Mardi Himal Trek

Itinerary & costs · 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**

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

Ready to book or have a question?

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

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