

MARDI HIMAL BASE CAMP TREK





MARDI HIMAL BASE CAMP TREK



TRIP HIGHLIGHTS

Mardi Himal Base Camp is an absolute gem in the Annapurna region, with exquisite scenes of the unexplored, untouched sides of Annapurna massif.

Although the trek is moderately difficult, almost anyone can do it. You don't need any special gear!

Get up close to Machhapuchhre peak, claimed to be the birthplace of Lord Shiva.

The windswept teahouse on top of Mardi Himal Base Camp serves you with Himalayan Ave Coffee - the Nepalese alternative of Starbucks!

This trek is a ridge hike, with constant panoramic views along both sides along the trail.



Trip Duration	8 days
Grade	Medium
Max. Alt.	4,450m
Summary	8 day trip: 1 day sightseeing in Kathmandu, 3 nights hotel in Kathmandu, 1 night hotel in Pokhara 5 nights teahouse on trekking trail

WELCOME TO SHERPA SPIRIT TREKS

Thank you for your interest in trekking in Nepal with Sherpa Spirit Treks. We are a local trekking agency in Nepal with more than 30 years of combined experience in the trekking industry in Nepal. It is important to us that your time visiting Nepal is memorable for all of the right reasons. Which is why we not only help you to discover not the magnificence of the mountains here, but also walk with you as the mountains worked their magic on your soul.

WHY TREK WITH SHERPA SPIRIT TREKS?

- We have over 30 combined years experience in the trekking industry in Nepal.
- We have a strong passion for trekking AND the people of Nepal. We provide conditions that empower and support the people of Nepal and their families.
- While we might provide you with an itinerary, we are flexible and allow you to move at your own pace. You won't be rushed or prompted to reach the destination without first enjoying the journey.
- You have the option of booking your own trekking adventure, or joining a pre-arranged group (as available) - all of our groups are kept small to allow you to feel safe and comfortable.

MARDI HIMAL BASE CAMP TREK



SOLO TRAVEL THE TRIP

At Sherpa Spirit Treks, we do not require single travellers to pay a surcharge for travelling alone. In fact, we admire you for doing so! In our pre-arranged group treks, we will arrange for you to share accommodation with another trekker of the same gender. If we can't match you up we will provide a single room at no extra charge. However, if you prefer not to share a single supplement is payable to guarantee your own room. Please refer to our website for the additional cost.

The mountains of the Himalayas have mystified mankind since antiquity, often worshipped as Gods and Goddesses, and they continue to lure man's spirit to them today. One of the largest of 13 peaks in the Annapurna region is Mardi Himal, and the track to Base Camp draws you into the spirit of the mountains and the serene wonders of nature as you start to ascend. A little bit rough, a little bit exciting, and a little less busy than most tracks, Mardi Himal offers it all! For those visiting Nepal in search of inner peace, mountain adventures, and physical accomplishment can have it in abundance on this trek.

Mardi Himal sits amidst the undulating clouds and picturesque valleys of the Annapurna region, while the Annapurna massifs, glistening like diamonds, stand in eerie silence as they stare down at you in quiet curiosity.. This whole region pierces your soul, and Mardi Himal is one of the few places in the world where you realise peace was never lost. Find yourself a high ridge, fix your eyes on the Himalaya, breathe deeply, and begin to rejuvenate the soul. And if you feel called to meditate, rest assured that Mardi Himal is one of the few places left where you can be left alone without an ounce of distraction.



MARDI HIMAL BASE CAMP TREK



AT A GLANCE

Arrival	Arrive in Kathmandu
Day 1	Sightseeing & trek preparation in Kathmandu
Day 2	Fly Kathmandu to Pokhara, then trek to Australian Camp
Day 3	Australian Camp to Low Camp/Forest Camp
Day 4	Low Camp/Forest Camp to High Camp
Day 5	High Camp to Mardi Himal Base Camp, and return to High Camp
Day 6	High Camp to Sidding Village
Day 7	Sidding Village to Lumre, then drive to Pokhara
Day 8	Pokhara to Kathmandu by Tourist Bus
Departure	Departure

