

Mardi Himal Yoga Trek

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

Destination

Nepal Treks & Tours

Start / End Point

Kathmandu / Kathmandu

Duration

9

Language

Annapurna Region

Region

Annapurna Region

Group Size

2 - 18

Activities

5-6 hours

Transportation

Bus & Jeep

Meals

B.L.D Breakfast

Lunch

Dinner

Activity

Trekking and Hiking

Trip Type

Tea house or lodge

Destination

Annapurna Region

Per Person From

USD 770

Max. Altitude

4,500m /14,763ft

Best Season

Spring & Autumn

Trek Distance

51.8 km/32 miles

Accommodation

Tea house

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.

9 days Mardi Himal Yoga Trek day by day itinerary

The trek itinerary runs Kathmandu to Pokhara to Kande to Pitam Deurali to Forest Camp to High Camp to Mardi Himal Base Camp, then down to Siding, Lwang, and Phedi, and back through Pokhara to Kathmandu, with daily yoga at every stop.

Day 01: Drive from Kathmandu to Pokhara.

On the first day of your trek, you will drive 220 km/137 miles from Kathmandu to Pokhara. You will pass lush forests, terraced fields, and traditional villages. On your way, you will also be able to see different habitats of people from different places and cultures. The drive will be 8 hours long. In addition, the highest altitude you will reach today is 1,400m/ 4,593ft at Kathmandu. That said, there won't be any trekking activities on this day.

Once in Pokhara, you will stay the night at a 3-star hotel. While the package does not offer meals for this day, you can explore the local cuisine in the city. The vibrant city is best known for its warm ambiance, which is also a reason why it is called the tourist hub of Nepal. You will find different souvenir shops, cafes, pubs, restaurants, and cool hangout spots near your hotel and around the lakeside.

Highest Altitude:

1,400m/ 4,593ft

Meals:

N/A

Accommodations:

3 star hotel

Day 02: Drive from Pokhara to Kande. Trek to Pitam Deurali.

You will be driven from Pokhara to Kande on this day. This is also the day your trek begins. During your journey, you will have the most panoramic view of the Annapurna and Machhapuchhre mountain ranges. There are plenty of vibrant flora along with lush moss forests. These factors naturally give the pathways a mystical appearance. The trekking distance is 6km/3.7 miles, where you will ascend 370m/885ft and descend 40m/131ft.

It will take you a total of 4 hours to complete the whole journey. Likewise, the highest altitude of the day is 2,100m/6,880ft at Pitam Deurali, which is also the final destination for this day. This point is surrounded by valleys, making the scenic aspect of your journey rewarding. You can enjoy breakfast, Lunch, and dinner at each resting point from your package. Then, you will stay the night at a tea house or a lodge at Pitam Deurali.

Distance:

4 Hours

Ascent:

370m/885ft

Descend:

40m/131ft

Highest Altitude:

2,100m/6,880ft Pitam Deurali

Meals:

BLD

Accommodations:

Tea house or Lodge

Trek Distance:

6km/3.7 miles

Day 03: Trek from Pitam Deurali to Forest Camp.

You will trek from Pital Deurali to Forest Camp on the third day. Today is all about peaceful and clean forest pathways. The total distance you will trek on this day from Pitam Deurali to Forest Camp is 6km/3.7 miles, where you will ascend 570m/1,870ft and descend 70m/230ft. It will take you a total of 5 hours to complete the journey. Also, the highest altitude you will reach on this day is 2,600m/8,530ft at the Forest camp.

Along with a natural backdrop, you can enjoy spending the night at a secluded location. The sound of the forest will keep you inclined towards the beauty of this journey. Further, you will stay the night at Forest camp in a tea house or a lodge, and enjoy breakfast, Lunch, and dinner at each resting point along the journey.

Distance:

5 Hours

Ascent:

570m/1,870ft

Descend:

70m/230ft

Highest Altitude:

2,600m Forest Camp

Meals:

BLD

Accommodations:

Tea house or Lodge

Trek Distance:

6km/3.7 miles

Day 04: Trek from Forest Camp to High Camp.

The fourth day will be trekking from the Forest Camp to the High Camp. You will trek a total distance of 8.5km/5.2 miles with an ascent of 1060m/3,478ft and a descent of 1060m/3,478ft, which will take 6 hours. Similarly, the highest altitude you will reach today is 3600m / 11,811ft High Camp. You can enjoy breakfast, Lunch, and dinner at each resting point. Trekkers will further be staying the night at a tea house or a lodge at the High Camp.

Distance:

6 Hours

Ascent:

1060m/3,478ft

Descend:

60m/197ft

Highest Altitude:

3600m / 11,811ft High Camp

Meals:

BLD

Accommodations:

Tea house or Lodge

Trek Distance:

8.5km/5.2 miles

Day 05: Hike to Mardi Himal view point and back to high camp.

