

7 Days Mardi Himal Trek

URL: <https://himalayan360.com/trip/mardi-himal-trek/>

Destination

Nepal Treks & Tours

Start / End Point

Kathmandu / Kathmandu

Route

Ktm-Pokhara-Kande-Mardi himal-Ktm

Destination

Mardi Himal

Per Person From

USD 566

Max. Altitude

4,500M/14,763FT

Best Season

Mar, Apr, May, Sept, Oct & Nov

Trek Distance

38.1KM/23.6Mile

Accommodation

Tea house

Activity

Trekking

Trip Type

Trek in Himalaya

Duration

7

Language

Mardi Himal

Region

Annapurna Region

Group Size

2 - 18

Activities

5-6 Hours Trekking

Transportation

Bus, Jeep

Difficulty

Medium You need to have good physical condition and be in top form. You'll also require the right clothes for weather conditions and food items such as snacks or lunch breaks from your hiking adventure; water is essential too! This type of activity takes time, so ensure you're physically able to get enough rest before starting any trips.

Major highlights of Mardi Himal Trek

- The complete trek from Kathmandu with door-to-door transport, 3-star city hotels, permits, guide, and porter in one 7-day package.
- Reach Mardi Himal Base Camp at 4,500 m, the trek's true high point and higher than Annapurna Base Camp, on a non-technical trail.
- Eight Himalayan peaks in view including Annapurna I (8,091 m), Dhaulagiri (8,167 m), Machhapuchhre (6,993 m), Mardi Himal (5,587 m), and more.
- Pass through traditional villages such as Pothana, Deurali, and Lwang.
- Crowd-free ridge trails on one of the quietest routes in the Annapurna region, away from the Poon Hill and ABC traffic.
- Spring rhododendron forests with a red, pink, and white blooming canopy on the lower trail from March to May.
- Traditional Gurung villages like Pothana, Deurali, Lwang, and Sidhing on terraced hillsides.
- Trusted by international trekkers with more than 15 five-star reviews from USA, European, and Australian guests.

Trek overview

Most trekkers in the Annapurna region funnel onto the same two trails. The Mardi Himal Trek goes the other way. It climbs a quiet forested ridge the crowds miss, up to a high base camp directly beneath the sacred Fishtail peak. Opened only in 2012, but it is one of the most popular short treks in Nepal. The Mardi Himal Trek offers the mountains up close, and on most mornings they feel like they belong to you alone.

The journey changes character almost by the hour. You begin among rhododendron and oak, where the canopy turns red and pink in spring and birdsong follows you up the trail. The forest thins into open alpine meadow, the air sharpens, and the snow peaks step closer with every switchback. Then comes the high ground.

Mardi Himal Base Camp sits at 4,500 m, higher than Annapurna Base Camp itself, ringed by eight Himalayan giants. They include Annapurna I (8,091 m), Dhaulagiri (8,167 m), Machhapuchhre (6,993 m), and Mardi Himal (5,587 m). On the way down, terraced Gurung and Magar villages and warm teahouse evenings close the loop.

It all fits into a single week. The trek covers 38.1 km on foot across five trekking days, on a non-technical trail rated moderate: no ropes, no climbing skill, just steady walking. And because the 7-day version runs door-to-door from Kathmandu, with transport, city hotels, your guide, and a porter all arranged, the only things you carry up the mountain are a daypack and your own sense of wonder.

7 days Mardi Himal Trek day by day Itinerary

Day 01: Drive from Kathmandu to Pokhara (822M/ 2,696FT)

Place: Pokhara

Today marks the start of our adventure journey. We will take an early morning rise from Kathmandu to Pokhara. As we make our way through villages such as Kurintar, Malekhu, and Muglin, we will have the opportunity to witness the stunning views of terraced fields and lush green hills.

Further, we will enjoy views of the Trishuli River and the changing scenery of the Nepali countryside. This day is not physically demanding, as it is just a drive, but it will give us a chance to settle in and rest before starting the trek. Overnight at a 3-star hotel in Pokhara.

Distance:

N/A

Ascent:

N/A

Descend:

N/A

Highest Altitude:

1,400M/4,593FT | Kathmandu

Meals:

Breakfast

Accommodations:

3 Star Hotel

Trek Distance:

N/A

Day 02: Drive From Pokhara to Kande and Trek to Pitam Deurali (2,100M/6,880FT)

Place: Pitam Deurali

Following the trek itinerary, we will depart from Pokhara in the morning and drive to Kande on private jeep, where we will start our trek. Our journey today begins with a climb through dense forests and passes by small villages, including Pothana, Deurali, and Australian Camp.

We will enjoy views of the Annapurna range as we walk, with glimpses of Machapuchare (Fishtail) in the distance. The journey is moderate in difficulty, with some uphill sections, but the beauty of the surroundings will keep us motivated as we reach Pitam Deurali for the night.

