



**PEACE NEPAL TREKS**

*... guiding you through your journey of a lifetime.*

# Machhapuchhre Model Trek

## OVERVIEW

Machhapuchhre Model trek provides a panoramic view of Mt. Mardi, Mt. Machhapuchhre, and the Annapurna Himalayan ranges, allowing spectators to marvel at their intriguing beauty. In December 2009, the Swiss Ambassador to Nepal Thomas Gass inaugurated this route that passes through seven northern village development committees of Kaski district. This trek passes through Tatopani of Sardikhola, Hile of Ghachowk, Rivan of Lahachowk, Lwaghalel and Milanchowk of Hemja.

This trekking route passes through forests of flaming red rhododendrons and oak trees, past waterfalls and villages comprising diverse ethnic groups like Gurung, Tamang, Magar, Damai, Kami, Sarki, Chetri, Newar, and Brahmins. The abundance of wildlife, made up of rich flora and fauna and plenty of animal and bird species, makes this trip even more enchanting. Outsiders also get the opportunity to mingle with the residents of the villages of Dhital, Lwang-Ghalel, Rivan, Machhapuchhre, Ghachowk and Lahachowk. Dhital, Sirubari, Ghalegaon, Armala, Lwang-Ghalel that have successfully preserved Gurung culture, art and handicrafts make this trip even more fascinating.

## ITINERARY

- Day 1

**Arrival at the Tribhuvan International Airport. Transfer to Hotel.**

After your arrival in Kathmandu our representatives at the airport will transfer you to your hotel and help you in checking in.

▪ Day 2

**6 hour drive to Pokhara City. 0/N in Pokhara.**

▪ Day 3

**Trek to Lachok and Ribhan. 0/N in Ribhan.**

▪ Day 4

**Trek to Odane Hill and Chichimle Kharka. 0/N in Kharka.**

▪ Day 5

**Trek to Kharka and Khumai. 0/N in Khumai.**

▪ Day 6

**Trek to Khorchorn and Kharka. 0/N in Kharka.**

▪ Day 7

**Trek to Gibli and Tarka . 0/N in Tarka.**

▪ Day 8

**Trek to Imu Kwiwan and Lwaghalel. 0/N in Lwaghalel.**

▪ Day 9

**Trek to Mardi Pool. 0/N in Lokpa Mardi Pool.**

▪ Day 10

**Trek to Pokhara. 0/N in Pokhara.**

▪ Day 11

**Program 02**

▪ Day 12

**Day 1 Arrival at the Tribhuvan International Airport. Transfer to Hotel.**

After your arrival in Kathmandu our representatives at the airport will transfer you to your hotel and help you in checking in.

▪ Day 13

**Day 2 6 hour drive to Pokhara City. 0/N in Pokhara.**

▪ Day 14

**Day 3 Trek to Ghachok and Hile. 0/N in Hile.**

▪ Day 15

**Day 4 Trek to Khumai .0/N in Khumai.**

▪ Day 16

**Day 5 Trek to Korchoron and Kharka. 0/N in Kharka.**

▪ Day 17

**Day 6 Trek to Pipar. 0/N in Pipar.**

▪ Day 18

**Day 7 Trek around Napping . 0/N in Pipar.**

▪ Day 19

**Day 8 Trek to Karuwa.0/N in Karuwa.**

▪ Day 20

**Day 9 Trek to Ghiprang and Ghachok. 0/N in Ghanchowk.**

▪ Day 21

**Day 10 Trek to Mardi Pool and Pokhara. 0/N in Pokhara.**

**Note:** Above holiday itinerary can be customized as our guest specific requirements and can make shorter and longer. We design your holidays accordingly.

# INCLUDES

- Return transfers from International and Domestic airport to your hotel.
- One night stay at the Hotel in Kathmandu.
- All government taxes and Annapurna Conservation entry fees.
- TIMS CARD (Trekking Management System).
- Required number of experienced English speaking guides and support staff (we pay for their daily wages, insurances, trekking equipments, food and accommodation).
- Tent accommodation during the trek on camping services.
- Necessary ground transportation depends on your services requested via tourist bus or private transport.
- Light for a night by Battery or "generator" as a group size.
- Trekking poles, sleeping bag (if necessary we provide).
- Trekking maps.
- Rubbish care to clean up the environment.
- PNT official services charge and government taxes.

