

Mardi Himal Trek

12 Days

11 Nights

[BOOK NOW](#)[ENQUIRY](#)

Best Season : Spring/Autumn

Walk Per Day : 5-7 hours

Max Elevation: 4,500m / 14,763ft

Difficulty : Moderate

Region: Annapurna

Group Size : 2-15 pax

Accommodation : Hotel + Lodge



[The Complete Guide to Mardi Himal Trek](#)

The Mardi Himal Trek is a trekking experience that takes you deep into the heart of the Himalayas. This stunning journey presents an overwhelming and picturesque adventure to Mardi Himal, where you will be completely soaked with the views of snowcapped peaks, green rolling hills, and pristine forests of lovely rhododendron-magnolia-pines and oak tree lines. Located in the Annapurna region of Nepal, the Mardi Himal Trek is a moderate to adventurous trek that offers a perfect blend of natural beauty, cultural experience, and adventure. The trek takes you through picturesque landscapes, high ridges, and offers ample time for acclimatization to prevent AMS (Acute Mountain Sickness). The trek starts in Kathmandu, where you will be briefed about the trek, and then transferred to Pokhara, the starting point of the trek. From here, you will drive to Phedi, where you will begin your trek. The trek takes you through traditional Gurung and Magar villages, where you will be greeted with the warm hospitality of the locals.

As you walk through the lush rhododendron-magnolia-pines and oak tree lines, you'll be greeted by stunning views of snow-capped peaks and green rolling hills. The trail is well-maintained, and you'll come across simple guesthouses and homestays, which offer a comfortable stay. The highlight of the trek is the High Camp (3700m), from where you can climb up to Mardi Himal Base Camp in about 3-4 hours. This climb offers spectacular close-up views of the entire Annapurna Range, including the towering South Face of Mt. Machhapuchare, also known as the 'Fish Tail.' The views from the top are simply breathtaking, and the experience is sure to leave you spellbound. The Mardi Himal Trek is a truly memorable adventure that offers a perfect blend of natural beauty, cultural experience, and adventure. The trek is best done between September to November and March to May when the weather is clear, and the skies are blue.

[Itinerary](#)

RECENT POSTS



[Everest - Complete guide to everest base camp trek](#)

Mount Everest the highest mountain in the world, has long been a symbol of human achievement and the ultimate test of endurance. For adventurers and trekkers, the Everest Base Camp Trek is the ultimate bucket list experience.

[Read](#)

[Swayambhunath Stupa - Discover the Spiritual Hub of Nepal](#)

Nepal is a country that is well-known for its stunning natural beauty and rich cultural heritage. Among the many attractions in Nepal, the Swayambhunath Stupa is one of the most iconic and popular destinations for tourists and

● DAY 1 - ARRIVAL IN KATHMANDU (1400M) & TRANSFER TO THE HOTEL

Welcome to the beautiful city of Kathmandu, the capital of Nepal! As soon as you land, our friendly and knowledgeable tour guide will greet you and escort you to your hotel. After check-in, take some time to relax and adjust to the new environment. You may also explore the lively streets of Thamel, a popular tourist hub, and try some local cuisine.

pilgrims alike .

[Read](#)



Beas - River Rafting Expedition

From April to July manali becomes the hotspot for backpackers and traveller's from all over India and world wether it is rafting, Paragliding trekking, camping you name it manali is home to all the adventure activities . white water rafting in beas river the amazing recreational sport which attract's most of the tourists in Kullu Manali .

[Read](#)

● DAY 2 - DRIVE / FLY TO POKHARA & TRANSFER TO THE HOTEL (820M)

After breakfast, we will embark on a scenic drive or a short flight to the beautiful city of Pokhara, situated at the foothills of the majestic Annapurna mountain range. Upon arrival, check into your hotel and enjoy the stunning views of the Phewa Lake. In the evening, take a leisurely walk along the lake and soak in the peaceful atmosphere.

