



info@nepalbasecamptreks.com
[+977-9851111874](tel:+977-9851111874)

Mardi Himal Trek

URL: <https://nepalbasecamptreks.com/trip/mardi-himal-trek/>

Trip Code

NBT 041

Destination

Nepal

Activity

Treks

Start / End Point

Kathmandu / Kathmandu

Duration

12

Per Person From

USD 750

Accommodation

Tea House

Region

Annapurna Region Treks

Max. Altitude

4,500m

Nature Of Trek

Tea House to Local Lodges

Best Season

All Round Year

Activity Per Day

4-6 hrs

Transportation

Tourist Bus/Flights

Tea House

B, L,D

Moderate

Trip Highlights

Escape into the heart of the Himalayas with the Mardi Himal Trek, a rewarding journey through peaceful forests, charming mountain villages, and breathtaking alpine ridges. Perfect for both first-time trekkers and seasoned adventurers, this unforgettable trek offers close-up views of Nepal's most iconic peaks while delivering an authentic and enriching Himalayan experience.

Major Highlights of Mardi Himal Trek

- Take amazing close-up views of Mardi Himal, Machhapuchhre, Annapurna South and Hiunchuli from peaceful ridgelines with unobstructed Himalayan vistas.

- Wander through rhododendron forests, alpine meadows and high-elevation ridges while enjoying the ever-changing landscape and **altitude of the Mardi Himal**.
- Experience authentic mountain hospitality in Gurung and Magar villages with warm teahouses and rich cultural experiences in the Annapurna region.
- Encounter diverse flora, fauna and birdlife as you trek from rich subtropical forests to open alpine landscapes in the Annapurna Conservation Area.
- Want solitude from busier Annapurna routes? This is a serene and peaceful journey on the less-traveled Nepal Mardi Himal trek trail.

Why the Mardi Himal Trek Is One of Nepal's Most Rewarding Himalayan Adventures

The Mardi Himal Trek offers an exceptional combination of mountain views, peaceful trails, cultural encounters, and manageable trekking days. Unlike some of Nepal's busier trekking routes, this journey allows trekkers to enjoy a quieter experience while still witnessing some of the most iconic Himalayan peaks, including Machhapuchhre, Annapurna South, Hiunchuli, and Mardi Himal itself.

One of the biggest reasons travellers choose the Mardi Himal Trek is the balance between accessibility and adventure. The trail is suitable for beginners with a reasonable fitness level, yet it remains rewarding for experienced trekkers seeking less crowded routes in the Annapurna region.

From dense rhododendron forests and alpine ridges to traditional mountain settlements and dramatic sunrise viewpoints, every day brings a new perspective of Nepal's Himalayan beauty. This variety makes the Mardi Himal Trek an excellent choice for photographers, nature lovers, solo travellers, couples, families, and small groups looking for an authentic trekking experience.

Trip Overview

If you're looking for a serene, beautiful trek with genuine Himalayan appeal, then the Mardi Himal Trek is perfect for you.

Located quietly in the Annapurna region of Nepal, this short but enriching adventure takes you through lush forests and welcoming villages, to enter stunning mountain ridges that provide breathtaking views of Machhapuchhre (otherwise known as Fishtail) and Annapurna South.

At **Nepal Base Camp Treks**, we have been guiding trekkers along the Mardi Himal trails for many years.

It is one of our favorite adventures, suitable for first-time trekkers to experienced backcountry hikers looking to escape larger and busier trekking routes, yet still be amazed by the same breathtaking scenery.

Our 12-day Mardi Himal Trek package from Kathmandu includes everything you need for a successful and enjoyable trek.

You just need to bring a smile while we take care of the rest, such as permits, food, accommodation and an expert local guide, so that you can walk and bask in happiness.

Did you know? In the Spring, which is one of the best times for Mardi Himal Trek, the trail

appears like a sea of red and pink rhododendrons, the dream of all nature and photography lovers.

Quick Info At A Glance

Region: Annapurna Conservation Area, Nepal

Duration: 12 Days (flexible)

Max. altitude: 4,500m (Mardi Himal Base Camp)

Difficulty level: Moderate - suitable for beginners & families

Best time: Spring (March to May) & Fall (September to November)

Start: Pokhara

Permits Needed: ACAP Permit + TIMS Card

At Nepal Base Camp Treks, our objective is simple: to help your Himalayan dream go as smoothly, safely and memorably as possible.

Whether you are traveling alone or with a family group, we want to help you create a Nepal Mardi Himal Treks package that suits you.

The Trek to Mardi Himal begins with a scenic drive from Pokhara to Kande or Phedi, which are the main entrance points into the Annapurna Conservation Area.

From the very first steps, you will walk through quiet forests, traditional villages and terraced hillsides leading to the well-known ridgeline that faces Machhapuchhre (Fishtail).

Along the trek, you will pass through several key locations, including Australian Camp, Forest Camp, Low Camp, Middle Camp and High Camp, with each place offering a different landscape, elevation and mountain views that just keep getting better.

Then you make a final push to the stunning Mardi Himal Base Camp at 4,500m, where you can almost reach out and touch the mountains.

What makes trekking in Mardi Himal unique is its variety: lush rhododendron forests, open alpine ridges, rich Himalayan wildlife, quiet photo-worthy trails and warm cultural interactions with the local people.