Medical support: emergency first aid kit carried by the support staff

Camping equipments: We always provide every guest holiday trek with high qualities equipments: good qualities tent, Gas stove for food prepare, toilets tent and papers, kitchen tent with necessary utensils, Dining tent (for eating), table and chairs as a group, hand clean up towel and soap with tap water, Ice axe and sable.

Accommodation and meals: During camping treks an expert cook accompanies us and serves the best local dishes with different items on our plates. Both food and accommodation during camping treks are our responsibilities. We serve three meals

on camping treks.

Breakfast Verities: Tea, coffee, hot chocolate, milk, boil water/different kinds Tibetan bread, toast, omelet fried or scrambled, boil egg, porridge, musli, cornflake, chapatti, jam, honey, pinner butter, rice pudding, pani cake, butter, salami, sinoman role.

Lunch: Juice, tea (black/lemon/coffee), boil water/ sandwich, potato cheaps, different items bread, vegetable, macaroni, chaumin, fried/boil potatoes, plan chapatti, backbeans.

Dinner: Different items Soup, popcorn, prawan, cookies, papad/ local Nepali verities food (Daal/rice/vegetables/meat/pickle), pizza (vegetable/mushroom/chicken), burger, pasta, chicken meat, can meat, veg/non veg momo, spagity, noodles, tuna fish, sasit, spring role.

Desert: tea, coffee, milk, chocolate, boil water, cake, pie, seasonal fruits, tin fruit, mango, apple, banana.

Water: we serve with boil water drink along the trek either you can make tea or coffee for day trip. It should be better to bring good quality water bottle for trek.

## **EXCLUDES**

- All meals in Kathmandu city.
- Tips to guides and support staff.
- Additional costs in case of emergency (You must have adequate travel insurance to cover any kind of emergencies).
- Internal flight tickets.
- Additional medication for altitude sickness (Acetozolomide etc).
- Personal expenses and any other unforeseen expenses.
- Personal trekking equipments.

## **Travel Insurances: –**

Travel Insurances are compulsory for clients trekking or climbing with us. The insurance should cover you in case of emergencies like accidents, altitude sickness and ambulance and helicopter rescue charges if required. Please carry a copy of your insurance papers while travelling in Nepal and do send us a copy as well. This will help us in making all the necessary arrangements in case of any sort of emergencies.

## **SEASONS**

**Nepal has four climatic seasons**

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- Spring : March – May
- Summer: June – August
- Autumn: September – November
- Winter: December – February

While there are no seasonal constraints on traveling to Nepal, different regions are best visited in different seasons. Enquire about any trekking region and we will tell you about the best season to visit that area.

## **EQUIPMENTS**

### **Check-list of personal equipment:**

- Good standard trekking boots
- Camping shoes/thongs
- Socks-polypropylene
- Down Jacket
- Fleece
- T-shirts
- Trekking trousers

- Shorts (both casual and for treks)
- Swim wear
- Sun Hat
- Woollen Hat
- Nylon Windbreaker
- Gloves
- Gaters
- Strong Rucksack
- Sleeping Bag
- Water Bottle
- Torch/headlamp (with spare batteries)
- Toiletries/soap
- Toilet paper
- Sun block
- Travel Towel
- Wet-wipes
- Medication (cough medicine, throat soothers, water purification tablets)
- Sunglasses
- Binoculars
- Camera & lenses
- Memory cards
- GPS Tracking Units may be helpful
- Altimeter
- Compass
- Book/music player/pack of cards
- Padlock
- A plastic bag for waste
- Energy/snack bars

**The following equipment are required during the Climbing period: –**

(Warm Down Jackets, Sleeping Bags, Warm Trousers, Koflach Shoes, Trekking Shoes and Sandals, Perfectly fitting Crampons, Gaiters, Ice Axe, Jumar, Ice Screw, Rock, Picton, Snow Bar, 2 locking Carabiners, Gloves, Sun Glasses, Head Light, Helmet, Rope, Stove, Harness, Figure -8, Gore – Tax Jacket with hood).