

Mardi Himal Trek



The Mardi Himal Trek is a scenic and less-traveled route located east of the famous Annapurna Base Camp trail. Known as a hidden gem in the Himalayas, it offers a peaceful trekking experience away from the crowded paths. For those looking to explore a quieter part of the Annapurna region, Mardi Himal Trekking is the perfect alternative.

This beautiful trek takes you through enchanting rhododendron forests, traditional villages, and alpine landscapes, eventually leading to the stunning Mardi Himal Base Camp at 4,500 meters. From the base camp, you can enjoy panoramic views of majestic peaks like Machapuchare (Fishtail), Annapurna South, and Hiunchuli.

Trek Highlights:

- Peaceful alternative to Mardi Himal Base Camp
- Stunning views of the Annapurna and Dhaulagiri ranges
- Dense forests and high alpine terrain
- Welcoming local tea houses and homestays
- Ideal for both beginners and experienced trekkers

Where is Mardi Himal Trek?

Mardi Himal Trek is located in the Annapurna region of Nepal, east of the famous Annapurna Base Camp trails. The trek starts near Pokhara and leads to Mardi Himal Base Camp (4,500m), offering stunning views of Machapuchare, Annapurna South, and Hiunchuli. It's a peaceful, off-the-beaten-path route within the Annapurna Conservation Area.

Detailed Itinerary

Day 1: Welcome to Nepal - Arrival in Kathmandu

Welcome to Nepal! Upon arrival at Tribhuvan International Airport, make your way to your hotel in Kathmandu (self-transfer).

Day 2: Pokhara - Drive to Kande - Trek to Pitam Deurali (2,100 m)

Your Mardi Himal Trek begins with a scenic morning drive from Pokhara to Kande, which takes around one hour. From Kande, the trail ascends gradually through dense forest and terraced farmland. Along the way, take a short break at Australian Camp, a picturesque viewpoint offering breathtaking panoramas of Annapurna and the distinctive Machapuchare (Fishtail) peak.

Day 3: Trek from Pitam Deurali to Forest Camp (2,550 m | 5-6 hours)

Today's journey takes you deep into the heart of the forest along a serene and less-traveled trail. The path winds through thick woods filled with rhododendron, oak, and other native trees, offering a tranquil atmosphere and the soothing sounds of nature. Although there are no villages or mountain views along the way, the rich biodiversity and peaceful surroundings create a uniquely immersive trekking experience.

Day 4: Trek from Forest Camp to Bander Danda (Monkey Hill) (3,100 m | 5-6 hours)

Start your day with a steep uphill climb through dense forest, where the trail gradually opens up as you gain elevation. After a couple of hours, reach Lower Camp, a resting point with glimpses of the surrounding hills. From here, continue for about 30 minutes along a gentle ascent to Bander Danda—also known as Monkey Hill. This peaceful and less-crowded viewpoint offers incredible panoramic views of the Annapurna range and Machapuchare (Fishtail).



Day 5: Trek from Bander Danda (Monkey Hill) to High Camp (3,600 m | 3-4 hours)

Today’s journey takes you above the tree line as you follow a narrow ridge with wide-open views of the Himalayan landscape. The trail is relatively short but steadily uphill, allowing plenty of time to rest and acclimatize. As you ascend, enjoy stunning close-up views of Annapurna South, Hiunchuli, and the iconic Machapuchare (Fishtail Peak).

Day 6:Hike to Mardi Himal Base Camp (4,500 m) and Return to High Camp (6-7 hours)

Rise early for the most rewarding day of the trek—your ascent to Mardi Himal Base Camp. The trail climbs steadily along narrow ridgelines and rocky sections, offering incredible panoramic views as the sun rises over the Himalayas. As you reach the base camp, you’ll be greeted with breathtaking sights of Mardi Himal, Annapurna I, Hiunchuli, Gangapurna, and the majestic Machapuchare (Fishtail). After soaking in the views and capturing some unforgettable moments, retrace your steps back to High Camp for a well-earned rest.

