Mardi Himal Trek

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Mardi Himal Trek

URL: https://ascendhikes.com/package/mardi-himal-trek-2026/

Destination
Nepal

Activity
Trekking

Start / End Point
Kathmandu / Kathmandu

Duration
9

Region
Annapurna Region Treks

Max. Altitude
4,500 m

Best Season
Sep-Oct-Nov-Dec/March-Apr-May

Activity Per Day
5-7 hours

Transportation
flight and drive

Per Person From
USD 699

Group Size
1 – 14

Trip Difficulty
Moderate

Accommodation
Guest house

BLD
Breakfast, Lunch and Dinner

Mardi Himal Trek

The Mardi Himal Trek is a wonderful experience for the Beginner and export trekkers. Mardi Himal is less crowed route in Annapurna region. These trails offering an amazing mountains views and local diversity. This is the short trails comparing with others route for the best to explore Annapurna range and more.

About 45 km whole distance trekking, each and every day a new panoramic view. Start from Kathmandu and end in Kathmandu. Depending on your walking speed, normally 5-7 hours walking a day with new story.

Mardi Himal Base Camp Trek Itinerary

Day 01: Arrival in Kathmandu

Pick up from the Kathmandu International airport, and transfer you to the Hotel in Thamel. After short briefing you are free to explore the Kathmandu.

1. **Altitude:**1300 Meters.
2. **Accommodations:**3 stars Hotel with BB Plan.
3. **Food and drinks:**Not Available (Self)

High light of the day: Kathmandu City, Exploring the touristic place Thamel. Test of Local food and Feel Nepal.

Drive Distance
6-7 km

Drive Duration
an hours

Highest Altitude:
1400m

Meals:
BLD

Attraction of the Day:
Kathmandu valleys explore

Place:
Thamel

Accommodation:
Guest houes

Day 02: Drive to Pokhara (200km)

Your journey starts early in the morning, so prepared about it. Approximately 8 hours driving to Pokhara, remember. There are possible to fly to Pokhara, but our budgeting by driving.

1. **Altitude:** 850 Meters.
2. **Trails difficulty:** Easy to drive Pokhara by comfortable tourist bus.

3. **Accommodations:** BB plan Hotel in Pokhara.
4. **Food and drinks:** Breakfast and Lunch on the way to Pokhara
5. **Distance/ Time duration:** 200 Km from Kathmandu to drive Pokhara. It's depending on the road condition and the traffic. Normally 6-8 hours.

High light of the day: This is the main highlights of the day:

- Driving experience
- Famous Rafting Place (Triuli River).
- Passing a beautiful Landscapes.
- Lots of local experience to see while driving.

After Chick in hotel, for the refreshing walk around the Fewa Lake it is nearby you. Find out the best and local food service restaurant to try Nepalese style. And have a beautiful day.

Drive Distance
200km

Drive Duration
7-8 hours

Highest Altitude:
850m

Meals:
BLD

Place:
Pokhara

Accommodation:
Comfortable Hotel

Day 03: Drive to Deurali and trek to Forest camp

Today our trek starts early in the morning after the breakfast. First drive to Deurali by sharing jeep and Trek start towards Forest camp.

1. **Altitude:** 2600 meters Forest Camp.
2. **Elevation Gain:** **500 Meters**starting from Deurali 2100M**,**
3. **Trails difficulty:** Moderate
4. **Accommodations:** Tea House (available best place).
5. **Food and drinks:** Breakfast in Hotel, Lunch and Dinner at Tea-house on the way.
6. **Distance/ Time duration:** 6-7 Km walking distance, about 4-6 hours walking

High light of the day: Today's Highlights

- New trekking start through the forest.
- Beautiful Holley Fishtail (Machhapuchre 6900m) just front of you.
- Wonderful Annapurna Himalayan range and Dhaulagiri mountains views.
- Wonderful Local regional Gurung cast custom and lifestyle.

Walk slowly your beginning of the trek. Drink enough water to prevent altitude sickness. Frequently ask to your guide for all the information. Enjoy your first day trek.

