

Duration: 10 Days

Grade: Very_hard

Max Altitude: 4500

Group Size: 2-15

Trip Code: MHT-01

FROM

USD \$990

PER PERSON

Trip Highlights

- A not-so-easy yet not-so-difficult trek to the Mardi Himal Base Camp (4500 meters).
- The best way to escape the crowded trails and experience a quiet mountain.
- Wander through magical red, pink, and white rhododendron blooms in spring, turning the hillsides into a painter's canvas.
- Trek along narrow ridges at High Camp where the horizon feels endless, and the valleys fall away on both sides.
- Experience the beaten path adventure with pristine mountain scenery.
- Chance to stand face-to-face or have close-up views of Machapuchhre (Fishtail) and the warmth of Gurung hospitality in Siding and other villages, where traditions are alive in daily life.
- Begin and end your trek with time in Nepal's most relaxing city, framed by peaks and mirrored in Phewa Lake.

Overview

The Mardi Himal Trek stands as a short yet breathtaking adventure in Nepal's Annapurna region, designed for trekkers seeking panoramic views without the crowds. Besides, this 10-day trek's journey blends cultural immersion, lush forests, and high-altitude exploration, making it one of Nepal's most rewarding off-the-beaten-path experiences.

Our adventurous trek to Mardi Himal Trek begins with a cultural welcome in Kathmandu, followed by a scenic drive to Pokhara. After that, we will go for some sightseeing in Pokhara before heading towards Kande, the starting point of the trek to Mardi Himal. From Kande, we pass through lush rhododendron forests, terraced farmlands, and traditional Gurung settlements. With every day's ascent, the walk becomes more and more adventurous and adrenaline-rushing.

The trail climbs steadily through Forest Camp, Low Camp, and High Camp, where the alpine landscapes open dramatically. Once we ascend to the Mardi Himal Base Camp, it's time to descend and return to Kathmandu.

However, before that, remember to watch the jaw-dropping 360-degree views of Annapurna I, Dhaulagiri, Machapuchare, and Manaslu.

Overall, the Mardi Himal Trek offers a perfect chance to witness an authentic Himalayan lifestyle while ascending on a moderately difficult trail. Read the package to know further about the Mardi Himal Trekking package.

Permits for Mardi Himal Trek

One of the most important things to be prepared with for ascending on the Mardi Himal Trek is obtaining the permits. Yes, this trekking package, along with all the other trekking packages, requires permits.

For the Mardi Himal Trek, here are the permits you need:

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

Day-by-Day Itinerary

Day 1 Day 1: Arrival in Kathmandu

Max Altitude: 1400m/4553ft Distance: 6.4 KM Stay: 3-5* Hotel Meals: Welcome Dinner

As you land in the Tribhuvan International Airport (Kathmandu), our local representatives welcome you with all due respect and drive you to the hotel in the Thamel area. From the moment we begin the drive, prayer flags flutter in the breeze, incense drifts through temple courtyards, and the vibrant chaos of Nepal surrounds you. In the evening, our team invites you for a traditional Nepali dinner along with a cultural performance.

After that, you can simply return to your room and sleep for the night. Well, make sure to get as relaxing a sleep as possible because we have a long drive to cover the next day and a long walk to do throughout the next 9 days.

Activity: Arrival & cultural welcome dinner, trip briefing

Highlights: Visa on arrival, hotel check-in, traditional Nepali dinner with cultural performance

Day 2

Day 2: Drive to Pokhara (822m/2697ft) approx. 6-8 hours

Max Altitude: 822m / 2,697 ft Distance: 210 Km Stay: 3-5* Star Hotel Meals: Breakfast

As you wake up and have breakfast, our local representatives or your trekking guide will take you for a scenic and adventurous drive to Pokhara via the Tribhuvan Highway. As we leave the valley, the road passes through riverside towns, terraced farmlands, and roaring rapids of the Trishuli River. Let us tell you that the drive is about to be scenic and take us deep into the lush middle hills of Nepal.