Distance:

7Hour

Ascent:

370M/885FT

Descend:

40M/131FT

Highest Altitude:

2,100M/6,880FT | Pitam Deurali

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

6KM/3.7Mile

Day 03: Trek from Pitam Deurali to Forest Camp (2,600M/8,530FT)

Place: Forest camp

On the 3rd day of the Mardi Himal trek itinerary, we will start the day with a hearty breakfast and head out on a trail that winds through dense rhododendrons and oak forests. The path offers peaceful views of the forested hills and the occasional birdcall.

We will trek along small places like Bhadaure and then reach the Forest Camp area, where we can rest and enjoy the quiet, serene atmosphere surrounded by nature. Today's trek is moderately challenging, with a steady ascent, and we will arrive at Forest Camp for the night.

Distance:

7Hour

Ascent:

570M/1,870FT

Descend:

70M/230FT

Highest Altitude:

2,600M/8,530FT | Forest camp

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

6KM/3.7Mile

Day 04: Trek from Forest Camp to High Camp (3,600M/ 11,811FT)

Place: High Camp

Challenging ourselves, we will continue our ascent from Forest Camp toward High Camp, which is located at an altitude of 3,600m. The trail becomes steeper, and we will pass through more open terrain and alpine meadows. Along the way, we may pass by small settlements and areas with tea houses.

The views of the snow-capped peaks of the Annapurna range and distant glimpses of the Mardi Himal will be rewarding. The difficulty of the day increases as we ascend to higher altitudes. However, the stunning scenery and the feeling of reaching higher elevations will make the effort worthwhile.

Distance:

7Hour

Ascent:

1,060M/3,478FT

Descend:

60M/197FT

Highest Altitude:

3,600M/11,811FT | High Camp

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

8.5KM/5.2Mile

Day 05: Hike to Mardi Himal Base Camp and Trek Down to Badal Danda (3,250M/10,663FT)

Today is the highlight of our trek as we will reach Mardi Himal Base Camp. We will start early to hike up to 4500 meters at Mardi Himal Base Camp, enjoying breathtaking views of the Annapurna and Machapuchare peaks. The trail is steep and challenging, but the reward is an incredible panorama of the Himalayas.

After taking in the views and spending some time at the base camp, we will begin our descent toward Badal Danda, passing through places like Lwang and other small villages along the way. The downhill journey can be tough on the knees, but the lush greenery and scenic trails will make the trek enjoyable. We will rest for the night in Badal Danda.

Distance:

9Hour

Ascent:

980M/3,215FT

Descend:

1,330M/4,363FT

Highest Altitude:

4,500M/14,763FT | MBC

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

12.4KM/8Mile

Day 06: Trek down from Badal Danda to Sidhing, then take a Shared Jeep to Pokhara (820M/2,690FT)**Place: Lakeside**

After having breakfast, we will start the day with a descent from Badal Danda to Sidhing, passing through charming villages like Lwang and terraced fields. The trail is easier today, with a gradual drop in elevation, making it a more relaxed trek. In Sidhing, we will board a shared jeep for the ride back to Pokhara. The drive will be a mix of bumpy roads and smooth stretches, taking us back to the lakeside city, where we can rest and unwind after our trek.

Distance:

4Hour

Ascent:

30M/98FT

Descend:

1,480M/4,856FT

Highest Altitude:

3,250M/10,663FT | Badal Danda

Meals:

Breakfast, Lunch

Accommodations:

3 Star Hotel

Trek Distance:

5.2KM/3Mile

Day 07: From Pokhara, drive back to Kathmandu (1,400M/4,593FT)**Place: Thamel**

Today marks the final day of the Mardi Himal Base Camp trek. Ending our adventure, we will drive back to Kathmandu on our 7th day. Today's drive will take us through the scenic hills and rivers. The 7 to 8-hour-long rise will give us some time to reflect on the private trek and its highlights. The drive is comfortable, offering a chance to see familiar landscapes and take in the last views of the Nepali countryside. We will arrive back in Kathmandu in the late afternoon or evening, completing our Mardi Himal Trek.