WHAT'S INCLUDED

- ✓ Airport pick up and drop off in a private vehicle
- ✓ 3-star hotel in Kathmandu and Pokhara with breakfast (twin-share: 2 nights in Kathmandu before the trek and 1 night in Kathmandu after the trek)
- ✓ Teahouse accommodation during the trek (twin-share)
- ✓ All meals (breakfast, lunch, and dinner - including hot beverages) during the trek
- ✓ Welcome dinner & farewell dinner (with cultural show)
- ✓ Guided city tour in Kathmandu with private vehicle
- ✓ Domestic flight from Pokhara to Kathmandu
- ✓ Experienced, English-speaking and government-licensed lead trekking guide (assistant guide provided for 4+ trekkers)
- ✓ Porters (1 porter for 2 trekkers)
- ✓ Staff costs (salary, insurance, transport, equipment, meals, and accommodation)
- ✓ Group first aid kit (carried by your lead trekking guide)
- ✓ Down jacket & sleeping bag (to be returned after trek completion)
- ✓ Sherpa Spirit Treks waterproof duffel bag, t-shirt and trekking map (for you to take home)
- ✓ Sherpa Spirit Treks Certificate of Completion
- ✓ All necessary paperwork and trekking permits (ACAP, TIMS card)
- ✓ All government & local taxes

MARDI HIMAL BASE CAMP TREK



QUICK FACTS

Visas

Please see below for our note on Visas, and check with your travel agent or the local Nepalese Diplomatic mission in your country for visa requirements.

Vaccinations

Please check with your local GP or Travel Health Clinic for information on vaccination recommendations and requirements.

Leader

This trek is escorted by an experienced, English-speaking and government-licensed trekking guides.

WHAT'S NOT INCLUDED

- ✗ Your round-trip international airfare from home
- ✗ Visa and country entry costs
- ✗ Excess baggage charges
- ✗ Meals in Kathmandu (except Welcome/Farewell dinners - because there are so many amazing places for you to explore!)
- ✗ Extra night accommodation in Kathmandu for early arrival or late departure, or early return from the trek (due to any reason) than what is included in the scheduled itinerary
- ✗ Travel, personal, medical, rescue, and cancellation insurance
- ✗ Personal expenses (phone calls, laundry, alcoholic beverages and bar bills, charges for wifi or to charge personal electronic devices, hot water charges for showers, boiled or bottled water, confectionery, soft drinks, donations)
- ✗ Tipping and gratuities for guides, porters, drivers, etc
- ✗ Medical and rescue expenses

TRIP HIGHLIGHTS

- ✓ Imagine yourself surrounded by gigantic hills and mountains as you find yourself in the heart of the Himalayas! This trek is guaranteed to reset your mind, body and soul as you surrender to the majesty of the mountains through your trek. This isn't going to be an overly difficult adventure, allowing you to bask in the beauty of these mountains while still enjoying a sense of achievement upon completing your trek. And we promise you, nothing can beat that feeling of achievement!
- ✓ Mardi Himal Base Camp is an absolute gem in the Annapurna region as compared to other Everest region treks. Exquisite scenes of the unexplored, untouched sides of Annapurna massif on this peaceful and unblemished trek enhances the charm of its peak.
- ✓ Although the trek is moderately difficult, especially towards Base Camp at the height of the trek, almost anyone can do it. You don't need any special gear and with plenty of rest stops along the way, you can move at your own pace and allow yourself to be in the moment, so that you can truly appreciate the wonder of this region.
- ✓ Get first hand experience of the unique Himalayan ecosystem. The trail winds alongside terraced rice paddies, lush rhododendron forests and high altitude landscapes with the Annapurna Range in view most of the time. And if you're lucky, sightings of rare and endangered species of animals like snow leopard and musk deer are not uncommon in the region. Other animals such as Himalayan tahr, blue sheep and a host of birds are found aplenty here.
- ✓ The tracks in the Annapurna region depend on the route you choose, but it's roughly around 170kms -230kms, and Mardi Himal is just one of these tracks. The tracks are well maintained and marked along the way along with certain paved tracks between camps. The recommended season for hiking is October – early December and late Feb- April. This determines where, how, and what you can hike. However, every trekking season offers its own distinctive atmosphere for hikers. Feel free to contact us if you want to know more about the best time to trek for the ultimate experience that you are looking for!

MARDI HIMAL BASE CAMP TREK



TRIP GRADING

Medium

This trek is rated as Medium. Although it involves numerous, consecutive days of walking, the daily distance and time spent trekking is less than other trails. This trek climbs to high elevations (above 3,000m) and there is a risk of altitude sickness, however the number of days spent at high elevations is minimal. You will be required to walk steep, unsteady trails, both uphill and downhill, to cross suspension bridges, and old landslide locations. You will need to be able to carry a backpack weighing up to 10kg.