Pokhara sits as a quiet and beautiful village with a perfect balance of urban settlement and nature. Known for its famous lakes, such as Begnas Lake and Phewa Lake, this village also boasts numerous hills and viewpoints. After you check in at the hotel, we recommend that you stroll around the lakeside before returning to the hotel and having dinner.

Activity: Scenic drive via Prithvi Highway

Highlights: Riverside views, Trishuli River, countryside landscapes

Day 3

Pokhara Sightseeing - Drive to Kande - Trek to Australian Base Camp (2,060m)

**Max Altitude: 2060m / 6758ft Walking: 2- 3 Hours Distance: 26 Km Drive / 3 Km Trek Stay: Mountain Tea House
Meals: Breakfast / Dinner**

After exploring Pokhara's early morning environment, half a day of sightseeing and then driving in the evening to Kande. Kande sits as the starting point of the Mardi Himal Trek, as we begin walking towards the Australian Base Camp from here. Located at an altitude of 2060 meters above sea level, the Australian Base Camp serves as a stunning viewpoint perched on a ridge.

The route from Kande to Australian Base Camp takes us past stone steps, forests, and small villages, gradually gaining altitude as the Annapurna range peeks through the clouds. As you reach the base camp, trekkers can feel like the mountains are close enough to touch, while we also get amazing panoramic views of Annapurna South, Hiunchuli, and Machapuchhre.

Day 4 **Trek from Australian Base Camp to Forest Camp (2,550m)**

Max Altitude: 2550m / 8366ft Walking: 5-6 hours Distance: 8-10 Km Stay: Mountain Tea House Meals:
Breakfast Lunch & Dinner

Another day calls for another exciting walk on the Mardi Himal Trekking map. Today's trail leads us from the Australian Base Camp to the Forest Camp, located at an altitude of 2550 meters above sea level. Leaving the Australian Base Camp, the trail continues into dense forests alive with birdsong and the scent of moss. Today's ascent goes through a comparatively less crowded and true off-the-beaten-track experience, where every turn reveals lush greenery and quiet solitude.

Arriving at Forest Camp, also called Kokar, you'll find yourself in a peaceful haven surrounded by towering trees. Simple teahouses here offer warmth and hearty meals, while the isolation deepens the sense of adventure. Under a sky thick with stars, the mountains whisper promises of what's still to come.

Day 5 **Trek to High Camp (3,580m) via Low Camp (3,150m)**

Max Altitude: 3,580 m / 11,745 ft Walking: 5-6 hours Distance: 8-9 km Stay: Mountain Tea House Meals:
Breakfast Lunch & Dinner

After having a delicious and fulfilling breakfast in the Forest Camp, we will take you amazing walk towards High Camp via Low Camp. As you leave the Forest Camp, the landscape shifts dramatically as the rhododendron forests start thinning out and the trail opens up to alpine meadows. After a few hours of walking, we reach Low Camp, from where the trail starts climbing steadily until we reach the High Camp.

High Camp offers one of the most dramatic stays of the trek. Here, you're surrounded by sweeping views of Annapurna South, Hiunchuli, and the sacred peak of Machapuchre. Besides, the sense of remoteness is profound, above the treeline, closer to the stars, you'll feel the thrill of standing on nature's edge.

Day 6 Hike to Mardi Himal Base Camp (4,500m) and Return to High Camp

Max Altitude: 4500m / 14763ft Walking: 6-7 hours Distance: 8-10 Km Stay: Mountain Tea House Meals: Breakfast Lunch & Dinner

Finally, it's time for us to ascend all the way to the Mardi Himal Base Camp, located at an altitude of 4500 meters above sea level. Remember that this will be one of the most thrilling parts of the entire 10 Day trekking package. As we need to walk for about 6 to 7 hours, the walk begins before sunrise. Leaving the High Camp, the trail follows a narrow ridge that seems to float between deep valleys and towering peaks. Besides, we also recommend the trekkers to be aware that this section of the trail will be challenging, with the altitude demanding slow, steady steps.