Distance:

N/A

Ascent:

N/A

Descend:

N/A

Highest Altitude:

1,400M/4,593FT | Kathmandu

Meals:

Breakfast, and Dinner

Accommodations:

3 Star Hotel

Trek Distance:

N/A

Mardi Himal Trek Includes/Excludes

Included in the Mardi Himal Trek

- Kathmandu to Pokhara by Tourist bus
- Pokhara to Kathmandu by by Tourist bus
- Siding to Pokhara by Sharing Local Jeep
- Pokhara to Kande by private vehicle

- 2 Night in Pokhara 3 Star Hotel (sharing basis)
- 1 Night Kathmandu 3 star hotel (sharing basis)
- 4 night in Mountain Tea House Lodge (sharing basis)
- **Food: 6** Breakfast, 4 lunch, 5 Dinner
- Government-licensed English-speaking local trek leader
- ACAP permit fees.
- TIMS card fees
- Local Gov. Permit Fees
- Gov. and local tax and agency service charges
- Free luggage storage services in Kathmandu
- Appreciation Certificate after the successful trek
- Free consulting services before & after trek book
- Farewell dinner at the end of the trek
- Staff insurance, salary, equipment, food & clothing.
- Duffle bag during trek (should return after trek)
- **MEDICAL KIT:** Comprehensive Medical kit.

Excluded from the Mardi Himal Trek

- International flight
- Domestic flights (ie: Kathmandu to Pokhara and Pokhara to Kathmandu)
- Extra transfer which is not mentioned in itinerary
- Extra night accommodation in Kathmandu due to early arrival or late departure, or early return from the trek
- Extra nights in Pokhara
- Extra night during Trekking
- Porter to carry bags (2:1porter)
- Nepal visa fees
- Travel insurance that covers emergency high-altitude rescue and evacuation (compulsory)
- Personal clothing and gear and Personal expenses: shopping, snacks, boiled water, drinks, hot shower, alcohol, Wi-Fi, calls, battery charging, extra porters, etc.
- Tips for staff (it is expected)
- All other costs and expenses not listed in “including”
- **Additional cost:** Additional costs incurred due to causes beyond our control, for example weather conditions, landslides, itinerary modifications, illness, government policies change, strikes, etc.

Group Discounts Available

No. of Persons	Price per Person
2 - 2	USD 691
3 - 5	USD 640
6 - 10	USD 588
11 - 15	USD 566

Mardi Himal Trek FAQ's

How safe is Mardi Himal Trek for you?

The Mardi Himal trek is considered one of Nepal's safest treks. As a low-altitude trek, it offers an adventurous journey in the Himalayas without asking more from trekkers. However, you will have to be prepared both physically and mentally to face the challenges that the trek might bring.

Is Travel Insurance Mandatory for Mardi Himal Trek?

Yes, travel insurance is mandatory for everyone planning to trek the Mardi Himal. This is essential for your own safety as it covers any unforeseen incidents that might occur during the trip. Therefore, ensure that you select an insurance plan that covers high-altitude trekking and emergency helicopter evacuation.

Is Mardi Himal Trek Suitable For Beginners?

The Mardi Himal trek is a moderately difficult route and is generally considered a suitable choice for trekkers of all skill levels. The low altitude of the trek often makes it a stand-out destination. However, as a beginner, you will need to prepare yourself with the right gear, physical fitness, and adequate resources to get the most out of your trek.

Is The Mardi Himal Trek Crowded?

Since the Mardi Himal trek is not as popular as the ABC trek and EBC trek, it is generally less crowded. Still, the season also plays an important role in influencing the crowd. You may encounter many trekkers during the peak season, whereas the number is generally low during the off-season.

Can I do the Mardi Himal trek with children?

Yes, you can definitely do the Mardi Himal trek with children of all ages. While the trails are not very difficult to walk, it is important to guide the kids properly throughout the trip. Make sure they have proper gear, including sturdy shoes, warm clothes, and sun protection.

What are other nearby treks that I can explore?

During the Mardi Himal trek, there are multiple other trekking routes that you can explore. Popular ones include the Annapurna Base Camp trek, Poonhill trek, Machhapuchhre Base Camp trek, and the Tilicho Lake trek. You can even combine some of these treks to create an extended trekking experience.

Can I take a helicopter ride to the Mardi Himal base camp?

Yes, you can take a helicopter ride to the Mardi Himal Base Camp. Taking a helicopter is a comfortable and easy way to experience the beauty of the Himalayas without having to trek uphill and downhill.

Can I bring pets on the Mardi Himal Trek?

Bringing a pet along on the Mardi Himal trek might not be a great idea. Although it is not completely restricted from bringing pets, doing so might hamper the environment to some extent. Instead of trekking with your pet, you can pet some animals in the lower region.

Can I shower during the Mardi Himal Trek?

Yes, you can take a hot shower during the Mardi Himal trek. Many lodges along the trail offer a shower facility, but you might have to pay some extra money for it. Use warm water for showering to stay safe from cold-related diseases when trekking to higher altitudes.

Does anyone live at Mardi Himal Base Camp?

The ultimate destination of the Mardi Himal trek, the base camp, is a completely empty place and is not home to anyone. However, the route that leads there does have settlements where trekkers can stay during the trek.

How long is Mardi Himal Trek?

