

Mardi Himal Trek



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Mardi Himal Trek

URL: <https://hillarysteptreks.com/trip/mardi-himal-trek/>

Duration

5 Days

Per Person Cost

USD 420

Difficulty

Easy to Moderate

Group Size

1+

Best Seasons

March to May and September
to November

Maximum Elevation

4500m

Accommodation

Tea house

Transportation

Private

Meals

B.L.D

Trip Route

Pokhara - Kande -Deurali -
High Camp- Mardi Base Camp

Trip Highlights

- Mardi Himal Trek is a secluded short trek destination in Annapurna Region.
- The 5-day trek adventure introduces you to the breathtaking scenarios of Annapurna South, Hiunchuli, Machhapuchhre, and Mardi Himal.
- A moderate-difficulty trek allows you to interact with locals of authentic Pun and Gurung tribal villages
- The best months to visit the Mardi Himal trek are February to March and September to October.
- Australian Camp, Pothana, Deurali, Badal Danda, View Point, and Mardi Himal Base Camp are some scenic destinations on the trail.
- Walk through the crimson blossoms of rhododendrons on the Mardi Himal route in February, March, and April.
- Have magnificent sunrise views from spectacular hilltops and the Mardi Himal viewpoint.

Trip Overview

Nepal has been an amazing visitor gateway, offering many of the world's best treks, from short ones to exclusive ones like the [EBC trek](#). Alpine meadows, deep gorges, remote charm, and verdant valleys have attracted visitors to book an adventurous trek in Nepal. Let's explore the Mardi Himal Trek.

The Mardi Himal Trek is one of the more moderately difficult emerging destinations. It is a popular 5-day adventure in the foothills of the Mardi Himal, nestled at 5587 meters. Here is a trip overview of the Mardi Himal Trek:

Mardi Himal Trek whispers the beauty of rhododendron forests, crimson blossoms, and emerald valley views from the top. The journey is about 50 kilometers long and covers diverse landscapes, including the Kande, Deurali, and High Camp.

The trek kicks off from [Pokhara](#) after a half-day drive. You shortly begin to trek through the densely forested area, but you won't be entertained with rural villages in this [short trek](#) of the Annapurna region. Adventures on the 30-mile-long trail of the Mardi Himal will be epic for beginners.

Why the Mardi Himal Trek?

Every step is a victory to personally conquer the Mardi Himal trek with your grit and enthusiasm. The well-maintained route makes your heart pump with anticipation of the breathtaking Himalayan vistas that await. You gradually ascend to Mardi Himal Base Camp, trekking for 7-8 hours from High Camp, treating yourself to spectacular views of Himalayan grandeur.

A few brushstrokes by the painter cannot redefine the warm smile of the trekker greeting the snow-kissed Himalayan peak, until and unless you have a view of your own. This actively signifies how the picturesque mountain under the canopy of stars is a worthy view to summon.

Prayer flags fluttering in the wind along the scenic trail echo rich ancient culture monasteries. Likewise, monks chanting the holy mantras offer the taste of local culture and resonate with the spiritual serenity of the Himalayan destination.

Let's get started on an enduring adventure on the Mardi Trek. Take a sip of yak butter tea and yearn to view the magical sunrise from the top of the Mardi Himal. Wonder how the thrill of conquering the Mardi Himal trek sparks the spirit of resilience within?

Trip Itinerary

Day 01: Drive from Pokhara to Kande 1 hour and Trek to Deurali (2100m) 3-4 hours

We have a fresh start to the trek by meeting with the guide at 6: 30 am in the morning. The representatives of Hillary Steptrek will brief you about the trek and take care of your breakfast and lunch

on the way. The private vehicle will take you on a scenic drive from Pokhara to Kande, which is a one-hour drive.

Shortly after reaching Kande, we begin our trek to Deurali, at an elevation of 2100 m. The well-maintained route to Deurali takes about 3-4 hours of walking through stone-paved ways.

On the way, you pass through the forested route, Australian Base Camp, Pitam Deurali, and finally reach Samjay Deurali. Now, you have opportunities to stay in comfortable guesthouses and interact with locals by the end of the day.

Time:	Accommodation	Meals:
1 hour drive and 3-4 hours trekking	Lodge/Tea house	L.D

Altitude:
2100m

Day 02: Trek from Deurali to Low Camp (2990 m) 6-7 hours

After an early morning breakfast at Deurali, it's time to head toward the destination of the day, Low Camp, at an elevation of 2990 m. The serene trail unfolds before us as we approach Kokar (forest camp). We will have lunch there and take a short rest in the scenic forest destination.

