



Mardi Himal trek

Trip Facts

Difficulty Medium/Moderate	Max Altitude 4,500m/14,764ft	Accommodation Standard Hotels (Pokhara / Kathmandu) & Tea houses (Trek)	Meals
Activity Trekking	Best Season Autumn (Sept–Nov) & Spring (Mar–May)	Start / End Point	Duration 8-9 Days

Trip Overview

The Mardi Himal Trek is a famous eco-trekking trail that runs along the pristine ridges of the Annapurna Region. Once a hidden gem, this route is now celebrated for delivering breathtaking mountain views in a short span of time, making it the perfect choice for travelers seeking quiet trails, authentic culture, and stunning panoramas over a compact 5-to-7-day itinerary. Easily accessed via a short 1-hour drive from Pokhara, this **moderate-grade ridgeline** journey offers a pristine, off-the-beaten-path alternative to the busier routes in the area.

Covering a total round-trip distance of 35 to 45 km (22–28 miles), the trail climbs steeply from magical, fairy-tale forests of oak and blooming rhododendrons onto a dramatic mountain spine. Because you walk along a high-altitude ridge, you will enjoy sweeping, unobstructed vistas of the Annapurna massifs on both sides of the path every single day.

The ultimate highlight of the journey is standing at Mardi Himal Base Camp (4,500m / 14,763ft), where you stand face-to-face with the sheer, magnificent south face of the sacred, unclimbed peak of Machhapuchhre (Fishtail). Supported by cozy, uncrowded local teahouses offering authentic mountain hospitality, this rapid loop packs maximum Himalayan scale into a short timeframe without the massive crowds.

Trip Itinerary

Day 1 - Arrival in Kathmandu & Welcome Briefing



Difficulty	Max altitude 1,400m/4,593ft	Accommodation	Meals
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Day 2 - Drive or Flight to Scenic Pokhara & Free Exploration Day

Difficulty	Max altitude 822m/2,697ft	Accommodation	Meals
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Day 3 - Drive to Kande & Trek to Pitam Deurali

Difficulty	Max altitude 2,100m/6,890ft	Accommodation	Meals
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Day 4 - Pitam Deurali to Low Camp

Difficulty	Max altitude 2,970m/9,744ft	Accommodation	Meals
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Day 5 - Low Camp to High Camp

Difficulty	Max altitude 3,580m/11,745ft	Accommodation	Meals
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Day 6 - High Camp to Base Camp & Descend to Low Camp

Difficulty	Max altitude 4,500m/14,764ft	Accommodation	Meals
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Day 7 - Low Camp to Siding Village & Private Drive to Pokhara

Difficulty	Max altitude 2,970m/9,744ft	Accommodation	Meals
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Day 8 - Travel Back from Pokhara to Kathmandu by bus/flight

Difficulty	Max altitude 1,400m/4,593ft	Accommodation	Meals
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Day 9 - Final Departure from Nepal

Cost Includes & Excludes

Includes:

- 2 nights accommodations during Kathmandu stay in twin sharing basis.
- 2 nights accommodations during Pokhara stay in twin sharing basis.
- Internal ground transfer to/from Kathmandu & Pokhara.
- Required Permits & Fees: 1. Annapurna conservation Park Entry Permit. 2. TIMS (Trekking Information Management Systems) card if applicable.



- Accommodation Along the Trail: 1. Standard twin-sharing rooms in local tea houses or mountain lodges for 4 nights.
- Trekking Support Staff: 1. Salary, insurance, food, accommodation, and equipment for a licensed English-speaking guide. 2. Salary, insurance, food, and accommodation for porters (typically 1 porter shared between 2 trekkers, carrying up to 20–25kg total).
- Meals on the Trek: 1. Full board meals: 3 meals a day (Breakfast, Lunch, Dinner) chosen from the tea house menu. 2. Post-dinner hot beverages (tea or coffee) or a cup of hot water.
- Safety Gear: 1. First-aid kit carried by the guide, including an oximeter to monitor oxygen levels daily.

Excludes:

- International Travel Costs: 1. International airfare to and from Kathmandu. 2. Nepal Tourist Visa fee (payable in cash USD upon arrival at Tribhuvan International Airport).
- Single Supplement fee.
- Internal flight transfer: 1. Round-trip domestic flights between Kathmandu and Pokhara. 2. Airport transfers via private vehicle in Kathmandu and Pokhara.
- Travel and Emergency Insurance: 1. Mandatory: Travel insurance that explicitly covers emergency helicopter evacuation up to 6,000 meters (most basic plans cap out at 3,000m).
- Meals before & after trek in Kathmandu & Pokhara and extra stay in Kathmandu/Pokhara hotels other than mentioned above: 1. Hotel up-gradation might cost extra depending on your request.
- Trail Luxuries & Services (Tea house Add-on): 1. Hot Showers: Gas or solar-heated showers cost between \$3 to \$7 USD per shower (prices increase with altitude). 2. Device Charging: Power banks, phones, and camera battery charging cost \$2 to \$5 USD per full charge. 3. Wi-Fi / Connectivity: AirLED or Everest Link Wi-Fi prepaid cards cost roughly \$5 to \$10 USD for a set amount of data. 4. Drinking Water: Bottled water costs \$1 to \$4 USD per bottle (it is highly recommended to bring water purification tablets/filters instead).
- Personal Trekking Gear: 1. Down jackets, sleeping bags, hiking boots, trekking poles, and backpacks (though sleeping bags and jackets can be rented cheaply in Kathmandu for around \$1 to \$2 a day).
- Beverages & Snacks: 1. Alcoholic drinks (beer, spirits), specialty coffees, soft drinks, and bakery items at trail cafes.
- Tips & Gratitude: 1. Tipping guides and porters is custom and highly expected. The industry standard is roughly 10% to 15% of your total trek cost, pooled together by the group and handed out on the final evening.

Availability

Date	Duration	Price	Seats
2 Oct 2026 - 11 Oct 2026	9 Days	\$ 699	1 Space available
16 Oct 2026 - 25 Oct 2026	9 Days	\$ 699	1 Space available
28 Oct 2026 - 6 Nov 2026	9 Days	\$ 699	1 Space available
8 Nov 2026 - 17 Nov 2026	9 Days	\$ 699	1 Space available
15 Nov 2026 - 24 Nov 2026	9 Days	\$ 699	1 Space available

FAQs

Best Time to Visit



October to November offers the clearest skies and best mountain views, while March to April brings beautiful blooming rhododendrons.

Trek Duration

Routes range from short 3-day hikes (like Poon Hill) to epic 12-to-22-day journeys (like the full Annapurna Circuit).

Required Permits

Trekkers need the ACAP Permit and a TIMS Card, both of which Himal Trek Nepal handles completely for our clients.

Solo Trekking Rules

Nepal restricts solo trekking in most mountain regions; our agency provides licensed, experienced guides to ensure full legal compliance and safety.