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1. Mardi Himal Trek

2. Overview

Mardi Himal Trek is one of the best short treks in the Annapurna Region, which provides you with the best close-up views of Machhapuchhre (Fishtail), Mardi Himal, and the towering Annapurna massif. Our 9-Day Mardi…

3. Itinerary

Day 01: Arrival at Kathmandu

Altitude: 1400 m | Meals: Breakfast | Stay: Hotel

Welcome to Kathmandu! Upon your arrival, our representative will warmly welcome you at the airport and escort you to your hotel in the heart of the city. In the evening, a short briefing about the Mardi Himal Trek itinerary will be provided by your guide. Mardi Himal Trek

Day 02: Drive to Pokhara

Altitude: 822 meter | Meals: Breakfast | Stay: Hotel

After an early breakfast at the hotel, you'll embark on a commute and drive towards Pokhara, located almost 200km west of Kathmandu City. Along with being a popular tourist destination, Pokhara serves as the gateway to many major and minor trekking destinations, including Upper Mustang, Annapurna, Ghorepani, Sikles, and Mardi Himal. The scenic road journey may last 6-7 hours and will offer a unique perspective on the lifestyle of hilly inhabitants. Upon arrival in Pokhara, you'll be escorted to your hotel. Mardi Himal Trek - Drive to Pokhara

Day 03: Drive to Kande and Trek to Pitam Deurali

Altitude: 2031meter | Meals: Breakfast | Lunch | Dinner | Stay: Teahouse

Drive Duration: 45 Minutes **Drive Distance:** 25km After an early morning breakfast at the hotel, you'll start your day with a scenic 40min drive northwest of Pokhara. You'll drive for almost an hour along the Baglung Highway to arrive at the quaint Kande village. From here, you'll begin traversing along the forest's path toward Mardi Himal. Passing through small Gurung villages, you'll arrive at the Australian camp from where you can catch the magnificent sights of the Annapurna massif. The trail continues along the lushly decorated rhododendron forest towards Pothana village. At Gurung village, you stop for lunch. You'll find a forested ridge that leads directly to Pitam Deurali. It lies between the Annapurna South, Mardi Himal, and Machhapuchhre peaks. Stay overnight at Deurali.
Mardi Himal Trek - Pitam Deurali

Day 04: Trek from Pitam Deurali to Low Camp

Altitude: 2970 meter | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

Leaving Pitam Deurali, you'll continue trekking through the forested path toward the forest camp. The trail passes through the beautiful rhododendron forests. You won't find mountains visible in this section. Rising above the forests, you'll make your way towards Low Camp with only a handful of lodges. Once at Low Camp, you'll find the pristine

views of Machhapuchhre and Mardi Himal up close. You can choose to hike for an additional hour to Badal Danda for a clearer view of the surrounding mountains. Mardi Himal Trek-Sunset view

Day 05: Trek from Low Camp to High Camp

Altitude: 3550 meter | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

The trail leaves the forested path and heads towards rugged, sparsely vegetated terrain. You'll walk above the rhododendron forest and arrive in the shrubby alpine zone. Close to High Camp, you can catch the first close sight of snow-capped Annapurna South, Hiunchuli, and Machhapuchhre peaks. A short uphill trek from here will bring you to High Camp. Overnight stay at High Camp. Mardi Himal Trek

Day 06: Hike up to Mardi Himal Base Camp and Trek to Badal Danda

Altitude: 3210 meter | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

You'll make the final ascent of the trek and climb toward Upper View Point. You'll continue along the steeper trail that approaches Mardi Himal. Almost two hours of trekking will bring you to Mardi Himal Base Camp, from where you can catch the pristine sight of Mardi Himal's summit. Almost two hours of the additional hike will bring you to Upper View Point. You can catch a close view of the Mardi Himal summit along with Machhapuchhre, Annapurna I, Gangapurna, and Annapurna III peaks from here. Afterward, you'll begin descending towards Badal Danda.
Mardi Himal trek Upper View Point

Day 07: Trek from Badal Danda to Siding Village and Drive to Pokhara

Altitude: 822 meter | Meals: Breakfast/Lunch | Stay: Hotel

Leaving Badal Danda, you'll begin descending through the Rhododendron forested trail towards the Magar settlements. You'll take a detour and climb down towards Siding village, which lies close to Low Camp. Unlike other villages in the region, Siding remains a traditional Magar village located amidst the lush forests on the foothills of Mardi Himal. From Siding, you'll catch a commute back to Pokhara City. It may take almost 1:30 hr to reach Pokhara. Overnight stay at Pokhara. Machhapuchhre - 6993m

Day 08: Drive from Pokhara to Kathmandu

Altitude: 1400 meter | Meals: Breakfast/Dinner | Stay: Hotel

Today, you'll bid farewell to Pokhara city and head back to Kathmandu. The beautiful sight of Machhapuchhre and Annapurna I will be visible while you depart. It may take 6-7 hours to reach Kathmandu via the Trishuli Highway. Once in Kathmandu, you will be escorted to your hotel. Pokhara to Kathmandu

Day 09: Departure to International Airport

Altitude: 1400 meter | Meals: Breakfast

You'll leave for the airport. Our representative will drive you back to the airport approximately 2 hours early to avoid delays caused by traffic congestion.

5. Cost Includes

- Private vehicle service for pick-up and drop-off at the international airport.
- Two nights 3-star accommodation in Kathmandu with a B/B plan.