The Mardi Himal Trek takes 4 to 7 days to complete. If you're short on time and physically fit, you can finish it in 4 days by walking longer hours each day. But if you want a more relaxed pace and extra time to enjoy nature and the mountain views along the Mardi Himal trek, a 6-7-day itinerary is ideal.

Is Mardi Himal Trek difficult?

No, it's not too difficult. The Mardi Himal Trek is considered a moderate trek. The trails are well-marked, the altitude is lower compared to other treks, and you'll find good accommodation and food options along the way. Even beginners can complete this trek with some basic preparation and fitness.

Can you do Mardi Himal Trek in 3 days?

Yes, it's possible to complete the Mardi Himal Trek in 3 days if you're very fit and used to long hikes. You'll need to walk for 7-8 hours a day, including steep ascents and descents. While it's challenging, it's safe for experienced hikers or those in excellent shape.

Mardi Himal Trek Distance, Duration & Altitude

Day	Route	Distance (km/miles)	Elevation (meters/feet)	Duration (Hours)
Day 01	Kathmandu to Pokhara	220 km / 137 miles	1,400m / 4,593ft	8
Day 02	Pokhara to Kande, Trek to Pitam Deurali	6 km / 3.7 miles	2,100m / 6,880ft	4
Day 03	Pitam Deurali to Forest Camp	6 km / 3.7 miles	2,600m / 8,530ft	5

Day	Route	Distance (km/miles)	Elevation (meters/feet)	Duration (Hours)
Day 04	Forest Camp to High Camp	8.5 km / 5.2 miles	3,600m / 11,811ft	6
Day 05	High Camp to Mardi Himal Base Camp & down to Badal Danda	12.4 km / 8 miles	4,500m / 14,763ft	7
Day 06	Badal Danda to Sidhing, Jeep to Pokhara	5.2 km / 3 miles	1,700m / 5,577ft	4
Day 07	Pokhara to Kathmandu	220 km / 137 miles	1,400m / 4,593ft	7

Why Choose The Mardi Himal Treks?

Mardi Himal Trek is one of the best trekking adventures in Nepal. It offers you breathtaking views of the Himalayas along with diverse flora and fauna. It can be completed in fewer days, making it a beginner-friendly adventure. Furthermore, the exclusion of the region attracts fewer crowds. Want to learn more about the reasons for Mardi Himal? Let's delve further:

Spectacular Views of the Mountains

The Mardi Himal trek package offers you breathtaking views of the Himalayas throughout the journey. You will start to witness the distant views of the Himalayas from Kathmandu only. Upon reaching Pokhara, you will get a slightly closer view of the Annapurna Range.

Our first stop Deurali, offers the more clear views of Annapurna along with Machhapuchhre (Fishtail). As we ascend forward, the mountains start to get clearer, along with the views of Mardi Himal itself. In this adventure, you will also be witnessing Gangapurna, Hiunchuli, and Dhaulagiri.

- Annapurna I - 8,091 meters
- Annapurna South - 7,219 meters
- Machhapuchhre (Fishtail) - 6,993 meters
- Hiunchuli - 6,441 meters
- Mardi Himal - 5,587 meters
- Gangapurna - 7,455 meters
- Dhaulagiri - 8,167 meters
- Lamjung Himal - 6,983 meters

Fewer Crowds

Unlike the busier routes like Annapurna Base Camp or Poon Hill trek, Mardi Base Camp is still a less-crowded. You won't find crowds along the trekking trail, even during the best time to do this trek, spring and autumn. This makes a huge difference. You get to walk at your own pace, take in the scenery without rushing, and slowly soak up the beauty around the Mardi Himal route.

The trail winds through lush forests, open ridgelines, and quiet little villages. Without the noise and hustle of busy groups, it feels like you've got the mountains all to yourself. Similarly, the teahouses are

usually calm and not packed with tourists. This gives you a chance to have more genuine conversations with the locals and enjoy some quiet downtime after a day of hiking.

Diverse Flora and Fauna

The Mardi Himal Trek passes through a variety of landscapes, such as subtropical forests, which you will encounter at the starting point of the trek. This forest is mainly available in the lower regions of Nepal, like Kathmandu, Pokhara, and Deurali. As you ascend, you will pass through alpine vegetation, rhododendron forests, and the forests of oak, maple, or hemlock.

Similarly, if you choose the right trekking seasons, you will also get to watch the different fauna the region offers. Some common animals you can see include langurs, Himalayan thar, barking deer, and pika. Similarly, birdlife, such as pheasants, ducks, and eagles, can also be observed on the journey. Getting a glimpse of various butterflies and smaller mammals makes the adventure a haven for nature enthusiasts.

Traditional Gurung Villages

During the Mardi Himal Trek, you will pass through several traditional Gurung villages, including Dhampus, Deurali, Landruk, Pothana, Sidhing, and others. These villages provide a glimpse into the local culture and lifestyle. These villages are known for their warm hospitality, traditional houses, and stunning views of the surrounding landscapes.

