

## Mardi Himal Trek 7 Days

**Destination:** Nepal

**Trip Difficulty:** Easy-Moderate

**Best Season:** March- May, Sep- Dec

**Max Elevation:** 4200 m

### Highlights of the Mardi Himal Trek

- The trek offers views of the Annapurna range, Machhapuchhre (Fishtail), Mardi Himal, and other peaks throughout the trip.
- Mardi Himal Trek is less crowded than other popular trek like the Annapurna Circuit or Everest Base Camp.
- Experience the local culture, lifestyle, and hospitality at the Mardi Himal trek trekking journey.
- Reaching Mardi Himal trek, trekkers enjoy the panoramic views of the Himalayan peaks.
- Generally suitable for beginners with a moderate level of fitness.
- Walk through the beautiful, rich green forest, challenging landscapes, and rhododendron forest, which blooms in spring.

### Mardi Himal Trek- 7 Days Quick-Witted Facts

- Destination- Nepal
- Duration- 7 days
- Trip Type- Trek
- Start-End area- Kathmandu/Pokhara

- Region-Annapurna Region
- Best weather- February/Early March/September/October
- Group Size- 2-12
- Transportation- Tourist Bus/Flight
- Maximum Altitude-45,000 Meters
- Accommodation- Hotel/ Teahouse/Camp

## **Mardi Himal Trip Overview**

Would you like to know what it feels like to experience an adventurous trip of a beautiful Mardi Himal while trekking in Nepal? The Mardi Himal Trek in Nepal is a spectacular trip, manifesting beautiful views of peaks like Macchapuchre and Annapurna. Mardi Himal Trek in Nepal is one of the top and restricted treks in the Annapurna region of Nepal.

The 7-day Mardi Himal Trek is highly recommended for the short journey and, a popular and suitable trek that takes trekkers inside the amazing landscapes. This trek is ideal for adventurers seeking moderate challenges, with altitudes reaching up to 4,500 meters.

The trekkers need a Nepal government-licensed Trekking Guide with TIMS and ACAP permits. The Mardi Himal trek in Nepal is challenging yet most recommended for beginners.

## **Locating the Unexplored Beauty of Mardi Himal: Trekking along Remote and Restricted Trails in Nepal.**

Mardi Himal is rich in biodiversity, with unique flora and fauna; this region is a lesser-known trail in Nepal. As trekkers trek along the remote and less explored trails, they will get to see the unexplored natural beauty and amazing landscapes that few trekkers have seen before. Some of the trails of Mardi Himal in Nepal have rules and restrictions set by the Government of Nepal to keep things safe and protect the environment. Before starting

the trekking journey, trekkers must have to get the following permits:

**TIMS Card:** This is a card that has the trekker's information on it, like Name and actual country. It helps the trekkers who take care of the trails keep track of who is trekking where.

**Annapurna Conservation Area Permit (ACAP):** ACAP is especially important because Mardi Himal is in a protected area called Annapurna Conservation Area. The fund that comes from these permits goes directly to the environment conservation and also become the helping hand of the residents in the area.

**Restricted Area Permit:** This Restricted Area Permit is important as sometimes what happens is trekkers might pass through the area which is restricted by the government. If the Mardi Himal trek route includes these areas then trekkers must have this permit.

## Mardi Himal Trek

The Mardi Himal Trek is an incredible 7-day trekking place with extraordinary views of mountains in Nepal. Along, the trek trekkers encounter the best views of majestic peaks like Annapurna and Macchapuchhre (Fishtal) with the clear blue sky over the head. These beautiful views throughout the trip at Mardi Himal create an endless opportunity to capture snowcapped mountains with unforgettable quiet moments.

Similarly, far from the crowded routes, such as the Annapurna Circuit and Everest Base Camp, the Mardi Himal Trek offers peace and a spiritual feeling, allowing trekkers to connect with nature and the beauty of the Himalayas. This feeling during trekking at Mardi not only immerses trekkers in the calmness of nature but also provides a mind-refreshing tour.