ADVENTURE TRAVEL

By its very nature adventure travel involves an element of the unexpected. In remote and developing countries do not expect standards you are used to at home. Remote areas are sometimes unpredictable and itineraries may be altered. To get the most out of your adventure it is important that you are flexible, positive and eager to take on all the challenges that arise. If you are uncertain about your suitability for this trek we recommend that you contact us.

ALTITUDE SICKNESS

Altitude Sickness or Acute Mountain Sickness (AMS) is a real risk on treks that climb to altitudes close to or above 3,000m. It can be potentially fatal, and the best preparation is to understand the signs and symptoms, and to know the best treatment. Please refer to our website for more information.

IMPORTANT NOTE

These trip notes represent the most current information for this itinerary, and may supersede any information in the current brochure, including but not limited to the itinerary and price. The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control.

- ✓ The Machhapuchhre peak in the Annapurna massif is considered sacred, and claimed to be the birthplace of Lord Shiva. You'll be getting up close and personal with the path of enlightenment as your journey takes you past sacred temples and pristine holy sites along the way.
- ✓ Hike under the umbra of Lord Shiva's watchful eyes, Mardi Himal trek is guarded by Machhapuchhre peak to the North, famously known as The Fishtail Peak. Keep an eye out for Machhapuchhre peak tiptoeing into your accommodation - the peak illuminates with a silver lining in the evening when the clouds part especially just before the sunset, turning the moment into a jaw-dropping spectacle. You might just be lucky enough to have front row views from your tea house room!
- ✓ You have hiked so far, so how about Starbucks at 4,500 meters? Having a tea house on top of Mardi Himal Base Camp is no less than an oasis in a desert. The windswept lodges serve you with the Himalayan Ave Coffee which is the Nepalese alternative of Starbucks. Grab a cup, stretch your legs, and journal your experience.
- ✓ If you're a photographer or vlogger, then this place is made for you! At sky stabbing altitudes, you'll begin to witness views of the lesser-known sides of the Annapurna massif. This trek is a ridge hike which means you get constant views of both sides along the trail. Also be prepared for some incredible, diverse panoramic views.

DETAILED ITINERARY

ARRIVAL *Arrive in Kathmandu*

Upon your Arrival, we will welcome you in the terminal hall in Tribhuvan International Airport at Kathmandu. We will transfer you to your hotel and introduce you to your trekking guide, and together you can enjoy a hot cup of masala tea and have an in depth discussion about your trek, including the trekking route, anything you need, the necessities for the trek, and any general suggestions for preparing for your upcoming adventure.

DAY 1 *Sightseeing & Trek Preparation in Kathmandu*

Today you will take a sightseeing tour of Kathmandu with our appointed City Guide! Kathmandu is rich with Hindu and Buddhist history, so with an early morning start, you will visit places such as: the Hindu shrine of Pashupatinath, the Buddhist shrine of Boudhanath, the "city of fine arts" - Patan Durbar Square, Krishna temple, Kumbeswore Temple, Golden Temple, the 2000 year old "Monkey Temple" - Swayambunath Stupa, and Basantaur Durbar Square - home to the living goddess Kumari. In the afternoon you can get acquainted with the local area around Thamel market, as we help you finish your final trek preparations with a spot of gear hire and/or shopping. In the evening we will officially greet you with a Welcome Dinner serving traditional authentic Nepali food in Kathmandu.

DAY 2 *Kathmandu (1,350m) to Pokhara (750m: 45mins) then Australian Camp (1,970m: 3 hours)*

The first official day of our trek will begin with a scenic domestic flight from Kathmandu to Pokhara, which is by far the most comfortable mode of travel between these two cities. This 45-minute flight is packed with glimpses of Annapurna peaks, Dhaulagiri, Manaslu, and Ganesh Himal ranges. If you're lucky enough, and if the skies cooperate, you might even catch a look at Mt. Everest, which is nearly 200 km away!

MARDI HIMAL BASE CAMP TREK



After reaching Pokhara in the early morning you'll head towards Kanda, where a warm cup of tea will re-energize you. From there you will proceed trekking towards Australian Camp (2 hours trek).

DAY 3 *Australian Camp (1,970m) to Low Camp/Forest Camp (2,550m: 5-6 hours)*

The ascending journey from Australian Camp to Low Camp is when the excitement begins to rise! Today you'll continue on this 5-6 hour trek and along the way you'll get to socialize with fellow hikers. Rhododendrons and magnolia trees will be your guide for a while until you reach Forest Camp, where you can take time to reflect, or explore more of the scenic beauty of the Himalayas. Be sure to take a good look outside your window, the iconic views of the peaks from your accommodation is unmatched.

