

## Overview

### Trip Summary

Mardi Himal Trek is a fabulous mountain walking holiday trip in the Annapurna Himalaya region of Nepal, located just east of one of the most legendary trekking destinations of Nepal, the Annapurna Base Camp. The Mardi Himal trek is like a delightful jewel for Himalayan walking enthusiasts. Few trekkers used to make their way to the Mardi Himal just a few years ago, but the route gained popularity shortly as it provides an outstandingly one-week-long trekking holiday trip to the base of the Mardi Himal. The journey to its most iconic Mount Machapuchhre, meaning "Fishtail" is a piece of cake, and everyone walking along its route can enjoy and rejoice. The trail goes along small, winding paths through enchanted rhododendron forests until you climb out of the forest at a height of around 3,300 meters. The scenery changes quite dramatically into a rugged towering peak and landscape, with amazing views of Mardi Himal, Machapuchhre, Annapurna South, and Hiunchuli.

From High Camp (3700m; some maps incorrectly mention 3900 m), you can ascend to Mardi Himal Base Camp in about 3–4 hours, which offers spectacular close-up views of the complete Annapurna massive range. There are simple mountain trekking lodges and teahouses along the entire route to the Mardi Himal trek to cater to hundreds of trekkers every day in peak seasons.

### When should I trek to Mardi Himal or what are the best months to visit?

If this trek is on your bucket list, the best month is shortly after the monsoon is over, which is mid-September; the monsoon clears the atmosphere but is still all green in the lowlands and white peaks with superb blue mountains, and it is not cold. The other best month is April, when you can enjoy the widely blooming rhododendrons in the route.

Autumn Season (mid-September, October, and November): this is Nepal's peak and the best time to go trekking. March-May is the second-best season of the year to go trekking.

Winter Season (December – February): The sky is clear but it can get very cold and there is a risk of the path being closed/covered due to snowfall so you have to check your trip planner before departure.

May–June: This is Nepal's hot pre-monsoon season, and it can get very warm indeed. The valleys, however, are starting to bloom with flowers, and though green leaves come up, it is still a good time to trek.

Monsoon Season (June–mid-September): This is the monsoon or summer season and the least popular time to go trekking in Nepal. The risk of leeches and downpours increases greatly. Due to the early forested areas, leeches at this time of year in Mardi Himal are quite active! Wear long trekking trousers tucked in at this time of year. Leech/mosquito repellent spray is recommended to carry with it. But it can be a good time

to trek for Alpine flower researchers.

## How to get to Mardi Himal Trek?

Like most of the Annapurna treks except Annapurna Circuit, the Mardi Himal Trek also starts and ends in Pokhara, the second biggest city and naturally blessed place to relax after the big hikes in Annapurna. It is 200 kilometers west of Kathmandu. All domestic airlines run several flights daily from Kathmandu which cost USD 105 each way. And about 7 to 8 hours tourist coach ride that cost USD 10 to 25 each way. Tourist buses leave every morning at 7:00 AM. You consider the option of hiring a private car if you are a group of 3 to 4 people that can be very comfortable. Your agency can arrange cars on your request.

## How long is the Mardi Himal trek or its itinerary?

Nepal is a country where trekking distance is measured in hours and days. The Mardi Himal Trek Itinerary will last 5 to 7 days, starting and ending at Pokhara. The tentative distance is 69 Km (110 miles), depending on the route you choose. We have designed a 5-night 6-day itinerary that can be suitable for all age groups and levels of physical fitness you have.

## Brief Itinerary

Day 01: Pick up from the hotel and drive to Phedi and trek to Deurali (2200 m, about 3 to 4 hours trek)

Day 02: Trek from Deurali to Low Camp (2,900 m); 7 to 8 hours walking.

Day 03: Trek from Low Camp to High Camp (3585 m) 5 to 6 hours trekking.

Day 04: Early morning excursion to Mardi Himal BC (4500 m); back to Middle Camp (3200 m)

Day 05: Trek to Middle Camp to Kalimaati (1,750 m): 6 to 7 hours walking.

