Mardi Himal Trek

Trip information · Nord Extreme Himalaya Pvt. Ltd. · delightful-orange-chimpanzee.tarevirjungleresort.com · Updated 22 November 2026

DURATION	**10 Days**
DIFFICULTY	**Moderate**
MAX ALTITUDE	**4500m**
GROUP SIZE	**17 People**
BEST SEASON	**September–November and March–May**
START / END	**Kathmandu / Kathmandu**
PRICE FROM	**USD 1,290 per person**

Trip overview

The Mardi Himal Trek is a short yet spectacular Himalayan trekking route in the Annapurna region, offering pristine mountain views, peaceful trails, and an off-the-beaten-path experience. Known for its quiet environment and close-up views of the Annapurna range, this trek has quickly become one of Nepal's most popular moderate adventures.

The journey leads trekkers through dense rhododendron forests, traditional villages, and high alpine ridges before reaching the Mardi Himal Base Camp. Along the route, trekkers are rewarded with stunning views of Himalayan giants including Annapurna South, Machhapuchhre, Hiunchuli, and the broader Annapurna range. This trek is ideal for beginners and intermediate trekkers seeking a short but rewarding Himalayan experience.

Geography and Landscape

The Mardi Himal Trek is located in the Annapurna region within Annapurna Conservation Area. The route typically begins near Pokhara and ascends through forested trails, ridge lines, and alpine terrain toward Mardi Himal Base Camp.

The landscape changes dramatically along the way. Lower sections feature lush rhododendron and oak forests rich in wildlife, while higher sections open into narrow ridges with sweeping panoramic views of snow-covered peaks. The ridge walk from High Camp to Base Camp is one of the trek's highlights, offering continuous views of the Annapurna massif on one side and deep valleys on the other.

The base camp area sits beneath the towering south face of Machhapuchhre (Fishtail), providing one of the closest and most dramatic mountain viewpoints in the Annapurna region.

Climate and Best Time to Trek

The best seasons for the Mardi Himal Trek are spring (March–May) and autumn (September–November). These periods offer stable weather, clear skies, and excellent mountain visibility.

Spring is especially beautiful due to blooming rhododendron forests that color the trails in red, pink, and white. Autumn provides crystal-clear views and ideal trekking conditions after the monsoon season. Winter (December–February) is colder but offers quiet trails and clear mountain scenery for

well-prepared trekkers. The monsoon season (June–August) is less favorable due to rain, fog, and slippery trails.

Overall, autumn is the most recommended season for the best trekking experience.

People and Culture

The Mardi Himal region is inhabited by Gurung and Magar communities, known for their rich traditions, hospitality, and deep connection to the Himalayas. The trail passes through small villages where traditional lifestyles, farming practices, and cultural customs remain well preserved.

Trekkers experience authentic village life, including stone-built houses, terraced fields, prayer flags, and small local teahouses that reflect the simplicity of Himalayan living. While the trek is less culturally dense than longer routes, it still offers meaningful interactions with local communities along the lower sections.

The combination of peaceful trails, stunning mountain views, and warm local hospitality makes the Mardi Himal Trek a perfect short Himalayan adventure.

Highlights

- Scenic drive/flight between Kathmandu and Pokhara with Himalayan views
- Trek through rhododendron and oak forests
- Alpine meadows and ridge walks with wide mountain panoramas
- Close views of Machhapuchhre, Annapurna South, and Hiunchuli
- Mardi Himal Viewpoint/Base Camp hike (4,200–4,500m) Mardi Himal Base Camp
- Less crowded, peaceful trekking route
- Gurung and Magar village cultural experience
- Teahouse stays with warm hospitality

Day-by-day itinerary

Day 1 : Arrival in Kathmandu (1,400m)

Altitude: 1,400m

Stay: Hotel · Visit: Nepal · Meals: Dinner

Upon arrival at Tribhuvan International Airport, you will be warmly welcomed by our Nord Extreme representative and transferred to your hotel in Kathmandu. After check-in and some rest, our team will conduct a detailed trek briefing covering the Mardi Himal route, safety guidelines, altitude awareness, and daily expectations.

