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Mardi Himal Trekking is one of the fascinating tropical trekking routes in the western part of the Annapurna region in Nepal. The Mardi Himal is located near the Annapurna base camp and is considered one of the most hidden and least explored jewels in the Himalayas. Mardi Himal Trek offers a scenic and excellent experience of the mountainous atmosphere, the views of green hills, snow-capped mountains, and walks through the pristine forest of beautiful rhododendron and oak trees.

Mardi Himal Trek highlight

- ❖ Walk off the tourist trails through rhododendron forests, various suspension bridges, paved paths, and charming villages.
- ❖ The Mardi Himal Trek route is full of different flora and fauna.
- ❖ Immerse yourself in the rural lifestyle while visiting pleasant Village.
- ❖ Unique and lively tradition and culture of the Magar and Gurung
- ❖ Enjoy breathtaking views of many mountains in the Annapurna region
- ❖ The best view of Mount Machhapuchre (Fishtail).
- ❖ Magnificent view of the base camp of Mount Annapurna.

Introduction of Mardi Himal Trek

The Mardi Himal Trek is short and easy. The Mardi Himal base camp trek 4500 meters is the highest point of this hike. In the Mardi Himal base camp, we will enjoy the beautiful nature. We will spend some time exploring the brilliant Himalayas and snowy landscapes. The Mardi Himal Base Camp Trek is becoming more popular every day.

It is a less-traveled route located in the most visited destination, Annapurna region. Get an excellent opportunity to experience the culture and venture into

the Machhapuchhare base camp. The exciting and thrilling trail leads you through lush valleys, alpine meadows, and stable lichen-laden forests, various streams, and waterfalls. The fascinating mountain landscapes are brilliant on the nearby horizon. The path is not so crowded and not touristy.

The Mardi Himal Base Camp is the most popular trekking destination in the Annapurna region. The trip allows you to experience picturesque mountainous surroundings, a view steeped in green hills and snow-capped mountains. You will go towards the untouched forest of beautiful rhododendrons and oaks. On your way to Mardi Himal, there is Annapurna South, Himchuli, and Machhapuchhre Peak in front of you. Mardi Himal is the shortest route. The path starts in Pokhara, sails on the beautiful lakes, go through the pine, juniper and rhododendron forest, and the rivers. The way takes us deep to the upper of Mardi Khola. This route gives you a taste of reality if you have little experience in the Alps.

Mardi Himal Trekking package is designed to give you the best experience you can have in this less-traveled area. We'll take you on the uninhabited path so you can peacefully explore more of these beautiful places. Throughout the trip, you can explore the culture and daily life of the Magar and Gurung and spend the night in their tea houses.

Detailed itinerary of the Mardi Himal Base Camp Trek

Day 01: - Welcome to Tribhuvan International Airport, Kathmandu.

We will pick you up at the airport and take you to your reserved hotel. You will check-in at the hotel. After registration, we will host a briefing session about your trip. You will have a meeting with your tour and trekking guide and discuss the necessary trekking equipment. If you come at night, we will have the same discussion the next day in the morning.

Meals included: None

Day 02: - Full day sightseeing tour through the Kathmandu and trekking preparation

The next morning, after breakfast, we will take you on a full-day sightseeing tour of the Kathmandu Valley. You can visit the Pashupatinath and Swyambhunath Temple pilgrimage center, which is very old and essentially a UNESCO World Heritage Site. With the largest Buddhist stupa in Boudhanath, you can feel calm and peaceful and visit Patan, the city of fine arts, which is also full of Hindu temples and Buddhist monuments. On the way back to the hotel, you can explore the surrounding area, canyons, and lifestyle. After that, you might be able to take a walk through the famous streets like Thamel and Durbarmarg.

