

Mardi Himal Yoga Trek

Destination: Nepal

Trip Difficulty: Easy-Moderate

Best Season: March/April/May/Sep/Oct/Nov

Max Elevation: 4500 m

Mardi Himal Trek is becoming a more popular trekking route day by day in the Annapurna region in terms of the diverse beauty of nature and culture.

Mardi Himal Yoga Trek is one of the most thrilling adventure trekking experiences that allows you to immerse yourself fully in the diversity of nature and culture. giants thoroughly, it's also known as Nepal's top yoga and meditation center of the Himalayas where you will be enjoying yoga meditation during the trek in Mardi Himal. practicing your breathing in this peaceful land of the mesmerizing Himalayas can change your life.

However, This trek is perfectly designed for those travelers who are passionately interested in doing a yoga retreat while discovering the mountains.

Moreover, Mardi Himal Yoga Trek is an ultimate trek that combines mutual experience opportunity and that one can make it without any physical train.

The best part of this trip is the best part of performing yoga in the mountains in the pure mountain air where you will be able to attain inner peace and eliminate any type of negative thoughts from your life and become a more calm and peaceful mind.

Doing Yoga in the mountain has a powerful impact and when you are performing it with complete devotion. During the trip, You will be also exploring the beautiful sceneries,

stunning glacial valleys of the region, and a wide range of flora and fauna.

Mardi Himal Yoga Trek is surprisingly outstanding that leads your time for spiritual and physical bliss through the majestic land of the Himalayas from the beginning to the end. This area has fully covered and enhanced by mesmerizing views of the mountains and vegetation.

Nonetheless, This guided trip has included some practicing yoga equipment such as a comfortable yoga pad, singing balls, etc. Additionally, This [short Mardi Himal](https://www.alpineramble.com/short-mardi-himal-trek-4-days-itinerary) (<https://www.alpineramble.com/short-mardi-himal-trek-4-days-itinerary>) Yog trek is completely flexible that can be denatured to any of the dates suites to you at your convenience.

Travelers may check our offer for [Everest base camp trek](https://www.alpineramble.com/everest-base-camp-trek-8-days) (<https://www.alpineramble.com/everest-base-camp-trek-8-days>) , [Annapurna base camp trek](https://www.alpineramble.com/short-annapurna-base-camp-trek-5-6-days) (<https://www.alpineramble.com/short-annapurna-base-camp-trek-5-6-days>) , and [Langtang valley trek](https://www.alpineramble.com/langtang-valley-trek-10-days) (<https://www.alpineramble.com/langtang-valley-trek-10-days>) as well.

Full Benefits

- Free Airport transportation on arrival and departure days (We will pick you up and drop you off)
- **Trekking equipment** such as the Sleeping bag, Down jacket, and walking poles (rental is included if needed)
- Duffle bag if required (Optional)
- **Souvenir:** Trekking route map/browser and printed ART's hiking T-shirt
- An Oximeter to measure your Oxygen and Pulse at a high altitude to find out the accurate health condition while you are trekking in the mountain.
- [WOKI TOKI](https://en.wikipedia.org/wiki/Walkie-talkie) (<https://en.wikipedia.org/wiki/Walkie-talkie>) - for communication during

the trek

Highlights

- Less-crowded trekking area of Nepal
- The off-the-beaten-path within the Annapurna region.
- Explore the ethnic culture and their lifestyle with amazing hospitality.
- A wide range of flora and fauna.
- Walkthrough the amazing entries, terrace field of farming, & landscapes
- Enjoy the Pristine mountain views of Annapurna Massif

Day to Day Itinerary

Day 1: Drive from Kathmandu to Pokhara

Day 2: Drive from Pokhara to Dhampus

Day 3: Trek from Dhampus to forest camp

Day 4: Trek from forest camp to high camp

Day 5: Trek from High camp to MHBC (4500m) & back to low camp

Day 6: Trek from low Camp to Jhino Danda

Day 7: Trek to Siwa, drive back to Pokhara

Cost Includes

- Free International Airport- Hotel- Airport pick up and drop off by private car/Jeep/Hiace.
- **Meals** on a full-board basis (**Breakfast, Lunch, and Dinner/ the main course**) during the trek in the mountain.
- Alpine Ramble's experienced, government-licensed, English-speaking trekking guide.
- Local strong porter to help the trekkers luggage during the trek (1 porter = 2 trekkers)

with limited weights '10kg each max')

- All salary, food, drinks, accommodation, transport, and insurance for the guide.
- All necessary papers including Annapurna conservation area **permit** and **TIMS card** (Trekking Information Management System) fee.
- **Trekking equipment** such as the Sleeping bag, and down jacket on request (optional)
- Trekking lodges (**Tea House**) throughout the trek
- Assistant guide for the group 8 or above
- Kathmandu- Pokhara- Kathmandu by tourist bus
- Private vehicle from Pokhara- Dhampus- Siwai- Pokhara by taxi/Jeep/car
- Supplementary snacks: energy bar, crackers, and cookies, etc.
- Seasonal fresh fruits desert every evening after dinner.
- Appreciation of certificate after the successful trek.
- Farewell Dinner at a typical Nepalese restaurant with traditional music and dance
- **Alpine Ramble's** complimentary free T-shirt/ route map and a duffel bag (if required)
- Oximeter to measure your oxygen and Pulse level during the trek in the mountain, it's very useful for all the trekkers to be aware of the high altitude sickness.
- Compressive first aid box (Guide will carry it throughout the trek).
- **Emergency rescue** operation assistance in arranging in case of complex health condition (funded by your Travel Insurance)
- All government, Local taxes/ vat and official Expenses

ROUTE MAP

10
DAYS

Mardi Himal Trek



Legend

Difficulty level: Easy
 Max Altitude: 4500m
 Driving Route:
 Trekking Route:
 Secondary Route:
 Flight:



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Altitude Chart

6000

Cost Excludes

- Nepal entry visa fees (you can easily issue the visa on arrival at Tribhuvan International Airport, Kathmandu). \$25 USD for 15 days Visa.
- Extra accommodation and meals behind schedule (Foods and accommodations before or after the trek)
- Extra drinks as alcoholic & non-alcoholic such as Fanta, Coca-cola, sprite, water, beer, etc.
- Additional cost by out of management control due to the landscape, weather condition, illness, change of government policies, strikes, and physical condition, etc.
- Personal expenses such as snacks, laundry, telephone, WIFI, hot shower, etc at tea houses on a trek.
- Travel insurance has to cover emergency rescue evacuation from the high-altitude
- Personal trekking equipment for this trek
- Tips for guide and staffs (Tipping is expected)
- Any other expenses that are not mentioned in the Price Include section of this trek.