Mardi Himal Trek

DURATION: 7 DAYS

Trip Facts

Group Size 1 - 10 Persons

Trip Grade Easy

Accommodation Hotel / Guest House

Max Height 4500 Metres

Start From Kathmandu

End At Kathmandu

Transportation Bus / Car

Duration 7 Days

Meals included Breakfast, Lunch & Dinner Days

Best season:
March - May, September - November

Trip Overview

Mardi Himal Trek is a short but stunning trekking route in Nepal's Annapurna region, offering breathtaking views of the Annapurna and Machapuchare mountains. The trek typically takes around 5 to 7 days, depending on the starting and ending points and pace. The best season for the Mardi Himal Trek is during the pre-monsoon (spring) and post-monsoon (autumn) seasons, with the recommended months being March to May and September to November. The cost of the Mardi Himal **Trek can range from $600 to $1,200 per person**, including permits, accommodation, meals, a guide, and porters. The trek is considered a moderate one, involving hiking through rhododendron forests, and traditional villages, and ascending to higher altitudes. It is considered a less crowded option compared to other popular treks, such as the Annapurna Base Camp Trek or the Annapurna Circuit. The Mardi Himal Trek starts from Kande, a small town near Pokhara, and passes through beautiful rhododendron forests and terraced fields. The main **highlight is the Mardi Himal Base Camp,** located at an altitude of 4,500 meters.

The trek is considered a less crowded option compared to other popular treks, such as the **Annapurna Base Camp Trek** or the Annapurna Circuit. The Mardi Himal Trek travels past Gurung communities and verdant woodlands, providing an escape into Himalayan splendor. The walk runs through stunning woodlands and natural areas with plants and wildlife, providing stunning views of the Annapurna range, Fishtail, Mount Manaslu, Dhaulagiri, and Ganesh Himal. Having an experienced guide by your side ensures that you can navigate through challenging terrain and unpredictable weather conditions with ease, as well as providing valuable insights into the local culture, traditions, and history. Additionally, the walk offers opportunities to interact with local communities and experience their way of life firsthand. Whether it's staying in traditional teahouses or participating in cultural ceremonies, you'll have a chance to immerse yourself in the rich **heritage of the region**

Trip Itinerary

Day 1 KATHMANDU – POKHARA (822 m)

7 Hrs | Breakfast, Lunch & Dinner | Hotel | Bus | 822 m

We can enjoy the beautifully terraced farms, little shops by the side of the road, and the raging Trishuli River on our drive to Pokhara, also referred to as the 'City of Lakes.' From the city, we get great views of the Himalayas including Dhaulagiri, Manaslu, Machhapuchhre, the five peaks of Annapurna. Pokhara is also a tourist destination, so we take some time out in the evening and enjoy! Overnight in Pokhara.

Day 2 Drive to Phedi and trek Deurali (2125 m)

4 Hrs | Breakfast, Lunch & Dinner | Guest House | Car / Walking | 2125 m

After an early morning breakfast, we start our adventure with a drive to Phedi and start trekking from there. We walk on stone steps, terraced fields, and through villages and forests before reaching Dhampus where we have lunch. We continue our walk to Deurali which is a small village beautifully located on a ridge with good views of the Annapurna South, Mardi Himal, and Machhapuchhare. Overnight in Deurali.

Day 3 Trek to Low Camp (2900 m)

7 Hrs | Breakfast, Lunch & Dinner | Guest House | Walking | 2900 m

Our trail passes through lush forest dotted with the red rhododendrons. The flowers are a common sight in Nepalese hills and it is no surprise that its Nepal's national flower. Our trail is very quiet until we reach a clearing of the forest camp. We can take rest and explore the area which is also known locally as Kokar. Overnight in Forest Camp.

Day 4 Trek to High Camp (3585 m)

Breakfast, Lunch & Dinner | Guest House | Walking | 3585 m

Beginning at the Low Camp, we will trek directly to the High Camp today. Leaving the Badal Danda behind, we will proceed for 4-5 hours walk along the Mardi Himal edge. We trek tough towards high camp leads through the Mardi ridge providing the majestic views of Mardi Himal and Machhapuchhre. After climbing through the Rhododendron timberlands for 1.5 hours we will arrive at the Middle Camp. The tree lines begin getting slighter and the zone generally comprises of bushes with confined rhododendron bushes along the trail. If you are lucky enough, we may even see the “Daphne” (national bird of Nepal) on our approach to high camp.

Day 5 Hike to Mardi Base Camp (4500 m) and trek down to Sidding (1750 m)

8 Hrs | Breakfast, Lunch & Dinner | Guest House | Walking | 4500 m

We take a different route in the high camp that takes us to Side instead of going back down to Mardi Himal. The different route lets us experience something different and makes our trek exciting. Siding offers a quiet stay for trekkers as it is tucked away from the busier trails. Overnight in Siding village

Day 6 SIDHING VILLAGE – LUMRE – POKHARA - KATHMANDU (2-3 HOURS TREK, 2 HOURS DRIVE AND 25 MINUTES FLIGHT)

5 Hrs | Breakfast, Lunch & Dinner | Hotel | Walking / Car / Plane | 1400 m

After an early breakfast, we walk towards Lumre finally reaching the road from where we begin our drive to Pokhara. After reaching the city, we continue our drive to its domestic airport and fly back to Kathmandu. Someone from Mount Adventure Holidays will pick us from the airport and drop us off at our hotel. We take a rest and freshen up. In the evening, there will be a farewell dinner to celebrate the successful completion of our Mardi Himal Trek. Overnight in Kathmandu.

Day 7 FINAL DEPARTURE

Our friendly representative will drop you off at the airport. We are sure that you will be inspired to visit Nepal again after this trek. We hope that you choose us to plan your next trip to Nepal.

ADVENTURE HOLIDAYS

Cost Includes

- Airport pickups and drops in a private vehicle
- 2 night's hotel accommodation in Pokhara with breakfast.
- Guesthouse accommodation during the trek.
- All necessary trekking permits: Annapurna Conservation Area and Trekkers' Information Management System (TIMS) fee.
- An experienced, English-speaking, and government-licensed trek leader
- Staff costs including salary, insurance, equipment, food, and accommodation.
- Down jacket and sleeping bag (to be returned after trip completion)
- All government and local taxes.
- First aid medical kit.

- Trekking Map,Fresh fruit
- All transportation: Kathmandu - Pokhara - Kathmandu, Pokhara – Ulleri and Ghandruk - Pokhara

Cost Excludes

- Nepalese visa fee.
- Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porters, bottle or boiled water,Beverage bills, shower, etc.)
- Travel and rescue insurance.
- Tips for guide(s), porter(s) and driver
- Excess baggage charges (if you have more than 10 kg of luggage, a cargo charge is around $1.5 per kg)
- Extra night accommodation in Kathmandu because of early arrival, late departure, early return from mountain (due to any reason) than the scheduled itinerary
- Lunch and evening meals in Kathmandu (and also in the case of early return from the mountain than the scheduled itinerary)

Trip Map