Trek Distance:
6-7 km

Trek Duration
5-6 hours

Drive Distance
30-35 km

Drive Duration
2 hours

Highest Altitude:
2,060m

Meals:
BLD

Accommodation:
Guest house

Day 04: Trek to High Camp

As usual, trek start after breakfast. Today's destination is High Camp 3600meter, a highest elevation to sleep for the trek.

1. **Altitude:** 3580 Meters High Camp.
2. **Elevation Gain:** 980 meters.
3. **Trails difficulty:** Difficulty
4. **Accommodations:** Tea-house / Guest house
5. **Food and drinks:** Breakfast/ Lunch and / Dinner available
6. **Distance/ Time duration:** 8-9 Km, distance and 6-7 walking hours. (It's depending on your speed).

High light of the day: These are the main highlights of the day.

When you are in high elevation, you will have a beautiful panoramic mountain.

- Low camp for the lunch spots.
- Above the tree line so clear views of the valley and the mountains ranges.
- And beautiful place High camp.

Note: Today you are going to gain high elevation, don't get panic. It's little hard to climb up to high camp because of the altitude. Eat plenty food. Drink often. Try hygienic and fresh food as much as possible. Avoid to drink alcohol, it's not helped your body. Walk slowly and enjoy the day with nice views.

Trek Distance:
9 km

Drive Duration
6-7 hours

Highest Altitude:
3,580m

Meals:
BLD

Accommodation:
Guest house

Day 05: Hike to Mardi Base Camp and trek back to Low Camp

Today is the most highlights of the day. You have to wake up early in the morning and hike to the main destination Mardi Himal Base camp. Good morning and start your hike with full of happiness.

1. **Altitude:** 4500 meters Mardi Himal Base Camp.
2. **Elevation Gain:** 1000 meters ascend**.**
3. **Trails difficulty:** Challenging to get Base camp**.**
4. **Accommodations:** Teahouse
5. **Food and drinks:** Breakfast / Lunch / Dinner
6. **Distance/ Time duration:** High camp to Basecamp 5 km one way and back 9km to Low camp. Altogether 14 km distance and about 8-9 walking hours.

High light of the day today is the final destination for the trek. So, here are some major highlights of the day:

- **Beautiful sunrise view**.
- **Mardi Himal Base Camp 4500meters**.
- **Panoramic views**.

Tips for the day:

Start early in the morning to avoid clouds and for the clear views.

- Carry enough water, there are no water on the way.
- Prepare head light, because of the walking on dark.
- Walk slowly to avoid altitude sickness, don’t rush.
- Take warm enough jackets, wind proof, and other necessaries equipment it is freezing cold up there.
- Trekking poles are useful when distending.
- After our destination, trek back slowly down to the High camp, have a lunch and still descent to the low camp and stay overnight

Trek Distance:
14 km

Trek Duration
7-9 hours

Drive Duration
7-9 hours

Highest Altitude:
4,500m

Meals:
BLD

Accommodation:
Guest house

Day 06: Trek to Siding and Drive back to Pokhara

Today our destination to Siding and after that continue drive to Pokhara, lets the journey began.

1. **Altitude:** 3050 meters Low Camp and 1750 Siding village.

2. **Elevation Gain:** 1300 meters descent.
3. **Trails difficulty:**
4. **Accommodations: BB plan Hotel in Pokhara.**
5. **Food and drinks:** Breakfast and Lunch on the way.
6. **Distance/ Time duration:** 8 km to walk Siding and 45 km drive to Pokhara. It is about 9 hours altogether to get in Pokhara.

Low camp to trek down to Siding and after that continue drive to the Pokhara, it is about 9 hours altogether to reach Pokhara. After this all, enjoy the time in Pokhara, Lake Side.

Trek Distance:
8 km

Trek Duration
4-5 hours

Drive Distance
45 km

Drive Duration
2-3 hours

Highest Altitude:
1,750m

Meals:
BLD

Accommodation:
Comfortable Hotel

Day 07: Sightseen in Pokhara

Pokhara is one of the beautiful city in Nepal. Here are so many activities you can do. Here is the major place where we are going to discover.

