



Mardi Himal Trek 7 Days

ANNAPURNA REGION

7 Days

DURATION

Easy

DIFFICULTY

USD \$850

FROM (PER PERSON)

QUICK FACTS

Duration	7 Days	Trip Difficulty	Easy
Activities	Trekking	Accommodation	Tea House/ Guest House
Meals	Breakfast, Lunch & Dinner (B/L/D)	Max Elevation	4,500 m / 14,764 ft Above sea level.
Group Size	1-24	Best Time	Autumn (September to November) Spring (March to May)

TRIP HIGHLIGHTS

✓

OVERVIEW

Mardi Himal trek is booming among outdoor and trekking passionate that offers you most pleasant walk through beautiful hamlet, green dense rhododendron forest and some of the world's best landscape view with giant Annapurna Himalayan range. It is so amazing to capture the display of sunrise and sunset on the glamorous peaks which change the color according to different time. Here Mardi trekking route is became already hottest trekking spot during the recent era which reveals yours eyes to see large range of mountains as well as different cultural variation from the initiation to the end of the trek.

An iconic Mardi Himal 7 days trek is a perfect holiday trip for those who have limited time schedule but yet to explore the majestic mountain range along with the fascinating preserved cultural heritage, lifestyle of people, and tradition of ruler village. This trail is graded as a moderate level which everyone can easily hike this route without any skills.

It is sure that we make your dream comes true so, let's join the epic mountain trail and be a part of lifetime experience with the mesmerizing trip.

DAY-BY-DAY ITINERARY

DAY 1 **Arrival in Kathmandu (By Bus)**

Max. Altitude: 1,400 meters (4,593 feet)

Duration: 30 min

Overnight: Hotel in kathamadu

Meals: Bed and Breakfast

Arrival in kathmandu nepal and our Pure Sherpa representative will welcome you at Kathmandu airport and trasfer to your hotel the rest of time, you will investigate this captivating kathmnandu city at evening our guide will visit you to concise direction about the trek. You can do the shopping and purchase your vital trekking riggings close to the city. Finally, you will meet with the gathering for an appreciated supper at a neighborhood café.

DAY 2 **Drive to Pokhara by traveler mentor, 7 to 8 hours (By Flight, Bus, Private Vehicle)**

Max. Altitude: 820 m / 2,690 ft above sea level.

Duration: Approx. 6–7 hours by road

Overnight: Hotel in pokhara

Meals: Breakfast, Lunch & Dinner (B/L/D)

Our first day of voyaging is a bustling one. We will begin ahead of schedule to handle the lengthy drive to Pokhara on the neighborhood transport, which is an undertaking in itself! From that point forward, a short taxi move will carry us to the beginning stage of our walk. Having gone through a significant part of the day sat in travel this is an extraordinary method to complete things off and get ready for the days ahead. This evening at the camp, which is roughly 2100m high, we will have our first legitimate perspectives on the Annapurna district just as the gem of the locale, Machapuchare.

DAY 3 **Drive to Kande and trek to Pothana/Deurali (2,125m)**

Max. Altitude: (2,125 m/6,972 ft),

Trekking Distance: Approx. 7–8 km

Duration: Approx. 7–8 km

Overnight: Tea House/ Guest House

Meals: Breakfast, Lunch & Dinner

You can begin your trek from either Kathmandu or Pokhara. Alternative A: Trek Starting from Pokhara In the event that you start your trek from Pokhara, at that point our office delegate will meet you in your individual inn and disclose to you about the trek. In addition, afterward you will proceed with your trek to Mardi Himal. Choice B: Trek Starting from Kathmandu On the off chance that you are eager to begin your trek from Kathmandu, at that point you have to take off or excursion to Pokhara. This transportation cost will be extra in your outing. For instance, you need to pay both trek cost and the transportation cost. From Pokhara you have to drive around 1 hour to Kande by means of Pokhara Baglung expressway to arrive at the trekking beginning stage. The trail moves for around 1 ½ hrs. To the edge at 2,060 m. We will go through green slopes and reach to Kande. The genuine trek begins from Kande. The trail further easily gets through the rhododendron woods to the mountain pass called 'Deurali'. Deurali is dismissing into the Modi Khola valley wedged between Annapurna South and Mardi Himal/Mt Fishtail. We trek for around 4 hours crossing numerous towns to arrive at our objective of the day: Deurali. The spot is amazing with the comprehensive point of view on Annapurna range and Pokhara valley. We will stop at Deurali for medium-term remain. You will not have more options for cabin. There are only five lodgings in Pothana while the number abatements to 3 for Deurali. After register to the lodging, take rest and we adjust in an inn for medium-term preparing for further trekking for the following day. Driving time 60 minutes Strolling time-4 hours Elevation 2125m Trouble level- Easy Number of cabins five in Deurali and 3 in Pothana Fundamental attractions for the day-green woodland sees, all-encompassing Mountain sees Mountains saw Dhaulagiri (8167m), Annapurna South (7219m), Machapuchare (6993m), Himchuli (6441m), Mardi (5587m)

