

Mardi Himal Trek

10 Days Easy to Moderate Trek



Tucked quietly into the eastern flank of the Annapurna region, Mardi Himal Trek is a relatively recent and lesser-known gem in Nepal's Himalayan offerings. Spanning from 7 to 10 days, this trek is perfect for those seeking a quiet, short, yet immersive trekking experience with spectacular up-close views of Machhapuchhre (Fishtail), Annapurna South, and Hiunchuli. The trek leads through lush rhododendron forests, peaceful villages, and high alpine ridges, culminating in a dramatic viewpoint at Mardi Himal Base Camp (4,500m).

About the Annapurna Region

Located in central Nepal, the Annapurna region offers one of the most strikingly diverse landscapes in the Himalayas – from lush lowland rice terraces to some of the world's highest peaks, including the Annapurna massif, Machhapuchhre (Fishtail), Dhaulagiri, and Nilgiri. It is home to the Annapurna Conservation Area Project (ACAP), Nepal's largest protected area and a haven for biodiversity.

The region's rich cultural fabric is woven from a mosaic of communities, each with distinct traditions, languages, and ways of life. Its blend of rugged terrain, spiritual heritage, and ecological diversity makes it one of the world's most celebrated trekking destinations.

The trail to Mardi Himal offers a unique angle on the iconic peaks of the region with fewer trekkers, more wildlife encounters, and genuine village hospitality. Spring brings vivid rhododendron blooms, while autumn offers clear skies and crisp mountain air, both offering ideal seasons for this trek.

TRIP OVERVIEW

Duration: 10 Days (Kathmandu to Kathmandu)

Trek Difficulty: Easy to Moderate

Max Elevation: Mardi Himal Base Camp (4,500m)

Best Season: Spring (March–May) and Autumn (September–November)

TRIP HIGHLIGHTS

- Panoramic views of Machhapuchhre, Annapurna South, and Hiunchuli
- Trek through mossy forests, alpine ridges, and high pasturelands
- Less-crowded trail with teahouse accommodation
- Authentic Gurung culture and hospitality
- Dramatic sunrise from Mardi View Point

OUTLINE ITINERARY

Day 1 – 2: Arrival in Kathmandu; Sightseeing & preparation

Day 3 – 4: Drive or fly to Pokhara, then to Kande, and trek to Deurali.

Day 5 – 6: Trek to Forest Camp (2,550m) and then to Low Camp (3,150m)

Day 7 – 8: Trek to High Camp (3,550m); Hike to Mardi Himal Base Camp (4,500m), return to High Camp or Low Camp

Day 9 – 10: Descend to Siding village, drive to Pokhara, fly to Kathmandu & departure



WHAT TO EXPECT

Physical Challenge: Moderate trekking with steep but manageable ascents

Accommodation: Local teahouses (basic but comfortable)

Food: Nepali staples (dal bhat), noodles, pancakes, tea, coffee

Weather: Cold mornings and evenings at high camp, milder during the day

Detailed Itinerary

DAY 1: ARRIVAL IN KATHMANDU

Activities: Arrive at Tribhuvan International Airport, transfer to hotel

Accommodation: Overnight in Hotel

DAY 2: KATHMANDU SIGHTSEEING & TREK PREPARATION

Activities: Explore UNESCO sites, prepare trekking permits, final gear check

Accommodation: Overnight in Hotel

DAY 3: KATHMANDU TO POKHARA

Activities: Fly (25 mins) or drive (6-7 hrs) to Pokhara, a picturesque lakeside town.

Accommodation: Overnight in Hotel

DAY 4: POKHARA – KANDE – DEURALI

Activities: 1.5-hour drive to Kande, then 3 – 4 hours trek to Deurali via Australian Camp, as we ease ourselves into the trek.

Accommodation: Teahouse in Deurali

DAY 5: DEURALI TO FOREST CAMP

Activities: Trek through thick rhododendron and oak forests, making a serene and quiet walk in the heart of nature. In the distance, the snow-peaked mountains begin to appear.

Accommodation: Teahouse in Forest Camp

DAY 6: FOREST CAMP TO LOW CAMP

Activities: En route Low Camp, the trail continues through dense forest before gradually thinning into moss-covered trees and scant vegetation, indicating we have arrived in the alpine region. At Low Camp, we are greeted with a spectacular view of Macchapucchre.

Accommodation: Teahouse in Low Camp

DAY 7: LOW CAMP TO HIGH CAMP

Activities: Ascend through open ridgelines with panoramic views of the Annapurna South, Hiunchuli, and Machhapuchhre.

Accommodation: Teahouse in High Camp

DAY 8: MARDI HIMAL BASE CAMP HIKE AND RETURN

Activities: Pre-dawn trek to Mardi Base Camp for a spectacular Himalayan sunrise, something that poets write about, and return to High or Low Camp

Accommodation: Teahouse in High or Low Camp

DAY 9: DESCEND TO SIDING AND DRIVE TO POKHARA

Activities: Trek down to Siding Village (4-5 hrs) and drive to Pokhara

Accommodation: Overnight in Hotel

DAY 10: POKHARA TO KATHMANDU – FLIGHT

Activities: Morning flight (25 mins) to Kathmandu.