DAY 4 *Low Camp/Forest Camp (2,550m) to High Camp (3,580m: 6-7 hours)*

As we depart from Forest Camp (2,550m) and reach Kokar, the ridge begins getting steeper, making the hike more exhilarating on this 6-7 hour ascent. The biodiversity leads you to a sometimes grassy and other times snow capped High Camp, depending on the time of year. Depending on what time you arrive, you can enjoy a late lunch or afternoon tea with Annapurna South. What a soothing way to end the day!

DAY 5 *High Camp (3,580m) to Mardi Himal Base Camp (4,450m) and return to High Camp (7 hours return)*

Today we take a day-return hike up to Mardi Himal Base Camp at 4,450m, with Machhapuchhare (Mt Fishtail) within sight of explorer's eye from there. The snowy patched camp gives an incredible 360° view, refreshing the senses and relieving all the tiredness from the hike.

There are perfect dawn views of Mardi Himal (5,587m), Annapurna I (8,091m), Annapurna South (7,219m), Hinchuilli (6,441m), Bahara Shikhar (7,647m), Machhapuchhare (6,993m) and many more peaks from camp.

DAY 6 *High Camp (3,580m) to Sidding Village (1,280m: 7 hours)*

Having accomplished the heights of High Camp yesterday, today you'll begin your descent and return with a sense of achievement combined with memories of mind-blowing views from Base Camp that will be stuck in your thoughts for a long time.

Our descent into Sidding village is going to be rather steep along the way, however, you will be rewarded with sights of stunning waterfalls, suspension bridges, and some local villages on the way down.

DAY 7 *Sidding Village (1,280m) to Lumre (2-3 hours), then to Pokhara (750m)*

We come across more stone staircases and suspension bridges today as we once again descend and climb out through forests of bamboo, rhododendron and oak. As we reach the peak of our ascent into the Modi Valley, we can begin to see the villages of Bamboo and Doban below us, beckoning us to make the steep descent down a stone staircase and through a forest of bamboo and rhododendron. Watch out for the black faced langurs that call these forests home!

MARDI HIMAL BASE CAMP TREK



DAY 8 *Pokhara to Kathmandu*

We want to offer you the most of your time in Nepal, and the opportunity to experience as much as you can. So today we make the long bus journey back to Kathmandu, taking a final chance to breathe in the mountains, winding roads, terraced farms, small towns, and roadside villages. Depending on the time we arrive back, you can take the afternoon to yourself to wander the bustling tourist district of Thamel to finish up your souvenir shopping, or rest up in your hotel. Join us for a final meal together, as we enjoy a Nepalese farewell dinner with traditional live music and dance.

DEPARTURE *Drop off at the airport*

As today is your last day in the country we appreciate your decision to choose us as your travel companion. We are honored to be a part of your beautiful memories and hope that we met your expectations. We will accompany you to the airport for a traditional Nepal farewell, and we wish you a safe flight back home.

OTHER OPTIONS

Want to get up close to the Annapurnas and find out what is waiting for you at the end of the Annapurna Base Camp trail? Then **Contact Us** and ask how you can combine the Mardi Himal Trek with the Annapurna Base Camp Trek, for a more intimate experience of all these beautiful mountains have to offer you!

OR, if you want to enjoy some leisure time in Pokhara and experience some of the incredible things the lake city has to offer, then **Contact Us** and ask about extending and customising your itinerary!

There are so many activities to choose from:

- City Sightseeing - Visit Fewa Lake, enjoy a shopping spree, marvel at Devi's Falls, and enjoy the tranquility of the World Peace Pagoda
- Beautiful Sunrise view from Sarangkot
- A scenic mountain flight over the Annapurna ranges
- Paragliding (for the more adventurous at heart!)
- Visit a Tibetan Refugee Camp

COUNTRY INFORMATION

The world's highest mountain range defines everything there is about Nepal, a landlocked country lying between India to the south, and China and Tibet to the north. It's topography and weather, its religion and trade, all arise from its location amongst the grandest mountains you'll ever see. And while Nepal's rich melting pot of culture and tradition, with mystical Indian Hinduism and Tibetan Buddhism making up the fabric of the society, will draw you in with amazement and awe, it's the famous peaks and the superb trekking staff that will impress you with memories you'll never forget.

