

Mardi Himal Trek – Into the Heart of the Annapurna Region

Overview:

The Mardi Himal Trek is a scenic and rewarding trekking route in Nepal's Annapurna region, known for its quieter trails, diverse landscapes, and close-up mountain views. The route takes trekkers from the lower foothills through dense rhododendron and oak forests, traditional mountain settlements, and open alpine landscapes before reaching the high ridges below Mardi Himal.

As the trail gains altitude, the forest gradually gives way to alpine meadows and rugged mountain terrain, with increasingly impressive views of Machapuchare (Fishtail), Annapurna South, Hiunchuli, and the surrounding peaks. The journey towards Mardi Himal Base Camp offers a different perspective of the Annapurna range, with the mountain scenery becoming more dramatic as the trail reaches the higher elevations.

The trek combines moderate walking with the opportunity to experience the local culture and hospitality of the Annapurna region. Accommodation is provided in comfortable teahouses along the route, allowing trekkers to experience village life while enjoying the changing mountain landscapes. With its relatively short duration, varied terrain, and spectacular Himalayan views, the Mardi Himal Trek is an excellent choice for trekkers looking for a quieter and less demanding alternative to some of Nepal's longer Himalayan routes.

Quick facts:

Cost: USD per Person

Destinations: Pokhara / Mardi Himal Base Camp / Kade

Duration: 12 Days

Trek starting point: Kade

Trek ending point: Lumre

Grade: Moderate

Transportation: Tourist coach / Private vehicle

Accommodation: tea house, tourist standard hotel in Kathmandu

Max altitude: 4,500 m

Activities: Hiking & trekking, cultural tour, sightseeing

Best seasons: March, April, May, October, September and November

Please do not forget to carry the following items with you:

- Passport size Photos
- Torchlight / Headlight
- Warm cap
- Sunglass and sun-cream
- Sleeping bag (light weight)
- Trekking sticks
- Dry fruits and chocolates
- Down jacket
- Backpack (No luggage or hand carry)
- Trekking trousers
- Trekking shoes (No any converse and Vans shoes)

PROGRAM ITINERARY

□ **Day 1: Arrival at Kathmandu**

Arrival at Tribhuvan International Airport. Our Staff member meets you and transfers you to the hotel.

Overnight stay at a hotel.

□ **Day 2: Kathmandu Sightseeing and preparation for trekking**

Morning wake-up and breakfast in the hotel

Our guide will meet you at your hotel and brief you about the upcoming trek. He will guide you through all the formalities and necessary paperwork required for the trek.

After that, we then do a sightseeing tour in Kathmandu Valley of famous UNESCO world heritage sites like Boudhanath, one of the largest Stupas in the world and Swayambhunath, a famous monkey temple. Apart from Sightseeing, we also get a TIMS card and permits for our trekking on this day. In the evening, we do initial preparation for the trek.

Overnight stay at a hotel.

□ **Day 3: Drive from Kathmandu to Pokhara (1,400 m) : 7 – 8 hours drive**

To begin our Mardi Himal Trek, we enjoy an early breakfast at the hotel before departing from Kathmandu to Pokhara by comfortable tourist coach. The scenic drive along the Prithvi Highway showcases picturesque rivers, terraced hillsides, and charming rural landscapes, with lunch served at a selected highway restaurant en route. Upon arrival in Pokhara, we transfer to the hotel, and in the evening, take a leisurely walk around Phewa Lake while completing final preparations and a briefing for the trek ahead. Overnight stay at a hotel.

□ **Day 4: Drive to Kande (1,770 m) and trek to Pothana(1,900 m): 1.5 hour drive, Walking Distance | 4 – 6 km | 3 – 4 hours**

Early in the morning, we enjoy breakfast at the hotel before driving from Pokhara to Kande, the starting point of our trek (approximately 1.5 hours). Upon arrival, we take a short rest and begin our trek toward Australian Camp at an elevation of 1,810 meters. The trail starts with a steep climb through stone steps and forested sections up to Dhampus, then becomes a pleasant, gentle walk toward Pothana, taking about 3–4 hours in total from Kande. Pothana sits at an elevation of approximately 1,950 meters, surrounded by lush forests and panoramic mountain views. Here, we stay overnight at a comfortable teahouse lodge, enjoying the serene Himalayan environment and preparing for the next day of trekking.

