

# Mardi Himal Trek

The 4-night5-day Mardi Himal trek is known as a moderately easy trek in the Annapurna region. Mardi Himal is the nearest high-altitude trail around Pokhara. You will walk on the high ridges with magnificent views of Mt.Machhapuchre, Mt.Mardi, and Mt.Annapurna mountain ranges.

En route to Mardi Himal, you will love the enticing views of the snow-capped peaks. Walking across the chain of green hills will make for beautiful memories. The food and accommodation during the trek are also reasonable compared to other similar trekking destinations around Pokhara.

## DAY 1:

Difficulty: Moderately easy  
Trekking: 6 Hrs  
Max Altitude: 2100 m  
Drive: 45 minutes

### Drive Pokhara to Phedi and Trek to Pitam Deurali

Early morning after breakfast at Pokhara, we will take a 45 mins to drive to reach Phedi and start our Mardi Himal trek. After walking all the way stairs you will reach beautiful Gurung village Dhampus which has stunning views of the Machhapuchhre and Annapurna mountain range.You'll walk through pine and rhododendron forests all the way up to Dhampus. You'll have lunch at either Dhampus or Pothana with the stunning mountain view.

After lunch, you'll keep hiking until we reach Pitam Deurali. It is a place surrounded by forest where you will relax and enjoy the magnificent mountain views. Overnight stay at Pitam Deurali.

## Day 2:

Difficulty: Moderate  
Trekking: 6 Hrs  
Max Altitude: 3050 m

### Pitam Deurali to Low Camp

Today, on the 2nd day of trek, you'll be trekking from Pitam Deurali to Low camp (3,050m). Low Camp is a beautiful place that provides picturesque views of Mt. Machhapuchhre (6,993 m).You'll gradually ascend uphill for a few hours while passing through the dense sub-tropical forest and you'll reach towards the Forest camp (2,600 m).

After some rest and food at the Forest camp, you'll continue the trek. As you walk through the dense Rhododendron forest, you'll witness some beautiful flora and fauna and might get to see wildlife animals such as Himalayan Thar, Langur Monkeys, and Musk Deer. Overnight at Low Camp.

## Day 3:

Difficulty: Moderate  
Trekking: 5 Hrs Max  
Altitude: 3550 m

### Low Camp to High Camp

On our 3rd day, of the Mardi Himal trek, we will continue along the quiet trail through a dense forest of rhododendron, maple, and oak. Hiking for another 30-45 minutes will bring us to Badale Danda. From Badal Danda, the dense forest ends, and the grassy hill begins. The trail continues along the ridge covered with grass.

We'll also encounter some rhododendron bushes along the way. Finally, after 5 hours of hiking, we'll reach the High Camp where we will spend the night. After the dinner, the guide will discuss and make a plan with you about the next day's Mardi Base Camp summit.

## Day 4:

Difficulty: Moderate  
Trekking: 6-7 Hrs  
Max Altitude: 4500 m

### Low Camp to High Camp

Early morning 4 am at High Camp, we ascend to Mardi Himal Base Camp. Mardi Viewpoint trail passes through grassy patches and some steeper sections, but nothing too hard. Our ultimate destination is Mardi Himal Base Camp, which is about three hours away.

The outstanding Annapurna range peaks are crisp and clear from the top. It's impressive to see the snow-covered mountains and the glaciers. It is at a height of 4500m and offers some panoramic views of Annapurna, Machapuchhre, and Himchuli along with the Mardi Himal itself. Make sure you take enough snaps of this rare scenery before hiking back down to High Camp for Breakfast, and we head down to Badal Dada where we'll have lunch. Overnight stay at Badal Danda.