MARDI HIMAL BASE CAMP TREK



CLIMATE

Nepal has five seasons: spring, summer, monsoon, autumn and winter. In the mountainous regions where we trek, you can expect temperate summer temperatures and winter temperatures that can plummet below freezing. There is no seasonal constraint on trekking in Nepal, however the best time to visit is March/April (spring) when the rhododendrons bloom, and September to mid-December, when monsoon has cleared and skies are clearest.

A TYPICAL DAY

A typical day on this trek will involve waking early to a warm, fuelling breakfast with a hot tea or coffee, provided by our teahouse guests. Of course, the meal is of your choice, ordered the evening before. Make sure your bags are packed and ready to go, as our porters will be keen to head off early, before you've even finished your meal! You'll then set out for a day of trekking through sublime, mountain terrain. Each day varies, but you can expect to walk 4 to 8 hours a day. We will stop for lunch at a teahouse along the way, giving you a chance to drop your pack, put your feet up, and have a rest while you nourish and refuel your body with a delicious, warm meal. Some days our lunch place will also be our overnight camp, but on most days we will set out again after lunch to reach our overnight destination. Upon arrival at our overnight accommodation you'll have a chance to order your dinner, and spend the evening reflecting on your day, and enjoying the company of your guides, with a nice hot cuppa around the fire.

DIETARY REQUIREMENTS

While our packages include the cost of meals, we cannot cater to special dietary needs, as we are staying in hotels and teahouses that are under their own management. However, most diets can be accommodated. The easiest diets to accommodate are vegetarian/vegan, and gluten free (simply by ordering food that meets these needs, and making any requests at the time of ordering). The Nepalese people aim to please their guests, so a courteous request will go a long way!

ACCOMMODATION ON THE TREK

In Kathmandu you will be staying in 3-star hotel accommodation, generally with wifi and running hot water in your own attached bathroom (always appreciated after a long trek!).

On the trekking trail, we stay in traditional Nepal teahouse accommodation, which has been constructed to cater to the needs of trekkers. Teahouses are usually of a general standard, and can vary, depending on the town/village we stay in, and the time of year we are trekking. They can be made of stone, or they may be constructed more simply. The facilities offered by teahouses varies, and most often the bathroom and toilet are located outside and are a shared facility. Hot water and wifi are charged, and may not always be available, depending on where we are staying.

All accommodation on our treks is twinshare meaning you will generally be sharing a room with one other person (unless you're travelling solo, or in an odd numbered group). Single supplements are also available for those who wish to be guaranteed a room all to themselves.

Please refer to [our website](#) for more information.

MARDI HIMAL BASE CAMP TREK



WHAT YOU CARRY

All of our trekking packages include porters to carry your main luggage (water-proof duffel bag provided). However, you will be required to carry a daypack with extra warm/rainproof clothing, drink bottle, camera, and personal items such as sunscreen, blister kit, and any personal medications you require.

Should you wish to travel without a porter and carry a larger backpack with all of your trekking gear, please [Contact Us](#) for a customised itinerary.

EQUIPMENT REQUIRED

Please refer to our website for a detailed [Equipment Checklist](#). This list will also be provided to you after booking.

VISAS

You need a Tourist Visa in order to enter Nepal.

You can obtain a Tourist Visa for 15 days (30 USD), 30 days (50 USD), or 90 days (125 USD). Please ensure that the duration of your visa will cover your entire stay in Nepal.

The requirements for entry into Nepal have recently changed, and continue to change, due to COVID-19. Therefore, it is recommended that you contact the Nepalese Diplomatic mission in your home country, your Travel Agent, or refer to the [Nepal Department of Immigration](#) website, for all questions regarding visa entry requirements in Nepal.

SOCIAL NETWORKING

Connect with us on Social Media

FACEBOOK: @sherpaspirittreks

INSTAGRAM: @sherpaspirittreks

And don't forget to head to our website to view our other trekking itineraries, and for information about travelling in Nepal.

www.sherpaspirit.com

TRIP AVAILABILITY

This trip is available to be booked all year round, however we recommend you allow some time for the necessary travel arrangements to be made (e.g. visas, COVID-19 tests, quarantine requirements, permits). If you are travelling solo but would like to travel in a group, please [Contact Us](#) to find out if we have a group running that you can join.

HOW TO BOOK

To book your trekking adventure, please visit [our website](#). You will need to select your dates, complete a booking form, and pay a 25% deposit, which is non-refundable up to 30 days prior to the trek departure date.