



Mardi Himal Trek

Facts

Destination: Nepal

Trip Difficulty: Easy

Trip Style: Hiking

Transport: Private Vehicle

Food: Kathmandu/Pokhara (Breakfast) Mountain(Lunch,Dinner,Breakfast)

Accommodation: Lodge to lodge

Group Size: 02 - 15

Max Elevation: 4,200m

Mardi Himal Trek Overview

Mardi Himal Trek is a hidden gem in the Annapurna region of Nepal. This off-the-beaten-path trek takes you through diverse landscapes, from lush green forests to rugged mountain terrain. It is one of the best short trekking routes in Nepal that offers a peaceful and less crowded experience.

Throughout this trek, you'll enjoy rhododendron forests, remote villages, and breathtaking viewpoints. At the same time, you'll be enjoying a close-up view of some of the world's highest peaks.

Yes, exactly! You'll be looking at stunning views of Machhapuchhre (Fishtail), the Annapurna mountain range, and Hiunchuli.

Your Mardi Himal trekking journey starts in Pokhara, Nepal, where a short drive takes you to Dhampus. From there, you hike to Deurali and continue your journey through forests and villages. One of the prominent advantages of the Mardi Himal trek route is that it's a quiet



and mesmerizing route.

As an additional highlight of this Himalayan trekking adventure, you'll walk among beautiful rhododendron trees, traditional Gurung and Magar villages, and terraced farmlands. You'll get to experience Nepalese culture firsthand, meet Gurung and Magar locals, and enjoy traditional Nepali meals like dal bhat.

At 4,500 meters, Mardi Himal Base Camp offers panoramic views of the Himalayas, including Annapurna I, Annapurna South, Machhapuchhre, and Hiunchuli. The sunrises at Mardi Himal Base Camp are unforgettable, turning the peaks golden.

The Mardi Himal trek difficulty is moderate, which makes it ideal for trekkers with some basic to professional hiking experience. The altitude gain is gradual, which lets you adjust quickly. However, you will need to take breaks often and stay hydrated.

In the Mardi Himal Trek, you can enjoy nature in peace, which is rarely found in other popular treks in Nepal, such as the Everest Base Camp trek or the Annapurna Circuit. At night, you will receive food and shelter at cozy tea houses along this route.

It's a short but exciting Himalayan adventure that gives you the best of the Annapurna trekking experience. If you want an unforgettable trekking trip in Nepal, pack your bags and get ready!

Let's move on to the Mardi Himal Itinerary.

Mardi Himal Trek Itinerary Outline

The itinerary of the Mardi Himal trek in short:

Day 1: Pokhara to Deurali (Drive: 30 km, 2 hrs | Trek: 6 km, 3-4 hrs)

Day 2: Deurali to Low Camp (Trek: 10 km, 6 hrs)

Day 3: Low Camp to High Camp (Trek: 6 km, 4 hrs)

Day 4: High Camp to Base Camp to Low Camp (Trek: 12 km, 5-6 hrs)

Day 5: Low Camp to Sidding to Pokhara (Trek: 8 km, 5 hrs | Drive: 35 km, 2 hrs)

The Mardi Himal Trek is one of the most accessible and spectacular trekking routes in the



Annapurna region. Below is a detailed 5-day itinerary that covers everything you need to know about the trek.

Come and join Mardi Himal Trek, the expert team of Nepal Hiking Trek, to explore the roads less traveled and savor the delights of Mother Nature.

Highlights

Key Highlights of the 5-Day Mardi Himal Base Camp Trek

The Mardi Himal Trek is gaining popularity among trekkers worldwide. It is attracting both domestic and international visitors because of the mesmerizing and exciting adventure. Here are the main highlights of the trek:

- Mardi Himal Base Camp provides an up-close view of the towering peaks.
- The trek offers a mix of dense forests, alpine meadows, and rugged ridgelines.
- It is a moderate-level trek, making it ideal for both beginners and experienced trekkers.
- The cost is affordable, making it a great option for budget-friendly trekking.
- The golden sunrise over the Himalayas is a magical experience.
- The trek is easily accessible from Pokhara, a famous tourist hub in Nepal.
- Trek passes through ethnic villages like Phedi, Pothana, Siding, and Lumre.
- You'll get to see the Gurung and Brahmin cultures.
- The Forest Camp, which is 2,600 meters in size, is surrounded by rhododendron forests.



- A trek that can be completed in under a week.
- A paradise for photographers
- The trail from Forest Camp to Low Camp is filled with lush alpine vegetation.
- The weather can be unpredictable, adding an element of adventure to the trek.
- The Mardi Himal Trek is a once-in-a-lifetime experience filled with nature, culture, and adventure.

The Mardi Himal Trek offers an unforgettable trekking experience at an affordable price. It's a journey that will leave you with lasting memories to cherish and share.

Day to Day Itinerary

Day 01: Pokhara – Deurali (2,100m)

Day 02: Deurali to Low Camp (2,985m)

Day 03: Low Camp to High Camp (3,550m)

Day 04: High Camp to Mardi Himal Base Camp (4,500m) and then Low Camp

Day 05: Low Camp to Sidding to Pokhara

Cost Includes

- Airport pick-up and drop-off by private car/van/Bus.
- 2 nights accommodation in a 3-star (***) hotel in Kathmandu with the BB plan.
- 2 nights accommodation in a 3-star (***) hotel in Pokhara with a BB plan.
- Teahouse accommodations on the trek.
- Land transportation between Kathmandu and Pokhara.



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- Full board meals during the trek (3 times/day tea or coffee, breakfast, lunch, and dinner).
 - Seasonal fruits during the trek.
 - Expert, experienced, friendly guide and porter as well as their food, accommodation, salary, equipment, and insurance.
 - Duffle bag for trek duration, Trekking Poles.
 - Down jacket and sleeping bag.
 - All permits and Tims (please bring a passport copy and photos).
 - Government tax, Farewell dinner.

Cost Excludes

- International flight tickets.
- Travel insurance.
- Nepal entry visa.
- Cold drinks, snacks, and personal equipment.
- Tips for guide, porters and drivers.
- Flight options to and from Pokhara in lieu of land transportation.