We will also begin processing your trekking permits (TIMS and Annapurna Conservation Area Permit), check your trekking gear, and assist you with any missing equipment if needed. The rest of the day is free for relaxation or exploring the vibrant streets of Thamel.

Day 2 : Trek & Permit Preparation in Kathmandu (1,400m)

Altitude: 1400m

Stay: Hotel · Visit: Nepal · Meals: Breakfast

Today will be dedicated to trek preparation and completing all necessary permit procedures in Kathmandu. Our team from Nord Extreme will assist you with permit arrangements, trekking briefing,

gear checking, and final trip preparation to ensure a safe and comfortable journey ahead.

You will also have free time to explore Thamel for any last-minute shopping or personal preparations before the trek begins.

Day 3 : Drive or Fly to Pokhara (820m)

Altitude: 820m

Walk: 6–8 hrs drive / 25 min flight · Stay: Hotel · Visit: Nepal · Meals: Breakfast Lunch Dinner

Today we travel to Pokhara, one of Nepal's most beautiful lakeside cities. You can either take a short scenic flight over the Himalayas or enjoy a long but scenic drive through rivers, hills, and countryside settlements.

Upon arrival, you will have time to relax by Phewa Lake, explore cafés, or simply enjoy views of Machhapuchhre reflecting over the water. Pokhara offers a peaceful atmosphere and serves as the gateway to the Annapurna region.

Day 4 : Drive to Kande, Trek to Forest Camp (2,540m)

Altitude: 2,540m

Walk: 5 hrs · Stay: Tea House · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

After a short 1.5-hour drive to Kande, the trekking journey officially begins. The trail gradually ascends through dense rhododendron and oak forests, with fresh mountain air and peaceful surroundings.

Along the way, you pass small shepherd shelters and scattered villages that reflect traditional Himalayan lifestyle. Forest Camp is a quiet resting point surrounded by deep woodland, offering your first overnight stay in the mountains.

Day 5 : Trek to Low Camp (2,970m)

Altitude: 2,970m

Walk: 4 hrs · Stay: Tea House · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

The trail today becomes more scenic as the forest opens into moss-covered trees and alpine vegetation. Gradual ascent continues with occasional clearings that offer glimpses of Annapurna South and Machhapuchhre.

As you reach Low Camp, the temperature drops slightly and the landscape begins to feel more mountainous. This is your first major transition into the high Himalayan zone, where clouds drift below the ridges on clear days.

Day 6 : Trek to High Camp (3,580m)

Altitude: 3,580m

Walk: 4–5 hrs · Stay: Tea House · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

Today's climb is more challenging as the forest slowly disappears and the trail follows open ridgelines. With every step upward, the panoramic views become more dramatic, revealing the full face of Machhapuchhre (Fishtail Mountain).

High Camp offers one of the most spectacular sunset and sunrise views in the entire Annapurna region. The evening is spent preparing for the next day's early ascent.

Day 7 : Hike to Mardi Himal Viewpoint (4,200m) / Base Camp (4,500m), Return to Low Camp (2,970m)

Altitude: 4,500m

Walk: 7–8 hrs · Stay: Tea House · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

This is the most rewarding and challenging day of the trek. Starting early in the morning, we ascend steep alpine trails toward Mardi Himal Viewpoint or further to Base Camp. The higher you go, the more breathtaking the scenery becomes, with 360-degree views of Annapurna, Hiunchuli, and Machhapuchhre dominating the skyline.

After spending time at the top absorbing the Himalayan panorama, we carefully descend back to Low Camp for overnight rest.

Day 8 : Trek to Siding Village (1,700m), Drive to Pokhara (820m)

Altitude: 1,700m -> 820m

Walk: 6 hrs · Stay: Hotel · Visit: Annapurna Region · Meals: Breakfast Lunch Dinner

We begin a long descent through lush forests and traditional villages, where you can observe rural Nepali lifestyle, terraced fields, and friendly locals along the way. The trail gradually leads to Siding Village, marking the end of the trekking route.

From here, a vehicle takes you back to Pokhara, where you can finally relax in comfort and celebrate the successful completion of your trek.

