



Himalayan Adventure Treks & Tours

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Mardi Himal Base Camp Trek :- 11 Days - USD 950 Per Person

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Highlights

- **Scenic Mountain Views:** Marvel at breathtaking panoramic views of the Annapurna and Dhaulagiri mountain ranges, including iconic peaks like Machhapuchhre (Fishtail), Annapurna South, and Hiunchuli.
- **Off-the-Beaten-Path Experience:** Enjoy the tranquility of a less-crowded trekking route, offering a more intimate connection with nature and local culture compared to busier trails.
- **Rich Biodiversity:** Traverse through diverse landscapes, from lush rhododendron and oak forests to alpine meadows adorned with wildflowers, providing ample opportunities for nature enthusiasts and photographers.
- **Cultural Encounters:** Interact with local communities, including Gurung and Magar ethnic groups, and experience their unique culture, traditions, and hospitality in traditional mountain villages along the trail.
- **Mardi Himal Base Camp:** Reach the high-altitude alpine meadow of Mardi Himal Base Camp, situated at an elevation of around 4,500 meters, offering mesmerizing views of the surrounding Himalayan peaks.
- **Side Excursions:** Embark on side trips to High Camp and Low Camp for even more stunning viewpoints and closer encounters with the majestic mountains.
- **Varied Terrain:** Experience a variety of terrain, including steep ascents, gentle ridges, and rocky trails, providing an exciting and dynamic trekking experience.
- **Sunrise and Sunset Views:** Witness spectacular sunrise and sunset vistas from vantage points along the trek, casting a golden glow over the snow-capped peaks and surrounding landscapes.
- **Charming Tea Houses:** Stay in cozy tea houses and lodges along the trail, enjoying warm hospitality, hearty meals, and comfortable accommodation amidst the stunning mountain scenery.
- **Adventure and Serenity:** Strike a balance between adventure and serenity as you trek through remote and pristine wilderness, far from the hustle and bustle of city life.

Overview

Mardi Himal Base Camp Trek is an easy yet adventurous trekking trail in Nepal's Annapurna region that takes you to the east of the Annapurna range and Mt. Machhapuchhre (6997m). This trek is fairly popular because it is relatively short, allows you to experience Gurung culture, and provides stunning views of the mountains in the Annapurna and Lamjung Himal ranges. The hike entails the natural and cultural aspects of the Annapurna region and will require you to trek for approximately 5–6 hours every day. Why Mardi Himal Base Camp Trek? If you are not sure about whether to go to the Mardi Himal Base Camp Trek or choose another destination, here are a few reasons to choose this particular

adventure: Panoramic views: Witness sunrise paint the Annapurna giants in gold. Discover the captivating beauty of Mardi Himal. Connect with the warm Gurung people and embrace their village charm. Explore rhododendron forests, conquer difficult peaks, and get lost in bright landscapes. Gradual ascents and well-maintained trails make this trek perfect for all levels. Share stories, soak up Nepali hospitality, and return home with lifelong memories. Route to Mardi Himal Base Camp The trip starts with a drive from Kathmandu to Pokhara....

Itinerary

Mardi Himal Trek Itinerary Outline:

Day 01: Arrival at Kathmandu Airport and Transfer to Hotel.

Day 02: Drive from Kathmandu to Pokhara 6-7 hours. (B)

Day 03: Drive from Pokhara to Phedi and trek to Pothana (1925m) 4-5 hours. (B/L/D)

Day 04: Trek from Pothana to Forest Camp at Kokar (2600m) 4-5 hours. (B/L/D)

Day 05: Trek from Kokar Forest Camp to Low Camp (3150m) 5-6 hours. (B/L/D)

Day 06: Trek from Low Camp to High Camp (3700m) 4-5 hours. (B/L/D)

Day 07: Excursion to Mardi Himal Base Camp (MHBC) (4500m) (B/L/D)

Day 08: Trek from MHBC to Siding village (1750m) 5-6 hours. (B/L/D)

Day 09: Trek from Siding village to Lumre and drive to Pokhara 3-4 hours. (B/L)

Day 10: Drive from Pokhara to Kathmandu. (B/D)

Day 11: Departure to Airport. (B)

Mardi Himal Trek Cost Includes:

- Pick up and drop off: You will be greeted at the airport upon arrival and transferred to your hotel. At the end of the trip, you will be dropped off at the airport for your departure.*
- Hotel accommodation: Two nights' stay in a 3-star hotel in Kathmandu with breakfast included, providing a comfortable resting place before and after the trek. Similarly, two nights' accommodation in a 3-star hotel in Pokhara with breakfast included.*
- Meals during trekking: Lunch, dinner, and breakfast will be provided during the trekking days to keep you fueled and energized throughout your journey.*
- Transportation: Travel from Kathmandu to Pokhara and back will be by tourist bus, ensuring a convenient and comfortable journey. Private vehicles will be arranged for transportation from Pokhara to Phedi and from Lumre back to Pokhara.*

- **Permits:** *The necessary permits for trekking, including the Trekkers' Information Management System (TIMS) Permit and the Annapurna Conservation Area Project (ACAP) fee, will be arranged for you.*
- **Equipment:** *A duffle bag will be provided for your convenience during the trek, and a souvenir company logo T-shirt will be included as a memento of your experience.*
- **Accommodation:** *All accommodations during the trek will be arranged in lodges or tea houses along the route, providing a cozy and comfortable place to rest after a day of trekking.*
- **Guidance:** *An experienced, friendly, and knowledgeable guide will accompany you throughout the trek, ensuring your safety and providing insights into the local culture and environment.*
- **Travel rescue:** *Arrangements for travel rescue will be made, providing peace of mind in case of emergencies during the trek.*
- **Medical supplies:** *A first aid kit will be available throughout the trek, equipped with essential medical supplies to handle minor injuries or health concerns.*
- **Taxes:** *All government taxes related to the trek package are included, ensuring transparency and compliance with regulations.*
- **Farewell dinner:** *The trip will conclude with a memorable farewell dinner at an authentic Nepalese restaurant, accompanied by a cultural performance, allowing you to reflect on your journey and create lasting memories with fellow travelers.*

Mardi Himal Trek Cost Excludes:

- **Nepal Visa fee:** *While you can easily obtain a Nepal Visa upon arrival at Kathmandu airport, the fee for the visa is not included in the trek package. The visa fee may vary depending on the duration of your stay in Nepal.*
- **International airfare:** *The cost of international flights to and from Kathmandu is not included in the trek package. You'll need to arrange and cover the expenses for your flights separately.*
- **Travel and rescue insurance:** *It's essential to have travel and rescue insurance that covers trekking activities in Nepal. This insurance is not included in the package, and you'll need to arrange it independently.*
- **Porter:** *If you require the services of a porter to carry your belongings during the trek, the cost of hiring a porter is not included in the package. Porter fees may vary depending on the duration and difficulty of the trek.*
- **Extra meals:** *Any additional meals not included in the trek package, such as meals in Kathmandu or extra meals during the trek, are not covered and will be at your own expense.*
- **Personal expenses:** *Expenses such as phone calls, laundry, bar bills, battery recharge, extra porters, bottled or boiled water, hot showers, and any other personal items or services not specified in the package are not covered and will be your responsibility.*

Equipment

Packing List for Mardi Himal Trek

Apparel:

- **Hiking boots** (waterproof and comfortable)
- **Hiking pants** (convertible or quick-drying)



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- *Base layers (thermal tops and bottoms)*
- *Trekking T-shirts (breathable and moisture-wicking)*
- *Fleece jacket (mid-layer for warmth)*
- *Down jacket (insulating layer for colder nights)*
- *Waterproof jacket and pants*
- *Socks (hiking socks and liner socks)*
- *Underwear*
- *Sun hat and sunglasses*
- *Beanie and gloves*

Footwear:

- *Sandals or camp shoes*

Personal Care:

- *Sunscreen (SPF 30+) and lip balm*
- *Insect repellent*
- *Personal toiletries (toothbrush, toothpaste, etc.)*
- *Hand sanitizer and wet wipes*
- *Toilet paper and trowel (leave no trace!)*
- *Medications (personal prescriptions and pain relievers)*
- *Quick-drying towel*

Electronics:

- *Headlamp and extra batteries*
- *Power bank and charging cables*
- *Camera and extra batteries*

Other Essentials:

- *Daypack (20-30L)*
- *Trekking poles (optional, recommended for stability)*
- *Water bottle (2L minimum)*
- *Water purification tablets or filter*
- *Snacks and personal food preferences*
- *Maps and guidebook (optional)*
- *Copies of travel documents and passport*
- *Small amount of cash in Nepali Rupees*

Remember: This is a general list. Adapt it based on your personal needs, the season you're trekking in, and any specific requirements. Contact us for any additional recommendations in a more personalized way.