## Day 5:

Difficulty: Moderate  
Trekking: 7 Hrs  
Altitude: 2000 m  
Drive: 1 hour

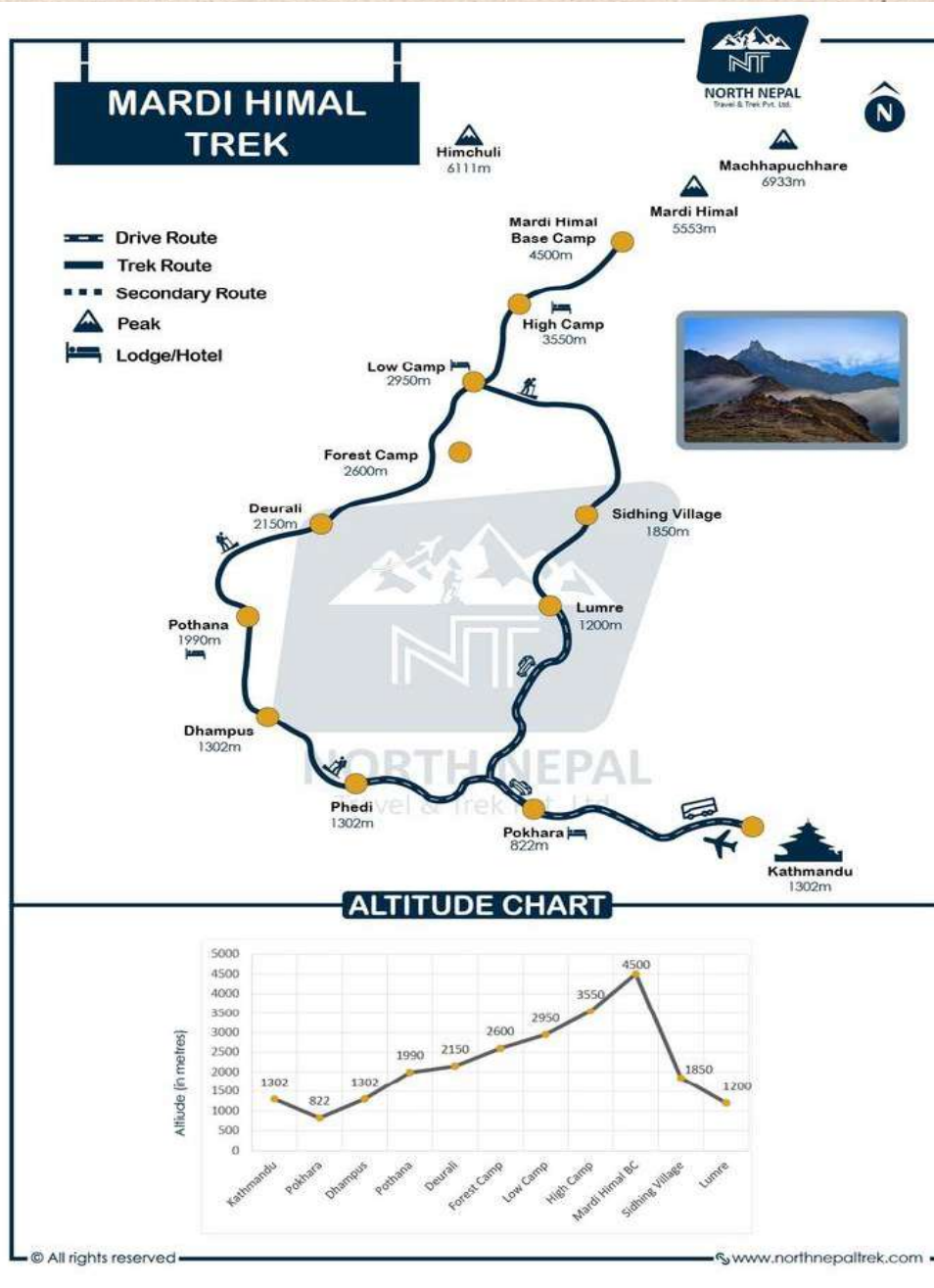
## Trek upto Lumre & Drive back to Pokhara

The last moment at the Badal Dada begins with an incredible sunrise view over the Annapurna range. After breakfast, we trek down through the rhododendron forest.

We take a different path, so the scenery is always refreshing and new. We'll take lunch at Sidhing / Kalimati. After 2 hour trek we reach Lumre. At last, we take a Car/jeep and get back to the Pokhara, Lakeside Valley after 1 hour drive.

The trek ends here.

# Mardi Himal Trek Map







**Mardi Himal Trek Photos**

**NT** NORTH NEPAL  
Travels & Treks

## Trip Highlights:

- ◆ Trek through blooming rhododendron forests.
- ◆ Enjoy a relatively easy trek that many visitors overlook.
- ◆ Immerse yourself in Nepali culture with a local homestay in the hills. One
- ◆ of the Finest and up close view of Mt Fishtail.
- ◆ Encounter authentic Pun and Gurung tribal villages throughout the journey. Natural and
- ◆ Cultural diversity.
- ◆ Relish the splendid views of Annapurna, Machhapuchhre, and Mardi Himal.



## Trip Cost Includes:

- ◆ Pokhara to Phedi & and at the end of the trek back from Lumre village to Pokhara by vehicle.
- ◆ Professional English-speaking guide with his food, accommodation, salary, insurance, equipment, medicine, transportation, etc.
- ◆ Entry permit for trekking (ACAP) Permit & TIMS.
- ◆ Sleeping bag & and trekking poles, if necessary ( return after the trek )
- ◆ Set Breakfast/Lunch/Dinner during the trek:
- ◆ **Breakfast:** Cereal, Porridge, rice pudding, egg dish with bread and toast, bread with jam and honey, Pancakes with jam and honey, with tea or coffee.
- ◆ **Lunch & Dinner Items:** Dal Bhat (mostly recommended), noodles soup, fried noodles, spaghetti chapati, Spring roll, macrony, swiss rosti, pizza, veg curry with plain rice, Tibetan Momo, Thukpa, french fries, fried potato, boiled potato and much more.
- ◆ Teahouse accommodation during the trek.
- ◆ Tourist service charge, VAT, local tax etc ( No hidden charges )
- ◆ Achievement certificate of North Nepal Trek company

## Trip Cost Excludes:

- ◆ Travel and rescue insurance. Any
- ◆ domestic flight cost
- ◆ Porters who can carry up to 25 kg and his expenses during the trek
- ◆ Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porters, water bottle or boiled water, shower, etc.).
- ◆ Tips and gratuities for the guide
- ◆ Costs arise from out of unforeseen circumstances such as bad weather, landslides, road conditions, and any other circumstances beyond our control, etc.
- ◆ Any other expenses which are not mentioned in the including section.

 **NORTH NEPAL**  
Travels & Treks

**THANK YOU!**

[www.northnepaltrek.com](http://www.northnepaltrek.com)

Email: [info@northnepaltrek.com](mailto:info@northnepaltrek.com)