



Mardi Himal Base Camp Trek – 9 Days

Trip fact:

Designation	: Nepal
Region	: Annapurna Region
Duration	: 9 Days
Maximum Altitude	: 4,500 m/14,763 ft (Mardi Himal Base Camp)

Outline Itinerary:

Day 01: Arrival in Kathmandu

Day 02: : Flight from Kathmandu to Pokhara (827 m/2,713 ft)

Day 03: Drive to Kande (1,700 m/5,577 ft) and trek to Pitam Deurali (1,900 m/6,233 ft)

Day 04: Pitam Deurali to Low Camp (2,985 m/9,793 ft)

Day 05: Trek to High Camp (3,580 m/11,745 ft)

Day 06: Trek to Mardi Himal Base Camp (4,500 m/14,763 ft) and back to Low Camp (2,985 m/9,793 ft)

Day 07: Trek to Siding (1,885 m/6,184 ft) and drive to Pokhara (827 m/2,713 ft)

Day 08: Drive back to Kathmandu

Day 09: Final departure



Detail Itinerary:



Image: Kathmandu City

Day 1: Arrival in Kathmandu

When you get to Tribhuvan International Airport in Kathmandu, representatives from Adventure Master will be there to meet you. They will take care of getting you to your hotel. Since you do not know when you will arrive, this day is free for you to take it easy. In the evening, you will meet us at our office, where we will introduce you to your trek guide and give you a rundown of what to expect on the trek. Also, we will spend the evening getting ready for the hike by packing.



Image: Pokhara

Day 2: Flight from Kathmandu to Pokhara (822m)

Today, we will start our trip to Pokhara, which is where the trek to the Mardi Himal base camp starts. The trek starts just an hour from the city, and we will leave Kathmandu for Pokhara early in the morning. You can see the beautiful Himalayan range from there. The trip is relaxing and a great way to start the hike.



Image: Pitam Deurali

Day 3: Drive to Kande (1,700 m/5,577 ft) and hike to Pitam Deurali (1,900 m/6,233 ft)

After breakfast, we will drive from Pokhara to Kande, where our trek will begin. From there, we will start our trip with a steep climb through the jungle, passing by local villages until we reach Australian Camp, where we will stop for lunch.



Image: Low Camp

Day 4: From Pitam Deurali to Low Camp (2,985 m/9,793 ft)

From Pitam Deurali, we leave the main Annapurna Sanctuary trail and head towards Mardi Himal Base Camp on a less traveled path to the right. The path takes us through a thick forest of oak, maple, hemlock, and rhododendron trees. After walking through the jungle for about four hours, we stop for lunch at a clearing in the forest called Forest Camp or Kokar.

From there, we keep going up towards Low Camp, passing through a forest with more rhododendrons and trees with moss, lichen, and tree ferns on them. This can be a long and hard day of trekking, but fit trekkers should be able to handle it



Image: High Camp

DAY 5: Trek to High Camp (3,580 m/11,745 ft)

Middle Camp is reached after a 1.5-hour climb through a rhododendron forest. From there, we go to Badal Danda, which has beautiful views of snow-capped peaks. As we move up from Low Camp, the trail breaks out above the treeline and gives us a good view of Annapurna South and Hiunchuli to the west.

The trail then goes along the Mardi Himal ridge, which is mostly grassy and has a few rhododendron bushes here and there. We will find a larger lodge with eight rooms and a separate dining room with a heater when we get to High Camp. From the lodge, you can see Annapurna South, Hiunchuli, and Machhapuchhre, which is a great view (Fishtail).



Image: View of Mardi Himal and Machhapuchre Mountain (Fishtail Mountain) from view point

Day 6: Hike to Mardi Himal Base Camp (4,500 m/14,763 ft) and back to Low Camp (2,985 m/9,793 ft)

The plan for today is to get up early to see the mountains at sunrise, then walk up the ridge toward Mardi Himal Base Camp after an early breakfast. The path to Base Camp is mostly grassy, but there are a few steeper parts. Overall, it is not too hard.

As we go up, we might see dzoko (crosses between yaks and cows) and the beautiful Danphe pheasant grazing in the area. During the summer, sheep and goats from villages lower down are brought up to this area to graze. We may also pass a few herders' huts on the way. We will walk for about three hours to get to base camp, which is 4,500 meters above sea level. From here, we can see the south face of Annapurna and all of the peaks in the Annapurna Sanctuary, as well as Hiunchuli and Machhapuchhre, in a beautiful, all-around view (Fishtail).



Image: Pokhara City

Day 7: Hike to Siding (6,184 m) and then drive to Pokhara (2,713 m)

When we go back, we will take a different path and end up making a loop. Instead of going back to Kokar on the Mardi Himal trail, we choose to go down to the village of Siding on a different path. Siding is an adorable village in Nepal that has not been changed much by tourism yet. We might be able to stay in a homestay that is owned by the person who runs one of the lodges at Low Camp. This cultural experience gives us a chance to learn more about life in a village and maybe even eat dhal bhat with the family in their kitchen.