Trip Notes



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Best time for Mardi Himal Base Camp Trek

The Mardi Himal Trek can be conquered in any season, as all have their own pros and cons. However, the following two seasons are the most popular for this adventure in the Annapurna Region:

Spring (March-May)

It's a vibrant time, with blooming rhododendrons painting the trails with bursts of color. The weather is generally mild, offering clear skies and pleasant temperatures, perfect for trekking.

- *Highlights: Vibrant rhododendron bloom, pleasant temperatures, clear skies, festive vibe.*
- *Possible Concerns: This is a popular trekking season, so expect larger crowds, especially at popular viewpoints and accommodations; Occasional Rainfall may occur.*

Autumn (September – November)

This time of year is characterized by clear skies, pleasant temperatures, and consistent weather, and the trails are less busy than in the spring, providing a peaceful trekking experience.

- *Highlights: Crisp, clear views of the snow-capped peaks, and a quieter trekking atmosphere.*
- *Possible Concerns: While there are fewer crowds than in spring, it can still get busy, so we advise booking in advance.*

What about other seasons?

Monsoon (June to August)

In this season, heavy rain makes everything lush and green. Fewer people are trekking, so it feels peaceful. But the trails can get slippery from the rain, and clouds might cover the mountain views. Sometimes, leeches might be around.

Winter (December to February)

Winter brings snow to the mountains, making everything look white and beautiful. There aren't many trekkers around, so it's quiet. But it gets really cold, especially in the higher places. Some trails might be closed because of a lot of snow.

Difficulty Level: How difficult is Mardi Himal Base Camp trek?

The Mardi Himal Base Camp trek isn't too hard, but it's not too easy either. It's a good challenge that most people can handle. The paths aren't super steep, but they do go up and down, so you need some strength.

You might feel a bit out of breath because of the higher places, but taking it slow helps a lot. It's good

to have some trekking experience, but beginners who are fit can also manage it with some preparation. Overall, it's a trek that asks for effort, but the stunning views along the way make it totally worth it.

So, the Mardi Himal Base Camp trek – not too easy, not too hard, just perfect for your adventure spirit. Come with a curious mind, a willing heart, and good walking shoes, and get ready to conquer the mountains and yourself!

Why 11-Day Mardi Himal Trek?

The 11-day Mardi Himal Trek hits the perfect balance, giving you enough time to explore and enjoy the spectacular scenery without feeling rushed. Consider the following reasons why this itinerary is perfect for your Mardi Himal adventure:

- *Allows plenty of time to immerse yourself in a variety of scenery, from verdant woods to snow-capped summits.*
- *Allows for a more relaxed ascent and descent, reducing exhaustion.*
- *Ideally adaptable for both seasoned trekkers and beginners seeking a rewarding Himalayan adventure at a manageable duration.*
- *Engage with local culture along the trail.*
- *Get ample chances for stunning photo moments.*
- *Gives more flexibility for weather delays.*
- *Allows gradual adaptation to higher altitudes.*
- *Get enough time to bond with your fellow trekkers.*
- *Accommodates unforeseen circumstances or additional explorations*

A Normal Day at Mardi Himal Trek

Morning: After a hearty breakfast, you lace up your boots and hit the trail. The path winds through rhododendron forests, meadows bursting with wildflowers and quaint villages. The sights and sounds of nature fill your senses.

Lunch with a View: Lunchtime might be a picnic under a towering pine, a stop at a friendly teahouse, or even enjoying your packed goodies with jaw-dropping panoramas of the Annapurna giants.

Afternoon Adventure: The afternoon holds new challenges – maybe a steeper climb, a refreshing river crossing, or even a side trip to a hidden waterfall. The guide will be sharing local stories and keep the day lively.

Evening: As the sun sets below the peaks, you reach your next lodge, nestled amongst the hills. A warm welcome, crackling fire, and delicious local dinner await. Sharing stories with fellow trekkers under the starry sky rounds off the perfect day.

Mardi Himal Base Camp Trek Vs Annapurna Base Camp

Mardi Himal Base Camp and Annapurna Base Camp both are in the Annapurna Region and are two of the favorite choices of many trekkers. If you are unsure which package to choose, we help you with a quick overview below:

Mardi Himal Base Camp (MHBC) trek

The trails in MHBC are gentler, the crowds are smaller, and the views are still mind-blowing. You'll wander through rhododendron forests, meadows, and quaint villages, soaking in the beauty at a medium pace.

Annapurna Base Camp (ABC) trek

The [Annapurna Base Camp Trek](#) is the rockstar of treks, filled with energy and challenge; you will climb steeper slopes, meet more fellow adventurers, and feel the rush of reaching the iconic base camp nestled among the giants. Expect stunning views, a sense of accomplishment, and possibly a few tired muscles.