On the 5th day, you will finally hike up to the Mardi Himal View point at an altitude of 4,500m /14,763ft, the highest point you will reach on this day. You will be greeted by the most aesthetically pleasing view of the snow-capped mountains. The morning when you begin your trek will also be fresh and rejuvenating, not only for your body but also your soul. You will first reach the Mardi Himal View Point.

Then, you will hike back to the high camp. The hike will last only 4 hours on this day, and you will trek 8.5 km/5.2 miles. Similarly, the ascent will be 900m/2,953ft, and the descent will be 900m/2,953ft. Trekkers can enjoy their breakfast, Lunch, and dinner at each resting point and will spend a night yet again at the High Camp.

Distance:

5 Hours

Ascent:

900m/2,953ft

Descend:

900m/2,953ft

Highest Altitude:

4,500m /14,763ft Mardi Himal view point

Meals:

BLD

Accommodations:

Tea house or Lodge

Trek Distance:

8.5 km/5.2 miles

Day 06: Trek down from high camp to Sidhing village.

By the sixth day, you will trek down from the High Camp to the Sidhing Village. This day's trek is all about panoramic view and a good number of opportunities to take the most aesthetic pictures. From the views of high altitude mountains to the valleys you will have left behind in your trails, the trip will be nothing but a blessing to your eyes.

The trekking distance is 8.8 km/5.5 miles, where you will ascend 60m/197ft and descend 1960m/6,430ft. Your trek will be completed by 6 hours on this day, and the highest altitude you will be at is 3600m / 11,811ft at the High Camp. Trekkers can enjoy breakfast, Lunch, and dinner at each resting point. You will stay overnight at either a teahouse or a lodge in Sidhing Village.

Distance:

6 Hours

Ascent:

60m/197ft

Descend:

1960m/6,430ft

Highest Altitude:

3600m / 11,811ft high camp

Meals:

BLD

Accommodations:

Tea house or Lodge

Trek Distance:

8.8 km/5.5 miles

Day 07: Trek from Sidhing village to Lwang village.

You will trek from Sidhing village to Lwang village on this day, including an ascent of 260m/853 ft and a descent of 500m/1,640ft. Lwang village is the landmark of culture and organic tea. You will basically be trekking from one aesthetic viewpoint to another. Further, the total distance covered during this trek is 7.5 km/4.6 miles, and the total time is 5 hours.

Today's highest altitude is 1,700m/5,577 ft at the Sidhing village. Trekkers will enjoy a hearty breakfast, Lunch, and dinner in each resting spot. Then, you will stay the night at a tea house or a lodge in the Lwang village. During your stay here, you can experience both a peaceful night and a close interaction with the village's rich Gurung culture.

Distance:

5 Hours

Ascent:

260m/853 ft

Descend:

500m/1,640ft

Highest Altitude:

1,700m/5,577 ft Sidhing village

Meals:

BLD

Accommodations:

Tea house or Lodge

Trek Distance:

7.5 km/4.6 mile

Day 08: Trek from Lwang village to Phedi and drive back to Pokhara

On the 8th day, you will trek from Lwang village to Phedi, requiring you to cover a total distance of 6.5 km /4 miles with an ascent of 270 m/886 ft and a descent of 600 m/1,968 ft. The total time taken for the trek is 5 hours. Moreover, today marks the last day of your trekking journey. The highest altitude you will cover on this day is at Lwang Village, which is 1,460 m/4,790 ft.

Lastly, you will be driven back to Pokhara. Trekkers can enjoy breakfast and Lunch at each resting spot. Also, you will stay the night at a hotel in Pokhara's Lakeside area. If time allows, you can roam the lakeside in the evening. If you want to spend time resting in your hotel, preparing for your return to the capital city, you can do that as well.

Distance:

6 Hours

Ascent:

270 m/886 ft

Descend:

600 m/1,968 ft

Highest Altitude:

1,460 m/4,790

Meals:

Breakfast & Lunch

Accommodations:

3 Star Hotel

Trek Distance:

6.5 km /4 miles

Day 09: From Pokhara, drive back to Kathmandu.

Highest Altitude:

1,400m/4,593ft

Meals:

Dinner

Accommodations:

3-Star hotel

How the yoga trek differs from a standard Mardi Himal trek

The difference is rhythm. On a standard trek you wake, eat, and walk. Here your day is bookended by practice. A morning yoga session starts around 6 am, then an hour for breakfast, with trekking beginning near 8 am while the air is still cool. After you reach the day's teahouse, an evening session at sunset stretches out the muscles the climb has worked.