DAY 4 **Trek to Low Camp (3,150m)**

Max. Altitude: (3,150 m/10,335 ft)

Trekking Distance: Approx. 8–9 km

Duration: 4–5 hours

Overnight: Tea House/ Guest House

Meals: Breakfast, Lunch & Dinner

We will value a crisp morning with a fair breakfast at the cabin in Deurali. Trekking along the magnificent trail getting a charge out of the excellent points of view, you will welcome the trek. In the wake of strolling for right around 3 hours, we will land at the Low Camp. You will mostly be strolling from prairie with the incredible perspective on Mt Fishtail and Mardi Himal appears to be a ton closer. You get yourself closer to clear blue sky with a point of view on layers of Himalayan lower areas and clearing valley towards the south. We by then continue with our trek to the Low camp through woodland camp. On the off chance that you are fortunate enough, you may get an opportunity to have looks at uncommon creatures like Himalayan Thar, Spotted Deer, Musk Deer, Snow Leopard, and so forth. You will likewise appreciate numerous rhododendron blooms secured with greenery, plant, and lichen and other verdant flora and fauna. The low camp has a few teahouses in the clearing of the woodlands. After around 7 hours of trekking, we arrive at Low camp and rest there for a night. At the Low Camp, you will have only five choices for the lodging. Try not to worry over the administration they give. The cabins are magnificent and the owners are obliging. You will get a room in twin sharing reason. Note: You can trek 1 more hr. to Badal Danda (Cloud Hill) over the tree line in the consent of guide for a prevalent view. There is only one cabin in Badal Danda. Strolling time-7 hours Elevation 3150m Trouble level- Moderate Principle attractions for the day-Green slopes, Rhododendron woods, cloud slope, Panoramic Views of mountains Mountains saw: Dhaulagiri (8167m), Machapuchare(6993m), Mardi (5587m)

DAY 5 **Trek to High Camp (3,580 m/11,745 ft)**

Max. Altitude: (3,580 m/11,745 ft)

Trekking Distance: Approx. 5–6 km

Duration: 3–4 hours

Overnight: Tea House/ Guest House

Meals: Breakfast, Lunch & Dinner

Starting at the Low Camp, we will trek legitimately to the High Camp today. Deserting the Badal Danda, we will continue for 4-5 hours stroll along the Mardi Himal edge. We trek extreme towards high camp leads through the Mardi edge giving the great perspectives on Mardi Himal and Machapuchare. In the wake of moving through the Rhododendron timberlands for 1.5 hours, we will land at the Middle Camp. The tree lines start getting slighter and the zone by and large includes shrubs with bound rhododendron hedges along the trail. On the off chance that you are fortunate enough, we may even observe the "Daphne" (national flower of Nepal) on our way to deal with high camp. It would be an inspiring background to see these without a moment's delay. We ascend to the high camp, which is the last objective of the day. When you land at the High Camp, you will have choices of 4 cabins to remain. The lodgings are perfect points of view of the snow-secured crests. The lodging is more prominent having 8 individual rooms barring the parlour territory. The high camp offers an ideal perspective of the mountains. From here, the mountain viewpoints are astonishing. Strolling time-4 hours Elevation: 3700m Trouble level- Easy Principle Attractions of the day-Majestic Views of mountains, Danphe, Sunset view Mountains saw Dhaulagiri (8167m), Annapurna (8091m), Machapuchare (6993m), Mardi (5587m)

DAY 6 **Hike to Mardi Base Camp and trek down to Sidding (4,500 m/14,764 ft).**

- Max. Altitude:** (1,750 m/5,741 ft),
- Trekking Distance:** Approx. 14-16 km
- Duration:** 7-8 hours
- Overnight:** Tea House/ Guest House
- Meals:** Breakfast, Lunch & Dinner

Promptly in the first part of the day, subsequent to eating, we climb towards the High camp in the initial segment of the day; we finally head towards our primary goal Mardi Base Camp. It takes around 5 hours to touch base at the Mardi Base Camp. At the base camp, we will welcome the amazing common habitat with fascinating widely varied vegetation and blanketed mountains. We will invest some energy there investigating the sparkling Himalayas and frigid scene. In the wake of investing some incredible energy getting a charge out of the lovely scenes of Himalayas and catching some excellent recollections, it is presently time to dive back to Sidding. The trail requests around 4 hours of the fairly steep and hazardous drop. The ruthless trail brings you into an awesome ordinary town of Siding where the night will be spent. Medium-term remain at a Trekkers Lodge or a homestay at Siding seeing the splendid social experiences. Strolling time-4 hours climb, 4 hours trek Elevation 4500m (Mardi Base Camp) Trouble Level-Moderate Fundamental Attractions of the day-Mardi Base Camp, intriguing widely varied vegetation, customary towns Mountains saw Dhaulagiri (8167m), Annapurna (8091m), Machapuchare(6993m), Mardi (5587m)

