

## Overview

### Mardi Himal 5 Days Trek Overview

The 5-Day Mardi Himal Trek is one of Nepal's best short trekking trips in Annapurna. It offers breathtaking views of the Annapurna range, including Machhapuchhre (Fishtail) and Mardi Himal. Unlike the more crowded Annapurna Base Camp or Everest Base Camp treks, the Mardi Himal Trek remains relatively a bit less crowded, providing a peaceful and immersive Himalayan experience.

This 5-day trek is perfect for those with limited time but a strong desire to experience Nepal's natural beauty, traditional villages, and high-altitude landscapes. The trail takes you through lush forests, charming Gurung villages, and high ridges with panoramic mountain vistas.

The trek is relatively short but includes steep ascents, especially on the way to High Camp and Mardi Himal Base Camp. The trail is well-marked, and teahouses provide basic but comfortable lodging.

## 5-Day Mardi Himal Trek Itinerary

### Day 1: Drive from Pokhara to Dhedi Trek to Pritam Deurali (2,550m): 5 hours

- **Morning:** Shuttle from Pokhara and drive to Phedi (50 minutes).
- **Trek Begins:** From Phedi, follow the trail through villages and forests towards Dhampus, the Australian camp, and Potahana.
- **Lunch Stop:** Australian Camp (great views of Annapurna South and Machhapuchhare).
- **Afternoon:** Continue to Pothana and then hike towards Deurali at 2200 m.
- **Overnight:** At Deurali overnight in a teahouse.

### Day 2: Deurali Low Camp (2,990m): 6 to hours

- **Morning:** After breakfast, trek through dense rhododendrons and oak forests.
- **Views:** Occasional glimpses of Annapurna South and Machhapuchhre.
- **Lunch Stop:** At a small settlement before Low Camp.
- **Afternoon:** Reach Low Camp, where the tree line starts thinning, offering better mountain views.
- **Overnight:** Low Camp (better teahouses than Forest Camp).

### Day 3: Low Camp High Camp (3,580m): 5 to 6 hours hiking

- **Morning:** Steep climb through alpine terrain with stunning mountain views.
- **Key Landmarks:** Badal Danda (Cloud Hill) offers panoramic views of Annapurna South, Hiunchuli, and Machhapuchhre.
- **Lunch Stop:** At Middle Camp (optional stop).
- **Afternoon:** Continue ascending to High Camp, where the landscape becomes more rugged.
- **Overnight:** High Camp (basic lodges, colder temperatures).

### Day 4: High Camp Mardi Himal Base Camp (4,500m) Back to High Camp or Low Camp: 7 to 8 hours

- **Early Morning:** Optional sunrise hike to Mardi Himal Base Camp (4,500m).
- **Challenging Section:** Steep and rocky trail, but the views of Mardi Himal, Annapurna, and Machhapuchhre are breathtaking.
- **Return:** Descend to High Camp or further down to Low Camp for a more comfortable stay.
- **Overnight:** High Camp or Low Camp.

### Day 5: High Camp/Low Camp Siding Drive to Pokhara: 6-hour hike downhill and 2-hour drive.

- **Morning:** Descend through villages like Siding or Lumre.
- **Lunch Stop:** In a local village.

- **Afternoon:** Drive back to Pokhara (2-3 hours).
- **Evening:** Relax in Pokhara.

## **To Customize or extend the 5-Days Mardi Himal Trek**

It is possible to extend the trek or customize it in 3 nights and 4 days for expert hikers.

### **4 Days Mardi Himal Trekking for the expert group (Cost US\$ 299 per adult)**

Day 1: Pokhara to Kade drive by car and Trek to Kokar (7-8 hours, 18 km)

Day 2: Trekking to High Camp (3780 m) from Kokar. 6-7 hours, 13km)

Day 3: Excursion Mardi Base Camp and trek to Low Camp, (6-7 hours; 13 km)

Day 4: Trek to Kalimati from Low Camp and drive back to Pokhara. To [learn more](#) about 4 days trekking

### **6 Days Mardi Himal Trekking for the comfortable keen group (Cost US\$ 399 per adult)**

Day 01: Pick up from the hotel and drive to Phedi and trek to Deurali (2200 m, about 3 to 4 hours trek)

Day 02: Trek from Deurali to Low Camp (2,900 m); 7 to 8 hours walking.

