Trek Curator
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Mardi Himal Trek - 9 Days

The Mardi Himal trek is one of the newest and most scenic treks in Nepal, officially opened in 2012. It is ideal for trekkers seeking a less crowded and shorter experience. Located in the Annapurna region, east of the Annapurna Base Camp trek, it offers stunning views of Machapuchare (Fishtail), Mardi Himal, Annapurna South, and Hiunchuli.

Journey Begins: Kathmandu to Pokhara

The adventure begins in Kathmandu, the capital city of Nepal, which is home to several major UNESCO World Heritage sites, including Pashupatinath, Bouddhanath, and Kathmandu Durbar Square. First, ensure you have all the essentials, trekking gear, and permits, including the TIMS card. You can travel to Pokhara by either road or flight, enjoying beautiful natural scenery along the way.

The Trekking Route

The trekking route is moderate and filled with adventure and fun. The trek officially starts with a drive from Pokhara to Kande. From there, you will trek to Pritam Deurali. The trail passes through charming Gurung villages such as Deurali and Badal Dadha, as well as high and low camps. As you progress, you'll walk through dense rhododendron and oak forests, surrounded by peaceful scenery with minimal human settlement. As you ascend to higher altitudes, the vegetation begins to thin, providing a chance to spot various Himalayan birds. The trek becomes more strenuous as you approach High Camp, but the spectacular view of Machapuchhare makes it worthwhile. An early morning hike to Mardi Himal Base Camp rewards trekkers with breathtaking sunrise views and panoramic vistas of the Annapurna range. After enjoying the views, you will descend through the villages and then drive back to Pokhara.

Highlights of the Trek

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The trek offers panoramic views of Annapurna South, Hiunchuli, Mardi Himal, and the sacred Machapuchare. Especially in spring, the rhododendron forests are a beautiful sight. Witnessing the sunrise or sunset at Mardi Himal Base Camp presents a breathtaking display of glowing skies over snowy peaks. The trek is peaceful and provides an authentic experience, allowing for interaction with the Gurung and Magar communities, which helps deepen your understanding of their culture. You'll also have the chance to try local food.

Why Choose the Mardi Himal Trek?

The Mardi Himal trek is a hidden gem in the Annapurna region, blending natural beauty, cultural immersion, and adventure. It is less commercialized and untouched by mass tourism, offering a peaceful experience. While relatively short, the trek provides the opportunity for a high-altitude adventure within just 9 days. It's also perfect for photography, featuring stunning rhododendron forests, dramatic landscapes, and cloud-swirled mountains that create incredible visuals.

"Ready to experience the magic of Mardi Himal? Contact us today to plan your perfect trek!"

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PRICE INCLUDES

- Airport Transfers (Pick-up & Drop-off)
- Kathmandu to Pokhara Transport (Tourist Sofa Bus)
- Accommodation (Teahouses/Lodges during the trek)
- Meals (Breakfast, Lunch & Dinner during the trek)
- Trekking Permits (ACAP & TIMS)
- Professional Guide & Porter (Guide with First Aid Kit)
- Necessary Trekking Equipment (Sleeping Bag & Down Jacket on rent)
- Annapurna Conservation Area Entry Fees
- Emergency Support (Basic First Aid)

PRICE EXCLUDES

- International Flights (To/From Nepal)
- Nepal Visa Fees
- Travel Insurance (Mandatory for high-altitude trekking)
- Personal Expenses (Snacks, drinks, hot showers, WiFi, battery charging)
- Meals in Kathmandu & Pokhara (Except breakfast at hotels)
- Trekking Gear (Personal clothing, boots, trekking poles, etc.)
- Tips for Guide & Porter (Customary but not mandatory)
- Emergency Evacuation & Helicopter Rescue (If required)

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- Extra Accommodation Costs (Due to delays, weather, or personal reasons)

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DETAILED ITINERARY

Day 1: Arrival in Kathmandu

Upon arriving at Tribhuvan International Airport, our representative will greet you and assist you in transferring to your hotel. In the evening, you can meet with your guide to discuss the trek. Depending on your arrival time, feel free to explore Thamel, visit Durbar Square, or indulge in authentic Nepali cuisine.

Day 2: Drive to Pokhara

After breakfast, drive from Kathmandu to Pokhara through scenic hills, rivers, and beautiful countryside. Upon arrival in Pokhara, transfer to your hotel and enjoy the rest of the day at leisure.

Day 3: Drive to Kande and Trek to Pittam Deurali (2,100m / 6,890ft)

After breakfast at your hotel in Pokhara, you will drive to Kande, which takes around 2 hours. Upon reaching Kande, your trekking adventure begins with a gentle climb through forests and traditional Gurung villages. You will have the opportunity to admire the stunning views of terraced farmlands and the panoramic vista of Annapurna South and Hiunchuli. Pittam Deurali is primarily a resting point with excellent sunset views. Overnight stay in a teahouse/lodge

Day 4: Trek to Badal Danda (3,210m / 11,528ft)

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In the morning, you will trek from Pittam Deurali to Badal Danda, gaining an altitude of about 1,110 meters. The ascent takes you through dense rhododendron and oak forests, where you can enjoy spectacular views of Machhapuchhre and the Annapurna range. Badal Danda means “hill above the cloud,” providing a floating sensation as clouds swirl below. The trek lasts approximately 6 to 7 hours, and you will stay overnight in a teahouse in Badal Danda.

Day 5: Trek to High Camp (3,600m / 11,810ft) and Acclimatization

After breakfast, you will set out on your journey toward the Mardi Himal trek. This trek takes about 2 to 3 hours. While the distance is relatively short, the altitude gain of about 390 meters (1,280 feet) can make it challenging. You will have light hiking for acclimatization around High Camp to help prevent altitude sickness before ascending to the base camp. Enjoy panoramic views of the mountains and keep an eye out for Himalayan monals, yaks, and blue sheep.

Day 6: Hike to Mardi Himal Base Camp (4,500m / 14,760ft) and Trek to Low Camp

Early in the morning, you will hike from High Camp to Mardi Himal Base Camp, a journey that takes approximately 7 to 8 hours (4 hours ascending, 3–4 hours descending). Aim to start early to catch the sunrise at the base camp. The trail to the base camp is narrow and exposed but offers jaw-dropping views. At the base camp, you will be at an altitude of 4,500 meters, enjoying close-up views of Annapurna I, Annapurna South, Hiunchuli, and Machapuchhre. After spending some time at the base camp, you will descend to Low Camp.

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Day 7: Trek to Sidhing and Drive to Pokhara (800m / 2,624ft)

From Low Camp, you will trek down to Sidhing, which takes about 3 hours. This path is less crowded and more peaceful compared to other trekking routes, and you will descend through dense forest and rural areas. Sidhing is a charming village that offers a glimpse into daily Nepali life. After spending some time there, you will drive back to Pokhara, where you will spend the night in a hotel. You can relax, visit nearby attractions, or go shopping if you wish

Day 8: Drive Back from Pokhara to Kathmandu

After breakfast, we drive from Pokhara to Kathmandu. Enjoy scenic views of the hills, rivers, and countryside along the way. Upon arrival in Kathmandu, transfer to your hotel and rest.

Day 9: Departure

Your journey concludes where it began. After checking out of the hotel, our representative will transfer you to Tribhuvan International Airport based on your flight departure time. Port based on your flight time.

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