

Mardi Himal Trek – 7 Days

Overview

- **Country:** Nepal
- **Trip Grade:** Moderate
- **Maximum Altitude:** 4,500 m (Mardi Himal Base Camp)
- **Starts:** Kathmandu
- **Ends:** Kathmandu
- **Group Size:** Min 2 trekkers
- **Best Time:** Spring (Mar-May) & Autumn (Sep-Nov)

The Mardi Himal Trek is a short and beautiful journey in the Annapurna Region, ideal for those seeking stunning mountain views without long trekking days. The trail passes through forests, ridges, and alpine landscapes with incredible scenery.

As you ascend, the views of Machhapuchhre (Fishtail) and Annapurna become closer and more dramatic. The highlight is reaching Mardi Himal Base Camp (4,500 m), offering panoramic Himalayan views in a peaceful setting.

When To Visit

- **January:** Average
- **February:** Good
- **March:** Best
- **April:** Best
- **May:** Best
- **June:** Average
- **July:** Average
- **August:** Average
- **September:** Best
- **October:** Good
- **November:** Best

- **December:** Average

Itinerary

Day 1: Day 1: Drive from Kathmandu to Pokhara -6-7 Hours

Drive to Pokhara through scenic hills, rivers, and villages. Enjoy a relaxing evening by the lakeside preparing for the trek.

Accommodation: Hotel

Day 2: Day 2: Drive to Dhampus & Trek to Forest Camp – 5–6 Hours

Drive to Dhampus and begin trekking through forests and small villages. The trail gradually climbs to Forest Camp surrounded by dense greenery.

Accommodation: Teahouse

Day 3: Day 3: Trek from Forest Camp to High Camp - 5-6 Hours

Walk through rhododendron forests and ridge trails with increasing mountain views. Reach High Camp with stunning close-up views of Machhapuchhre.

Accommodation: Teahouse

Day 4: Day 4: Hike to Mardi Himal Base Camp (4,500 m) & Back to Badal Danda - 6-7 Hours

Early morning hike to base camp or viewpoint for sunrise views over the Himalayas. After enjoying the scenery, descend to Badal Danda.

Accommodation: Teahouse

Day 5: Day 5: Trek from Badal Danda to Landruk -5-6 Hours

Descend through forests and ridges into traditional Gurung villages. Enjoy views of valleys and local rural life.

Accommodation: Teahouse

Day 6: Day 6: Trek to Siwai & Drive to Pokhara -4-5 Hours

Short trek to Siwai followed by a drive back to Pokhara. Relax and enjoy the lakeside after completing the trek.

Accommodation: Hotel

Day 7: Day 7: Drive from Pokhara to Kathmandu – 6–7 Hours

Return to Kathmandu by scenic drive. Transfer to hotel or airport for departure.

Accommodation: –

Cost Details

Cost Includes

- Airport transfers in Kathmandu
- 2 nights hotel in Kathmandu
- Hotel accommodation in Pokhara
- Teahouse accommodation during trek
- All meals during trekking (breakfast, lunch, dinner)
- Annapurna Conservation Area Permit (ACAP)
- TIMS (Trekking Information Management System) Card
- Licensed guide and porter
- Transportation (Kathmandu–Pokhara–Kathmandu)
- First aid kit

Cost Excludes

- International airfare
- Nepal visa fee
- Travel insurance
- Personal expenses (snacks, drinks, souvenirs)
- Hot showers / Wi-Fi charges
- Tips for guide and porter

Trek Essentials

Head & Hands

- Sun hat / cap
- Warm beanie for cold nights
- Sunglasses with UV protection
- Buff or neck gaiter
- Lightweight gloves & warm insulated gloves

Upper Body Clothing

- Moisture-wicking base layers
- Trekking T-shirts
- Fleece jacket or mid-layer
- Waterproof/windproof jacket
- Down jacket for high altitude

Lower Body Clothing & Footwear

- Trekking pants (quick-dry)
- Thermal base layers
- Waterproof pants
- Sturdy trekking boots
- Trekking socks (multiple pairs)
- Sandals / camp shoes

Backpacks & Gear

- Duffel bag (for porter)
- Daypack (30–40 L) with rain cover
- Sleeping bag (-10°C to -15°C)
- Headlamp & extra batteries
- Trekking poles
- Water bottles / purification tablets

Personal & Safety Essentials

- Sunscreen (SPF 50+) & lip balm
- Basic first aid kit
- Power bank / spare batteries
- Quick-dry towel & toiletries

Documents & Permits

- Passport & Nepal visa
- ACAP Permit & TIMS Card
- Travel insurance
- Emergency contact details