Image: Kathmandu

Day 8: Drive back to Kathmandu by tourist bus

We'll be driving back to Kathmandu today. Like the last time, the drive from Pokhara to Kathmandu is easy and beautiful. When we get to Kathmandu, we will take you to your hotel. Spend the rest of the day in Thamel window shopping and checking out the local market. We'll have a farewell dinner with you in the late evening.

Day 9: Final departure

Your journey with us is now over. You can stay longer and join one of our other exciting Himalayan trips. If not, our airport staff will make sure you get to the airport on time for your flight.



Cost Include:

- ✔ All ground travel, including getting to and from the airport, is done in a private car.
- ✔ The Kathmandu to Pokhara flight
- ✔ Drive from Pokhara to Kande by private car.
- ✔ Drive from Siding to Pokhara by private jeep.
- ✔ Drive from Pokhara to Kathmandu via a luxurious tourist bus.
- ✔ Siding to Pokhara by private jeep if it is group trip
- ✔ One night in Kathmandu and two nights in Pokhara at standard hotel with breakfast (as per the itinerary)
- ✔ During the trek, you will be provided with three meals a day: breakfast, lunch, and dinner with one cup of tea each meal
- ✔ The best available lodge for two people to share during the trek
- ✔ A highly experienced, helpful, knowledgeable, friendly, English-speaking guide with all of his salary, food, drinks, lodging, transportation, and insurance covered.
- ✔ Taxes and official costs paid to the government.
- ✔ Oximeter to check your pulse, oxygen saturation, and heart rate twice a day (very helpful to check for signs of Altitude Mountain Sickness, or AMS). This will make sure that your trek is in the safest hands possible, no matter how experienced you are.
- ✔ A certificate of completion of the trip
- ✔ All papers that need to be done, Fees for entering permits you need to go while hiking.

Cost Exclude:

- ✘ Food that you will eat in Kathmandu for lunch and dinner
- ✘ The cost of a visa to enter Nepal is \$30 USD for a 15-day stay, 30 Days - \$50, 90 Days - \$125
- ✘ Your insurance for travel and medical care.
- ✘ International Airfare.
- ✘ Your Personal Expenses.
- ✘ All of the alcoholic and non-alcoholic cold and hot drinks you buy on trek (along the way and in the Tea Houses at night).
- ✘ All of the sweet desserts, like chocolate, cake, pie, and pudding.
- ✘ The tea houses have hot showers and places to charge your phone which will cost you about 2\$ to 5\$
- ✘ Tip to the guide, the porter, and the driver. (Tipping is expected)
- ✘ One porter for two people: US \$100

Trip Highlight

- ✔ Beautiful views of the mountains: The Mardi Himal trek offers stunning views of the Annapurna massif, including peaks like Annapurna South, Hiunchuli, and Machhapuchhre, as well as different landscapes.
- ✔ Off the beaten path: The Mardi Himal trail is less crowded than other popular treks in the Annapurna region, making it a great choice for people who want to get away from the crowds.

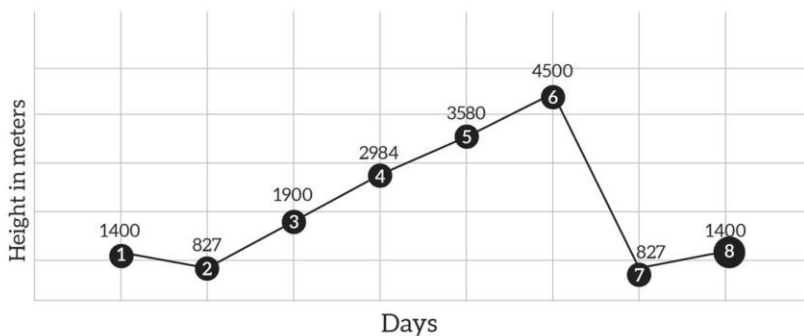
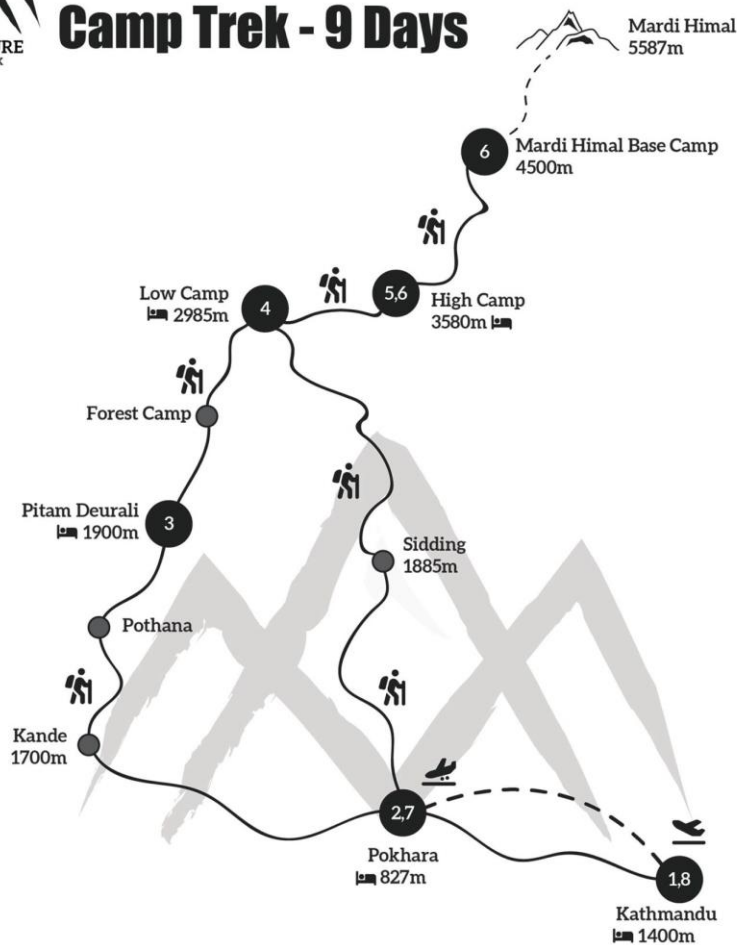