The trail also promotes sustainable tourism, because teahouse accommodations are run by local Gurung and Magar families who benefit from your visit.

With our 12-day Mardi Himal trekking package, you'll enjoy a well-paced, safe and comfortable trek, allowing you plenty of time to explore, acclimatize and take in the Himalayan atmosphere.

What's New for Mardi Himal Trek in 2025-26

Trekking to Mardi Himal has become one of the most popular trekking routes in Nepal.

The latest change is that now international trekkers must trek with a registered guide or trekking company and trek with 2 individuals without counting a guide and porter.

This means that you can forget about solo trekking like you could in the past.

Having a local guide will ensure you have proper route directions, some quick assistance with altitude and better overall safety on the narrow ridges and trails that tend to be the most dangerous.

The permit remains almost the same ACAP permit and the TIMS permits, but many check-in points are now recording entries digitally, which speeds entry and makes it more organized.

Some of the areas on the trail from Forest Camp to Low Camp to High Camp have been improved to reduce slipperiness during peak trekking season.

From a comfort perspective, teahouses have been renovated, making them warmer and better insulated with warmer dining rooms.

Weather forecasting shows slightly clearer skies in late autumn and somewhat colder mornings in early spring.

With all of these updates and changes, this will make for a more enjoyable, well-organized experience when trekking Mardi Himal in 2025-26.

You can learn about [latest news on Nepal trekking here](#).

Trip Itinerary

Day 1: Arrival in Kathmandu (1,400m) - Welcome to the Himalaya

Our team welcomes you at Tribhuvan International Airport and takes you to your hotel in Kathmandu.

In the evening, your guide will hold a comprehensive briefing regarding the Mardi Himal Trek, including typical weather conditions, what to pack and the safety procedures and expectations.

This introduction helps familiarize you with some of the highlights of the trail, including Forest Camp, Low Camp and High Camp.

You may take a walk around Thamel, a popular shopping district, to buy any last-minute trekking gear and acclimate yourself with the vibrant aspects of Nepal before you begin the trek.

Meals: Welcome Dinner

Accommodation: International Guest House

Trek Distance:

6km

Trek Duration

Drive (30 Minutes)

Highest Altitude:

1,400 m / 4,593 ft

Meals:

welcome Dinner

Accommodations:

International Guest House

Day 2: Drive or Fly to Pokhara (822m) - Where the Mountains Meet the Lake

Today, you will leave the hustle and bustle of Kathmandu for Pokhara, which is the starting point of the Annapurna region.

- If you travel by road, you will have approximately a scenic 7 to 8-hour drive through hills, rivers and valleys.
- If you go by flight, you will be in Pokhara in just 25 minutes and can see the Himalayas from the air.

Once you arrive in Pokhara, you can take a walk to Phewa Lake, see the tranquil reflections of Machhapuchhre and prepare for the upcoming trail ahead.

Pokhara is where calm lakes meet peace in the Himalayas, which is a wonderful warm-up for the Mardi Himal trekking experience.

Meals: Breakfast, Lunch & Dinner

Accommodation: Hotel Splendid View, Pokhara

Trek Distance:

200 km/124.27 mile

Trek Duration

Drive (7-8 Hours)

Highest Altitude:

822 m / 2,697 ft

Flight Hours:

25 Minutes

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Hotel Splendid View in Pokhara

Day 3: Drive to Kande & Trek to Potana via Australian Camp (2060m) - Your First Step Into the Wild

Your adventure truly begins with a short drive to Kande.

You will first walk gently uphill to Australian Camp, which is a glorious viewpoint that offers views of Annapurna South, Hiunchuli and Fishtail.

After this, you will then walk through celestial forests to reach Potana, a peaceful village in the Himalaya, where you will sleep your first night in a mountain teahouse.

This day sets the rhythm that you will follow for the rest of the trip: nature, culture and slowly, gradually increase altitude.

Meals: Breakfast, Lunch & Dinner

Accommodation: Hotel Green View, Potana

Trek Distance:

10 km

Trek Duration

Drive & Trek (4-5 Hours)

Highest Altitude:

2,060 m / 6,759 ft

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Hotel Green View in Pothana

Day 4: Trek to Forest Camp via Deurali (2550m) - Into the Rhododendron Kingdom

You will enjoy your breakfast and head towards the new destination.

After a relatively short walk, you will reach Deurali, where you can enjoy broad panoramas of the Himalayas before leaving the hustle and bustle of the ABC route behind.

From here, the trail becomes gentle and isolated – perfect for all who enjoy being “off the beaten path.”

You will walk through the verdant rhododendron forests and through shaded paths beneath mossy trees to Forest Camp, a quiet nook in the Annapurna Conservation Area.

Listen to the birds, breathe in fresh mountain air and feel the wilderness surrounding you grow deeper.

Meals: Breakfast, Lunch & Dinner

Accommodation: Hotel Hilltop Lodge, Forest Camp

Trek Distance:

10 km / 6 mile

Trek Duration

5-6 Hours

Highest Altitude:

2,550 m / 8,366 ft

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Hotel Hilltop Lodge in Forest Camp

Day 5: Trek to Low Camp (3,050m) - Greetings, Snowy Mountains!

The trail ascends gradually through forested slopes until you arrive in open sections where you can see Machhapuchhre (Fishtail) in full view for the first time, set in its dramatic location.