Day 9 : Drive or Fly Back to Kathmandu (1,400m)

Altitude: 1,400m

Walk: 6–8 hrs drive / 25 min flight · Stay: Hotel · Visit: Nepal · Meals: Breakfast Lunch Dinner

After breakfast, we return to Kathmandu by scenic flight or overland drive. The rest of the day is free for leisure activities such as shopping in Thamel, visiting cultural landmarks, or enjoying local cuisine.

This is a relaxed transition day after your Himalayan journey.

Day 10 : Departure or Optional Extension

Visit: Nepal · Meals: Breakfast

Depending on your flight schedule, we will transfer you to the airport for your departure. If you wish to extend your stay, optional tours such as heritage sightseeing, yoga retreats, or additional treks can be arranged.

Altitude & temperature

Typical daytime / night temperature at each overnight stop in the best travel months. Temperatures can change with the weather.

- Day 1 · Arrival in Kathmandu · 1,400 m · day 21°C / night 10°C
- Day 2 · Trek & Permit Preparation in Kathmandu · 1,400 m · day 21°C / night 10°C
- Day 3 · Drive or Fly to Pokhara · 820 m · day 24°C / night 14°C
- Day 4 · Drive to Kande, Trek to Forest Camp · 2,540 m · day 15°C / night 3°C
- Day 5 · Trek to Low Camp · 2,970 m · day 13°C / night 0°C
- Day 6 · Trek to High Camp · 3,580 m · day 10°C / night -4°C
- Day 7 · Hike to Mardi Himal Viewpoint / Base Camp, Return to Low Camp · 4,500 m · day 5°C / night -10°C
- Day 8 · Trek to Siding Village, Drive to Pokhara · 1,700 m · day 19°C / night 9°C

- Day 9 · Drive or Fly Back to Kathmandu · 1,400 m · day 21°C / night 10°C

What’s included

1. Transportations

- Private/tourist vehicles for airport pickup and drop-off in Kathmandu.
- Private/tourist vehicles transfer as per itinerary to access the trailheads.
- Domestic flight included for access to the trekking starting & ending point.

2. Accommodation & Meals

- 3 Nights 3 star hotel in Kathmandu with bed & breakfast basis.
- 2 Nights 3 star hotel in Pokhara with bed & breakfast basis.
- All Meals (breakfast, lunch & dinner with tea coffee) during the trekking Period.

3. Permits

- Annapurna Conservation Area Project (ACAP) permits.
- Trekkers' Information Management System (TIMS) permits.

4. Guide & Staff

- Professional and experience License holder trekking guide salary & insurance.
- Porter salary, equipments & insurance.
- First aid medical kit for emergency support.

Not included

1. International Flights

- Airfare from your home country to Nepal (Tribhuvan International Airport, Kathmandu).
- Return airfare from Nepal (Tribhuvan International Airport, Kathmandu) to your home country.

2. Visa Fees

- Nepal entry visa fee for entering Nepal (available on arrival at Tribhuvan International Airport, Kathmandu, or through a Nepalese embassy).

3. Travel Insurance (Mandatory)

- Comprehensive travel insurance covering high-altitude trekking, emergency medical treatment, helicopter evacuation, trip cancellation, and other unforeseen circumstances.

4. Personal Expenses

- Tips, gifts, and souvenirs for trekking guides and porters.
- Personal trekking equipment and gear.
- Charges for lodge Wi-Fi, hot showers, battery charging, and laundry services.

5. Meals & Beverages

- Lunch and dinner in Kathmandu, Pokhara, and other locations where accommodation is provided in

3-star category hotels.

- Soft drinks, bottled water, alcoholic beverages, and snacks consumed during meals

Dates & prices

- 02 Mar 2027 – 11 Mar 2027 · USD 1,290 · Available
- 16 Mar 2027 – 25 Mar 2027 · USD 1,290 · Available
- 06 Apr 2027 – 15 Apr 2027 · USD 1,290 · Available
- 20 Apr 2027 – 29 Apr 2027 · USD 1,290 · Available
- 04 May 2027 – 13 May 2027 · USD 1,290 · Available

Best time to visit

Best months: March–April and October–November. October and November offer crystal-clear views of Annapurna and Machhapuchhre; March to May is warm with blooming rhododendron forests. Lower Annapurna treks such as Poon Hill are possible in winter, while Thorong La and high passes may close after heavy snow.