Day 7: Trek from High Camp to Forest Camp (2,550 m | 5-6 Hours)

After breakfast, begin your descent from High Camp, retracing the scenic ridge trail surrounded by alpine vegetation and sweeping mountain vistas. The downhill walk is gentler on the body, allowing you to enjoy a more relaxed pace. As you move lower in altitude, the forest canopy thickens once again. Reach Forest Camp by afternoon and unwind in the peaceful surroundings of the tranquil woodland setting.



Day8: Trek from Forest Camp to Landruk Village (1,565 m | 5-6 hours)

Today’s trail descends steadily through dense forest and vibrant terraced hillsides. As you lose altitude, the vegetation changes, and the views open up to the beautiful Modi Khola Valley. Arrive at Landruk, a traditional Gurung village known for its rich culture and scenic setting. Enjoy the warm hospitality, explore the stone-paved alleys, and soak in the panoramic views of Annapurna South and Hiunchuli.

Day 9: Return Drive to Pokhara-Approx. 2-3 Hours

After a peaceful breakfast in Landruk, enjoy a short walk to the nearby road access point. From here, a scenic drive takes you back to Pokhara, passing through lush hills and river valleys. Upon arrival, spend your afternoon relaxing by Phewa Lake, exploring local markets, or simply unwinding with the majestic Annapurna range in the background. It's the perfect way to wrap up your Mardi Himal trekking adventure.

Day 10: Scenic Drive from Pokhara to Kathmandu - Approx. 6-8 Hours

After breakfast, depart Pokhara for a picturesque drive back to Kathmandu along the Prithvi Highway. The journey offers scenic views of rushing rivers, green hillsides, traditional villages, and terraced farmland—capturing the essence of Nepal's countryside. Upon reaching Kathmandu, check into your hotel and enjoy a peaceful evening at leisure. You can relax at a cozy café, take a stroll through Thamel, or reflect on your incredible trekking experience.

Inclusions:

- **Transportation:** Comfortable tourist bus between Kathmandu and Pokhara, with private car or jeep transfers from Pokhara to Kande and Landruk back to Pokhara.
- **Accommodation During Trek:** Basic tea house/Hotel stays in twin-sharing rooms
- **Guide Services:** Professional, licensed, and English-speaking trekking guide
- **Porter Service:** 1 porter for every 2 trekkers (carrying up to 15–20 kg combined)
- **Permits:** All necessary trekking permits and local entry fees
- **First Aid Kit:** Basic first aid supplies carried by the guide
- **Drinking Water:** Safe drinking water (filtered/boiled) during the trek
- **Support Staff Costs:** Guide and porter wages, food, accommodation, and insurance
- **Government Taxes:** All applicable government and local taxes



Exclusions:

- Nepal Visa Fees (obtainable upon arrival at Kathmandu airport)
- International Flights to and from Nepal
- Meals on Trek: Breakfast, lunch, and dinner with tea/coffee during trekking days
- Accommodation in Kathmandu before and after the trek (unless stated in package)
- Meals in Kathmandu: Lunch and dinner in the city
- Personal Expenses: Snacks, beverages, extra drinks, hot showers, battery charging, Wi-Fi, and laundry
- Travel Insurance: Must include emergency medical evacuation coverage
- Trekking Gear: Sleeping bag, trekking poles, and personal equipment (available for rent)
- Tips for Guide and Porter (customary but not mandatory)
- Extra Costs Due to Delays: Changes caused by weather, strikes, road blockages, or any unforeseen circumstances.

Best time for the Mardi Himal Trek

The best time for Mardi Himal Trek is during spring (March to May) and autumn (September to November). These seasons offer clear skies, stable weather, and vibrant landscapes. Trekking Mardi Himal in winter is possible for experienced hikers seeking solitude and snow-covered trails but requires proper gear and preparation.



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