

## Overview

Fantastic Mardi Himal Trek is located just east of one of the most legendary trekking destination of Nepal, the Annapurna Base Camp trek. Mardi Himal trek is an unseen gem yet. Few trekkers make their way to the Mardi Himal Base Camp outstandingly positioned at the base of Mardi Himal and the Annapurna region's most iconic mount Machapuchhre literally meaning "Fish tail". The trail goes along small winding paths, through enchanted rhododendron forests until you climb out of the forest at an elevation around 3,300 meter. The landscape changes quite abruptly into a rugged high mountain landscape, with amazing views of Mardi Himal, Machapuchhre, Annapurna South and Hiunchuli.

From High Camp (3700m; some maps incorrectly mention 3900 m) you can climb up to Mardi Himal Base Camp in about 3-4 hours, which offers spectacular close up views of the entire Annapurna Range. There are simple guesthouses and homestays along the entire route. If you plan to do this trek in the winter months please check with a us Wilderness Excursion – Kathmandu based registered adventure trekking company operated by enthusiastic trekking pioneers.

## When to trek?

Mid Sept-October – November is Autumn Season: this is Nepal's peak and best time to go trekking. March – May is the second best season of year to go trekking. December – January -February: the skies are clear but it can get very cold and there is a risk of passes being closed due to snow fall.

May - June: This is Nepal's hot pre-monsoon season and it can get very warm indeed. The valleys however are starting to bloom with flowers though green leaves come up, still a good time to trek.

June - Mid September: this is Monsoon season and the least popular time to go trekking in Nepal. The risk of leeches, downpours increases greatly. Due to the early forested areas leeches at this time of year in Mardi Himal are quite active! Wear long trekking trousers tucked in at this time of year. And leech/mosquito repellent spray is recommended to carry with.

## Getting there and away

Like most of the Annapurna treks except Annapurna Circuit, Mardi Himal Trek also starts and ends in Pokhara - second biggest city and naturally blessed place to relax after the big hikes in Annapurna. It is 200km to west from Kathmandu. All domestic airlines run several flights daily from Kathmandu which cost USD 110 - 125.00 per person. And about 7-8 hours drive by tourist bus (Cost USD 10 - 25). Local buses leave every one hour from Kathmandu till 3pm. Green Line Buses (USD 25.00 per person) and other tourist buses leave every morning at 7:00AM. A private car can be arranged if you ask. Wilderness Excursion can arrange and handles everything on your request.

## Itinerary

Mardi Himal Trek Itinerary will be 5 to 7 days from/to Pokhara and 1 to 2 days transportation day from/to Kathmandu depending on time you have and level of your physical fitness. This trek can be combined with other related treks to Annapurna; many people combine this trek with [Ghandruk trek](#), [Panchase Trek](#), [Ghorepani Poon Hill Trek](#) etc. Our carefully designed 8 days itinerary is standard that suits to all average trekkers. Taking domestic flights to Pokhara from Kathmandu and start the trek on same day shortens the trip as flights save your time. We also offer tailor-made Mardi Himal Trek so please send us your detail and requirements.

## How fit I should be?

This trek doesn't require super fitness but however moderate level of fitness is necessary though there is no direct climbing involved. You will need to trek over some rocky section near high camp and base camp. Guide in Himalaya ([Wilderness Excursion](#) - our corporate sister agency) advises our clients going trekking to see a doctor before they go for a check-up and to talk about dealing with altitude sickness. For pure trekking along the Mardi Himal trek in Nepal you'll need to consider the amount of days you'll be out trekking to get an idea of how fit you should be. Most days include 4-7 hours of slow hiking. If you plan to do the trek in 4-5 days (which you can),

## How much does it cost?

Mardi Himal Trek cost depends on the mode of tour, accommodation and transportation. The price here we have offered is USD 399.00 per person inclusive is standard trek price on double occupancy basis for the year 2024. Single supplement charge USD 85.00 for solo clients. The price will be according to budget, standard and deluxe tour plan and group sizes. Taking flights to and from Pokhara saves your time and comfortable rather than taking tiring long bus ride though riding bus reduces the trip cost. Accommodation in Kathmandu will be extra or we leave you a choice to book on your own. We can arrange your transfers to and from Pokhara and accommodation in Pokhara if you ask us. And there will be neat and clean simple trekking lodge accommodation on twin sharing basis during the trek.

## Threat and Risk

Participants should be aware trekking, mountaineering and travelling in a developing country are activities that involve a risk of personal injury or death. As a condition of booking you must accept these risks and be responsible for your own actions and involvement. Adventure travel requires an open and flexible attitude. You may experience extreme conditions, unpredictable weather and last minute changes to the itinerary beyond our control. The ability to work in team is an important aspect of all of our trips. However your Guide in Himalaya tries best to maximize your trip is great fun and lifetime experience.

## Outline Itinerary

**Day 01 : Drive to Phedi and trek to Deurali (2200m, about 3 to 4 hours trek)**

**Day 02 : Trek to Low Camp (2,900m);7 hours walking.**

**Day 03 : Trek to High Camp (3585m) 5-6 hours trekking.**

**Day 04 : Hike Mardi Himlal BC (4500m); back to Middle Camp (3200m)**

**Day 05 : Trek to Kalimaati (1,750m) 6 to 7 hours walking.**

**Day 06 : Trek to Lumre and drive to Pokhara- 3 hours walking and 2 hours driving.**

## Cost Includes

- A registered local trekking guide for 6 Days Mardi Himlal Trek.
- An assistant guide to take care of group if the group size is 10 or more people.
- Meal (5 Breakfasts, 6 Lunches and 5 Dinners) during the trek.
- Sharing twin/double bed room in tea house lodges during trek.
- Your Mardi Himlal Trek guide fee and all his/her expenses.
- Pokhara – Kande transfers by private car / cab or van depending on group size.
- Transfer to hotel in Pokhara after trek by local sharing jeep / cab.
- Necessary insurance for your guide.
- Trekking permission for Mardi Himlal trek.
- Applicable taxes and service charges.

## Cost Excludes

- Airport shuttles, lodging and meals in Kathmandu and Pokhara.
- Bar drinks, beverages such as coke, fanta, sprite and mineral water.
- Travel insurance, Nepal Tourist Visa fees, Items and expenses of personal nature.
- Personal Trekking Equipments and rescue operation in case of emergency.

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- Any expenses which arise due to a change of the itinerary, because of landslides, political trouble, and strikes etc.
- Laundry, phone calls, internet, heater charge.
- Porter if required (it will cost USD 18/porter/day)
- Tips for guide, porters.