What to bring — packing checklist

Clothing

- [ ] Moisture-wicking base layers (top and bottom)
- [ ] Fleece or light insulated mid-layer
- [ ] Down jacket (–10 °C rated for high trails)
- [ ] Waterproof, breathable shell jacket and trousers
- [ ] 2–3 trekking shirts and 2 pairs of trekking trousers
- [ ] Warm hat, sun hat or cap and buff
- [ ] Light liner gloves and warm insulated gloves
- [ ] Underwear and sports bras

Footwear

- [ ] Broken-in waterproof trekking boots with ankle support
- [ ] Camp shoes or sandals for teahouse evenings
- [ ] Hiking socks (4–5 pairs) and warm wool socks for nights

Equipment

- [ ] Daypack 30–35 L with rain cover
- [ ] Sleeping bag rated to –10 °C (we can provide one)
- [ ] Trekking poles
- [ ] Sunglasses with UV protection
- [ ] Duffel bag for the porter (provided by Nord Extreme)

Health & personal

- [ ] Personal medication and a small first-aid kit
- [ ] Altitude medicine (Diamox) after consulting your doctor
- [ ] Water bottles or a 2–3 L hydration bladder, purification tablets or filter
- [ ] Sunscreen SPF 50, lip balm with SPF
- [ ] Hand sanitiser, wet wipes, quick-dry towel
- [ ] Headlamp with spare batteries, power bank

Documents & money

- [ ] Passport valid for 6+ months, plus copies
- [ ] Travel insurance policy (covering helicopter evacuation)
- [ ] 4 passport photos for permits
- [ ] Cash in USD / Nepali rupees for tips, snacks and extras
- [ ] Credit or debit card

Down jackets and sleeping bags can also be rented in Kathmandu.

Essential information

Accommodation

Accommodation is provided in local teahouses and mountain lodges along the entire route.

In lower villages such as Kande, Pothana, and Forest Camp, lodges are more comfortable with better facilities. As the trail ascends toward High Camp and Mardi Himal Base Camp, accommodation becomes more basic due to altitude and remoteness.

Rooms are typically twin-sharing with simple bedding and shared bathroom facilities.

Meals

A full-board meal system (Breakfast, Lunch, and Dinner) is available throughout the trek. Meals are freshly prepared and designed to support trekking energy requirements.

Typical menu options include:

- Traditional Dal Bhat set meals
- Noodles, pasta, and fried rice
- Soups, potatoes, and vegetables
- Eggs, pancakes, and Tibetan bread
- Tea, coffee, and hot beverages

Food variety becomes more limited at higher elevations.

Difficulty & Physical Requirements

The Mardi Himal Trek is classified as moderate, suitable for beginners with good fitness as well as experienced trekkers seeking a short Himalayan adventure.

Daily trekking ranges from 4 to 7 hours, with steady ascent and some steep sections, especially between High Camp and the viewpoint.

No technical climbing is required.

Permits

Required permits include:

- Annapurna Conservation Area Permit (ACAP)
- TIMS Card (Trekkers' Information Management System)

All permits are arranged by the trekking operator.

Best Season

- Spring (March–May): Rhododendron forests in full bloom, clear mountain views
- Autumn (September–November): Best visibility and stable weather conditions
- Winter (December–February): Cold but quiet trails and clear skies
- Monsoon (June–August): Not recommended due to rain and slippery trails

Transportation & Access

The trek usually begins with a drive from Pokhara to Kande or Phedi, followed by trekking through forested ridges toward High Camp and Mardi Himal Base Camp.

Pokhara serves as the main gateway city for this trek.

Safety & Acclimatization

Although the altitude is moderate compared to major expeditions, proper pacing is important.

Key considerations include:

- Gradual ascent through forest and ridge trails
- Avoiding overexertion on steep sections
- Staying hydrated and maintaining steady pace

Guides ensure safety and route management throughout the trek.