So, which one's for you?

- *Peace & Quiet: Mardi Himal wins with its serene trails and smaller crowds.*
- *Stunning Views: Both treks offer epic vistas, but Annapurna Base Camp gets you closer to the giants.*
- *Challenge Yourself: Annapurna Base Camp will test your legs and lungs, while Mardi Himal offers a gentler climb.*
- *Cultural Immersion: Both treks weave through charming villages, but Mardi Himal feels more intimate.*
- *Uniqueness: Mardi Himal takes you off the beaten path, while Annapurna Base Camp offers a classic Nepali experience.*

Ultimately, the choice is yours! Pick the trek that resonates with your soul, your pace, and your thirst for adventure. Both Mardi Himal and Annapurna Base Camp will leave you breathless (in a good way!) and with memories that'll last a lifetime.

Health/Safety Concerns and Physical Requirements

Health/safety concerns:

- *Altitude Sickness: As you ascend, altitude sickness can occur. Acclimatization stops are crucial to adapt gradually.*
- *Weather Fluctuations: Weather changes swiftly; be prepared for sudden shifts in temperature and potential rain/snow.*



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- **Hydration & Nutrition:** Maintain hydration and eat well to fuel your body for the trek's demands.
- **Proper Gear:** Ensure you have appropriate gear, including sturdy boots, layers for varying temperatures, and rain protection.

Physical requirements:

- **Moderate Fitness Level:** A reasonable level of fitness is required for trekking uphill and navigating varying terrain.
- **Training & Preparation:** Prior training with hiking or walking helps prepare for the trek's physical demands.
- **Stamina:** Expect to walk 5-6 hours a day, so building endurance is beneficial.
- **Comfortable Pace:** Trek at a comfortable speed to avoid exhaustion and acclimate better to the altitude.

Safety tips:

Here are a few tips to keep you safe and healthy throughout the trek:

- **Stay Hydrated:** Drink plenty of water to combat altitude effects and prevent dehydration.
- **Listen to Guides:** Follow your guide's advice on altitude acclimatization and safety precautions.
- **Watch for Symptoms:** Monitor for [signs of altitude sickness](#) and communicate any discomfort promptly.
- **Emergency Preparedness:** Carry essentials like a basic first aid kit, and know emergency procedures.

Nepal Visa Entry Process

For most nationalities, obtaining a Visa On Arrival (VOA) at Kathmandu's Tribhuvan International Airport (TIA) is possible. Here's a general procedure to get Nepal's Visa easily for your Mardi Himal Trek:

1. Complete the Arrival Card either online or at the arrival counter.
2. Consider the option of an online pre-visa application for quicker processing.
3. Pay the visa fee at the designated bank counter, ranging from USD 30 to 125, depending on the validity.

Required documents may include:

- A valid passport (with at least 6 months validity)
- A passport-size photograph



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- *Proof of funds (cash, credit cards, or travel documents)*
- *Proof of onward/return flight ticket*

If VOA isn't available to you, arrange the visa through a Nepalese embassy in your home country.

For comprehensive details and specific requirements:

- *Refer to the Department of Immigration website: <https://www.immigration.gov.np/>*
- *Contact your nearest Nepalese embassy or consulate.*
- *Explore our [FAQ page](#) for more information.*

Keep in mind, these are general guidelines. Always verify updates from official sources before your journey. Feel free to reach out anytime if you have questions or need assistance; we're here to support you!

How to Book Your Tour?

Booking your [trip with us](#) is quite handy. Simply, follow the steps below to secure a spot for this adventure:

- 1. Pick your Dates: Choose your ideal season and let us know your preferred travel dates. We'll check availability and create a personalized adventure for you.*
- 2. Get in Touch: Contact us by email or phone, and our friendly team will answer all your questions. We'll guide you through the booking process and make sure everything is smooth sailing.*
- 3. Secure Your Spot: Once you're happy with the itinerary and details, confirm your booking with a deposit. Payment options are simple and flexible, so you can relax and focus on planning the fun stuff.*
- 4. Pre-Trek Prep: We'll send you a detailed information pack with everything you need to know – a packing list, permits, travel tips, and even some Nepali phrases to impress the locals!*

Your Nepali Adventure Awaits! All set? Relax, get excited, and pack your sense of adventure. We'll handle the logistics, leaving you free to savor every breathtaking moment on the Mardi Himal Base Camp Trek.