Day 06: Trek from Kalimaati to Lumre and drive to Pokhara- 3 hours walking and 2 hours driving.

Other Popular treks around Mardi Himal that you can combine with it.

- Annapurna Base Camp (5 to 10 days)
- Ghorepani Poon Hill
- Khopra Danda Trek
- Ghandruk Trek

We suggest a tailor-made trip as well if you don't find our itinerary matches your time so please send us your details and requirements.

## Is this trekking for me?

This trek doesn't require super fitness, but however moderate level of fitness is

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necessary, though there is no direct climbing involved. The path is a proper hiking trail to Mardhi Himal View Point. Guide in Himalaya (Wilderness Excursion - our corporate sister agency) advises our clients going trekking to see a doctor before they go for a check-up and to talk about dealing with altitude sickness. For pure trekking along the Mardi Himal trek in Nepal, you'll need to consider the number of days you'll be out trekking to get an idea of how fit you should be. Most days include 4 to 7 hours of slow hiking. If you plan to do the trek in 4-5 days, which is also possible.

### **How much does it cost?**

Mardi Himal Trek's cost depends on the mode of tour, accommodation, and transportation. The price here we have offered is USD 429.00 per person, inclusive of the standard trek price on a double occupancy basis for 2024 and 2025. Single supplement charge if you are traveling solo. Taking flights to and from Pokhara saves you time and comfort rather than taking a tiring, long bus ride, though riding the bus reduces the cost. As the trekking journey starts at Pokhara, we do not include accommodation in Pokhara that can be arranged at extra cost if you ask. We can arrange your transportation between Kathmandu and Pokhara if you ask us. And there will be neat and clean simple trekking lodge accommodations on a sharing basis during the trek.

### **Threat and Risk**

Participants should be aware trekking, mountaineering, and traveling in a developing country are activities that involve a risk of personal injury or death. As a condition of booking, you must accept these risks and be responsible for your actions and involvement. Adventure travel requires an open and flexible attitude. You may experience extreme conditions, unpredictable weather, and last-minute changes to the itinerary beyond our control. The ability to work in teams is an important aspect of all of our trips. However, your Guide in the Himalayas tries your best to maximize your trip, which is great fun and a lifetime experience.

### **Outline Itinerary**

**Day 01 : Drive to Phedi and trek to Deurali (2200m, about 3 to 4 hours trek)**

**Day 02 : Trek to Low Camp (2,900m);7 hours walking.**

**Day 03 : Trek to High Camp (3585m) 5-6 hours trekking.**

**Day 04 : Hike Mardi Himal BC (4500m); back to Middle Camp (3200m)**

**Day 05 : Trek to Kalimaati (1,750m) 6 to 7 hours walking.**

**Day 06 : Trek to Lumre and drive to Pokhara- 3 hours walking and 2 hours driving.**

## Cost Includes

- A registered local trekking guide for 6 Days Mardi Himal Trek.
- An assistant guide to take care of group if the group size is 10 or more people.
- Meal (5 Breakfasts, 6 Lunches and 5 Dinners) during the trek.
- Sharing twin/double bed room in tea house lodges during trek.
- Your Mardi Himal Trek guide fee and all his/her expenses.
- Pokhara – Kande transfers by private car / cab or van depending on group size.
- Transfer to hotel in Pokhara after trek by local sharing jeep / cab.
- Necessary insurance for your guide.
- Trekking permission for Mardi Himal trek.
- Applicable taxes and service charges.

## Cost Excludes

- Airport shuttles, lodging and meals in Kathmandu and Pokhara.
- Bar drinks, beverages such as coke, fanta, sprite and mineral water.
- Travel insurance, Nepal Tourist Visa fees, Items and expenses of personal nature.
- Personal Trekking Equipments and rescue operation in case of emergency.
- Any expenses which arise due to a change of the itinerary, because of landslides, political trouble, and strikes etc.
- Laundry, phone calls, internet, heater charge.
- Porter if required (it will cost USD 18/porter/day)
- Tips for guide, porters.