Travel Insurance

Recommended travel insurance should include:

- Trekking coverage up to at least 4,500m
- Emergency medical treatment
- Helicopter evacuation coverage
- Trip cancellation and accident protection

Additional information

Guide & Porter Services

Licensed trekking guides provide navigation support, safety management, and cultural interpretation.

Porters are available to carry luggage, allowing trekkers to walk comfortably with a light daypack.

Cultural & Natural Highlights

The Mardi Himal Trek is best known for its natural beauty and peaceful trails:

- Stunning close-up views of Machhapuchhre (Fishtail)
- Panoramic Himalayan ridge walking experience
- Dense rhododendron and oak forests
- Traditional Gurung and Magar villages
- Sunrise views from Mardi Himal Base Camp viewpoint
- Quiet and less crowded trekking route

Essential Equipment

Recommended gear includes:

- Comfortable trekking boots
- Layered clothing system
- Warm jacket for High Camp and Base Camp
- Waterproof jacket and trousers
- Gloves, hat, and sunglasses
- Trekking poles
- Daypack (20–30L)
- Basic first aid kit

Communication & Connectivity

Mobile network coverage is available in lower sections near Pokhara and village areas but becomes weaker toward High Camp and Base Camp.

Wi-Fi is available in some lodges at lower elevations, though limited in higher sections.

Why Choose the Mardi Himal Trek?

This trek is ideal for travelers seeking a short, scenic, and less crowded Himalayan experience:

- Spectacular close-up views of Machhapuchhre and Annapurna range
- Short duration trek (ideal for limited time travelers)
- Less crowded alternative to Annapurna Base Camp
- Beautiful forest and ridge trail combination
- Suitable for beginners and intermediate trekkers
- Easy access from Pokhara
- Sunrise views from Mardi Himal Base Camp
- One of Nepal’s fastest-growing trekking routes

Frequently asked questions

How difficult is the Mardi Himal Trek?

The Mardi Himal Trek is graded Moderate — suitable for most active travellers. Expect 5–7 hours of walking on most days on mountain trails with plenty of ascents and descents. Regular cardio training — hiking, running, cycling or stair climbing — for 6–8 weeks before departure makes the trip far more enjoyable.

What is the best time for the Mardi Himal Trek?

For the Annapurna region the best months are March–April and October–November. October and November offer crystal-clear views of Annapurna and Machhapuchhre; March to May is warm with blooming rhododendron forests. Lower Annapurna treks such as Poon Hill are possible in winter, while Thorong La and high passes may close after heavy snow.

What permits do I need for the Mardi Himal Trek?

You need the Annapurna Conservation Area Permit (ACAP) and the trekkers’ TIMS card. Nord Extreme arranges every permit for you before the trip starts — check the "Includes" section above for exactly what is covered in the price. Just bring your passport and a few passport-size photos.

What is the accommodation like on the Mardi Himal Trek?

In Kathmandu you stay in a comfortable hotel; on the trail we use the best available family-run teahouses and lodges with twin-share rooms, shared or attached bathrooms and a warm dining room. Upgrades to luxury lodges are possible on popular routes such as Everest and Annapurna.

Can I book the Mardi Himal Trek as a private trip or join a group?

Both. You can join one of the fixed departures listed under "Dates & Prices", or book a private trip for just you, your family or friends on any date. Solo travellers are welcome — you will always have your own licensed guide.

Do I need travel insurance for the Mardi Himal Trek?

Yes, travel insurance is compulsory. It must cover medical treatment and emergency helicopter evacuation up to the trip's highest altitude, plus trip cancellation. Please send us your policy details before departure.

What should I pack for the Mardi Himal Trek?

See the "What to bring" checklist on this page for the full list. The essentials are broken-in boots, warm layers, a down jacket, a waterproof shell, sun protection and a daypack. Down jackets and sleeping bags can be rented cheaply in Kathmandu, and a porter carries your main bag (up to 10–12 kg).

Ready to book or have a question?

Trip page: https://delightful-orange-chimpanzee.tarevirjungleresort.com/holiday/package/mardi-himal-trek/

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