



Mardi Himal Trek

A legendary adventure to the foot of the world's highest peak.

● Trekking at a Glance

DURATION

10 Days

MAX ALTITUDE

4,200m

TRIP GRADE

Medium

BEST TIME

Feb-May & Oct-Dec

ACCOMMODATION

Tea houses / Lodges

THE OVERVIEW

The Mardi Himal Trek is an ideal choice for those who are looking for an off-the-beaten-path trekking experience in the quieter parts of the Annapurna region of Nepal. It is one of the lowest and least visited trekking peaks in Nepal, making it perfect for travelers seeking peaceful and less crowded trails. While trekking along this route to Mardi Himal Base Camp and High Camp, you will experience solitary trails through lush green forests, traditional villages, scenic valleys, terraced farmlands, and flowing rivers. The trek also offers stunning views of the Annapurna range, Machhapuchhre (Fishtail), and Hiunchuli mountains. Another advantage...

01

Arrival in Kathmandu Overnight at a 3-star hotel.

Upon your arrival at Tribhuvan International Airport in Kathmandu, our representative will warmly welcome you and transfer you to your hotel. After check-in, you can relax or explore the lively streets, local markets, and cultural sites of Kathmandu. This is a great opportunity to experience the vibrant atmosphere of Nepal before starting your trekking adventure. Overnight stay at a 3-star hotel.

ALT: 1,400m

02

Flight from Kathmandu to Pokhara

After breakfast, take a scenic 25-minute flight from Kathmandu to Pokhara, enjoying breathtaking aerial views of the Himalayas. From Pokhara, drive to Kande (about 1 hour) and begin your trek. The trail passes through Australian Camp and Pothana, offering beautiful views of Annapurna and surrounding peaks. Continue trekking through lush rhododendron forests to reach Deurali. Overnight stay at a lodge.

ALT: 2,100m HIKE: 4 hours MEAL: Breakfast, Lunch, Dinner

03

Trek from Deurali to Forest Camp

Today's trek takes you through dense rhododendron forests with peaceful surroundings and scenic mountain views. The trail gradually ascends, offering glimpses of Machhapuchhre (Fishtail). The quiet environment and fresh mountain air make this day enjoyable and relaxing. After 5–6 hours of trekking, you will reach Forest Camp. Overnight stay at a lodge.

ALT: 2,550m HIKE: 5–6 hours MEAL: Breakfast, Lunch, Dinner

04

Trek from Forest Camp to Badal Danda via Low Camp

The trail continues uphill through lush forests of bamboo, oak, and rhododendron. This section is peaceful with very few settlements, allowing you to fully enjoy nature. Upon reaching Low Camp, you can enjoy stunning views of the mountains before continuing to Badal Danda. The landscape becomes more open with breathtaking views. Overnight stay at a lodge.

ALT: 3,268m HIKE: 5–6 hours MEAL: Breakfast, Lunch, Dinner

05

Trek from Badal Danda to High Camp

Today's trek follows a scenic ridge with incredible views of the Annapurna range. As you gain altitude, the vegetation becomes sparse and the landscape turns more alpine. Walking through grassy slopes with panoramic mountain views makes this day truly memorable. After 4–5 hours, you will reach High Camp. Overnight stay at a lodge.

ALT: 3,900m HIKE: 4–5 hours MEAL: Breakfast, Lunch, Dinner

06

Explore from High Camp Upper View Point and Mardi Himal base camp

Early in the morning, hike to the Upper View Point (4,450m), the highest point of the trek. Enjoy breathtaking sunrise views over Annapurna, Mardi Himal, Machhapuchhre, and surrounding peaks. The panoramic Himalayan scenery is the highlight of the trek. After spending some time enjoying the views, return to High Camp for rest. Overnight stay at a lodge.

ALT: 4,450m HIKE: 5–6 hours MEAL: Breakfast, Lunch, Dinner

07

Trek from High Camp to Siding village

After breakfast, begin descending from High Camp towards Siding village. The trail passes through forests and scenic landscapes with views of valleys and rivers. Siding is a culturally rich village where you can experience local life and traditions. Overnight stay at a lodge.

ALT: 1,750m HIKE: 5–6 hours MEAL: Breakfast, Lunch, Dinner

08

Trek from Siding to Lumre and drive to Pokhara

Today is a shorter trekking day as you follow the trail along Mardi Khola to Lumre. The walk takes about 3 hours. From Lumre, drive back to Pokhara (approximately 2 hours). In the evening, relax and enjoy the lakeside area of Pokhara. Overnight stay at a 3-star hotel.

ALT: 820m HIKE: 3 hours MEAL: Breakfast, Lunch

09

Morning Hike to World Peace Stupa and afternoon fly back to Kathmandu

Start your day with a short hike to the World Peace Stupa, a beautiful Buddhist monument offering panoramic views of Phewa Lake, Pokhara Valley, and the Annapurna range. After enjoying the scenery, return and take a flight back to Kathmandu. Overnight stay at a hotel.

ALT: 1,400m HIKE: 2–3 hours MEAL: Breakfast

10

Final Departure from Kathmandu to home back

After breakfast, you will be transferred to Tribhuvan International Airport for your final departure. We hope you had a wonderful Mardi Himal trekking experience in Nepal and look forward to welcoming you again.

ALT: 1,400m

END OF SERVICES

- What's Included

- Airport pickup and drop-off services
- Three meals a day (Breakfast, Lunch, and Dinner) during the trek
- Tea and coffee
- Two nights hotel in Kathmandu and two nights in Pokhara with breakfast
- Trekking lodge accommodations during the trek
- All necessary trekking permits
- Transportation by private vehicle or tourist bus
- English-speaking guide with salary, accommodation, food, and insurance
- One porter for two people
- First aid medical kit
- Government taxes and official expenses
- Assistant guide for groups above 6 people

- What's Not Included

- International flights
- Travel insurance
- Lunch and dinner in Kathmandu and Pokhara
- Nepal entry visa fee
- Personal expenses
- Drinking water, soft drinks, and alcoholic beverages
- Charging, hot shower, laundry, phone calls, internet
- Personal trekking equipment
- Emergency evacuation
- Costs due to itinerary changes
- Horse rental or extra porters
- Tips for guide and porter

CERTIFIED & AUTHORIZED AGENCY

TAAN NMA NTB NEPAL GOVERNMENT

Ready for the adventure?

Contact our travel specialists to customize your trek experience or book your spot today.

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