● DAY 3 - DRIVE TO KANDE AND TREK TO PITAM DEURALI (2,100M)

After a hearty breakfast, we will take a scenic drive to Kande and start our trek to Pitam Deurali, a small village situated at an altitude of 2,100 meters. Along the way, you will witness the stunning landscapes of the Annapurna range and the lush green forests. We will stay overnight in a cozy teahouse in Pitam Deurali.

● DAY 4 - TREK FROM PITAM DEURALI TO FOREST CAMP (2,500M)

Today, we will trek to Forest Camp, situated at an altitude of 2,500 meters. The trail takes us through dense forests and picturesque waterfalls. The stunning views of the snow-capped peaks and the fresh mountain air will leave you mesmerized. We will stay overnight in a teahouse in Forest Camp.

● DAY 5 - TREK FROM FOREST CAMP TO LOW CAMP (2,990M)

After breakfast, we will continue our trek to Low Camp, situated at an altitude of 2,990 meters. The trail takes us through scenic meadows and rhododendron forests. You will also witness the stunning views of the Machhapuchhre (Fishtail) mountain. We will stay overnight in a cozy teahouse in Low Camp..

● DAY 6 - TREK FROM LOW CAMP TO HIGH CAMP (3,580M)

Today, we will trek to High Camp, situated at an altitude of 3,580 meters. The trail takes us through the alpine forests and offers panoramic views of the Annapurna range. As we reach High Camp, you will witness the stunning views of the majestic Machhapuchhre and the surrounding snow-capped peaks. We will stay overnight in a cozy teahouse in High Camp.

● DAY 7 - TREK FROM HIGH CAMP TO MADRI HIMAL BASECAMP (4,500M) AND BACK TO HIGH CAMP

Today, we will trek to the Madri Himal Basecamp, situated at an altitude of 4,500 meters. As we reach the basecamp, you will witness the stunning views of the Annapurna range, the Machhapuchhre, and the Madri Himal. We will then trek back to High Camp and stay overnight in a teahouse.

● DAY 8 - TREK FROM HIGH TO SIDING VILLAGE (1,700M) VIA LOW CAMP

After breakfast, we will trek down to Siding Village, situated at an altitude of 1,700 meters, via Low Camp. The trail takes us through scenic meadows and forests. Upon arrival in Siding Village, we will stay overnight in a cozy teahouse and experience the local culture.

● DAY 9 - DRIVE FROM SIDING TO POKHARA & TRANSFER TO THE HOTEL

Today, we'll drive from Siding Village to Pokhara. You can relax and unwind at your hotel or explore the beautiful lakeside city.

● DAY 10 - DRIVE / FLY FROM POKHARA TO KATHMANDU & TRANSFER TO THE HOTEL

After breakfast, we'll drive/fly back to Kathmandu. Upon arrival, we'll transfer you to your hotel, where you can relax and rejuvenate.

● DAY 11 - SIGHTSEEING AROUND KATHMANDU VALLEY

Today, we'll explore the rich cultural heritage of Kathmandu Valley. We'll visit the UNESCO World Heritage Sites of Pashupatinath Temple, Boudhanath Stupa, and Swayambhunath Stupa. We'll also explore the vibrant streets of Thamel and

● DAY 12 - TRANSFER TO THE INTERNATIONAL AIRPORT FOR FINAL DEPARTURE

Today is the last day of our trekking journey. After breakfast, we check out of our hotel and transfer to the Tribhuvan International Airport for our flight back home or to our next destination. Our representatives will assist us with the airport formalities and bid us farewell, marking the end of our amazing Everest Base Camp Trek.

● TRIP ENDS HERE!