1. **Peace Stupa:**a beautiful place, from where you can see the long Himalayan ranges.
2. **David's fall and Gupteswor cave:**on the way back you will have a chance to explore David Falls and Gupteswor cave.
3. **International Mountain Museum:**great place to discover this mountain museum in Pokhara.

This are the exploring destination in Pokhra. If you are planning for the next other activities, that is separate, like Paragliding, boating in Fewa Lake etc..

Highest Altitude:
850m

Meals:
BLD

Attraction of the Day:
stupa, mountain museum

Place:
Pokhara

Accommodation:
comfortable hotel

Day 08: Drive back to Kathmandu

Today is the day to drive back to Kathmandu, same as before by tourist bust. About 6-8 hours driving to Kathmandu and stay overnight in Kathmandu

Drive Distance
200 km

Drive Duration
7-8 hours

Highest Altitude:
1,750m

Meals:
BLD

Place:
Kathmandu

Accommodation:
Comfortable hotel

Day 09: Departure from Kathmandu

After this all complete your Mardi Himal trek, our team will manage a timely drop to Trivuwon international airport for your journey to back home.

We hope you are leaving Nepal with beautiful memories of mountains, our hospitality and lifestyle of Nepalese. Namaste and wish you a safe Travels, we are looking forward to welcoming you again for another adventure journey to Nepal Himalayas.

Mardi Himal Trek Cost Include

- **Airport Pick up and drop.**
- **All the accommodation and meal (3 times a day with one main course) during the trek.**
- **All the official expenses and paperwork.**
- **All the Transportations to Pokhara and back from Pokhara to Kathmandu.**
- **Government license holder Ascend Hikes Experience English speaking Guide.**
- **A Porter for 2 Trekkers and Maximum 20 Kg weight of Luggage.**
- **All the Government Taxes.**
- **All the Insurance of Guide and Porters.**
- **Farwell dinner in Kathmandu.**

Mardi Himal Trek Cost Exclude

- **Travel Insurance and Entry visa fees.**
- **International Flight tickets.**
- **All trekking gear and other expenses.**

- **Hot & cold, Bar and Beverages bills, like hot water, tea, coffee, etc.**
- **All the accommodation and food before and after Trekking.**
- **Excess Baggage charge.**
- **Personal expenses: wi-fi, Battery charge etc….**
- **Staff tips**
- **All other things are Exclude which is not in the list of Include.**

Group Discounts Available

No. of Persons	Price per Person
1 – 1	USD 999
2 – 2	USD 799
3 – 3	USD 699
4 – 4	USD 659
5 – 5	USD 599
6 – 6	USD 559

Essential Information

Trek duration, how long time do we need for the Mardi Himal trek?

Mardi Himal trek normally starts from Kathmandu to end in Kathmandu with one day sightseeing in Pokhara altogether 9 Days trek. But there are several choices for the trekkers, according to the trekkers vacation time and ability, we are flexible for the Itinerary and others program.

Starting and ending point: from which place start trekking?

Mardi Himal trek depending on the client's location. Normally we are arranging whole trip. From the international airport to end at international airport. But we are flexible at all. Specially trek start from Deurali and Ending at Sidding. All the transposition are including in the package. We are able to only in the guide and porter services too.

Weather: how is the weather condition in this trek?

In the trek there are separated according as different season. The weather is not a same for every season, but normally its work. Here are we describing four different seasonal condition of the weather.

Spring season (March -May):

Spring is the one of the best trekking seasons for the Mardi Himal trek. Weather is relatively stable and

clear blue skies. Wildflowers are blooming everywhere.

The temperature: During the daytime temperature is 7°C to 18°C and at the nighttime its drop down -5°C to 0°C. which is not so freezing cold.

summer Monsoon season: (June -August):

Trekking in the monsoon to Mardi Himal is not recommended. This area is most rainfall region in Nepal, and it is heavy rain. Everyday cloudy. Not good to photography because of clouds. This time must problems of the leaches in Deurali, forest camp and low camp area. Although, if you are well prepared, then this time less crowed, different experience to explore Mardi.