You will also find Buddhist prayer flags and small stupas that reflect the spiritual essence of the region. Exploring these villages offers a perfect blend of cultural immersion and natural beauty, making your trek truly memorable.

A Great Alternative to Annapurna Base Camp

The Mardi Himal expedition is a great alternative to the Annapurna Base Camp (ABC) Trek. It offers similar breathtaking views of the Annapurna range without the heavy crowds. While ABC is more popular and crowded, Mardi Himal provides a peaceful and less-traveled trail, allowing you to connect deeply with nature.

Additionally, it takes a few days to complete this trek and is less physically demanding than ABC. Thus making it suitable for those with limited time or looking for a less challenging route. Additionally, the Mardi Himal Trek offers more raw beauty of nature, along with traditional Gurung villages. This is perfect for those seeking a peaceful retreat in the Himalayas.

Major Attractions of Mardi Himal Trek

Pokhara

You will start your Mardi Himal Trek in Pokhara, a lively city known for its stunning natural beauty and vibrant atmosphere. Here, you can enjoy a variety of accommodations, eateries, and shops while soaking in views of Machhapuchhre, Annapurna South, and Hiunchuli from the lakeside. The city is a melting pot of locals, tourists, and trekkers, offering a glimpse into Nepali culture and a place to unwind before embarking on your trek.

Deurali

After starting your trek, you will reach Deurali, a peaceful village at an elevation of around 2,100 meters. This small stop offers basic tea houses and a glimpse into the local Gurung culture, with its stone houses and terraced farming. From Deurali, you will get your first clear views of Machhapuchhre and Annapurna South while interacting with the friendly locals who rely on farming and tourism for their livelihood.

Forest Camp

As you ascend further, you will arrive at Forest Camp, a remote resting point situated in a dense forest of rhododendrons, oaks, and pines. Though not a traditional village, this spot offers basic tea houses that provide shelter and warmth. From here, the views of Machhapuchhre and Annapurna South start to open up, and the peaceful, quiet atmosphere allows you to immerse yourself in the natural beauty around you.

Low Camp / High Camp

Continuing up the trail, you will reach Low Camp and High Camp, two key stops on your journey. Low Camp, at about 3,000 meters, is more developed and offers several tea houses, while High Camp, at 3,600 meters, is more isolated and offers an even more serene environment. Both camps offer stunning views of Machhapuchhre, Mardi Himal, and Annapurna South, and you will encounter mostly trekkers who are trying to reach the Mardi Himal Base Camp, as well as locals who call this remote region home.

Mardi Himal Base Camp

Your journey culminates at Mardi Himal Base Camp, located at 4,500 meters. This is not a village but a high-altitude base camp offering unrivaled panoramic views of the surrounding peaks, including Mardi Himal, Machhapuchhre, Annapurna I, Annapurna South, and Hiunchuli. At the Base Camp, you will meet fellow trekkers and local guides, who will share in the awe-inspiring beauty of the mountains, providing an unforgettable conclusion to your trek.

Mardi Himal Trek Route

Our 7-day Mardi Himal Trek starts with a drive from Kathmandu to Pokhara. From Pokhara, we will drive to Kande and begin our trek to Pitam Deurali, passing through lush forests and small villages. The next day, we will trek to Forest Camp, surrounded by dense greenery and the peaceful sounds of nature. As we climb higher, we will reach High Camp. Upon reaching here, we will see the breathtaking views of the Annapurna range.

Day 5 of the trek takes you to Mardi Himal Base Camp, the highlight of the trek. Here, we will be rewarded with stunning mountain vistas. After exploring the base camp, we will descend to Badal Danda, taking in the serene beauty of the surrounding hills. The final leg of the trek takes us to Sidhing before we drive back to Pokhara and eventually return to Kathmandu. Each day of this trek offers a mix of adventure, natural beauty, and cultural experiences.

Transportation Options

A range of transportation options is available to complete the Mardi Himal trek, depending on your time and budget. First, you'll need to travel from Kathmandu to Pokhara, which can be done by tourist bus, local bus, microbus, private vehicle, or domestic flight. Most trekkers opt for the tourist bus, which takes

around 7–8 hours and offers some beautiful views along the way. If you're short on time, a domestic flight is much faster, just 25–30 minutes, and you're there!

Once in Pokhara, we'll head to Kande, the official starting point of the trek. You can get there by private car or shared jeep, with the shared option being cheaper and a bit more adventurous. From that point on, everything is on foot. There are no cars, no buses: just you, the trail, and the mountains.

At the end of the trek, we'll descend to Sidhing, where a shared jeep or private vehicle will take us back to Pokhara. From Pokhara, you can either fly or drive back to Kathmandu, depending on what fits your plan best.