- Two nights 3-star accommodation in Pokhara with a B/B plan.
- Four-night best available clean and comfortable Teahouse accommodation during the trek.
- Kathmandu to Pokhara to Kathmandu by comfortable tourist bus.
- All ground transportation as per your itinerary(Pokhara to Kande, Lumle to Pokhara by comfortable private vehicle).
- All meals like breakfast, lunch, and dinner during the trek.
- Highly experienced, English-speaking, government-licensed, trained Trekking Guide.
- Porter service to carry your main luggage (2 trekkers: 1 porter).
- Staff costs including their food, accommodation, salary, insurance, equipment, etc.
- First Aid kit.
- All Local and Government taxes, and administrative charges.

Complimentary Includes

- Seasonal fruits after dinner during the trek
- Farewell dinner with cultural program in Kathmandu
- A cup of tea/coffee with Breakfast/Lunch/Dinner
- Route Map
- Down jacket and sleeping bag (Returned after trek completion)

6. Cost Excludes

- Lunch and dinner in Kathmandu
- Nepal Visa fee
- Travel and medical insurance
- International flights
- Personal expenses (phone calls, internet, laundry, bar bills, snacks, battery recharge, bottled or boiled water, souvenirs, hot showers, extra porter, etc.)
- Personal trekking gear and equipment
- Tips for guide, porter (tipping is expected)
- Any unseen expenses due to circumstances beyond our control

7. Equipment / Packing List

When you are heading for the Mardi Himal trek, you will pass through warm subtropical forest on the lower sections to the high-altitude open Himalayan landscape where temperatures can plummet to –10°C overnight. While packing, you need to pack for the fast-changing Himalayan weather from forest heat, mountain wind, and freezing temperatures. The layering system is everything for this trek, so below we have prepared the list that will help for all weather conditions: While packing, you need to understand that our porter will carry a High Route Adventure Duffle bag where you can keep your clothes, sleeping bag, extras items. Our porter will be divided among two trekkers, and each porter carries a maximum of 20kg. So for the main bag porter carries, don't exceed more than 10kg for the ethical limit. For the daypack, which you will carry, keep the weight limit to a maximum of 7 kg. Keep the essential things like water, snacks, camera and layer items. To make it easier for you while packing, we have prepared this list category-wise. You can follow this:

?Footwear

- Waterproof trekking boots
- 3–4 pairs Wool or synthetic trekking socks
- Lightweight camp sandals or flip-flops for teahouse evening
- Gaiters highly used during winter or in early spring
- Sock liners (thin inner socks) to reduce friction and blister risk

?Clothing Layers

Base Layer

- Moisture-wicking base layer top(Merino wool or synthetic - never cotton at altitude)
- Thermal base layer bottoms(Essential for High Camp nights)

Mid Layer

- Fleece jacket or mid-layer top
- Down or synthetic insulated jacket

Outer/Shell Layer

- Waterproof shell jacket
- Waterproof shell trousers/rain pants

General Clothing

- Trekking trousers - 2 pairs
- Trekking shirts (long & short sleeve) - 2–3 shirts; quick-dry fabric only
- Warm hat/beanie
- Sun hat or baseball cap
- Lightweight gloves
- Heavyweight gloves or mittens
- Neck gaiter or buff
- 3–4 pairs Underwear

?Packs & Bags

- Duffle Bag - Provided by HRA
- Daypack (20-30L) with rain cover
- Small dry bags or zip-lock bags for electronic, documents, and clothing
- Stuff sack for separating dirty clothes from clean

??Sleeping Gear

- Sleeping bag rated to -5°C or lower
- Sleeping bag liner
- Earplugs

?Trekking Equipment

- Trekking poles (pair)
- Headlamp with spare batteries
- Water bottles

- Hydration bladder (optional)
- Water purification tablets
- Trekking map or downloaded offline map

?Health & First Aid

- Personal first aid kit(Blister plasters, bandages, antiseptic wipes, medical tape, safety pins)
- Diamox (Acetazolamide)
- Pain relief (Ibuprofen or Paracetamol)
- Oral rehydration salts (ORS packets)
- Antihistamine (allergy tablets)
- Antidiarrheal medication
- Antibiotics (broad-spectrum)
- Sunscreen SPF 50+
- Lip balm with SPF
- Knee support braces
- Blister kit (Compeed or similar)

??Sun & Eye Protection

- Wraparound sunglasses (UV400)
- Glacier glasses or goggles

?Hygiene & Toiletries

- Biodegradable soap/shampoo
- Microfiber towel
- Toothbrush and toothpaste
- Wet wipes/body wipes
- Hand sanitizers
- Toilet paper and lighter
- Feminine hygiene products

?Electronics & Power

- Smartphone with offline maps downloaded
- Portable power bank (20,000+ mAh)
- Universal charging cables

?Documents & Money

- Original passport
- Trekking permits
- Travel insurance documents (digital + print)
- Emergency contact card
- Nepali Rupees (cash)

?Snacks & Nutrition

- Energy bars or granola bars
- Nuts and dried fruit mix

- Electrolyte powder sachets
- Dark chocolate(optional)
- Instant coffee or tea sachets(optional)

Buy or Rent in Kathmandu or Pokhara: You can buy trekking clothing or rent gear easily in Kathmandu and Pokhara. Both cities have many trekking shops offering everything from jackets and sleeping bags to trekking poles and boots. Renting gear is a popular and affordable option for trekkers who do not want to carry heavy equipment from home.

The Weight Rule: For every item you pack, ask: "Will I use this every day?" If no, leave it. Every extra kilogram you carry becomes a real cost at altitude. Many trekkers return wishing they'd brought half as much clothing. You can leave your spare luggage in your hotel’s storage room. It is completely safe and free. But do make sure to lock your luggage before leaving it in storage.