Overnight stay at a teahouse.

▮ **Day 5: Trek to Low Camp (2,990 m): Walking distance | 5 – 6 km | 3 – 4 hours**

Early in the morning, after breakfast at the teahouse in Pothana, we begin our trek to Low Camp. The trail steadily ascends through lush rhododendron forests, terraced fields, and traditional hillside villages, offering spectacular views of the surrounding Himalayan peaks. The trek covers approximately 5–6 kilometers and takes about 3–4 hours, with an elevation gain from 1,900 meters at Pothana to 2,990 meters at Low Camp. Upon arrival, we check into a teahouse lodge and enjoy the tranquil mountain environment, taking in panoramic vistas and preparing for the next stage of our Mardi Himal adventure. Overnight stay at a teahouse.

▮ **Day 6: Trek from Low Camp to High Camp (3,550 m): Walking Distance | 5 km | 3 – 4 hours**

After breakfast at Low Camp, we continue our ascent toward High Camp, where the trail rewards us with breathtaking views of Machhapuchhre, Annapurna South, and the surrounding Himalayan peaks. The trek from Low Camp to High Camp spans roughly 5 kilometers and takes about 3–4 hours, climbing from 2,990 meters at Low Camp to approximately 3,550 meters at High Camp. Upon arrival, we settle into a teahouse lodge, taking in the panoramic Himalayan vistas and resting for the early morning summit walk or base camp visit the next day. Overnight stay at a teahouse.

▮ **Day 7: Excursion to Mardi Himal Base Camp (4,500 m) and back to Low Camp: Walking Distance | 4 – 5 km | 3 – 4 hours**

The plan for today is to wake early for a sunrise view of the mountains then after an early breakfast walk up the ridge towards Mardi Himal Base Camp. There is a well-established trail through the grass with a couple of steeper sections however overall not too challenging. Look out for the dzokpo (yak/ cow crossbreds) grazing up here as well as Danphe pheasant. In the summer the sheep and goats from lower villages are brought up to graze in this area so you will pass a number of herder's huts along the way. After three hours you should reach Base Camp at the elevation of 4500m this is where one can look into the Annapurna Sanctuary and the panorama view is spectacular looking at the south face of Annapurna and all of the peaks in the Sanctuary as well as Hiunchuli and Machhapuchhre (Fishtail). We stay overnight at Low Camp in a teahouse again.

▮ **Day 8: Trek from Low Camp to Siding village (1,800 m): Walking Distance | 10 – 12 km | 4 – 5 hours**

From Low Camp (3,150 m), the trail descends over approximately 4–5 hours toward Siding village (1,800 m), providing an alternative route that completes the Mardi Himal circuit without retracing the ascent. Siding is a serene, traditional Nepalese settlement, largely untouched by mainstream tourism, where visitors gain an authentic insight into rural life. Accommodation is typically arranged in a family-run homestay, often operated by the same proprietors as the lodge at Low Camp, offering a unique cultural immersion. In the evening, guests may partake in a traditional Dal-Bhat dinner with the host family, experiencing firsthand the rhythms and hospitality of village life. Overnight stay at a teahouse.

▣ **Day 9: Trek from Siding to Lumre (1,206 m): Walking Distance | 18 – 20 km | 6 – 7 hours**

From Siding (1,800 m), the trail gradually descends toward the roadhead at Lumre (1,206 m), passing through the villages of Kalimati and Ghalel. Kalimati is predominantly a Brahmin settlement, while Ghalel and Siding feature a mix of Brahmin and Gurung communities. Along the way, trekkers can explore the surroundings, observe traditional village life, and interact with locals, gaining a deeper appreciation of the region's cultural diversity. The trek covers approximately 18 km, typically taking 6–7 hours. Overnight stay at a teahouse.