A Typical Day In Mardi Himal Trek

A typical day on the Mardi Himal Trek will begin with a warm breakfast at the tea house. We will pack our essentials and set off early to enjoy the cool morning weather. The trek will usually start with gentle paths as we pass through beautiful forests, villages, or ridges. Along the way, we will stop to take in the views and rest during short breaks. Around midday, we will arrive at a scenic spot for lunch, where we can refuel while taking in the peaceful surroundings.

In the afternoon, we will continue trekking toward our destination for the day, often a cozy tea house or lodge. The trail may involve some steep climbs or descents, adding a touch of adventure to our journey. Once we arrive, we can relax, explore the nearby area, or chat with other trekkers. Dinner will be served early, and we will spend the evening resting, enjoying the stars, or planning for the next day's adventure.

Mardi Himal Trek: The Best Choice for Beginners in Nepal

The Mardi Himal Trek is a short trek suitable for beginner trekkers. With a moderate difficulty level and lower altitude compared to some of the popular trekking routes, Mardi Himal attracts more new trekkers. Additionally, you don't have to compromise on your views or adventures. You will enjoy the best views, people, and trekking paths, with minimal hassles. Here is a brief reason why a beginner should consider the Mardi Himal Trek:

Moderate Difficulty Level

The trek is considered a moderate trek. You will face a few uphill climbs, but nothing too overwhelming. Most of the trail follows a gentle, steady ascent, so you can enjoy the views without constantly catching your breath. Rated 5 out of 10 on the difficulty scale, this trek doesn't require intense training or any prior trekking experience. Additionally, the availability of basic amenities and a short duration make the trekking adventure a lot easier for new adventure seekers.

Lower Altitude

One of the best aspects of the trek to Mardi Himal Base is that it stays at a relatively lower altitude (below 5,000 meters) compared to other famous treks in Nepal. The highest point, Mardi Himal Base Camp, sits at 4,500 meters (14,763 feet). If you are concerned about altitude sickness, a lower altitude definitely will give you some advantage. The risk of getting affected is low, making the trek more accessible for beginners. That said, it's still advisable to stay hydrated, walk at a comfortable pace, and take breaks to allow your body to adjust properly.

Minimal Technical Skills Required

Unlike more advanced Himalayan treks, the Mardi Himal Trek doesn't require specialized technical skills such as climbing or using ropes. The terrain consists of well-established paths, and no difficult or dangerous sections require mountaineering knowledge. For beginners, this means a more relaxed and enjoyable experience. As long as you have basic fitness and can walk uphill, you can enjoy the trek.

Incredible Local Hospitality

The Mardi Himal Trek is well known for the exceptional hospitality offered by the local people, especially the Gurung community. They are known for their warmth and friendliness. As you pass through villages like Pothana, Deurali, and Sidhing, you will experience the traditional way of life. You will be welcomed into their homes and tea houses. You can also try authentic Nepali food like dal bhat, momos, and roti.

Accommodation on Mardi Himal Trek

On the Mardi Himal Trek, you will primarily stay in tea houses or lodges along the route. These accommodations are basic but comfortable, offering a warm place to rest after a day of trekking. They provide essential services such as beds with blankets, meals, and sometimes hot showers (depending on the location and season). The tea houses are spread out across the trail, from Pokhara to Mardi Himal Base Camp, making it easy to find a place to stay each night.

The higher you go, the more basic the tea houses become. In places like Forest Camp and High Camp, the facilities are simple, with shared rooms and basic amenities. However, these tea houses are great for meeting fellow trekkers and experiencing the local Gurung culture. The food served at these tea houses typically consists of Nepali dishes, such as dal bhat, momos, and noodles, and is an essential part of the trekking experience.

Foods on the Mardi Himal Trek

Dining on the Mardi Himal Trek offers an opportunity to try traditional Nepali food and some familiar international dishes. At the tea houses and lodges along the route, you will find a variety of meals to fuel your trek. Dal Bhat (lentil soup with rice) is a staple and is served daily, often accompanied by vegetables, pickles, and sometimes meat. It is a hearty, nutritious meal that provides energy for long trekking days.

Other popular options include momos (dumplings filled with vegetables or meat), noodles, and Tibetan bread with jam. You can also find Western dishes like pancakes, omelets, and soups in the lower villages. As you go higher on the trek, the menu becomes more limited, but the food remains simple and satisfying. Drinking tea or coffee with a piece of chocolate or a biscuit is a common way to relax and recharge in cozy tea houses.

Drinking Water On Mardi Himal Trek: Is It Safe?

Drinking water on the Mardi Himal Trek should be treated with caution. While there are plenty of natural water sources along the trail, such as local taps, streams, and rivers, it is not always safe to drink water directly from these sources due to the risk of contamination. It's recommended to purify the water before drinking it, either by using water purification tablets, a filter, or boiling it.