You can join both daily yoga classes or just the morning one. There is always time for yoga and meditation, and the schedule flexes to how you feel. The aim is not to add effort but to remove it: the breathing and stretching make the next day's climb feel lighter, and the meditation quiets the restlessness that long trekking days can bring. The walking gives the trek its adventure; the yoga gives it its calm.

Mardi Himal Yoga Trek Includes/Excludes

Includes

- Kathmandu Pokhara Kathmandu by tourist bus.
- Pokhara to kande Private Car/Jeep.
- Phedi to Pokhara Sharing Private Jeep.
- 2 Night in Pokhara 3 Star hotel (sharing basis)
- 1 Night Kathmandu 3 start hotel (sharing basis)
- 6 night in mountain tea house lodge (sharing basis)
- ACAP permit fees.
- TIMS card fees.
- Local Gov. Permit Fees
- One guide/Yoga teacher during the trek

- 9 Breakfast, 7 lunch, 6 Dinner
- Gov. and local tax and agency service charges.
- Free luggage storage services in Kathmandu.
- Appreciation Certificate after the successful trek.
- Farewell dinner at the end of the trek.

Excludes

- Airport transfer
- Kathmandu to pokhara flight ticket
- Pokhara to Kathmandu Flight ticket
- **Accommodation:** Extra night accommodation in Kathmandu due to early arrival, late departure, or early return from the trek.
- Nepal visa fees
- sighseeing entrance fees
- Any spot entrance fees during trek (if needed)
- Porter for the trek
- Food which is not mentioned above
- **Insurance:** Travel insurance that covers emergency high-altitude rescue and evacuation (compulsory)
- **Additional cost:** Additional costs incurred due to causes beyond our control, for example, weather conditions, landslides, itinerary modifications, illness, government policy changes, strikes, etc.
- **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**”

Group Discounts Available

No. of Persons	Price per Person
2 - 2	USD 1,150
3 - 5	USD 990
6 - 10	USD 850
10 - 15	USD 770

Mardi Himal Yoga Trek FAQ's

I have never done yoga. Can I still join?

Yes. The sessions are adapted for complete beginners, and the teacher adjusts each practice to the group and the altitude. Many trekkers do their first-ever yoga on this trip, and no flexibility or experience is assumed.

Isn't it too cold for sunrise yoga at altitude?

Mornings are cold, especially at High Camp and the viewpoint, so you practice in layers, and the gentle flow actually warms you up. When conditions are harsh, the teacher moves the session indoors to the teahouse dining room or shifts it to later in the morning.

Can I do only the morning yoga sessions?

Yes. Both morning and evening sessions are offered, but they are optional. Join one, join both, or rest when you need to. The trek works around your energy, not the other way around.

Is the food suitable for a wellness or vegetarian diet?

Very much so. Dal bhat, vegetable curries, soups, and porridge are all naturally vegetarian, and most teahouses can do vegan and lighter options on request. Tell your guide about any dietary needs at the start and they will arrange it along the trail.

Is the Mardi Himal Yoga Trek safe for solo travellers and women?

Yes. You trek with a licensed guide throughout, accommodation is in established teahouses, and the route is well travelled in season. Solo trekkers join small groups, and female trekkers regularly do this trip. Let us know any preferences and we will accommodate them.

Does yoga help with altitude on the trek?

Breathing practice (pranayama) helps you use thin air more efficiently and stay relaxed, which can ease the climb and improve sleep. It supports, but does not replace, proper acclimatization, a steady pace, and your guide's monitoring, which are what actually manage altitude risk.

How high does the Mardi Himal Yoga Trek go?

The trek reaches Mardi Himal Base Camp at 4,500 m / 14,763 ft, the highest point of the route, on Day 5.

Why choose a Yoga trek to Mardi Himal?

Mardi Himal is one of the most secluded routes for trekking in Nepal, threading past Pothana, Deurali, Forest Camp, Low Camp, Siding, and Lwang without the crowds of the busier trails of [Annapurna region](#). That quiet is exactly what makes it ideal for yoga: every rest point on the journey to Mardi Himal doubles as a place to sit, breathe, and take in the view.

Trekking can feel daunting, especially for beginners, and a daily practice takes the edge off. Morning stretches loosen tight legs, breathing exercises steady you on the climbs, and meditation calms pre-trek nerves.

You also get close to Gurung and Magar life along the way, sharing teahouses with the families, guides, and porters who call these hills home. Even the first short day sets the tone, as Rajesh Gurung from

Nepal noted: *“the view of Machhapuchhre and Annapurna South was amazing. Evening yoga helped me feel fresh and ready for the next day.”*

Compared with the longer [Annapurna Base Camp trek](#) or the busier Everest Base Camp trek, Mardi Himal is short and gentle, and unlike the popular Poon Hill trek it builds a daily yoga and meditation practice into every day on the trail. If you have a week and want the high Himalayas without the crowds or the punishing schedule, this is the trek. It is a short, popular trekking and yoga adventure that ends as a genuine reset.