However, as you reach the Mardi Himal Base Camp, it's just the world opening an awe-inspiring 360° panorama of Annapurna I, Machapuchare, and Dhaulagiri glowing in morning light. After spending some amazing moments on the Mardi Himal Base Camp, we will return to the High Camp, where we have dinner and spend another night.

Day 7 Trek to Siding Village (1,700m) via Low Camp

Max Altitude: 3540m/11614ft Walking: 5-6 hours Distance: 10-12 Km Stay: Mountain Tea House Meals: Breakfast Lunch & Dinner

The descent begins with familiar trails, weaving back through Low Camp before turning towards Siding Village. The path gently drops into terraced farmlands, thick forests, and streams that seem alive with birdsong. Each step downward carries a mix of relief and nostalgia, knowing the high ridges now sit behind you.

In Siding, you'll experience authentic Himalayan village life. Stone houses, smoky kitchens, and fields alive with daily rhythms welcome you warmly. Staying in a local teahouse here is a chance to trade the mountain's silence for the laughter of families and the slower heartbeat of rural Nepal.

Day 8 Drive Back to Pokhara - Explore and Relax

Distance: 40 km Stay: 3-5* Star Hotel Meals: Breakfast

Leaving Siding, a short drive winds through rolling hills and farmland before bringing you back to Pokhara. The transition from remote trails to a lively city feels almost surreal, as the comforts of urban life reappear. Yet, the journey through forests and ridges lingers fresh in your mind.

Back in Pokhara, the day is yours to relax. Stroll along Phewa Lake, enjoy a boat ride, or sip coffee while watching the mountains reflect in the water. The mix of adventure and serenity makes Pokhara the perfect place to unwind after your trek.

Day 9 **Flight or Drive to Kathmandu**

Distance: 210 Km Stay: 3-5* Star Hotel Meals: Breakfast / Farewell Dinner

You can choose between a short scenic flight or a longer drive back to Kathmandu. The drive takes you through familiar countryside, while the flight offers dazzling aerial views of the Himalayas, a final farewell from the peaks. Once in Kathmandu, you'll return to your hotel for a relaxing evening. Whether you explore local bazaars or simply rest, the city welcomes you back with its familiar vibrancy. Tonight is your chance to savour Nepal one last time before departure.

Day 10 **Final Departure from Kathmandu**

Meals: Breakfast

Finally, we have reached the endpoint of the 10 Day Mardi Himal Trekking package with Mercy Holidays. Our representatives will drive you to the airport and bid a farewell as per your flight schedule. However, if you have any other plans in Nepal, like trekking, tours, or mountain climbing, our team can arrange that for you as well.

What's Included

Cost Includes

- Three meals a day during the Trekking (Breakfast, Lunch & Dinner)
- Accommodation in a Tea House during the trek.
- Trekking Guide and a porter (Sharing by two clients) with Insurance, food, and accommodations.
- Bus Ticket for the client from Kathmandu to Dhunche.
- Bus ticket for guide and potter from Kathmandu to Dhunche.
- First Aid kit.
- Trekking permit (Conservation fee).

Trip Notes

Useful Information

Best Season for Mardi Himal Trek

Spring (March to May) and Autumn (September to November) stand as the best seasons to go for the Mardi Himal Trek. These months offer stable weather, clear skies, and incredible Himalayan visibility. Spring brings a burst of rhododendron blossoms, vibrant wildlife, and refreshing mountain breezes. Autumn, on the other hand, delivers golden valleys, crisp air, and some of the year's most breathtaking sunrises.

In contrast, we do not recommend trekkers to choose the winter (December to February) and monsoon (June to August) seasons. During the winter season, the trek is quieter but far colder, with snow often covering the high trails. Besides, many tea houses and hotels also remain closed during the peak winter season. On the other hand, the monsoon season brings heavy rainfall, slippery paths, and obscured mountain views. However, if you still want to go for a little extra adventure and thrill, Mercy Holidays offers year-round bookings.