DAY 7 **Drive Back Direct to Pokhara or by means of Lwang (Mukhkhora) (By Flight, Bus, Private Vehicle)**

- Max. Altitude:** 820 m / 2,690 ft
- Trekking Distance:** Around 35-40 km
- Duration:** Approx. 2-3 hours
- Overnight:** Hotel in pokhara
- Meals:** Breakfast, Lunch & Dinner

This day we return to Pokhara from Sidding by a sharing jeep. Subsequent to taking a drive of around 2 to 3 hours, you reach to Pokhara and you will be dropped in your lodging. Subsequent to investing some energy with your guide, the voyage closes. Broaden More Hiking On the off chance that you need to expand the trek, at that point you can trek to excellent town: Lwang, which is around 4 hours stroll from Sidding. Here you can have all encompassing mountain sees, with a tea nursery, and tropical backwoods sees. On the off chance that you remain medium-term in Lwang, next morning we will walk one hour to Khoramukh then we will drive for 2 hours to reach Pokhara then we will complete our trek in Pokhara

WHAT'S INCLUDED / NOT INCLUDED

Accommodation
+ Two nights’ accommodation with breakfast in Kathmandu (room with attached bathroom)
+ Accommodation during the trek
Meals & Dining
+ All meals during the trek (breakfasts, lunches, and dinners)
+ Farewell dinner in Kathmandu at the end of the trek
Guides & Porters
+ Government-licensed trekking guide
+ Porters for trekkers’ luggage (1 porter for every 2 trekkers)
+ Guide and porter expenses including meals, insurance, salary, lodging, transportation, and necessary equipment
Permits, Fees & Taxes
+ Annapurna Conservation Area Permit (ACAP) fee
+ Trekkers’ Information Management System (TIMS) card fee
+ All government and local taxes
Safety & Emergency Support
+ Rescue operation arrangements in case of complicated health conditions (expenses covered by the traveler’s insurance)

FREQUENTLY ASKED QUESTIONS

GENERAL & OVERVIEW

How long does the Mardi Himal Trek take?

Our itinerary runs 7 days, including a day in Kathmandu, the drive to Pokhara, and the trek itself. The core walking portion takes place over 4 days, from Kande to Base Camp and back down to Sidding.

How difficult is the Mardi Himal Trek?

The trek is moderately difficult. There's no technical climbing involved, but you'll walk several hours a day on stone steps and gradually ascending trail, with one steep push near the end to reach Base Camp. Good general fitness is enough, previous trekking experience isn't required.

Is the Mardi Himal Trek suitable for beginners?

Yes. It's one of the more accessible treks in the Annapurna region, with well-marked trails and teahouses spaced comfortably apart. Most of our trekkers on this route are doing their first Himalayan trek.

Is the Mardi Himal Trek family-friendly?

Yes, it's one of our most family-friendly treks. The gradual ascent and shorter overall duration make it manageable for trekkers with children, provided everyone is reasonably fit and comfortable walking for several hours a day.

What is the maximum altitude reached on this trek?

Mardi Himal Base Camp sits at approximately 4,500m. This is the highest point of the trek, reached on Day 6 of our itinerary.

Will I definitely reach Mardi Himal Base Camp itself, or just the viewpoint?

Our itinerary is built to reach Base Camp itself. That said, in spring, snow can occasionally make the final stretch above the Upper Viewpoint (around 4,200m) difficult without crampons. Our guides assess trail conditions on the day and make the call on how far it's safe to continue.

BEST TIME & WEATHER

What is the best time of year to trek Mardi Himal?

Spring (March to May) and autumn (September to November) are the best seasons. Spring brings blooming rhododendrons on the lower trail, autumn usually has the clearest, most stable skies of the year.

What is the weather like month by month?

Daytime temperatures on the lower trail average around 20°C in both spring and autumn, dropping to around 0°C at night above 2,500m in spring and around -5°C in autumn. Winter (December-February) is colder, averaging 10°C by day and -10°C at night above 2,500m. Monsoon (June-August) is warmer, around 25°C by day, but brings frequent rain and poor visibility.

Can I do the Mardi Himal trek in winter or monsoon?

Yes, we run this trek year-round. Winter brings quieter trails but colder temperatures and possible snow on the higher sections. Monsoon has the least reliable visibility and muddy lower trails, we'd generally point first-timers toward spring or autumn instead.

