



## Mardi Himal and Machhapuchhare

This trek offers the opportunity to escape Nepal's tourist trails to venture in to the deep forests and roam the high alpine pastures that flank the Annapurna ranges. The emphasis of the trek is on the forest and wilderness zone of these mountains. Some villages are visited on the last days of the trek and these receive few visitors and retain much of their traditional charm. There is an essence of exploration on this trek. The trails we follow are not well used and sometimes hard to identify. Sometimes shepherds and pilgrims pass by. Our Annapurna /Machapuchare trek is designed to provide outstanding mountain views, and to get away from the tea-house trails and into the forests and villages that have not felt the impact of tourism.

### ITINERARY

#### Day 01 Arrive at Kathmandu,

Height: 1300m Meet with our representative at the airport. Drive to hotel.

#### Day 02 Kathmandu

Duration: 4 hrs

Height: 1300m

Half day sightseeing around Kathmandu Valley. O/N Hotel.

#### Day 03 Kathmandu - Pokhara

Duration: 6 hrs

Height: 960m

Drive or fly to Pokhara and over night at Hotel.

#### Day 04 Pokhara-Dhampus

Duration: 30minute drive and 2hrs trek.

Height: 1600m

After break fast drive to Phedi via Tibetan camp and steep climb up to Dhampus village one of the big

Gurung village. Spectacular panoramic views of Annapurnas.

## Day 05 Dhampus - Forest camp

Duration: 6 hrs

Height: 2480m

Today we will start our secret trail leaving tourists, other trekker and even villagers behind. Trek enter an enchanted forest of birch, giant rhododendron, mountain oak, maple, hemlock and daphnia, camping in a small clearing far from the beaten trail.

## Day 06 Forest camp-Humal

Duration: 5hrs

Height: 3150m

As we climb, the flora has turned to classic cloud forest with mosses and lichen, tree ferns and orchids hosted by the hardier trees. There are natural windows in the woods that look out on to thrilling panoramas towards Hiunchuli and the knife-sharp traverse towards Annapurna South. Far below, to left, can see the Modi Khola valley leading up into the Annapurna sanctuary. Though still surrounded by forest, have spectacular northerly views of the ever-closer Fishtail.

## Day 07 Humal - Guhe

Duration: 4hrs

Height: 4100m

Just a short steep climb and out of forest. A ridge, now grassy and sometimes under snow, takes us up to high camp which we shall reach at lunch time and where a second consecutive afternoon is spent awestruck with the views and acclimatizing. Annapurna South seems near enough to touch.

## Day 08 Machapuchhare Base Camp-day hike

Duration: All day

Height: 4100m

Hike up 5000m Breakfast will be earlier than usual. Then with packed lunch, set off to reach objective. Conditions being favourable, trip can reach up to 5000m and only the crest of Mardi Himal itself separates from the south face of Machhapuchhare. The great ice fields and blue glaciers of the Sanctuary Wall lie below. Annapurna I, highest of all is beyond, and around, in an arc from horizon to horizon, from Dhaulagiri to the Mustang, are a dozen or more glistening snow-bound giants. Standing on a spot that has been constant aim for days now. A place, a time, a view that is almost impossible to equal –and earned it. Whatever achievement, by 1:00pm and back trip to camp.

## Day 09 Ghue-Sedding

Duration: 7hrs

Height: 1500m After a relaxed breakfast, tired bodies make an unhurried descent through the shade of the

forest, and out onto terraced fields, down 1600m in all. This is a different route down-down to the upper Mardi Khola, the torrent that has been the ice and snow of the Mardi Himal. Although remote and still away from the much-used 'Tea – house' trekking routes, our expedition now takes on the moods of the warm valley and the friendly villages. Here, we make our way along the banks of the Mardi Khola from the hill – side village or siding, down through the lovely fields, past the simple farms and over the interesting bridges. There is no doubting this is indeed the idyllic Nepali countryside.

## Day 10 Sedding

Duration:

Height: 1500m

Mardi Pul – 1,160m

So the Earth does have flat places! The path from siding now follows the contour of the river valley gradually down between the pastures and through the Tamang and Gurung villages. Our tents, familiar to us in rugged mountain landscape, look a little incongruous this evening planted here among the paddy.

## Day 11 Sedding - Thulo chaur

Duration:

Height: 1600m

## Day 12 Thulo chaur - Ghachock

Duration:

Height: 1150m

## Day 13 Ghachock - Pokhara

Duration: 3 hrs walk and 1hrs drive.

Height: 960m

There are just a few hours of walking – the trail skirts an outcrop – there's the road, there's our transport, and soon we're back in Pokhara for our last lunch. This last afternoon is spent showering and relaxing. Some have enough energy for rowing on the lake, others only for lounging in pie shops.

## Day 14 Pokhara - Kathamandu

Duration: 6 hrs

Height: 1300m

## Day 15 Depart Kathamandu

**Important:** Before you travel please check your **Tour Voucher** and **Arrival Information** for the latest joining instructions. This will be sent to you upon receipt of final payment.

**All itineraries are subject to change without prior notice.**