Temperature: During the daytime temperature is 10°C High camp to 30°C Pokhara and during the nighttime drop down 5°C in high camp to 10°C in siding.

If you are planning a trip in Summer, you need supporter and well equipment against the rainfall.

Autumn season (September – November):

Another beautiful trekking season. Mostly clear weather and panoramic views are waiting to you. This is the best time for this trek. All the great festivals are celebrating, you will have a chance to photograph for it. After monsoon, this season all the castle are grazing on the widow. The Yaks and Chauri also possible to capture on your camera. don't miss the chance to explore easily and happily in the region in the autumn.

The temperature during the day time grow 5°C (High camp) to 18°C (Pokhara) and at night time 5°C Pokhara to -3°C High camp.

If you are planning for the trek in this season, then it is a ideal choice, offering a beautiful views and suitable weather. We highly recommend this trip in autumn.

Winter season (December – February):

If you are well prepared, then a clear blue skies offering you to go this trek. Mostly clear weather but frizzing cold challenging in winter. All the paths are frozen. Most of the teahouses are closed. If you are looking in winter for this trek, you have to take guide and porter to assist you. There is no boundary if you are welled prepared to make this trek success.

The temperature is during the daytime 7°C to -2°C in High camp and at the nighttime drop down -4°C to -10°C in high camp. So, if you are considering in this temperature, not many snows and willing to chill out there are no objection to go to the trek.

Mountains range-Rivers- valleys: what kind of views are expecting from this trek?

Trekking to Mardi Himal is long wonderful views of Annapurna Mountain range. You can see the Annapurna south, Himchuli, Annapurna III, Fishtail and many more. Mardi Himal trek not only the mountain, but there are also cross several small rivers and great views of the Pokhara valley and downtown.

Flora and fauna: what kind of the wild animal can see?

Mardi Himal base-camp trek we are able to see several wild animals and the flowers. This trek observes from the Annapurna conservation area. ACAP is the reach for the variety of plant and animal life.

- **Flora:** subtropical temperature plants in lower belt, like, Rhododendron, Oak, Maple and Hemlock, Bamboos. Upper in alpine zone, mosses, Birch tree, Juniper and alpine shrubs.
- **Fauna wildlife:** this region found the birds are Himalayan monal (Danphe), blood pheasant, sunbirds, eagles and vultures. Wild animals are Himalayan Thar, Musk deer, Barking deer, Lungurs, Red panda, Leopard, and others. And Insects are butterflies, bees, grasshopper, and dragonflies and many fonder in this region.

Accommodation and food:

what kind of commendations and food available?

Kathmandu is the capital city, Pokhara also the touristic city so, you are able to find all different food and luxury hotels. During the trekking on Mardi Himal, guest houses are basic and of course the room also you have to adjust simple double sharing bed.

- **Food:** during the trek, available simple menu, where you can choose breakfast/ Lunch/ and Dinner in the teahouses. We recommend for Dal- Bhat, which is fresh and organic with hygienic too.
- **Rule for the trekking in Mountain;** what is the normal rule for the trekking in the mountain?

There are not some rules for the trekking which is the important to know. During the guest house in the mountain, where you sleep in the night in the same guest house you have to eat your breakfast and dinner. Otherwise, you have to pay double or more price of the room. Before doing action, please ask to your guide and locals.

Photography In Mardi Himal Trek

During the trekking and sightseeing you are allowed to take a photograph, but some case you have to ask before because of the cultural and society rule. Wide Mountain ranges make beautiful memories save on your camera, don’t miss.

Risk and Precautions

While trekking to the Mardi Himal is considerate moderate trek. But starting from sub-tropical temperature to alpine terrain. The altitude changes and mountain weather can journey turn into the risk. Here are some risk and precautions:

Altitude sickness

Altitude sickness often happens for anyone and any time. There is no medicine for it, only prevention. Being above 2600 meters to basecamp 4500 meters are the high-risk zones to get altitude sickness.

Symptoms: headache, nausea, dizziness, short breath, less appetite and can’t sleep at night.