FITNESS & PREPARATION

What level of fitness is required for this trek?

A reasonable level of general fitness is enough, you don't need prior trekking experience. Being comfortable walking 4-6 hours a day on uneven, ascending terrain is the main requirement.

How many hours do we walk each day?

This varies by day. Shorter days on the lower trail run around 4-5 hours, while the push to Base Camp and back down to Sidding on Day 6 is a longer day, around 7-8 hours in total.

What is the total trekking distance?

Roughly 55-59km across the full route, depending on the exact path taken between camps.

ALTITUDE SICKNESS & SAFETY

Is altitude sickness a real risk on this trek?

It's a lower risk here than on longer high-altitude treks, since you only reach genuinely high elevation (around 4,200-4,500m) for a short push near the end. It can still occur above 3,000m, so we don't treat it casually.

How can I prevent altitude sickness?

Walking at a steady pace, staying hydrated, and telling your guide about any symptoms early are the main things. Our guides watch for headache, nausea, and unusual tiredness throughout the trek and will adjust the pace or turn back if needed.

Are there any exposed or risky sections on the trail?

Yes, worth knowing about separately from altitude. The trail near High Camp and above includes some narrow, exposed sections with drop-offs on both sides. It's not technical climbing, but sure footing and a steady pace matter here.

Is travel insurance required?

Yes, travel insurance covering high-altitude emergency evacuation is required for all our treks, including this one. Check that your policy covers the maximum elevation of your itinerary before you leave home.

PERMITS

What permits do I need for the Mardi Himal Trek?

Two things are required: the Annapurna Conservation Area Permit (ACAP) and a TIMS card. Both are included in your trek cost, we handle the paperwork before you arrive.

Are permits included in the trek cost?

Yes, ACAP and TIMS fees are both included in your package price, along with all related government and local taxes.

Is a guide mandatory for this trek?

Yes, a licensed guide has been mandatory in the Annapurna Conservation Area since 2023. Our government-licensed trekking guide is included in every package.

ACCOMMODATION

What type of accommodation is used during the trek?

You'll stay in teahouses throughout, twin-share rooms with shared bathrooms lower on the trail, shifting to more basic, sometimes dormitory-style rooms as you climb higher. In Kathmandu, we provide two nights in a hotel with an attached bathroom.

Are toilets attached or shared?

Lower on the trail, most teahouses have western-style flush toilets. Higher up, shared and squat-style toilets become more common.

Can I get a hot shower during the trek?

Yes, most teahouses offer hot showers for a few dollars, usually gas or solar-heated. Availability and reliability drop the higher you go, particularly near High Camp.

FOOD & DRINK

What food is available during the trek?

Dal bhat is the staple, alongside noodles, momos, pasta, potatoes, and soup. Menus lean vegetarian the higher you climb, since meat is harder to transport and store safely at altitude. All meals (breakfast, lunch, dinner) are included in your trek cost.

Is the drinking water safe?

Tap and natural water need treating before drinking. Bottled water is sold at teahouses (typically USD 2-4 per liter, rising with altitude), or you can purify your own, which we'd recommend, it's cheaper and reduces plastic waste on the trail.

CONNECTIVITY

Is there Wi-Fi during the trek?

Yes, at most teahouses for a small fee, though it's genuinely unreliable, don't count on it for anything beyond a quick message.

Will my phone have signal on the trail?

Nepal Telecom and Ncell both work around Australian Camp and Forest Camp, but signal drops off quickly as you climb higher up the ridge.

Can I charge my devices along the way?

Yes, for a fee, typically USD 1-5 per device. Above Badal Danda, most teahouses rely on solar power, so charging can be unreliable on cloudy days, a power bank is worth packing.

COSTS & TIPPING

What does the Mardi Himal Trek cost, and what's included?

Our 7-day package is \$850 USD per person. It includes two nights' hotel accommodation in Kathmandu, all meals and accommodation during the trek, a government-licensed guide, a porter (one per two trekkers), all permits (ACAP and TIMS), and government taxes.

How much extra spending money should I budget per day?

Budget for showers, Wi-Fi, charging, snacks, and drinks along the trail, these aren't included in the package price. A general guide is USD 15-25 per day, though this rises the higher up the trail you go.

How much should I tip the guide and porter?

Tipping is expected and appreciated. As a general guideline, budgeting around 10% of your total trek cost, split between your guide and porter, is a reasonable starting point.

BOOKING WITH PURE SHERPA ADVENTURE

Do you have fixed departure dates, or can I choose my own?

We don't run fixed group departures. You choose your dates, and we build the trek around them, typically confirming everything within 24-48 hours of your inquiry. A 20% deposit secures your booking, with the remaining balance paid on arrival in Kathmandu.