Low Camp, situated on a ridge, offers warm meals, friendly teahouses and first-row views of the mountains.

Sunsets will be magical here – you will begin to see the cloud coverage below you and the snowy peaks become orange above you.

At this point, you will truly feel the embrace of the Himalayas.

Meals: Breakfast, Lunch & Dinner

Accommodation: Snowland Lodge, Low Camp

Trek Distance:

6 km (3.7 mi)

Trek Duration

4-5 Hours

Highest Altitude:

3,050 m / 10,006 ft

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Snowland Lodge in Low Camp

Day 6: Trek to High Camp (3,580m) - Sky Trails and Mountain Dreams

The trees start to thin as you climb the ridge to High Camp.

The paths start to open up, feeling airy and the views are really stunning as you enjoy deep valleys on either side with the Annapurna range ahead of you.

High Camp has cold air, shining stars and a serene sense of majesty.

This is the most beautiful part of the Mardi Himal trekking trail and perfect for photographers who love the Himalayan sunrises and scenery!

Meals: Breakfast, Lunch & Dinner

Accommodation: Hotel Trekkers Paradise, High Camp

Trek Distance:

4.5 km (2.8 mi)

Trek Duration

3-5 Hours

Highest Altitude:

3,580 m / 11,745 ft

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Hotel Trekkers Paradise in High Camp

Day 7: Trek to Mardi Himal Base Camp (4,500m), Return to High Camp - The Major Ascent

This is the day you have been waiting for.

You wake up early before sunrise, setting off toward Mardi Himal Base Camp with torches and exhilaration.

As the sun rises, the entire Annapurna range puts on a golden glow that will stick with every trekker forever.

When you reach Mardi Camp Base Camp at 4,500 meters, you will feel as if you are close enough to touch Annapurna South and Fishtail Mountain.

After taking photos and enjoying the silence, you will hike back to High Camp for some well-deserved rest and a warm meal.

And you've checked another bucket list item off the list!

Meals: Breakfast, Lunch & Dinner

Accommodation: Hotel Trekkers Paradise, High Camp

Trek Distance:

6 km (3.7 mi) round trip

Trek Duration

4-5 hours

Highest Altitude:

4,500 m / 14763.78 ft

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Hotel Trekkers Paradise in High Camp

Day 8: Trek Down to Sidhing Village (1,700m) - Back to Warm Air and Green Fields

Today, you will drop down through lush forests into the warmer lowlands.

The trek to Sidhing Village is quieter and offers an authentic look at traditional Gurung life.

You will get a feel for the fields, farms and mountain homes of the locals, well off the usual tourist trail.

The village of Sidhing offers tranquility, friendly locals and a laid-back environment to relax in after multiple days of trekking in the high mountains.

Meals: Breakfast, Lunch & Dinner

Accommodation: New Gumba Lodge, Sidhing

Trek Distance:

12 km (7.5 mi)

Trek Duration

5-6 Hours

Highest Altitude:

1,700 m / 5,577 ft

Meals:

BLD

Accommodations:

New Gumba Lodge in Siddhing

Day 9: Drive Back to Pokhara (822m) - Lakeside Fun & Relaxation

After breakfast, we take a beautiful jeep ride back to Pokhara.

You can expect to see some charming villages, cross a few rivers and navigate the beautiful views of the foothills along the way.

Once we arrive in Pokhara, you smile as you stroll by the lake, go boating or have a well-deserved meal with a view of the Annapurna Mountain range.

This is a great place to regain your energy and relax before heading back to Kathmandu.

Meals: Breakfast, Lunch & Dinner

Accommodation: Hotel Splendid View, Pokhara

Trek Distance:

40 km (25 mi)

Trek Duration

Drive (3-5 hours)

Highest Altitude:

827 m / 2,713 ft

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Hotel Splendid View in Pokhara

Day 10: Fly or Bus back to Kathmandu - Back to the Capital!

You can take either a tourist bus or a short flight back to Kathmandu.

As you return, you will see the landscape shift from mountains to city life once again.

In the evening, we will host a farewell dinner to celebrate your successful Mardi Himal trek adventures.

Meals: Breakfast, Lunch & Dinner

Accommodation: International Guest House

Trek Distance:

200 kilometers /124 miles

Trek Duration

7-8 Hours

Highest Altitude:

1350 m

Meals:

Breakfast, Lunch and Welcome Dinner

Accommodations:

International Guest House in Kathmandu

Day 11: Kathmandu Sightseeing - A Day of Color and Culture

Today, you will embark on a cultural tour of Kathmandu.

You will spend the day visiting Kathmandu's most iconic cultural sites, including:

- Pashupatinath Temple
- Boudhanath Stupa
- Swayambhunath (Monkey Temple) or others

You will visit colourful bazaars, sacred shrines and traditional neighbourhoods.

This is where the soul of Nepal is exposed; through history, colour and simply living.

Meals: Breakfast

Accommodation: International Guest House

Trek Distance:

25-35 km (15-22 miles)

Trek Duration

Drive (6-8 hours)

Highest Altitude:

1300m

Meals:

Breakfast

Accommodations:

International Guest House in Kathmandu

Day 12: Final Departure - Until Next Time, Nepal!

After breakfast, we will transfer you to the airport for your flight home.

As your plane lifts above the valley, you will see the Himalayas for one last time.

You will be reminded of a story you lived and the mountains you will return to.

