



Marvel Treks & Expedition Pvt. Ltd.

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Mardi Himal Base Camp Trek

A Hidden Himalayan Gem of Peaceful Trails and Spectacular Mountain Views

Duration: 4 Days

Max Altitude: 4500 m (Mardi Himal Base Camp)

Trek Grade: Moderate

Start / End: Pokhara

Accommodation: Hotel in Kathmandu | Teahouse during trek

Best Season: April–May | September–October

Group Type: Private or Group Joining



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Overview

The **Mardi Himal Trek** is a hidden gem in the Annapurna region, offering a peaceful and less-crowded trekking experience. The trail winds through dense rhododendron forests, alpine meadows, and remote high camps, leading to stunning panoramic views of the Annapurna and Dhaulagiri ranges. The highlight is the Mardi Himal Viewpoint, where you witness a dramatic sunrise over the mountains, creating a deep sense of peace and wonder. This trek is perfect for those seeking solitude, natural beauty, and a rewarding Himalayan adventure.

Trip Highlights

- Mardi Himal Viewpoint (4,200 m) – Unforgettable sunrise with panoramic mountain views
- Close views of Machhapuchhre (Fishtail) – One of the most iconic peaks in World
- Peaceful and less-crowded trails – Ideal for a serene trekking experience
- Rich biodiversity – Rhododendron forests, alpine landscapes, and wildlife
- Cultural encounters – Traditional villages and warm local hospitality
- Short but rewarding trek – Perfect for travelers with limited time

Itinerary

Day 1: Pokhara → Pitam Deurali → Forest Camp (Drive + Trek | 2 hrs drive + 4 hrs trek | 2,550 m) (Early morning drive from Pokhara to Pitam Deurali, then begin the trek through lush rhododendron and oak forests. The trail gradually climbs with beautiful mountain views, leading to Forest Camp where you stay overnight.)

Day 2: Forest Camp → Low Camp (Trek | 6 hours | 3,580 m) (Today's trek continues through dense forests and narrow paths, passing small settlements and scenic viewpoints. As the altitude increases, the landscape becomes more alpine, and you arrive at Low Camp with stunning views of Annapurna South and Machhapuchhre.)

Day 3: Low Camp → High Camp → View Point → High Camp (Trek | 8 hours | 4,200 m / 2,990 m) (A long but rewarding day as you trek from Low Camp to High Camp, then continue to the viewpoint for a spectacular sunrise over the Annapurna and Dhaulagiri ranges. After enjoying the panoramic views, descend back to High Camp for an overnight stay.)



Day 4: High Camp → Siding Village → Pokhara (Trek + Drive | 6 hrs trek + 2 hrs drive | 1,890 m) (Descend through forests, terraced fields, and traditional villages to Siding, where you meet your vehicle. After a short drive back to Pokhara, the trek concludes with an evening arrival in the lakeside city.)

All You Need to Know

1. Visa Process

Nepal's tourist visa fees vary by duration, with common options on arrival being \$30 for 15 days, \$50 for 30 days, and \$125 for 90 days, plus \$3/day for extensions.

2. Guide In Nepal

You will need a guide for tour, trekking, peak climbing as well as expedition.

- Tour Guide: A professional who leads sightseeing tours and provides local information.
- Driver Guide: A driver who also acts as a guide during travel.
- Trekking Guide: An experienced guide who leads trekking routes safely.
- Peak Climbing Guide: A trained guide for high-altitude mountain climbing.
- Expedition Sherpa Guide: A skilled Sherpa who supports and guides challenging expeditions.
- Porter: A helper who carries luggage or trekking gear, sometimes also assisting as a guide.

3. Accommodation

Stay comfortably with options to suit every traveler from budget backpacker stays (USD \$10) to 5★ city hotels (USD \$90) to cozy teahouses with attached bathrooms and camps along the trekking trails.

4. Transportation

Choose from local buses, private cars, shared or private jeeps, domestic flights, and helicopter transfers for convenient travel across Nepal.

5. Permits and entrance fees

Trekking and visiting protected areas in Nepal require permits and entrance fees to support conservation and local communities. Key permits and fees include:

- TIMS (Trekking Information Management System) Card: Required for most trekking regions.



- ACAP Permit (Annapurna Conservation Area Permit): Needed for trekking in Annapurna region.
- KCA Permit (Kanchenjunga Conservation Area Permit): Required for Kanchenjunga treks.
- SAC Permit (Sagarmatha National Park Entry Permit): Needed for Everest region treks.
- Langtang National Park Entry Permit: Required for treks in Langtang region.
- Manaslu Conservation Area Permit (MCAP): Needed for Manaslu trekking.
- Royal Chitwan National Park Entry Fee: For visiting Chitwan National Park.
- Bardia National Park Entry Fee: For wildlife safaris in Bardia.

Fees vary by nationality and trekking region.

6. Meals

During your trek, meals are usually served in teahouses or lodges, with options for local Nepali cuisine, vegetarian, and international dishes. Breakfast is usually included in accommodation. In the city, you can enjoy a wide variety of restaurants, cafes, and hotel dining.

7. Health & Safety

- Altitude sickness awareness and proper acclimatization are crucial when trekking above 2,500m.
- Carry basic medications and a personal first-aid kit.
- Drink bottled or purified water only.
- Vaccinations (such as Hepatitis A, Typhoid, and Tetanus) are recommended before travel.
- Emergency rescue services are available in major trekking regions.

8. Currency & Payments

- Nepalese Rupee (NPR) is the local currency.
- ATMs are available in major cities but limited in remote areas. Credit cards are accepted in hotels, restaurants, and shops in cities.
- Cash is essential for trekking regions.

9. Communication & Internet

Local SIM cards (Ncell or Nepal Telecom) are easily available at the airport and in cities. Mobile network coverage is good in cities and popular trekking routes.

Wi-Fi is available in hotels and teahouses, sometimes at an extra cost in remote areas.

10. Cultural Etiquette & Local Customs



Dress modestly, especially in rural areas and religious sites.
Remove shoes before entering temples and homes.
Respect local traditions and festivals.
Ask permission before taking photos of people.

11. Responsible & Sustainable Travel

Avoid single-use plastics and use refillable bottles.
Respect wildlife and natural environments.
Support local communities by using local guides, porters, and accommodations.
Follow “Leave No Trace” principles during treks.

Important Information

- This trek requires a good level of physical fitness, as it involves long walking days, uneven terrain, and gradual ascent at higher altitudes. Participants are strongly advised to prepare in advance through regular exercise, endurance training, and hiking practice.
- Altitude-related illnesses such as Acute Mountain Sickness (AMS) can occur above 2,500 m. All itineraries are designed with proper acclimatization days to minimize risk; however, individuals must follow the guide’s instructions and report any symptoms immediately. If symptoms worsen, descending to a lower altitude is mandatory for safety.
- Weather conditions in the Himalayas are unpredictable and can change rapidly, particularly during monsoon and winter seasons. Trekking schedules may be adjusted due to weather, trail conditions, or safety considerations.
- Luggage limits are strictly enforced, typically allowing 10–12 kg of personal baggage per trekker. Excess luggage can be carried by porters or arranged separately at an additional cost.
- Comprehensive travel insurance covering high-altitude trekking, emergency medical treatment, and helicopter evacuation is mandatory. Proof of insurance must be provided before the trek begins.

