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18 - 28 April 2025 (11-days) Nepal Mardi Himal Trek

Estimate Trip Cost Rm3,800 (per pax for 4-15 pax group). Yongo leader will accompany when group size min 7pax above.

Update 24 June 2024 Estimate trip costs based on current quote from ground operator, subject to significant changes due to increase in fuel costs for 2025. Online return flight tickets with Malaysia Airlines about RM2,100, and will monitor other flight options with Batik Airways. **April** is a good month to walk through the forest filled with rhododendron flowers. **Mardi Himal is a pleasant shorter hike around the Annapurna region.** Take note Yongo leader will accompany group only when the registered participants reaches 7 persons and above. For groups between 4 to 6pax, the local Nepali guide will accompany group from start to finish.

IMPORTANT NOTICE

This is meant to be a "free and easy" adventure trip. Participants should be **fit for this hiking trip**, with a good sense of humour, and above all, have the right attitude for close travel with others through possibly some trying times. Most definitely, this is not a trip for prudes, whiners, fuss-pots, and other similiarly assorted types! We had a couple of those before and it wasn't pleasant for us or them. Although every effort will be made to stick to the given itinerary, ground conditions may change and cause some disruption and/or deviation from the norm. Otherwise, have fun!



Annapurna South face with rhododendron flowers / Machhapuchare or Fishtail mountain

This is a **5 days hiking trip**, with a total of 4 rest days at Kathmandu and Pokhara. Hiking day 2 to 4 will be the longer ones, with highest elevation between 4,200m to 4,500m on hike day 4. Porters will carry max of 10kg per pax, with 1 porter carrying load for 2pax. Meals during the trekking days are covered, along with the rental of downjacket and down sleeping bag. Accommodation during trekking days are at simple local guesthouse twin or triple-sharing, most with shared toilets. Hot showers available, but at own expenses.

Day 1 KL Kathmandu (1,400m) - We fly Malaysia airlines **MH170 departing FRI 18 April 0930AM** KUL to Kathmandu (KTM), arriving **1205PM**. We shall process our visa on arrival at Kathmandu airport (2024 rate at USD30). Transfer to hotel in Kathmandu. Briefing for the trek and final shopping preparation. Rest of afternoon Free & Easy. O/N Kathmandu hotel with breakfast included. Meals at own expenses.

Day 2 Kathmandu - Pokhara (822m) - Early morning we proceed to the bus station to catch our bus for Pokhara (822m), bus journey taking about 10 hours due to roadworks. O/N Pokhara hotel with breakfast included. Lunch & dinner at own expenses.

Day 3 Dhampus - Pitam Deurali (2,100m) 3 hours - After breakfast, we drive about 2 hours towards Dhampus. There, we begin our trek to Pitam Deurali (2,100m), about 2-3 hours. At check point of Annapurna Conservation Area Project, we present our necessary trekking permits for checking. O/N guesthouse with meals included.

Day 4 Trek to Rest Camp (2600m) 6 hours - Today we trek towards Rest Camp (2,600m), taking about 5 to 6 hours. Towards end of trek is slightly more challenging with steep walk up to Rest Camp, from where we have our first views of the beautiful Machhapuchare or Fishtail mountain (6,993m). Considered as a holy mountain, Fishtail mountain until todote has yet to be summited by anyone. We will be walking through the rhododendron forest from today onwards. O/N guesthouse with meals included.



Along the trek / Rhododendron flowers

Day 5 Trek to High Camp (3550m) 6 hours - We continue our trek towards High Camp (3,550m), taking about 6 hours. Today walk will be more challenging as many steep steps ahead. But members will be rewarded with plenty of rhododendron flowers as we walked through the colorful forest. O/N guesthouse with meals included. Tonight stay will be the most basic and coldest stay.

Day 6 Mardi Himal Viewpoint (4200m) & down to Low Camp full day- Early morning climb up to Mardi Himal viewpoint 4200m to catch the sunrise across the Annapurna mountain range. It takes about 2 hours comfortably up to viewpoint. We can see most of the mountain views from here. This includes Annapurna south face, Hiunchuli, Mardi Himal and Fishtail mountains. Fast walkers can proceed towards Mardi Himal Base Camp 4500m about 1.5hr walk one way. Return down to High Camp for breakfast. We continue back down towards Low Camp (2,970m) for our overnight stay. Guesthouse with meals included.

Day 7 Trek down to Landruk (1640m) 5 hours - After breakfast the trail descends down back to Forest Camp. We branch off on another trail leading down to Landruk with many steep steps down. Late lunch expected today. Overnight in Landruk (1,640m) with meals & hot showers included.

Day 8 Drive back to Pokhara (822m) - After breakfast and good rest, we take the jeep 2.5 to 3hrs down to Pokhara. Check in to hotel with breakfast included and rest of afternoon free & easy. Lunch and dinner on own.

Day 8 Pokhara - Kathmandu (1,400m)- Return bus journey about 10hours from Pokhara to Kathmandu. Members can opt to take local domestic flight 30min USD105 one way at own expense. Check in to Kathmandu hotel with breakfast included. Own lunch but farewell dinner included.

Day 10 Kathmandu - Plane - Free & Easy for final shopping or sightseeing around Kathmandu. Depart on late night flight **MH114 departing 2300**, arriving KUL next morning

Day 11 Home - Arrive KLIA **Mon 28 April 0625AM**.



Popular Swayambhunath or Monkey Temple / Busy shopping streets of Kathmandu

TERMS AND CONDITIONS

1. Cost cover ground arrangement, Annapurna Conservation Area Permit (ACAP), guide & porters, down sleeping bag, down jacket, accommodation/lodge, meals during trek & where indicated, and transportation to sites.
2. Not covered are return flights from KUL about RM2,100, Nepal Visa on Arrival fees USD30, optional domestic flights Pokhara-Kathmandu USD105 one way, optional activities and in town-taxis. Allocate about USD120 for own meals, tips for guides/porters accompanying group, water/drinks & hot showers at guesthouses. Yongo encourages group members to be generous but should commensurate with services rendered.
3. A Non-Refundable deposit of **Rm1300** is payable to confirm your place.
4. Cost is subject to change if there's a significant changes in foreign exchange rates. Costs calculated based on **USD1.00 = MYR4.774 as at 24 June 2024 (Maybank rate)**

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