Mardi Himal Trek Difficulty Level

The Mardi Himal Trek is considered to be one of the moderately difficult [trekking routes in Nepal](#). Due to this reason, this trekking route is perfect for both first-time trekkers and seasoned adventurers. In recent times, many international and domestic tourists choose this trail as their first trekking experience.

However, let us tell you that the Mardi Himal trekking trail involves steady climbs, narrow ridges, and forested sections requiring stamina and focus. Moreover, as the highest point of this trail is at an altitude of 4500 meters above sea level, you might face challenges due to thin air and less oxygen, causing altitude sickness. Therefore, we recommend the trekkers to follow the proper rest and slow pace technique for a better experience.

Although the trek is shorter compared to Everest or Annapurna routes, preparation is still important. Good fitness, regular hikes, and mental readiness ensure a smoother journey. With gradual altitude gain, the risk of altitude sickness is reduced but never eliminated. Overall, it's a rewarding adventure that balances challenge with accessibility.

How to Prepare for the Mardi Himal Trek?

Even though the Mardi Himal Trek is a moderately difficult trekking route, proper planning and preparation can prove highly important for a better experience. Besides, proper preparation can also help you stay active and preserve your energy throughout the trek.

Here are some of the major and most effective ways to prepare for the Mardi Himal Trek:

Physical Preparation

- Start training 6–8 weeks before with regular cardio like running, cycling, or swimming.
- Practice long hikes with a backpack to build stamina and get used to carrying weight.
- Include leg-strength exercises like squats, lunges, and step-ups to prepare for steep climbs.
- Add core and balance training, as ridge walks require stability and endurance.

Mental Preparation

- Expect long walking days with changing weather and simple facilities.
- Practice patience and steady pacing to manage fatigue and altitude gain.
- Stay flexible with plans; mountain weather often forces adjustments.
- Develop a positive mindset to embrace both challenge and reward.

Gear & Packing

- Wear sturdy trekking boots already broken in before the trek.
- Pack layered clothing for varying temperatures, from humid forests to chilly high camps.
- Carry a sleeping bag, headlamp, trekking poles, gloves, and a hat for comfort and safety.
- Don't forget reusable bottles, purification tablets, and personal medicines.

Altitude & Acclimatization

- Follow a gradual ascent itinerary with proper rest days.
- Drink plenty of water and avoid alcohol or excessive caffeine.

- Learn the early signs of altitude sickness to act quickly if needed.
- Walk slowly and listen to your body; never rush at altitude.

Logistics & Permits

- Secure the required Annapurna Conservation Area Permit (ACAP) and TIMS card.
- Book the teahouse stays in advance during peak seasons.
- Consider hiring a guide or porter for safety, navigation, and cultural insights.
- Keep some cash in Nepali rupees, as ATMs are unavailable on the trail.

Food and Accommodation during the Mardi Himal Trek

The Mardi Himal Trek is supported by teahouses run by local families, offering simple comfort and authentic hospitality. Meals are wholesome and hearty, with staples like dal bhat, noodles, soups, and fresh tea. Breakfasts usually include porridge, eggs, or pancakes to keep energy levels high. Though menus are simple, the food provides everything needed to fuel your trek.

Accommodation is basic yet cozy, with shared rooms, blankets, and common dining halls warmed by wood stoves. Higher altitudes mean fewer facilities but more charm, as evenings are often spent chatting with fellow trekkers. Besides, Wi-Fi and hot showers may be available at lower camps, but are rarer as you climb higher. Despite its simplicity, the atmosphere feels warm, genuine, and unforgettable.

What to Pack for the Mardi Himal Trek?