Nepal does not say goodbye; only "see you again."

Meals: Breakfast

Trek Distance:

6km

Trek Duration

Drive (30 minutes)

Highest Altitude:

1350 m

Meals:

Breakfast

Cost Includes

- Licensed and insured trekking guide and porter for your safety, professional support and navigation on the Mardi Himal Trek.
- Private ground transportation from Pokhara to the start and back after completing the trek.
- All meals during the trek, breakfast, lunch and dinner, are prepared fresh at local teahouses along the Mardi Himal trekking route.
- Twin-sharing teahouse accommodation in a clean room with warm blankets and local hospitality, as specified in the [Mardi Himal trek itinerary](#).
- All necessary trekking permits for your Mardi Himal trek, including the ACAP Permit (Annapurna Conservation Area Project) and the TIMS Card, can be arranged.
- A basic medical kit and a first-aid kit will be carried by your guide during the trek for your safety.
- 24/7 assistance from Nepal Base Camp Treks and online aid before, during and after your trek if you need any itinerary assistance or emergencies.

Cost Excludes

- Round-trip airfare from Kathmandu to Pokhara and return.
- Personal trekking equipment (jackets, trekking poles, gloves, sleeping bags, etc.) – all of which can be easily rented in Pokhara.
- Hotel nights in Pokhara before or after your trek.
- Travel insurance with high altitude coverage.
- Optional personal costs at teahouses, such as hot showers, charging your devices, Wi-Fi access, bottled water and snacks.
- Tips for guides and porters are optional, but are well received as a gesture of respect.

Group Discounts Available

No. of Persons	Price per Person
1 - 3	USD 790
5 - 7	USD 750
10 - 15	USD 740
16 - 20	USD 660

Trip Information

Practical Mardi Himal Trek Details & Logistics

Before booking your Mardi Himal Trek, it's a good idea to know how this adventure works.

We'll review the route you'll walk, the permits you'll need, as well as the accommodations and meals you can expect during the trek.

Route & Duration

Nepal Mardi Himal Trek is one of the most rewarding short routes to walk in the Annapurna Region.

This trek begins with a leisurely drive from Pokhara to the trekkers' starting point in Kande.

From there, you walk on the trail through peaceful forested paths and past viewpoints like Australian Camp, dipping down and gradually coming back up to the higher ridgelines around Forest Camp, Low Camp, Middle Camp and High Camp.

Along the way, trekkers experience the full range of emotions from peace in the rhododendron forests to panoramic views of the Himalayas that encompass Machhapuchhre, Annapurna South and Hiunchuli.

For those wondering about the exact Mardi Himal trek distance, the total kilometers of walking is somewhere between 45 km and 52 km on the trek, depending on the route you choose to take.

Our 12-day package offers the ideal amount of walking each day, allowing us to explore the trek comfortably with time to acclimatize, take photographs, interact with the culture and rest along the way.

If you prefer something faster, we also offer 5-day, 6-day or 7-day Mardi Himal customized treks on request.

Permits: ACAP & TIMS

You are stepping into a restricted area, especially the Annapurna Conservation Area, so you will need entry tickets to access the area.

These permits help to support local communities, protect the environment, facilitate trail maintenance and ensure your safety while trekking in the Annapurna region.

If you are Nepali citizens, you don't need these permits.

However, all foreign trekkers are required to have two permits:

ACAP Permit

The primary trekking permit for your trek is the Annapurna Conservation Area Permit.

Since 100% of the Mardi Himal trekking route falls within the Annapurna Conservation Area, all international trekkers are required to obtain this permit.

ACAP costs around NPR 3,000 (\$25) for international trekkers, whereas if you are from SAARC nations, you will pay only NPR 1,000 (\$8).

It helps support sustainable tourism, trail repairs & local communities.

This permit is valid for your entire trek and will be checked at multiple checkpoints.

The ACAP permit is crucial for trail maintenance that supports conservation and the management of wildlife protection.

TIMS Card (Trekker Information Management System)

The TIMS card serves one primary purpose: your safety.

It is to help manage the record of trekkers in the Himalayas.

If emergencies arise, dangerous weather is anticipated or rescue is required, the authorities will track you from this card to determine your location on the trail.

The cost of a TIMS card is approximately NPR 2,000 (\$17), whereas SAARC nationals will have to pay NPR 1,000 (\$8).

Where and How to Obtain the Permits

You may acquire both permits from:

- Nepal Tourism Board, Kathmandu
- ACAP Office, Pokhara (Damside)

Rather than standing in long lines at the Nepal Tourism Board, we process all **Mardi Himal trek permits** for you.

You get to start your trek right away without any paperwork or fee confusion.

Mardi Himal Trek Accommodation & Meals

One of the main attractions of the Nepal Mardi Himal trek is the opportunity to experience warm and genuine teahouse culture in the Himalayas.

Teahouse Accommodation (Twin-Sharing Rooms)

You will stay in local teahouses, run by mountain families, as you travel from Kande to Forest Camp and in the direction of High Camp.

You can expect to have:

- Twin-sharing rooms
- Warm blankets and pillows
- Shared or private bathrooms (depending on altitude)
- Heating in the dining halls at night
- Kind conversation and cultural aspects

While facilities become less deluxe as you ascend, the Himalayan views become more breathtaking, especially while staying at Low Camp, Middle Camp and High Camp.