TREK GALLERY





☰ Map

☰ What's Included

- ✓ ACCOMMODATION IN KATHMANDU : sharing a twin bedroom at the hotel (3 Star category) in Kathmandu on a bed & breakfast basis
- ✓ AIRPORT PICK-UP & DROP : Airport - Hotel transfer – Airport (Pick Up and Drop).
- ✓ WELCOME DINNER : One Welcome Dinner in a tourist standard restaurant in Kathmandu with Office's Staff.
- ✓ Permits : All necessary paper works: Trekking Permit including MCAP and special permit, TIMS Card & conservation entry fee
- ✓ STAFF INSURANCE : Insurance for all involved Nepalese staff during the trek.
- ✓ MAP: Trekking map of the trek
- ✓ MEMBER TRANSPORTATION : Land Transportation Kathmandu
- ✓ MEMBER LUGGAGE: Up to 15 Kg per member for personal baggage during the trek carried by porters.
- ✓ FOODS & LODGING : 3 meals a day (BLD; including tea and coffee) along with accessible accommodation sharing basis in tea house/camp during the trek.
- ✓ DRINKS : 2 liters of boiled water to carry on thermos per day per member.
- ✓ Guide : Government licensed Guide (English speaking) during the trek and sight-seeing in Kathmandu valley.
- ✓ PORTER : Porters (2 trekkers:1 porter) during the trek.
- ✓ STAFF SALARY & ALLOWANCE : All Nepalese staff & porter's daily wages, salary, equipment, food & clothing.
- ✓ MEDICAL KIT : Comprehensive Medical kit.
- ✓ Meals on treks only: Breakfast, Lunch , Dinner.

✗ What's Not Included

- ✗ NEPAL VISA FEES : Nepali Visa fee is US\$ 60 per person for 30 days (to be applied for 60 days (USD\$ 120)).
- ✗ LUNCH & DINNER : Lunch & dinner during the stay in Kathmandu (also in case of early return from Trekking than the scheduled itinerary).
- ✗ EXTRA NIGHTS IN KATHMANDU : Extra nights' accommodation in Kathmandu. In case of early arrival or late departure, early return from Trekking (due to any reason) than the scheduled itinerary.
- ✗ INSURANCE : Travel and high altitude insurance, accident, medical & emergency evacuation.
- ✗ RESCUE EVACUATION : Medical Insurance and emergency rescue evacuation cost if required. (Rescue, Repatriation, Medication, Medical Tests, and Hospitalization costs.)
- ✗ PERSONAL EXPENSES: Telephone calls, Internet, Toiletries, battery recharge, hot shower, laundry, soft drinks, beer, and any alcoholic beverages.
- ✗ PERSONAL EQUIPMENT : Clothing, Packing Items or Bags, Personal Medical Kit, Personal Trekking Gears, etc.
- ✗ TOILETRIES : Soaps, shampoos, toilet and tissue papers, toothpaste, and other items used to keep yourself clean.
- ✗ FILMING : Special Filming, Camera, and Drone permit fee.
- ✗ INTERNET SERVICE : Internet facility during the trek is not included.
- ✗ EXTRA PORTER : \$35 USD for an extra porter per day (If an extra porter is demanded).
- ✗ TIPS : Tips for Guide, porters, and staff.
- ✗ EXTRA : Any other services or activities not mentioned in the itinerary. Any other item not listed in the "Cost Includes" section.

⌚ Frequently Asked question

CAN I BOOK ON MY OWN ?

+

WHAT IS FOOD LIKE AT TREK ?

+

CAN I STORE MY LUGGAGE SOMEWHERE ?

+

— [Download Pdf Itinerary](#)

ⓘ Cancellation Policy

- More than 30-days prior to departure - 50% refund.
- In Between 15-30-days prior to departure - 25% refund.
- Less than 15-days prior to departure - No Refund.

NOTE 🔍

- All our adventures take place in wild places. Things can go wrong in wild places. Your perfectly planned itinerary may change a bit (or a lot) if the weather turns, someone gets hurt, or a landslide takes place. Usually though, changes make it all the better.
- Please be sure of the risks included in the adventure
- You should be medically fit to do the trek. Please consult your doctor to check if you are fit for the trek.
- Please don't litter on the trek Consumption of alcohol or any other intoxicant is not allowed

Related Treks



ADDRESS

THE TRIPPY FROG
MAKALBARI , KATHMANDU
NEPAL (ZIP - 44600)

ADVENTURE

TREKKING
PARAGLIDING
RAFTING
CAMPING
BIKE TOURS
4X4 TRAILS

CONTACT

THETRIPPYFROG@GMAIL.COM
+977-9813399084
+977-9863683851 [WHATSAPP](#)