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

Day 04: Early morning excursion to Mardi Himal BC (4500 m); back to Middle Camp (3200 m)

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

Day 06: Trek from Kalimati to Lumre and drive to Pokhara: 2 hours walking and 2 hours driving. To [learn more](#) about 6-day trip

### Best Time to Trek Mardi Himal

- **Spring (March-May):** Rhododendron blooms, clear skies, moderate temperatures.
- **Autumn (September-November):** Stable weather, excellent visibility, cool temperatures.
- **Winter (December-February):** Cold, possible snow at higher altitudes.
- **Monsoon (June-August):** Rainy, slippery trails, leeches—not recommended.

## **Packing List for Mardi Himal Trek**

### **Clothing:**

- Moisture-wicking base layers
- Insulated jacket (down or synthetic)
- Waterproof shell jacket
- Trekking pants & thermal leggings
- Warm gloves, hat, and buff
- Sturdy hiking boots & socks

### **Gear:**

- Backpack (30-40 L as per your preference)
- Trekking poles
- Sleeping bag (for cold teahouses)
- Headlamp & extra batteries
- Water bottle or hydration bladder

### **Essentials:**

- Sunscreen & lip balm
- Sunglasses (UV protection)
- First aid kit (blister plasters, painkillers, altitude meds)
- Snacks (energy bars, nuts)

### **Documents and permits:**

- TIMS card & Annapurna Conservation Area Permit (ACAP)
- Passport & copies
- Travel insurance (covering high-altitude trekking)
- Permits Required: Annapurna Conservation Area Permit (ACAP) and TIMS included as part of the package.

## Difficulty and Fitness Level

- **Moderate difficulty:** Steep sections, high altitude.
- **Fitness Tips:**
  - Cardio training (hiking, running, cycling)
  - Strength training (legs & core)
  - Practice hiking with a loaded backpack

### Important Tips for making Mardi Himal Trek successful

- **Acclimatize Properly:** Don't trek fast; listen to your body.
- **Stay Hydrated:** Drink at least 3L of water daily.
- **Trek Light:** Only essentials—avoid overpacking or Hire a porter if necessary.
- **Respect Local Culture:** Dress modestly; ask before taking photos.
- **Hire a professional guide:** Helps with navigation and local insights. (An experienced professional guide is included.)

## **Final say**

The 5-day Mardi Himal Trek is an incredible adventure for those seeking a shorter, less crowded alternative to Nepal's famous treks. With stunning mountain views, diverse landscapes, and a peaceful atmosphere, it's perfect for trekkers who want an authentic Himalayan experience without the long duration.

By following this itinerary, preparing well, and respecting the environment, you'll have an unforgettable journey through one of Nepal's most beautiful hiking trails.

## **Outline Itinerary**

### **Cost Includes**

- Three meals a day during the trekking (Breakfast, Lunch & Dinner)
- Room in mountain trekking lodges on a twin/triple shared basis.
- Escort to trek destination from Pokhara (Phedi).
- Drop back to Pokhara from the trekking ending route.
- An experienced local Mardi Himal Trek Guide .
- Guide fee with his/her insurance, food, and accommodations.
- All required 5-Days Mardi Himal Trekking permit
- All needed official fees and taxes.

### **Cost Excludes**

- Accommodations, meals and transfers in Pokhara and Kathmandu
- Transfer fare between Kathmandu and Pokhara
- Bills of bar and beverage drinks during the trek to Mardi Himal Trek.
- Personal trekking gear and travel insurance
- Porter (Inform us while booking if you need porter.)
- Personal nature expenses such as toiletries, laundry, and phone calls.
- Medication and rescue evacuation in case of emergency.
- Tipping your guide.