Meals on the Trail — Fresh & Energy-Focused

The food is healthy, warm and a good mix of foods to sustain you through your Mardi Himal trekking journey.

Typical meals include:

- Dal bhat (the power meal of Nepal trekking)
- Vegetable soups, noodle soups
- Fried rice, chapati sets, pasta
- Pancakes, Tibetan bread, omelets
- Tea, coffee, hot lemon, ginger tea

You can charge your devices, take a hot shower (for a fee) and have Wi-Fi at nearly every teahouse — all normal to trekking life in Nepal!

Homestays in Siding Village add another layer of connection to cultural aspects, so you get to experience rural hospitality before returning home.

Accommodation and Food During the Trek

You don't have to sacrifice comfort when you are trekking the Mardi Himal trek.

Each night, you will stay in local tea houses with warm and friendly locals.

Tea houses are the simplest form of lodging, with local families cooking warm food and providing a nice place to sleep.

Although food and accommodation along the trail are simple, they are safe and clean.

You sleep with a view of the Himalayas and have meals that will replenish your energy.

What to Expect from your Mardi Himal Trek Accommodation

Most **Mardi Himal trek accommodation** will have twin rooms with comfortable beds, blankets and pillows.

Some tea houses have shared bathrooms, while others have private toilets at lower elevations.

Rooms will not be heated, but you will often see fires in the dining rooms to keep you warm.

As you ascend, it gets more basic, but the views are even more amazing.

It may cost a little extra to charge phones, get Wi-Fi or a hot shower.

Food Choices and Meal Plans

You will eat all your meals at the tea houses where you spend the night.

The food is fresh and cooked daily in the tea houses and is included in most packages for trekking in Mardi Himal.

Typical dishes served at tea houses include dal bhat, soups, noodles, fried rice, pancakes and chapati.

Tea, coffee and bottled water are also served.

Most meals are vegetarian, which is ideal for a healthy diet at high altitude.

Pro Tip: Bring a few snacks/energy bars as an extra supplement fuel, especially on longer days!

Who Should Choose the Mardi Himal Trek?

The Mardi Himal Trek is ideal for travellers who want spectacular Himalayan views without committing to a longer expedition. It is particularly popular among those seeking a moderate trekking experience that combines natural beauty, cultural interaction, and comfortable teahouse accommodation.

This trek is well suited for:

- First-time trekkers visiting Nepal
- Adventure seekers looking for a quieter alternative to Annapurna Base Camp
- Couples seeking a memorable mountain experience
- Families with active children
- Solo travellers joining guided groups
- Photographers searching for dramatic sunrise and mountain ridge viewpoints

Because the Mardi Himal Trek follows a gradual ascent profile and includes overnight stays at carefully selected locations, it provides a comfortable balance between challenge and enjoyment.

Difficulty & Altitude Guide - How Hard Is the Mardi Himal Trek?

The Mardi Himal Trek's difficulty is surprisingly easy for most trekkers.

It's probably one of the easier Himalayan treks in Nepal, with equally impressive mountain scenery without you having to face any challenging terrain.

From the moment you step onto the trail, our guides at Nepal Base Camp Treks set a pace that feels almost effortless to navigate safely and enjoyably.

Whether it's your first time trekking or it's been years since you've been in the mountains for a leisurely hike, Mardi Himal delivers the perfect level of effort for comfort.

Altitude Profile & Elevation Gain

The Mardi Himal trek altitude profile ascends at a gentle angle, providing your body with adequate time to adjust to each increment of altitude.

You begin the trek at Kande, which is at a low altitude, then slowly hike through forest trails and scenic ridgeline trails until you arrive at High Camp, finally getting to Mardi Himal Base Camp at 4500 meters.

Due to the hike being a shallow ascent, most trekkers will find the altitude accessible.

So, the altitude profile of the Mardi Himal trek goes like:

- Kande - 1,070 meters
- Forest Camp - 2,550 meters

- High Camp – 3,580 meters
- Mardi Himal Base Camp – 4,500 meters

This gradual height gain allows your body to acclimatize, particularly with our thoughtful pace.

Fitness Level and Training for Beginners

You don't need to be in elite shape for the Mardi Himal Trek in Nepal; however, having a moderate level of fitness will benefit you.

As the Mardi Himal trek distance covers around 41-52 km over several days, you have time to build up a rhythm with your legs, allowing them to adjust slowly.

If you are capable of walking for 2-3 hours at home, you are ready for this moderate adventure in the Himalayas.

What can you do before the trek:

- Walking or jogging for 3-4 times a week
- Stair climbing to build up leg strength
- Practicing with a light backpack that simulates the real trek (not overdoing the weight)
- Doing some stretching routines to build flexibility

Our guides will always adjust the pace to suit you, so that you'll never feel rushed.

Our treks are meant to be enjoyed, not endured!

Altitude Sickness & Prevention

Although the Mardi Himal trek peak is only 4,500m, the risk of altitude sickness is reduced compared to similar Annapurna treks because you are constantly ascending gradually and sleeping at a safe point below the altitude.

However, you must stay alert.

The most common indications of altitude sickness are:

1. Pain in the head
2. Decrease in desire to eat
3. Trouble with sleeping
4. Nausea or mild dizziness
5. Not able to catch your breath while walking

These indications are normal and easily managed if detected early.