Along the route, trekkers meet the warm and welcoming locals who call these mountains

their peaceful home. These travels provide a glimpse of the rich cultural heritage of the villages along the way of Mardi. Additionally, ramblers got an opportunity to learn about the traditional way of life in the Nepalese Mountains. However, the sharing of meals with the locals or exchanging greetings adds positive interactions with depth and warmth, welcoming the trekking experience.

One of the highlights of the Mardi Himal trek is the great opportunity to enjoy the panoramic views of the peaks from the high-altitude area. Trekkers must have that feeling of joy and proud moment when hard work pays off with the inspiring nature views, making a trek an unforgettable moment.

In terms of physical challenge, the Mardi Himal Trek is generally comfortable and suitable for beginners with a moderate level of fitness. The trekking route is well-established and average in difficulty, with manageable climbs. This makes it easy access to trekkers of different ages and abilities, providing the different kinds of peace experiences that trekkers left behind in their entire lives.

Continuously, the Mardi Himal Trek takes trekkers through a lush green forest path. Along the way, travelers would see amazing dense rhododendrons that provide a vibrant color to the forest. What else is trekkers can also consume these flowers as they improve digestion, increase energy levels, improve immunity, and reduce inflammation. So ever wonder how it tastes do try it once.

## **Mardi Himal Trekking Cost for 2024 and 2025**

The cost estimation and budgeting of doing Mardi Himal Trek in 2024 or 2025 can vary depending on several factors. Firstly, trekkers need to consider transportation expenses to reach the starting point of the trek which might involve flights or road transportation. Then there is the trekking cost of permits and fees required for trekking entrance in those areas where the place trekkers cannot visit without trekking permits. Additionally, trekkers need to budget accommodation along the route, which can be different from tea houses to

more comfortable lodges. Food and beverage costs also need to be considered while trekking as trekkers need to be eaten along the way. Finally, trekkers need to set expenses for other miscellaneous expenses like water, and any souvenirs as trekkers might want to buy the stuff during the trek. Overall, it is trekking costs can vary as mentioned above costs include and exclude to Mardi Himal trek, it is very important to budget, for transportation, permits, safety, accommodation, food, and extras to ensure a smooth and amazing trekking experience.

## **Day to Day Itinerary**

**Day 1: Arrival in Kathmandu**

**Day 2: Drive from Kathmandu to Pokhara (5-6 hours)**

**Day 3: Drive to Kade (1 hrs) Trek to Deurali (6-7 hrs)**

**Day 4: Trek to Forest Camp (5-6 hrs)**

**Day 5: Forest camp – High camp (6-7 hrs)**

**Day 6: Trek to Mardi Himal base Camp- High Camp- Low camp**

**Day 7: Low camp- Siding (4 hrs) and drive back to Pokhara (2 hrs)**

## **Cost Includes**

- Free international and domestic airport pickup and drop by car.
- Permit fees: Annapurna Conservation Area Project (ACAP) and Tourist Information Management System (TIMS) permits.
- During the trek, three meals a day (Breakfast, Lunch, and Dinner)
- Accommodation Cost, Food, Insurance, and guide and porter cost

- Well, English-speaking trek guide for good proficiency.
- Comfortable and well-cleaned Tourist Bus from Kathmandu to Pokhara
- Necessary trekking equipment, such as sleeping bags, down jackets, etc. option is that trekkers can use on a return basis also.
- Served with seasonal fruits after a good dinner
- Taxi/ jeep/ bus drive
- Appreciation of certificate after a successful trek.
- Supplementary snacks such as energy bars and cookies
- Trekking tea house throughout the trek
- Official Government taxes and Official expenses
- Emergency first aid care and emergency rescue in case of bad health condition

## **Cost Excludes**

- Nepal entry visa fees (trekkers can get a visa upon arrival at Kathmandu airport for USD 25, valid for 15 days)
- Extra Accommodation and Meals (any additional stays or meals outside the trek schedule).
- Travel Insurance (Trekkers make sure that your insurance covers emergency evacuation from high altitudes).
- Trekker's trekking equipment or personal expenses
- Personal expenses like Wi-Fi, snacks, wi-fi, and hot showers at tea houses during the trek.
- Extra alcoholic and non-alcoholic beverages like soda, coffee, mineral water, tea, soup, and beer.
- Tips for guides and staff. It's customary to tip guide and support staff.