Meals included: Breakfast

Day 03: - Flight or Drive to Pokhara, (25 minutes flight or 7 hours bus ride)

After breakfast, we will take you to the domestic airport for a 25-minute trip to Pokhara. If you want, you can take a deluxe tourist bus to Pokhara or by car for about 6-7 hours to explore and enjoy the scenic beauty in every way. In the evening, take a boat trip on Lake Phewa, where you can enjoy the spectacular view of the Annapurna Himalaya, which is reflected in all its splendor in the calm green water of the lake.

Meals included: Breakfast

Day 04: - Drive to Phedi and trek to Deurali: 30 minutes by car, 4-5 hours walking

Take a 30-minute drive to the Phedi, the starting point of the trek. The central part of the Dhampus valley is located on the more than 500-meter high ridge. Brahmins, Chhetris, and Gurung, inhabit the area. If you cross the dirt road a few times and the stone steps make the path more adventurous. The spectacular panoramic view of the Annapurna Himalayas makes your journey much enjoyable. You will spend the night in Deurali in a local guest house.

Meals included: Breakfast, lunch, and dinner.

Day 05: - Trek from Deurali to the forest camp: Walking Distance 6 hours.

Today, you will walk for about 6 hours. The hike leads into an enchanted forest of birch, mountain oak, giant rhododendron, hemlock, maple, and daphnia. The night here is relaxing after a long, challenging, but adventurous journey. We will spend the night in Forest in a local guest house.

Meals included: Breakfast, lunch, and dinner.

Day 06: - Trek from Forest Camp to the Low camp: Walking Distance 5-6 hours

Today, you continue to walk through dense forests and admire the rich biodiversity of Nepal and reach the low camp. From here, you can see a fantastic view of Mount Fishtail (Machhapuchre) in the valley. At night we can spend some time watching the local lifestyle. We will spend Night in the low camp.

Meals included: Breakfast, lunch, and dinner.

Day 07: - Trek From Low camp to high camp: Walking distance 3-4 hours.

It will climb up the ridge towards Mardi Himal. From the high camp, you have a fascinating view of the Himalayas. Then hike on a relatively narrow and steep path to Mardi Himal Base Camp, also known as the Upper View Point, for about an hour, and the view from here is worth everything. There will be beautiful views of mountains such as Mardi Himal, Annapurna I, Annapurna South, Hiunchuli, Baraha Shikhar, Carp Peak, Singhachuli, Machapuchare, and many others. After enjoying the fascinating view of the surroundings, you can return to the high camp and rest. Night stay in the local guest house.

Meals included: Breakfast, lunch, and dinner.

Day 08: - Acclimatization Day, you can walk to the Mardi Himal Viewpoint.

Today you can have a day off. In the early morning, head to the Mardi Himal vantage point to see the sunrise in the mountain range. You can see yak, sheep, and goats grazing in the lowlands of the Village. After a great view, descend to the high camp to sleep in a local guest house. The aspect of the Himalayan view from here is fantastic.

Meals included: Breakfast, lunch, and dinner.

Day 09: - Trek from High Camp to Siding Village: walking distance 6-7 hours

After breakfast, today's trip begins a slow descent through the shadows of the forest and into the terraced fields up to 1600 m. It is another route to the upper Mardi Khola. Here we move along the banks of the Mardi Khola from the mountain town of Siding through the beautiful fields, past the simple farms, and over the new suspension bridges

Meals included: Breakfast, lunch, and dinner.

Day 10: - Trek from Siding to Lumre and drive back to Pokhara

Today, after breakfast, we take a walk through the Village of Kalimati. After Kalimati, we will arrive in Ghalel, mixed with the Brahmins and the Gurung. We will walk to Lumre and return to Pokhara by jeep. Night stay in Pokhara at the hotel.

Meals included: Breakfast and lunch.

Day 11: - Pokhara to Kathmandu, 25 minutes flight, or 6/7 hours by car.

You can take a flight or drive a private tourist bus or car to Kathmandu. At night you can spend your last night in Nepal. Hotel accommodation.

Meals included: Breakfast

Day 12: - Final departure

We will take you to the Kathmandu international airport for your return journey.

