

8848 Nepal

Mardi Himal Base Camp Trek



Trip Facts

Trip Duration: 9 Days

Difficulty Level: Moderate

Trip Area: Gandaki Province

Maximum Altitude: 4500m/14,763.78ft-Mardi Himal Base Camp

Best Season: September-November and March-May.

Meals: Full board (please check the details)

Accommodation: Hotels, Resorts, Homestay

Transportation: Car Jeep or Bus

Trip Start: Kathmandu

Trip End: Kathmandu

Itinerary Highlights

- Panoramic mountain Views
- Varied Landscapes
- Cultural experiences
- Scenic Campsites
- Moderate Difficulty
- Wildlife and Flora

Trip Overview

Mardi Himal Base Camp, situated at an elevation of 4,500 meters (14,764 feet), is a stunning trekking destination in the Annapurna region of Nepal. The trek to Mardi Himal Base Camp is renowned for its breathtaking views of the Annapurna massif, including iconic peaks such as

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Machapuchare (Fishtail), Annapurna South, and Hiunchuli. The trail offers a diverse range of landscapes, from lush rhododendron forests and alpine meadows to rocky high-altitude terrains. Unlike some of the more crowded trekking routes in Nepal, the Mardi Himal trek provides a quieter, more serene experience, allowing trekkers to enjoy the pristine natural beauty and traditional Gurung and Magar villages along the way. Typically completed in 5-7 days, this trek is considered moderate in difficulty and is accessible to those with a reasonable level of fitness.

Detail Itinerary

Day 1: Arrival in Kathmandu

- Arrive at Tribhuvan International Airport in Kathmandu.
- Transfer to your hotel.
- Explore the vibrant streets of Kathmandu, visit UNESCO World Heritage Sites like Kathmandu Durbar Square, Swayambhunath (Monkey Temple), or Boudhanath Stupa.
- Meet your trekking guide for a briefing on the trek.

Day 2: Drive to Pokhara

- Drive from Kathmandu to Pokhara (approximately 6-7 hours).
- Enjoy scenic views of the countryside, rivers, and terraced fields along the way.
- Arrive in Pokhara, a beautiful lakeside city nestled beneath the Annapurna range.
- Check into your hotel and relax.
- Explore Lakeside Pokhara in the evening and enjoy the lakeside ambiance.

Day 3: Pokhara to Deurali (2100m)

- Drive from Pokhara to Kande (approximately 1-2 hours).
- Begin trekking from Kande and ascend through lush forests and traditional Gurung villages.
- Reach Deurali, a small settlement offering panoramic views of the Annapurna and Machhapuchhre (Fishtail) ranges.
- Overnight at a teahouse in Deurali.

Day 4: Deurali to Forest Camp (2550m)

- Trek from Deurali to Forest Camp, also known as Kokar (approximately 6-7 hours).
- The trail passes through rhododendron and oak forests, offering glimpses of the stunning mountain scenery.
- Arrive at Forest Camp and rest for the night at a teahouse.

Day 5: Forest Camp to Low Camp (2990m)

- Trek from Forest Camp to Low Camp (approximately 5-6 hours). – The trail ascends gradually, with breathtaking views of Machhapuchhre and the surrounding valleys. – Reach Low Camp, a picturesque stopover with stunning sunset views.

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- Overnight at a teahouse in Low Camp.

Day 6: Low Camp to High Camp (3580m)

Trek from Low Camp to High Camp (approximately 3-4 hours).

- The trail climbs steadily above the tree line, offering panoramic views of the Annapurna range.
- Arrive at High Camp, the last settlement before Mardi Himal Base Camp.
- Spend the afternoon acclimatizing and enjoying the mountain views.
- Overnight at a teahouse in High Camp.

Day 7: High Camp to Mardi Himal Base Camp (4500m) and Return to Low Camp

- Early morning hike to Mardi Himal Base Camp (approximately 3-4 hours).
- Enjoy spectacular sunrise views over the Annapurna range and Mardi Himal.
- Explore the base camp area and take photographs. – Descend back to High Camp for breakfast.
- Trek back to Low Camp (approximately 4-5 hours). – Overnight at a teahouse in Low Camp.

Day 8: Low Camp to Sidhing (1700m)

- Start early from Low Camp.
- Descend from Low Camp to Sidhing via the Sidhing-Mardi trail (approximately 5-6 hours).
- From Sidhing, drive back to Pokhara (approximately 2-3 hours).
- Upon reaching Pokhara, check into your hotel and relax.

Day 9: Fly or Drive back to Kathmandu

- Drive or fly back to Kathmandu from Pokhara, depending on your preference and itinerary.

Cost Includes

- Guide and Porter
- Permits
- Accommodation
- Meals while on trek
- Transportation
- Equipment

Cost Includes

- Personal Expenses
- Travel Insurance
- International Flights
- Additional Tours or Activities

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- Accommodation and Meals Outside of the Trek
- Unforeseen Cost

Guidelines / Information

Acquire Permits

Obtain the necessary permits such as the Annapurna Conservation Area Permit (ACAP) and the Trekkers' Information Management System (TIMS) card. These permits help support conservation efforts and ensure your safety.

Respect Local Culture and Customs

Familiarize yourself with the customs and traditions of the local communities along the trekking route. Respect their culture, dress modestly, and seek permission before taking photographs of people or their property.

Leave No Trace

Practice Leave No Trace principles by minimizing your impact on the environment. Dispose of waste responsibly, carry out all non-biodegradable trash, and avoid littering. Leave natural and cultural sites undisturbed.

Stay Hydrated and Energized

Drink plenty of water to stay hydrated, especially at higher altitudes. Consume nutritious meals to maintain energy levels throughout the trek.

Acclimatize Properly

Ascend gradually to higher altitudes to allow your body to acclimatize. Listen to your guide's advice regarding altitude sickness symptoms and descend if necessary.

Stay on Designated Trails

Stick to established trails to avoid getting lost and minimize environmental damage. Deviating from marked paths can harm fragile ecosystems and disrupt wildlife habitats.