- ✓ Culture: The Mardi Himal trekking route takes you through traditional villages where you can learn about the Gurung and Magar people's culture and traditions.
- ✓ Different types of terrain: The Mardi Himal trek goes through forests, meadows, and high-altitude trails.
- ✓ You will reach altitudes of up to 4,500 meters, giving you the chance to trek at high altitudes and feel the excitement of reaching a mountain pass.

Route Map:



Mardi Himal Base Camp Trek - 9 Days



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Payment process

You need to pay a 25% deposit up front. If you pay with a credit card, you might have to pay an extra 4% charge.

Cancellation policy

The cancellation fees are calculated as a percentage of the total tour price:

- Cancellation one week before departure: 15% of full payment will be deducted.
- Cancellation on the same day: 25% of full payment will be deducted.
- No refund on cancellation after departure.
- If you need to postpone your trip, there won't be any additional charges i.e you'll be able to go on the trip at the originally booked amount.

List of Trekking Equipment for the trek

For trekking to Everest base camp, you will need the following. You can rent or buy most of the gear mentioned in Thamel, Kathmandu.

Head and Hand

- Sun Cap
- Wool/Fleece Hat
- Balaclava
- Neck Gaiter/High Neck
- Lightweight Synthetic Liner Glove
- Wind Stopper Fleece Gloves

Upper Body

- Short-Sleeved Shirts/T-shirts
- Lightweight Top/Thermo Coat
- Synthetic or Fleece Jacket
- Down Insulated Jacket

Lower Body

- Underwear
- Lightweight Long Underpants
- Midweight Long Underpants
- Trekking Pants
- Trekking Socks
- Sandals
- Lightweight Hiking/Trekking Boots



Toiletries

- Hand Sanitizers & Hand wash
- Wet Tissues
- Toothpaste
- Toothbrush
- Bath Soap
- Shampoo
- Moisturizers
- Laundry Soap
- Garbage Bag
- Eye Drops
- Zip-Lock Bags
- Sunscreen (-50 Spf)
- Lips Guard (-20/-50 Spf)
- Water Purification Tablets
- Baby Wipes or Wet Towels

Miscellaneous

- Swiss Knife
- Rucksacks (45 – 55 Ltr.)
- 1 Duffel Bag (provided by the company)
- Trekking poles
- Sleeping bag
- Torchlight
- Water Bottles
- Thermos/Flask
- Pack Towel
- Spare batteries
- Waterproof Stuff Sacks
- Satellite Phone (if possible)
- Solar chargeable power bank (optional)
- Journal/Pen
- Book/Board Game
- Bars & Snacks

Travel Document

- Valid Passport
- Valid Visa
- 4 PP Size Photo
- Insurance Paper (Medical & Rescue) & Contact Address
- Family/Company Contact Number & Address
- Credit Card



If you are interested in firming up your trek you can simply reply to this email, head over to our website for more information and to contact us, message us on Instagram ([@adventuremastertrek](https://www.instagram.com/adventuremastertrek)) or get in touch via [WhatsApp \(+9779851033195\)](https://www.whatsapp.com/+9779851033195). A member of our team will get back to you as quickly as possible and be happy to assist you further.

Kindest regards and namaste!

Adventure Master Trek

We are recommended on



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