Meals included: Breakfast

Included in the cost

- ❖ Pickup and Drop off at Kathmandu International Airport in a private vehicle
- ❖ A three-star deluxe hotel in Kathmandu and Pokhara including breakfast
- ❖ Accommodation in the tea house during the walk
- ❖ Three meals a day including tea, coffee, and fruits during the trek
- ❖ All ground transportation in a luxury vehicle according to the travel plan

- ❖ An experienced, English-speaking, state-licensed trekking guide
- ❖ Porter service fee
- ❖ Salary, insurance, equipment, meals, and accommodation for staff.
- ❖ Necessary papers and trekking permits including ACAP and TIMS
- ❖ Medical equipment carried by trekking guide
- ❖ All state and local taxes

Not included in the cost

- ❖ Nepal entry visa fee
- ❖ International Air tickets cost to and from Kathmandu
- ❖ Rescue and travel insurance
- ❖ Excess baggage charges
- ❖ Any meals other than breakfast in Kathmandu and Pokhara
- ❖ Additional night stays in Kathmandu and Pokhara in case of early arrival.
- ❖ Tips for guides, porter, and drivers

Food and accommodation

During the trek, you will stay in 3-star hotels in Kathmandu and Pokhara as well as in the tea house. All accommodations are on a twin or double sharing basis. We can arrange a Single supplement on your request and costs an additional \$ 300. We reserve the best tea houses available during the trek, but we understand that the Mardi Himal Trek trails are less frequented by tourists than the other hiking area. Therefore, the equipment of the guest house will be straightforward. Also note that single rooms are available in Kathmandu and Pokhara, but finding them during the hike can be difficult.

During your trip, you can enjoy authentic Nepalese food as well as universal international cuisine. Breakfast and dinner are offered from the tea house or from an accommodation menu where we spend the night. However, lunch is being provided on the way to the next destination. All meals, including breakfast, lunch, and dinner, are provided during the hike, while only breakfast is offered in Kathmandu and Pokhara.

Travel insurance

Travel insurance for each itinerary of our company is a prerequisite for booking a holiday. You must have at least one emergency and repatriation insurance, which should include the cost of rescue on the mountain. Please carefully read the terms of your insurers, in particular, make sure that the following is covered: 1) activity (i.e., tourism, trekking, or mountaineering) 2) maximum altitude reached in walking 3) evacuation of the helicopter in case of emergency.

You must understand that you are ultimately responsible for all costs associated with the evacuation and return procedures and that it is your responsibility to bear the costs of the evacuation or medical treatment. You should be fully aware of the effects of organizing your travel insurance and understand the limitations and exclusions of your policy. Please note that in certain circumstances, our company leader can initiate helicopter rescue in medical emergencies without first asking your insurance company for approval.

Physical condition and experience requirements

Mardi Himal Trek is a moderate hike. If we can walk about 5 to 6 hours a day, you can easily walk longer hours with a light backpack. The trail is relatively more comfortable for those who are used to walking at higher altitudes. We ask you to run and train regularly at least a few months before the start of your trip. Past hiking experiences would be a bonus, but no technical skills are required for this trip. It is also essential that you consult with your doctor before booking the trek.

Best time for Mardi Himal Trek

Although the spring and fall seasons are considered the best time for Mardi Himal Trek, it is possible to complete it in any season. The months of March, April, and May make the path vibrate with the rhododendron blossom, and the weather is favourable even at pleasant temperatures. September, October, and November are equally pleased with low rainfall and mild temperatures.

Fall and spring are considered the best seasons for trekking as you don't have to worry as much, but Mardi Himal Trek is entirely doable in winter and summer too. Since the trail does not reach great heights, snow is generally not a problem, and if you are ready to face possible monsoon rains, summer is also excellent.

However, you may need to bring additional jackets and sleeping bags for winter trekking and mosquito repellent, as well as waterproof jackets for monsoon trekking.