How to avoid altitude sickness?

To avoid altitude sickness: walk slowly above 2500 meters altitude. Drink plenty water, (recommend 3 liters of water a day). acclimatize properly. Walk on high place and sleep in low altitude. Walk with friends, Porter and guide. Avoid alcohol. Wear proper layers and eat hygienic food.

In-case if get altitude, what to do?

If you get altitude sickness, there are no medicine to increase you to go higher elevation, only you have to descent in low altitude. Take a Diamox and decent and decent. If you are trying to go higher then you get altitude there will be high risk. So never put on high risk your journey. If you are serious there are only emergency rescue possible.

Blister and cramps.

There are on the way of trekking, uneven areas can cause blisters, cuts, and cramps. So how to avoid it? Use a fit shoes or trekking boots. If you are using the new one, please before to go trek use it at home for some hours, so your feet can make it fit. While walking considers on trails.

Weather risk at high altitude.

Weather always changing soon in the mountain, so don’t underestimate with nature. Be prepared for probably coming of incidence. Like cold, windy, snow, ice, rain and etc. could be happen immediately.

Communication risk

There are almost all teahouses have wi-fi and everywhere mobile network. To contact with your family, make easy, but sometimes there some error on the network, in that case be sure and make sure to your all relatives and family that you are going to the Himalayas.

Emergency rescue

While trekking, sometimes somethings emergency happened, in that case need all your information. Share that information with agency. Like, insurance paper, contact of your relatives, or family members. Rescue is expensive by cash paying, so before to go mountain, make sure you are insured and insurance going to pay your rescue and health.

Seasonal and occasional activities.

Mardi Himal or Annapurna trekking is not just about mountain and trekking; it offers a beautiful seasonal experience too. Nepal is multi-cultural country, so we have many different culture and festivals celebrating. Here are some major festivals and activities.

Spring season (March – May)

This season is the best for trekking to discover blossom rhododendron blooming. Different kinds of Bird watching. Photography expeditions, with beautiful landscapes and mountains.

Summer season (June – August)

The summer season is best for harvesting time. It is best for agriculture activities. You can join to planting rice and Millet. Lush green landscape and nice waterfalls. Discovering Ropai festival. Normally this season is best to experience of agriculture.

Autumn season (September – November)

Autumn season is one of the best seasons for trekking and to explore different festivals moments. Especially Hindus festivals, like Dasain, Tihar (Deepawali), is one of the most beautiful experiences to memory on your camera.

Winter season (December – February)

Winter is the time to explore snow trekking. Mardi Himal and near route is the best magical landscape to photography white peaks. Pokhara and near villages are celebrating Losar festivals. Less crowed exploring the season.

Things to carry for Mardi Himal Trek

Travel Documents to carry.

Valid Passport

Debit/Credit Cards

PP Size Photo (2Pieces)

Insurance paper and contact address

Family members / company's contact address

Medical/First Aid

Small First Aid Kid – Include athletic tape, Band-Aid's, Ibuprofen, Blister care, personal medications, etc.

Medications and prescriptions – Bring antibiotics (Azithromycin, etc.) painkiller tablets, and altitude medicine such as Diamox and dexamethasone

Head wear Mardi Himal Trek

Sun Cap

Warm Hat

Neck Gaiter (Scarf)

Head lamps

Footwear for Mardi Himal Trek

Normal Socks (3-4 Pairs)

Warm Socks (1 Pairs)

Trekking Shoes comfortable to hikes.

Sports Shoes, for the evening.

Slipper a pair for the evening and the morning.

Protections for the Eye

Sunglasses and Eye drop

Hand Weare

Thin Fleece glove a pair

Wind Stopper glove a pair.

Walking Stick

Bag Packs for Mardi Himal Trek

Day Bag Maximum 35L

Duffle Bag 40 L -60 L waterproof would be better.