Most tea houses along the trek will provide bottled or filtered water for a fee, which is safer for drinking.

If you're concerned about carrying enough water, you can refill your bottle at these tea houses. Be sure to have a reliable purification method, especially in more remote areas, to avoid any waterborne illnesses.

Internet Access & SIM Card In The Trek

During the Mardi Himal Trek, you may have limited access to the internet. In the lower villages like Pokhara and Deurali, you can find Wi-Fi in hotels and cafes. However, as you go higher into the mountains, internet access becomes scarce or non-existent. In places like Forest Camp and High Camp, you may not have internet access at all, so it is essential to prepare for limited connectivity.

To stay connected during the trek, you can buy a Nepali SIM card in Pokhara or Kathmandu before you start your trek. The primary mobile networks in Nepal are Ncell and NTC, both of which offer good coverage in major towns and certain parts of the country. While signal strength is weaker in remote areas, having a SIM card will enable you to make calls or use data in areas with poor network coverage.

Best time for Mardi Himal Trek

Generally, the Mardi Himal trek is open for exploration throughout the year. However, when talking about the best season to trek to Mardi Himal, Spring and Autumn always stand out. Summer and Winter, on the other hand, bring unique challenges that often discourage trekkers. Below is a brief explanation of all the seasons.

On Seasons

Spring (March to May)

As mentioned earlier, Spring is one of the best trekking seasons in Nepal. It brings along some of the finest trekking conditions. The temperatures are mild, the skies are clear, and the landscapes turn vibrant with blooming rhododendrons and other wildflowers. Additionally, the trail to Mardi Himal offers clearer views of the snow-capped peaks. All in all, trekking the Mardi Himal trail during the spring offers an unforgettable experience.

Autumn (September to November)

Autumn is another ideal trekking season that differs a bit from spring. Known as the season of transition, the warm sunny days and the cooler nights give the best trekking experience in the Mardi Himal region. The changing colors of the landscape also provide a unique flair to the views. Moreover, Autumn also welcomes several festivals, including Dashain and Tihar, both of which are perfect for exploring Nepali culture and tradition up close. However, overcrowding might be an issue during this season because of its best trekking conditions.

Off-Seasons

Summer (April to September)

Although trekking to the Mardi Himal is open during summer, the not-so-suitable weather conditions often seem to be a huge challenge. The daytime temperatures are too hot, while it can drop below 0 degrees at night. Meanwhile, summer also brings along monsoons, which can make the trail slippery and

muddy. This poses additional risks to the trekkers while ruining the trekking experience. Despite such challenges, the views of cascading waterfalls, roaring rivers, and the clear surroundings after rainfall still tend to mesmerize, making about one-third of the effort worthwhile.

Winter (December to February)

Winter, as we all know, is the season of extreme cold temperatures and heavy snowfall. Trekking to the Mardi Himal is a huge challenge for a lot of reasons. The trails are covered with snow, accommodation is limited, temperatures drop quickly, and there is always a risk of avalanche at higher altitudes. Since these challenges deter most trekkers, planning a trip to Mardi Himal during winter can reward you with a tranquil atmosphere and a scenic, snow-covered landscape.

Hire A Guide And Porter For Mardi Himal Trek

Hiring a guide for the Mardi Himal trek can be an ideal way to enhance your trekking experience. Walking alongside a guide or trek leader gives you the opportunity to explore the places more effectively. As your trip advisor, they are always happy to share their knowledge about the local culture, history, and natural environment, while also ensuring your safety. Finding suitable accommodation on the trail can also be easy when trekking with a guide. Additionally, a guide can help with acclimatization, reducing the risks of altitude sickness.

A porter, on the other hand, can carry your heavy trekking gear, allowing you to focus on enjoying the journey without worrying about your pack. They typically carry around 15-20 kg of gear, which can include clothing, a sleeping bag, and other essentials. Along with lightening up your shoulders, hiring a porter also supports the local economy. You can hire both guides and porters through trekking agencies in Pokhara or Kathmandu, and their services are relatively affordable.

Mardi Himal Trek Preparation & Fitness

Preparing for the Mardi Himal trek is not much of a hassle. For a smooth and enjoyable experience, you should be physically and mentally ready. The trek to Mardi Himal is moderately challenging and requires a basic level of physical fitness. Similarly, being mentally prepared for the challenges is also essential. Here is a guide to help you get ready:

- To increase your stamina, consider engaging in activities such as walking, hiking, running, or cycling. You should aim for at least 30-60 minutes of cardio exercise 3-4 times a week.
- For an easy uphill climb and carrying your bags, you should build leg and core strength. To do so, exercises like squats, lunges, and step-ups are great options.
- You can incorporate meditation and visualization techniques to prepare mentally for the challenges.
- Stay positive, especially when facing challenges like unpredictable weather or tough days of trekking.
- If possible, try to hike at higher altitudes before the trek to help your body adjust to lower oxygen levels.