▣ **Day 10: Drive back to Pokhara (820 m)**

From Lumre, trekkers drive along a scenic road through the lush Pokhara Valley back to Pokhara (820 m). The journey takes approximately 1.5–2 hours, passing through small villages, farmland, and forested hills, offering a final glimpse of rural Nepali life before returning to the city. This marks the conclusion of the Mardi Himal circuit, where trekkers can enjoy the comforts of Pokhara, including riverside cafés, local markets, and views of the Annapurna range. Overnight stay at a hotel.

▣ **Day 11: Drive from Pokhara to Kathmandu: 7 – 8 hours drive**

After completing the Mardi Himal trek and spending time in Pokhara (820 m), trekkers can drive or take a private vehicle to Kathmandu (1,400 m). The journey covers approximately 200 km and typically takes 7 – 8 hours, depending on road conditions and traffic. The route passes through scenic valleys, terraced farmland, rivers, and small towns, offering a glimpse of rural and urban Nepal along the way. Upon arrival in Kathmandu, travelers can relax and explore the historic city, including its vibrant markets, cultural landmarks, and temples. Overnight stay at a hotel.

▣ **Day 12: Farewell and final departure**

On the final day, guests are transferred to Tribhuvan International Airport, Kathmandu (1,400 m), for their onward flight. Depending on departure time, there may be an opportunity to explore local markets, historic sites, or cultural landmarks in Kathmandu before leaving. This marks the conclusion of the Mardi Himal trek and the journey through Nepal's spectacular landscapes and vibrant cultures. Guests are bid a warm farewell, taking with them lasting memories of the mountains, villages, and people encountered along the trek.

Alternative: YOU CAN ALSO TAKE A DOMESTIC FLIGHT FROM POKHARA TO KATHMANDU. THE DURATION OF THE FLIGHT IS ABOUT 30 MINUTES. ONE-WAY FLIGHT COSTS AROUND 125 USD PER PERSON. WE CAN MAKE A FLIGHT RESERVATION FOR YOU. PLEASE LET US KNOW.

What's Included:

- ☒ Airport Pick-up and drop Service
- ☒ Hotel Accommodation in Kathmandu (twin sharing basis) with breakfast
- ☒ Guided Tour of Kathmandu valley with an experienced tour guide
- ☒ Sightseeing charges and Entry fees
- ☒ Accommodation during the trek (teahouse / guesthouse / homestay)
- ☒ All meals during the trek (Breakfast, Lunch, Dinner)
- ☒ Transportation (tourist coach / local bus / private vehicle)
- ☒ Experienced licensed English-speaking trekking guide
- ☒ Local government Entry Permit of Rs. 2000 (started in 2018)
- ☒ Insurance of the Guide and Porter
- ☒ Annapurna Conservation Area Permit
- ☒ TIMS (Trekking Information Management System) Trekking Permit Card
- ☒ Medical kits carried by the guide
- ☒ All necessary paper works, office service charge and all Government Taxes

Optional Add-Ons:

- ☒ Porter (cost: 20 USD per day, carries 15 – 20 kg load. Porter's accommodation, transport and meal is paid by the company)
- ☒ Down jacket, all-season sleeping bag, duffel bag and trekking map (in case you don't have your own. Down jacket, sleeping bag and duffel bag must be returned after completion of the trip).

What's Excluded:

- ☒ Travel insurance (Mandatory: Should include emergency evacuation coverage while trekking up to 5500+ m)
- ☒ International airfare and Visa costs (you can get Visa upon arrival at the airport)
- ☒ Domestic flight KTM – POK , POK – KTM
- ☒ Personal interest items or gears
- ☒ Tips to guide / driver / porter
- ☒ Lunch and dinner in Kathmandu and Pokhara
- ☒ Extra night accommodation in Kathmandu and Pokhara in case of early arrival, late departure, and early return from the mountain (due to any reason) than the scheduled itinerary
- ☒ Beverage and Drink Items / Other Extra facilities like hot shower during trek
- ☒ Any other expenses which are not mentioned in "What's Included" section

Important note:

This note represents the most current information for this itinerary and may supersede any information in the current brochure, including but not limited to the itinerary and price. The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control. We do our best to provide you the best available services but at the same time ask for your understanding to be flexible, in case of unpredictable conditions.

Thank you for choosing Trekadviser, Nepal as your travel partner. We wish you a very pleasant stay in Nepal.