Some Straightforward Prevention Options:

1. Drink 3-4 liters of water a day
2. Do not drink alcohol at altitude
3. Walk slowly and take breaks regularly
4. Report any headache or dizziness symptoms immediately

Our Nepal Base Camp Treks team will have a first aid kit along, plus we will use an oxygen meter every day to ensure safe acclimatization during your trek.

Is It Safe for Kids and Seniors?

Yes, the Mardi trekking section is one of Nepal's best high-altitude family trekking routes.

We routinely take kids (8+) and seniors (65+) on this trek and we adjust the pace according to them and the amount of additional assistance they need.

There are no technical sections, dangerous cliffs or a need for climbing gear; therefore, this is one of the safest Himalayan adventures for mixed-age groups.

Why It's Safe:

1. Marked trails
2. Teahouse to sleep in
3. Daily monitoring from licensed guides
4. Fewer hours walking per day than ABC or EBC
5. Ability to modify rest time, stopovers or days into the length of time walking!

Ideal Time for the Mardi Himal Trek

The ideal time to make the trek from Mardi Himal is when the skies are clear, the trails are dry and the Himalayan views are at their peak.

Spring and autumn are considered the best times to trek Mardi Himal, while winter and monsoon cater to the most adventurous trekkers.

Spring (March-May)

Spring offers new colors, blooming rhododendron forests, and mild sunshine along the ridges of the trek.

Mornings will be crisp, while the afternoons will remain warm, making for long scenic walks.

Daytime temperatures will be around 5°C to 10°C, while the nighttime drops to around 5°C to -2°C on the higher trails above 3,400m.

Autumn (September-November)

Autumn is the favourite season for trekkers to seek the clearest views of the Himalayas.

The air is clean, the sky turns a deep blue, and the golden forests in the lower area for contrast in pictures.

During the daytime, the temperature ranges from 8°C to 12°C and drops to around 4°C to 10°C at night.

Winter (December-February)

Winter brings crystal-clear, cool visibility and quiet snow-covered trails for the trekkers.

Colder and quieter, it is ideal for those who appreciate stillness and beautiful, dramatic scenery.

The daytime temperatures will be around -2°C to 4°C and drop to a surprisingly cold -10°C to -5°C at night.

Monsoon (June-August)

The monsoon transforms the Annapurna region into a lush green world with swirling mist and quiet forest trails.

Although visibility can change in minutes, the landscapes feel very alive and refreshing.

The daytime temperatures in the upper segment of the region stay around 4°C to 8°C, while the night temperatures vary from -2°C to -6°C.

Packing List for Mardi Himal Trek

It is easy to understand what you need to pack once you know the trail and weather conditions in Mardi Himal..

With our experience from leading thousands of trekkers, the team at Nepal Base Camp Treks has simplified everything into a simple, practical [Mardi Himal trek packing list](#).

You don't need heavy equipment — most of the essentials can be rented in Pokhara and our guides will help confirm all your gear before the trek begins.

Clothing Essentials (Layer Wisely)

To be comfortable on forest trails, ridge walks and chilly mornings, you need to pack light layers that keep you warm (without adding bulk, of course).

Bring:

1. Quick-dry base layer
2. Light fleece / warm mid-layer
3. Down jacket (can be rented in Pokhara)
4. Waterproof jacket & pants
5. Trekking pants + breathable shirts
6. Warm hat, sunhat, buff (i.e., neck gaiter)
7. Warm gloves

Footwear & Trekking Gear

On this trek, comfort-fitting shoes with good support are the most important factor.

Recommended:

1. Broken in trekking boots
2. Evenings sandals
3. Sunglasses + sunscreen
4. Trekking Poles (useful on the descent)
5. Water bottle/hydration bladder

Essentials for Your Daypack

Your guide will carry the bags, so your daypack has all the essentials you'll want to have quick access to.

You'll want to carry:

1. A camera or phone to take pictures of the magnificent views.
2. Snacks and electrolytes.
3. A rain cover.
4. A power bank.
5. Your ID and permits (our guide takes care of the ACAP Permit and TIMS)

Toiletries and Personal Care

Tea houses may not have the facilities you are used to, so you'll want to carry basic toiletries for your personal comfort.

You should pack:

1. A toothbrush and toothpaste
2. Wet wipes and sanitizer
3. A quick dry towel or bandana
4. A lip balm and your preferred moisturizer

Health and Safety Kit

The Mardi Himal trek is moderate, but altitude affects everyone

1. Basic first aid kit
2. Diamox to prevent altitude sickness (check with your doctor first)
3. Blister tape
4. Any personal medications
5. Travel insurance that covers altitude sickness and a backcountry evacuation plan

Mardi Himal Trek Safety & Insurance Essentials Tips

1. Travel insurance with high altitude coverage up to 4,500m is required, as Mardi Himal Base Camp is the upper limit of a standard trekking policy.
2. Choose a policy that includes helicopter evacuation, coverage for serious medical emergencies, trip cancellation, delays in flights and insurance for lost luggage if travelling with photography equipment.
3. Take your time! Most altitude sickness occurs because the trekkers move quickly, often thinking that they are healthy and feeling good.
4. Drink 3-4 liters of water per day for hydration and to alleviate altitude symptoms.
5. Avoid constant alcohol and sleeping pills at high altitude, as it makes breathing more difficult.
6. Inform your guide immediately if you experience headaches, dizziness, nausea and excessive fatigue, even if the symptoms are mild.
7. Carry just a daypack so that you have energy; the porters will carry the excess.
8. Wear appropriate layers and protect your ears, hands and face from elements as the cold wind

picks up quickly above Low Camp.