Mardi Himal Trek cost

The 4-day Mardi Himal costs about \$310 per person. Naturally, the more you trek with groups, the more discounts you will receive, eventually costing you less. The Mardi Himal trek cost depends on the time of the year chosen. Autumn and spring are the best months for many trekkers worldwide to visit. Prices of lodging and transportation facilities skyrocket during these times.

Since the trek is just about four days, the fees for transportation, accommodation, and meals, as well as the fees for guides and porters, are lower than those of other major trekking destinations, such as Annapurna Base Camp. Hence, if you are looking for budget-friendly treks but the reward is still excellent, please book the Mardi Himal Trek.

Mardi Himal Trek Permits

Similar to all other treks in Nepal, you will need a couple of permits for the Mardi Himal trek. There are two major permits you need for this trek: the Annapurna Conservation Area Permit (ACAP) and the Trekker’s Information Management System (TIMS) card. It is essential to carry both of these permits with you throughout the journey for a hassle-free crossing through checkpoints.

Annapurna Conservation Area Permit (ACAP)

As the Mardi Himal is located in the Annapurna region, trekkers are required to collect the Annapurna Conservation Area Permit (ACAP) to trek the trail. This permit aims to maintain and protect the region’s natural and cultural heritage. A huge part of the amount collected through ACAP goes towards conservation activities and trail maintenance.

Nationality	Cost
Nepali	NPR 100
SAARC	NPR 1000
Other Nations	NPR 3000

Trekker’s Information Management System (TIMS) Card

The Trekker’s Information Management System (TIMS) card is another important document that every trekker needs to collect before embarking on the Mardi Himal trek. It is used as a tracking device to monitor hikers and facilitate their rescue in case of emergencies. The TIMS card can be collected from either the Nepal Tourism Board Office in Kathmandu or the Trekking Agencies Association of Nepal (TAAN) office in Pokhara.

Nationality	Cost
Nepali	Free
SAARC	NPR 1000
Other Nations	NPR 2000

Annapurna Base Camp Vs. Mardi Himal Trek

Aspect	Annapurna Base Camp Trek	Mardi Himal Trek
Difficulty	Moderate to Challenging	Moderate

Aspect	Annapurna Base Camp Trek	Mardi Himal Trek
Altitude	Max altitude: 4,130m (ABC)	Max altitude: 4,500m (Mardi Himal Base Camp)
Duration	7-12 days	4-7 days
Trekking Distance	Around 110 km	Around 40 km
Crowds	More popular and crowded	Less crowded, more peaceful
Scenic Views	Panoramic views of the Annapurna range, Machapuchare	Stunning views of Mardi Himal, Machapuchare, and other peaks
Trekking Terrain	Varied terrain, with steep ascents and descents	Easier, with gradual ascents and some uphill climbs
Altitude Sickness Risk	Higher risk due to greater altitude	Lower risk due to lower altitude

Packing Essentials For Mardi Himal Trek

Clothing and Footwear

- Moisture-wicking clothing (t-shirts, pants, layers)
- Waterproof jacket and pants
- Sturdy trekking boots and sandals
- Sleeping bag (rated for cold temperatures)
- Sun protection (sunglasses, sunscreen, lip balm, hat)

Gear and Essentials

- Backpack (30-40 liters)
- Reusable water bottles and purification tablets/filters
- Trekking poles
- First aid kit
- Snacks (energy bars, trail mix, chocolates)

Personal and Tech Items

- Passport and permits
- Camera and phone
- Power bank
- Flashlight/headlamp
- Personal hygiene items (toothbrush, toothpaste, wet wipes, hand sanitizer)
- Toiletries (soap, shampoo, tissue, menstrual products)
- Travel insurance and emergency contact details
- Wallet (cash, credit cards)
- Notebook and pen
- Plastic or zip-lock bags for waste disposal

Why Book With Himalayan 360?

Established with a goal to fulfill your travel dreams, we at Himalayan 360 believe in making your travel more memorable and fun. We are a government-recognized organization operating in Nepal. As a leader in the field of trekking, we offer personalized packages based on your requirements. While booking with us, you will be accompanied by our highly experienced guides and porters, ensuring your safety and comfort. Every package of ours is a value for money, designed to give you a once-in-a-lifetime experience. For the safety of our clients, we follow all the necessary protocols during the trip. We also believe in responsible tourism and continuously work with the locals to conserve nature. Just by booking with us, you can become a part of this conservation effort while getting the best out of your journey in the Himalayas. With Himalayan 360, you will receive the best possible service, an insightful experience, and an unforgettable adventure trekking towards the Mardi Himal.

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