Another essential thing to keep in mind while planning for the Mardi Himal Trek is proper and smart packing. Without smart and well-planned packing, you might lack a lot of important and basic things required for keeping you active and energetic throughout the Mardi Himal Trek.

So, here is a list of all the things that you must not miss packing before heading for the Mardi Himal Trek:

Clothing & Layers

- Base layers (moisture-wicking tops and thermal bottoms) for comfort and warmth.

- Mid-layers like fleece or light down jackets for insulation.
- Outer shell jacket (waterproof and windproof) for rain and wind protection.
- Light trekking pants and one pair of insulated pants for colder nights.
- Comfortable T-shirts and shorts for lower altitudes.
- Warm hat, gloves, and scarf/buff for chilly mornings and high altitudes.
- Wool or synthetic trekking socks (3-5 pairs) and inner liners.

Footwear

- Sturdy trekking boots (well broken-in) with good ankle support.
- Light camp shoes or sandals for evenings at teahouses.
- Gaiters for snow or muddy trails.

Sleeping & Trekking Gear

- Four-season sleeping bag (teahouses provide blankets, but it gets cold at High Camp).
- Trekking poles for balance on steep ascents and descents.
- Headlamp with spare batteries for early morning hikes or power outages.
- Backpack (40-50L) with rain cover for daily essentials.
- Duffel bag (if using a porter) for extra gear storage.

Essentials & Accessories

- Reusable water bottles or hydration bladder (2 liters minimum).

- Water purification tablets or a filter for safe drinking water.
- Sunglasses with UV protection to shield from strong mountain sun.
- Sunscreen, lip balm, and hand cream to protect skin at high altitudes.
- Quick-dry towel and toiletries (wet wipes, biodegradable soap, toothbrush, toothpaste).
- Snacks or energy bars for quick boosts on the trail.

Health & Safety

- Personal first aid kit including painkillers, bandages, blister care, and altitude medication.
- Any prescribed medications are in sufficient quantity.
- Hand sanitizer and face masks for hygiene in shared teahouses.
- Insect repellent for lower altitudes.

Extras & Nice-to-Haves

- Power bank or solar charger (electricity is limited and often charged extra).
- A camera or GoPro for capturing breathtaking moments.
- Travel adapter (Type C/D/M for Nepal) for charging electronics.
- Small journal and pen to record trekking memories.
- Lightweight book or cards for evenings in teahouses.

Book the Mardi Himal Trek with Himalayan Ice Cap now!

Did you read the entire Mardi Himal Trekking Package? In that case, you might be more than excited to go on this adventurous journey in the Himalayas of Nepal. Well, why wait? Let Mercy Holidays take you on one of the most

adventurous, safe, and insightful trekking journeys to the Mardi Himal Base Camp.

If you have any queries or questions, feel free to [contact us](#) or send us your queries through our official email. Our team of expert guides and officials waits to host you and provide one of the best experiences in Nepal.

FAQ

How difficult is the Mardi Himal Trek?

The trek is considered **moderate**, suitable for beginners with reasonable fitness. It involves some steep ascents, but no technical climbing is required.

What is the highest altitude of the trek?

The highest point is **Mardi Himal Base Camp**, at approximately **4,500 meters (14,763 ft)**.

Do I need a guide or can I trek solo?

While solo trekking is allowed, having a **licensed guide** is highly recommended for safety, navigation, and cultural insight. A guide is mandatory for foreigners starting in April 2023 per new trekking rules.

What permits are required?

You'll need:

- **Annapurna Conservation Area Permit (ACAP)**
- **TIMS Card (Trekking Information Management System)**

What is the best time to trek Mardi Himal?

The best seasons are:

- **Spring (March-May)**: Rhododendron blooms and clear skies.
- **Autumn (September-November)**: Best mountain views and weather.

Is altitude sickness a concern on this trek?

Since the trek reaches 4,500m, **mild altitude symptoms** are possible. Proper acclimatization and hydration are key to avoiding AMS (Acute Mountain Sickness).