9. If symptoms worsen, descend immediately because the best antidote for altitude sickness is to descend!
10. Have your insurance policy and a representative of the company with you if rescue coordination or assistance is required unexpectedly.

Wildlife Encounters on the Mardi Himal Trek

The Mardi Himal Trek passes through quiet forest and open ridges in the Annapurna Conservation Area; therefore, there will be several opportunities for you to spot wildlife during your trek.

Animals You Can Expect to See

You should also be on the lookout for Himalayan langur monkeys, barking deer, musk deer, or, occasionally, yaks or Himalayan thar grazing, somewhere near High Camp.

Generally, wildlife can be seen in the early morning or afternoon period when the trail is less crowded.

Birdlife Along the Trails

Mardi Himal is also an excellent trek for bird lovers.

Keep your eye out for the colorful Himalayan Monal (Danphe), kalij pheasants, sunbirds, as well as all of the small forest birds.

Sunrise is the best time to observe birds' flight.

Best Time To See Wildlife

If you want to maximize your chances of spotting animals and birds, spring and autumn are the best times, when visibility of the forest itself is better.

Respect the Wildlife

You are walking through their home, so please try and move slowly and quietly.

And do not disturb, feed or chase any animal or bird.

Finally, remember that poaching, abusing wildlife or collecting their parts is illegal and punishable by Nepal's conservation law.

Mardi Himal vs Annapurna Base Camp vs Poon Hill

Selecting from the most popular trekking routes in Nepal can be complicated, especially since each trail has its own unique charm.

Below is a clear and helpful comparison of **Mardi Himal vs Annapurna Base Camp** and the favoured combo option of Mardi Himal and Poon Hill trek that serves its purpose to help choose which trek might be your best fit based on your style, time and adventure goals.

Mardi Himal vs Annapurna Base Camp (ABC)

If you are choosing between the two, it is simple;

Mardi Himal is wild, quieter and ridge-based, while Annapurna Base Camp is cultural, a classic trek and valley-based.

Both are stunning treks, but the experience is quite different.

Key Differences at a Glance

Feature	Mardi Himal Trek	Annapurna Base Camp Trek
Altitude	4,500m (Mardi Base Camp)	4,130m (ABC)
Route Type	Narrow ridges & dramatic viewpoints	Deep valleys, forests & Gurung villages
Crowds	Quiet hiking trails	Busy in peak season
Difficulty	Moderate-Challenging	Moderate
Days of Trekking	5-12 days	7-12 days
Best For	Adventure Travel, Photography lovers	Beginner trekkers & trekkers wanting a cultural immersion

Mardi Himal and Poon Hill Trek

If you want a short, beautiful, beginner-friendly itinerary, the **Mardi Himal and Poon Hill trek** is one of the best options.

This trip offers the famous Poon Hill sunrise, along with wild and beautiful landscapes of Mardi Himal, all in a relatively short timeframe.

Side by Side Snapshot

Feature	Poon Hill Trek	Mardi Himal Trek
Altitude	3,210m	4,500m
Difficulty	Easy-moderate	Moderate-challenging
Trail Type	Stone steps, forest, villages	Narrow ridges, rhododendron forests
Highlight	Sunrise over Dhaulagiri and Annapurna	Up close to Machhapuchhre and the alpine ridge
Best For	Families, beginners, short holidays	Adventurous trekkers and photographers

Reasons to Book your Mardi Himal Trek with Nepal Base Camp Treks

Local Knowledge You Can Sense with Every Step

Our guides are born and raised in the Annapurna region, and have developed firsthand knowledge of the Annapurna Conservation Area, forest trails, weather phenomena and cultural details to navigate you every ridge and viewpoint on the Mardi Himal trek.

Custom and Flexible Itineraries for Every Trekker

We can customize the trek to your desires, whether you choose one of our comfortable 12-day Mardi Himal trek packages or you prefer more flexibility on a shorter 5-7 day journey.

We will modify the route, timing for acclimatization, daily itinerary and pace to meet your fitness level, your interests (photography spots, cultural experiences, etc.) and your travel schedule.

Safety-First Experience Delivered by Experts

Your trek is guided by trained professionals who possess the skills, training and experience to develop an exercise and a risk plan, respond appropriately, provide first aid and troubleshoot any issues.

That way, you can be confident and comfortable when on a narrow ridge or making your way to High Camp.

20+ Years of Experience and Reviews You Can Trust

With over twenty years of experience and positive traveler referrals, we have established a solid reputation as a dependable and reputable trekking agency in Nepal.

We handle arrangements smoothly, provide professional guides and offer memorable experiences in the mountains.

How to Book Your Mardi Himal Trek?

Your trek to Mardi Himal is only one click away.

If you are picturing picturesque ridge-line walks, stunning sunrise backdrops to Machhapuchhre and a hassle-free experience, let us help you.

We take care of your permits, guides, accommodations, meals and safety so you just get to enjoy the trek.

If you prefer our 12 days or just a customized, slightly shorter trek, we will customize everything to your travel style and pace.

Please click the **Book Now** button and secure your dates for 2025-26.

