

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: 1350 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: 820 m

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, Trek to Pitam Deurali

Altitude: 2031 m

Meals: Breakfast/Lunch/Dinner

Stay: Teahouse

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 m

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 m

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 Upper View Point (4,500m), Trek to Badal Danda

Altitude: 3210 m

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: 820 m

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: 1350 m

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.

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

- International Airport pick up & drop off service in a private vehicle
- 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 cost including their food, accommodation, salary, insurance, equipment, etc
- First Aid kit
- All Local and Government taxes, administrative charges

6. Cost Excludes

- Lunch and dinner in Kathmandu
- Nepal Visa fee
- Travel and medical insurance
- International flights
- Personal expenses (phone call, 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

Contrary to popular belief, you don't require a lot of intricate gear and equipment for this journey. Here's a basic checklist of the vital elements you must remember to carry when embarking on your Mardi Himal Trek:

Head

- Headlamp
- Sunglasses
- Sun hat or Scarf, woolen cap, or balaclava

Upper Body

- T-shirts or shirts
- Down jacket
- Wind/ waterproof light jacket
- Fleece jumper or jacket
- Inner and outer gloves

Lower Body

- Trekking pants and waterproof trousers
- Inner Thermal (top and trouser)

Feet

- Socks and underwear
- A sturdy pair of trekking boots with good ankle support

Accessories

- Rucksack or daypack (30 liters) with waterproof cover
- Sun protection cream, wet wipes, and hand sanitizer
- Towel, flip-flop or rubber sandal, toiletries
- Water bottles and water purification tablets
- Crampons and Gaiters
- Power bank, and extra batteries
- 4 season Sleeping bag
- Sleeping bag liner

There are only a few of the essential items. Find a [Packing list for the trekking in Nepal](#). The majority of trekking gear can be rented in Kathmandu, alleviating the need for heavy baggage. By packing only the necessities and acquiring the remaining items through rentals or purchases in Kathmandu, you can travel light. Thamel's shops provide both branded and locally crafted gear and equipment. 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.