or simply catch a nap.

Day 05 - Trek to High Camp (3,700m): 4 hours

Once we finish breakfast we will then hike up the trail and also start to notice that the forest will slowly start to disappear as we gain altitude. Keep your camera ready because once we are out of the forest we are then greeted with stunning views of the surrounding mountains!



Then we can have some lunch and tea at a small teahouse where we can see the stunning 'fishtail' peak of Machhapuchhare 6993m. We follow the crest of the ridge, passing various kharka (high pastures) from where there are stunning views in all directions. As we reach High Camp there will be incredible sunset views while you rest and enjoy some food before you head to bed.

Day 06 - Trek to Mardi Himal Base Camp (4,500m), Trek back to Low Camp: 7 hours

Today is a long and rewarding day! We will wake up very early in time for sunrise where you will see a beautiful golden horizon over valley.

Then after we have breakfast we will trek up to the Mountain Viewpoint where you can see 14 mountains and Machhapuchhare 6993m will be in touching distance!

After enjoying the the views of the mountainside, depending on how we feel we will then continue our trek to Mardi Himal Base Camp where you will be greeted by even more incredible views of the serene mountainside.

We will then head back to High Camp where we can have some lunch and review some of the stunning photos that you just took. Then we will hit the trail again and trek back down to Low Camp and relax after a long day of trekking.





Day 07 - Trek to Sidhing (1,700m), Back to Pokhara by jeep: 4 hours

Following breakfast we leave our camp and backtrack for a while, our trail descending steeply through the forest as we head down towards a small village called Sidhing.

After some lunch we will then take a jeep back to Pokhara where we will check into our hotel. You will then have time to explore Pokhara and take advantage of the local restaurants and bars.

This has been a challenging trek, which has brought great rewards for us along the way, in terms of a strong physical challenge, stunning views and interacting with some the friendliest people you'll ever meet.

Day 08 - Fly to Kathmandu and on to home

We will all have slept well last night, and we'll be treated to a late breakfast at our hotel. A late morning flight will take us back to Kathmandu, where after lunch we will visit Bouddha Stupa, one of the most important Buddhists shrines in the World. Here we will be given an introduction the Buddhism and learn why Nepal is the home to Buddhism.

We'll head to the airport in the afternoon in order to catch our flight back to Dubai in the evening.



WHAT TO EXPECT



Food - Food will be prepared in the teahouses and on river camps and will be international in nature. Pastas, potatoes, meat and vegetables. Breakfasts will include eggs in different ways, cereals, teas and coffees. The food and drinks will be clean and well prepared, giving us all the energy we'll need for our trip.

Accommodation - In Kathmandu and Pokhara we'll be in well-run, clean hotels, with en-suite bathrooms, in-room TVs, 24 hour hot water and power and laundry facilities. Rooms will be on a twin-share basis. We will be staying in tea houses, which are small family run homes that have been converted for tourists, on a twin share basis, and with separate shared toilets and eating areas.

Gear - We will provide all participants with a full kit list that is provided separately. This is a highly recommended list of important items that will make your journey with us comfortable, as well as safe. Please refer to the list for full details.

Trekking Assistance - we will be accompanied by a full compliment of porters and guides who will be ensuring our safety and helping us with our excess luggage. Rafting days will see us carrying nothing on our person, with food and drinks provided by our guides. Our gear will be provided to us at the end of each day, ensuring that it stays safe and dry during the day.



INCLUSIONS

- Accommodation in Kathmandu and Pokhara
- All domestic transportation
- All meals and accommodation outside of Kathmandu and Pokhara
- Fully qualified guides
- All adventure activities

EXCLUSIONS

- International flights to and from Kathmandu
- Meals in Kathmandu and Pokhara (allow USD 10-15 per meal)
- Carbonated and alcoholic drinks
- Items of a personal nature such as phone calls, laundry, etc.
- Tips
- Travel and medical Insurance (covering rescues)
- Rescue and early departure from the trip
- Personal gear

PRICE AND OPTIONAL EXTRAS





Price - The price for the whole adventure discussed so far comes to:

4,295 AED per person. Please ask for single supplement charges.

Please contact us at info@mountainquests.com or at

+971 4 368 2687 / +971 50 644 9130 for more information, or to book.

www.mountainquests.com



MOUNTAIN QUESTS

ABOUT MOUNTAIN QUESTS

Based on the philosophy of 'Live, Don't Exist', Mountain Quests was set up in April, 2011 by Matt Farr whose passion for mountain climbing led him to Nepal on a regular basis to conquer the majestic peaks of the Himalayas. After years of successfully putting his climbing skills to the test all over the world, including a two week adventure in the Alps climbing seven mountains in 12 days, Mountain Quests was born.

With offices in both Dubai in the United Arab Emirates and Kathmandu in Nepal, Mountain Quests is in full control of its operations, logistics, safety and security to offer clients options of both tailor-made trips and pre-arranged itineraries.

The essence of every trip is a culturally rich and diverse travel experience that will appeal to people seeking a unique adventure or looking to push physical and emotional boundaries.

The types of trip vary to accommodate different abilities and include hiking, trekking, expeditions, mountain biking as well as extreme pursuits including survival trips and adventure sports such as bungee jumping and paragliding. The core destination of Nepal make up the portfolio with the addition of Northern India planned towards the end of 2015.