Sunrise yoga session at Mardi Himal Viewpoint

Practicing sunrise yoga high on the Mardi ridge is the heart of this trek. From the viewpoint you look down over rhododendron forest and up at a sweeping view of the Himalayas: Machhapuchhre’s twin summit, Annapurna South, Hiunchuli, and, on a clear morning, the far pyramid of Dhaulagiri. Moving through a few quiet poses as the sun lifts over the range is a different kind of summit reward, closer to a meditation retreat than a climb.

The morning forms best suited to altitude are slow and breath-led: Hatha, gentle Vinyasa, Iyengar, and Restorative styles, alongside pranayama and meditation. Deep, controlled breathing helps you use the thin mountain air more efficiently and keeps you relaxed, which makes the day’s walking feel easier. To be clear, yoga supports your comfort and acclimatization, but the real safety work is done by a steady pace, proper rest, and a guide watching for symptoms, not by the practice alone.

Types of Yoga practices offered during the Mardi Himal Yoga Trek

The yoga trek offers a mix of styles, and your teacher adapts each session to the group and the altitude. Core practices include:

- **Surya Namaskar (Sun Salutation):** a flowing sequence of salutations to the sun, used as a gentle full-body warm-up before trekking.
- **Asanas:** postures that build the strength and flexibility that make long climbs and descents kinder on the body.
- **Pranayama:** breath-control exercises that relax the body and help you breathe efficiently before and after the day’s effort.
- **Meditation:** simple seated practice with eyes closed and attention on the breath and the sounds of the mountains, to quiet the mind and aid sleep at altitude.

How difficult is the Mardi Himal Yoga Trek?

The trek is graded moderate. You walk 4-6 hours a day on steep but non-technical trails, with no ropes or climbing skill required. The hardest day is the Day 5 push to Mardi Himal Base Camp at 4,500 m on a rocky, exposed ridge, and the Day 6 descent is long on the knees.

The unhurried pace, short days, and daily yoga make it one of the more forgiving high-altitude treks, well within reach of a reasonably fit beginner. A moderate level of fitness, broken-in boots, warm layers for changing weather conditions, and steady hydration all help, even on a first high-altitude trek. As on any route crossing 4,000 m, your guide sets the pace and watches for altitude symptoms.

Best time for the Mardi Himal Yoga Trek

Spring (March to May) and autumn (September to November) are the best seasons. Spring brings rhododendron blooms and warm days, while autumn delivers the clearest skies and sharpest mountain views of the year.

While we don't recommend the trek runs in winter too, for those who want empty trails and don't mind cold nights, while the summer monsoon brings green hills but clouds, mud, and leeches on the lower trail. Whatever the season, the daily yoga and meditation stays the same.

Accommodation, meals, and yoga on the trail

You stay in 3-star hotels in Pokhara and Kathmandu and in mountain teahouses on the trail, on a twin-sharing basis. Teahouses are simple, with twin beds, shared bathrooms, and a warm dining room, and they grow more basic with altitude. Food is hearty and local: dal bhat (the unlimited lentil-and-rice plate trekkers run on), noodles, soups, potatoes, eggs, and some Western options, with plenty for vegetarians. Breakfast, lunch, and dinner are included on trekking days. You can enjoy yoga and meditation wherever the day ends, whether on a teahouse terrace, in a forest clearing, or on the ridge itself, so no studio is needed, just a mat and a little space.

Permits, porter, and travel insurance

Two permits and a local pass are required, and all are included: the ACAP (Annapurna Conservation Area Permit), the TIMS card, and the local government permit. Since 2023, every foreign trekker must walk with a licensed guide, which this package provides, doubling as your yoga teacher. A porter to carry your bags is not included but can be arranged on request. Travel insurance covering high-altitude rescue and helicopter evacuation is compulsory, and we require proof of cover before departure.

How much does the Mardi Himal Yoga Trek cost?

The Mardi Himal Yoga Trek costs from \$770 per person, with the price set by group size. Larger groups share the guide, yoga teacher, transport, and permits, so the per-person rate falls as the group grows.

Group size	Price per person (USD)
2 trekkers	\$1,150
3-5 trekkers	\$990
6-10 trekkers	\$850
10-15 trekkers	\$770

Travel insurance with high-altitude helicopter evacuation cover is required before departure.

Address

Address:
Galkopakha Marg - Kathmandu - Nepal