Toiletries

Hand sanitizer

Toilet Paper and Wet Tissue

Toothbrush

Soap and Shampoos

Towel

Budy Weare

Thermal Top Base Layer (2-3 Pcs)

Fleece Jacket (2 Pcs)

Gore Tex Jacket (1 Pcs)

Warm Jacket (1-2 Pcs)

Insulated Down Jacket (1 Pcs)

Cotton T-Shirt (2-4 Pcs)

T-shirt – Sport- quick dry and breathable

Lower Body

Thermal Layer (1 Pcs)

Fleece Trouser (1pcs)

Light Trekking Pant (1 pcs)

Quick dry Trekking Pants (2 Pairs)

Half pants (1 Pcs)

Under Wear (3 pcs)

Miscellaneous

Pocket Knife (Swiss)

Umbrella / Raincoat

Nail Cutter

Altimeter Watch

Power Bank

Camera

Water Drinking bottle.

Sleeping Bags

FAQs

What is the best time to do the Mardi Himal Trek?

The best time to do the Mardi Himal Trek is during the spring (March to May) and autumn (September to November) seasons. These months offer stable weather, clear skies, and moderate temperatures, making it ideal for trekking. However, with proper preparations, the trek can be done throughout the year, except during the monsoon season (June to August) when the region experiences heavy rainfall.

What is the level of difficulty of the Mardi Himal Trek?

The Mardi Himal Trek is considered a moderate trek in terms of difficulty. While it involves some steep uphill climbs and rugged terrain, it does not require technical mountaineering skills. However, a reasonable level of fitness and prior hiking experience are recommended to enjoy the trek comfortably.

Are permits required for the Mardi Himal Trek?

Yes, permits are required for the Mardi Himal Trek. You will need to obtain the Annapurna Conservation

Area Permit (ACAP) and the Trekkers' Information Management System (TIMS) card. These permits can be obtained either in Kathmandu or Pokhara before starting the trek.

Is it necessary to hire a guide or porter for the Mardi Himal Trek?

Hiring a guide or porter is not mandatory for the Mardi Himal Trek, but it is highly recommended. A guide can assist with navigation, provide valuable information about the region, ensure your safety, and make your trek more enjoyable. A porter can help carry your heavy backpack, allowing you to trek with less weight and enjoy the journey.

What type of accommodations are available during the trek?

Along the Mardi Himal Trek route, there are teahouses and lodges that provide basic accommodation and meals. The facilities are simple but comfortable, offering a bed, blanket, and a shared bathroom. However, it's advisable to have a backup sleeping bag in case of colder nights.

Is altitude sickness a concern on the Mardi Himal Trek?

Altitude sickness can be a concern on the Mardi Himal Trek, especially when reaching higher elevations. It's crucial to acclimatize properly by ascending gradually, staying hydrated, and listening to your body. If you experience symptoms of altitude sickness, such as headache, dizziness, or nausea, it's important to descend to a lower altitude and seek medical attention if necessary.

Can the Mardi Himal Trek be done solo?

Yes, the Mardi Himal Trek can be done solo. However, it's important to have prior trekking experience, be well-prepared, and have a good understanding of the route. Joining a guided trek or hiring a guide can enhance safety and provide assistance throughout the journey.

Some Useful Local Language.

Here are some useful local greetings phrases and sentences.

NAMASTE – Hello (all ages people can use)

TAPAI LAI KASTO CHHA? – how are you?

MALAI THIK CHHA, DHANYABAT – I am fine, thank you.

TAPAIKO NAM KE HO? – what is your name?

MERO NAM ……. HO. – my name is ……

KRIPAYA MALAI SAHAYOG GARNUS. – please help me….

MALAI BHOK LAGE KO CHHA. – I am hungry

MALAI KHANA DINUS – Give me a rice.

MALAI YO THAU RAMAILO LAGYO – I really love this place.

YO THAU BATA … THAU MA PUGNA KATI SAMAYA LAG CHHA? – How far from here to … place?

MALAI CHISO VAYO – I feel cold.

CHIYA PAIN CHHA? – Can I get tea?

TAPAI LAI KASTO LAGYO KHANA? – How is food?

MITHO CHHA – Very good/ testy

PANI – water,

SAHAYOG KO LAGI DHANYABAT, FERI VETAULA – Thanks for the help, see you again

Address

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