Your Himalayan adventure starts here.

How is Our Mardi Himal Trek Different From Others?

All trekking agencies claim that they are different from one another. However, we also do the same, but with the reason here why:

Reliable Travel Agency

Nepalbasecamptreks.com is one of the most reliable travel agencies in Nepal. Our years of experience have provided us with expertise in developing and managing trips, ensuring excellent service. Likewise, we work with reliable partners, including top accommodation points, transportation, and travel teams, providing high-quality service at each step. Moreover, our customer satisfaction record and competitive cost are proof of our reliability as a travel agency.

Your Curated Itinerary

Another feature that makes us different from others is our curated itinerary. We let our clients tailor their itineraries per their preferences, fitness levels, and availability. Likewise, we design an itinerary plan based on traveler's preferences, whether they want adventure, relaxation, cultural immersion, or a combination of all. Further, our itineraries are carefully planned with detail, offer flexible options, and are time and effort-saving.

Safety First

Our client's safety is our top priority, as they are not just our clients but also family members. From when you land in Nepal to when you return to your country, we ensure we take care of you and won't let you feel homesick. Likewise, our experienced guides, itinerary with planned acclimatization, and emergency preparedness ensure your safety throughout the trek.

How to Book Your Mardi Himal Trek?

Booking the Mardi Himal Trek with Nepal Base Camp Treks is straightforward. Travelers can book the trip directly by contacting us via email, phone, or WhatsApp. Our team is here to support you and answer your query. Further, you can book the trip directly through our site in the private booking section. Here is our contact information:

Email: info@nepalbasecamptreks.com

Phone: [+977 984-6279693](tel:+9779846279693)

Questions Asked By Mardi Himal Trekkers

How difficult is Mardi Himal Trek?

The Mardi Himal trek is moderately challenging.

You will experience a combination of climbing through forests, walking along ridges and face a few short, relatively steep sections.

How long is Mardi Himal Trek?

Our Mardi Himal trek with Kathmandu tour package will last 12 days, depending on your chosen itinerary.

The standard Mardi Himal trek has a distance of about 45-55 km, from start to finish.

How high is Mardi Himal Trek?

Mardi Himal Base Camp sits at an altitude of 4,500 meters, offering better views of Machhapuchhre (Fishtail) than most places.

What is the cost of Mardi Himal Trek?

Our Mardi trek Package costs you \$790.

However, the cost ranges from \$500 to \$900 USD, depending on the package details, trekking days, group size and inclusions (meals, permits, guide, porters and accommodation).

How cold is Mardi Himal Trek?

The daytime temperatures in the lower camps are typically around 10°C to 15°C and can then drop down to -5°C to -15°C at night in High Camp or Base Camp, especially during the spring and autumn months.

Winter temperatures will drop to -10°C to -20°C overnight, mostly during January and February.

The days will be sunny and cold, with snow above Low Camp.

Where is Mardi Himal Trek?

The Mardi Himal Trek is situated in Nepal's mid-western Himalayas, within the Annapurna Conservation Area, in the Annapurna region.

This trek is on the eastern side of the Annapurna Base Camp (ABC) trail and typically begins in the lakeside city of Pokhara.

Will I have mobile network coverage throughout the Mardi Himal trek?

Yes, you will get coverage from the Ncell and NTC networks up to Low Camp and mostly High Camp.

However, there will be weak and unstable coverage near Mardi Himal Base Camp.

Some of the teahouses along the trek will provide paid Wi-Fi.

What kind of altitude gain can I expect per day during the Mardi Himal Trek?

There will be an elevation gain of about 300m-800m each day, depending on the section of the trek.

You can expect the biggest altitude gain between High Camp (3,580m) and Base Camp (4,500m), which is 920 meters.

What wildlife can I see?

You may have the chance to see Himalayan monals and pheasants, langur monkeys and deer, and sometimes even yaks in the high meadows.

The Annapurna Conservation Area is home to a diverse range of bird species.

Are horses or porters available if I need assistance in the middle of the trek?

While porters are available during the trail if you need assistance, the service of horses is not available. Still, we recommend trekkers contact with porters at the lower elevation; this ensures you won't lack the support immediately while needed in the middle of the trek.

Is the Mardi Himal Trek suitable for beginners?

Yes. The Mardi Himal Trek is considered a moderate trek and is suitable for beginners who have a reasonable level of fitness and enjoy walking for several hours per day.

What makes the Mardi Himal Trek different from other Annapurna treks?

The Mardi Himal Trek is known for its peaceful trails, close-up views of Machhapuchhre, fewer crowds, and stunning ridge walks. Many trekkers appreciate the quieter atmosphere compared to busier routes in the Annapurna region.

How many days do you need for the Mardi Himal Trek?

Most travellers complete the Mardi Himal Trek in 5 to 12 days, depending on their itinerary, acclimatisation preferences, and travel schedule.

What is the highest point of the Mardi Himal Trek?

The highest point is Mardi Himal Base Camp, located at approximately 4,500 metres above sea level.

When is the best time to do the Mardi Himal Trek?

Spring (March to May) and autumn (September to November) offer the clearest mountain views, comfortable temperatures, and excellent trekking conditions.

Address

Nepal Base Camp Treks Pvt. Ltd

Address : Ropeway Sadak, Sohrakhutte Nayabazar, Kathmandu, Nepal