From here, the journey takes you uphill, the stone-paved beckoning onwards with stunning forest scenery. Finally settle in for the night at Low Camp, a well-deserved reward for our six-to-seven-hour odyssey.

Time:	Accommodation	Meals:
6-7 hours trekking	Lodge/Tea house	B.L.D

Altitude:
2990 m

Day 03: Trek from Low Camp to High Camp (3550m) 4 hours

Rise early with a hearty breakfast at Low Camp, as we now embark on Badal Danda. It takes about 4 hours to reach High Camp on the Mardi Himal trek. The elevation gain is about 550 meters above the sea level.

We arrive at a shrubby alpine forest. The High Camp offers the spectacular vistas of Annapurna, South Huinchuli, and Fishtail. It is time for a final push to the high camp. We rest and have lunch here. While we acclimatize within the region, followed by a short hike.

Time: 4 hours trekking	Accommodation Lodge/Tea house	Meals: B.L.D
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Altitude:
3550m

Day 04: Hike to Mardi Base Camp (4500 m) and then Trek Down to Badal Danda (3250m) for 6-7 hours

The day has come when you witness the sunrise from the Mardi Himal viewpoint (4200) and reach Mardi Himal Base Camp (4500 m). For the same purpose, we get up as early as 4 a.m. and begin our hike using trekking poles. We witness the magnificent views at MBC and retrace the same way back. It is a 6 to 7-hour trek, and we then descend to Low Camp for our overnight stay.

Time: 6-7 hours of trekking	Accommodation Lodge/Tea house	Meals: B.L.D
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Altitude:
3250m

Day 05: Trek down from Badal Danda (3250m) to Sidding (1700 m) for 3 hours and drive back to Pokhara by Jeep for 2 hours

From Low Camp, we now descend towards Pokhara, which is a 3-hour trek to Sidhing and a 3-hour scenic drive in return. We take lunch on the way back and continue driving in a private jeep. This is how our 5-day Mardi Himal trek comes to an end, on an adventurous note.

Time: 3 hours trekking and 2 hours driving	Accommodation Lodge/Tea house	Meals: B.L.D
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Altitude:

3250m, 1700 m

Includes**Accommodation**

4 Nights Standard Accommodation During the trek

Meals

All the meals(Breakfast, Lunch & Dinner/Main course) During the trek

Transportation

Pokhara to Kande By Car & Siding to Pokhara by Sharing Jeep

Extras

- Annapurna Conservation Area Project (ACAP) permit
- Trekker's information management system (TIMS) cards
- Professional & Government licensed holder English Speaking Trekking Guide
- Guide costs including their salary, insurance, equipment, food and accommodation, etc
- Sleeping bag (If needed)
- Hillary Step Treks Complementary t-shirt and Warm Hat)
- Trekking Map
- First aid kit
- Water purification tablets are safe drinking water
- Cookies and seasonal fruits every day
- Certificate

- All government and Local Taxes

Excludes

- International Airfare
- Nepal entry Visa fees on arrival at Tribhuwan International Airport (15 Days \$30, 30 Days \$50, 90 Days \$125)
- All accommodation and meals in Kathmandu and Pokhara (before and after the journey)
- Travel & Health Insurance
- Emergency Helicopter Rescue Insurance
- Kathmandu/Pokhara/Kathmandu transportation (We can Arrange if you ask)
- All hard and soft table drinks such as Tea/Coffee, Coke, Fanta, Beer, Water, and deserts, etc
- Hot Shower/Battery Charges/International call/WIFI & Internet on trek
- Porter Service (We can arrange if you ask)
- Your trekking gear
- Tips for your Guide(expected)
- Any other expenses which are not mentioned in the 'Price Include' section

Trekking Information

Equipment Checklist for Mardi Himal Trek

Cloths: -

- Short-sleeved T-Shirt (merino wool)
- Long-sleeved T-shirt (merino wool)
- Trekking Trousers (preferably with zip-off shorts)
- Belt
- Underwear (merino wool) x 3
- Sports Bra (merino wool) x 2
- Trekking Socks (merino wool) x 3
- Liner Socks (optional) x 3
- Fleece Down Jacket
- Waterproof Jacket
- Waterproof Trousers
- Silk Leggings (for winter/high altitude)
- Hiking Boots/Shoes (+ insoles)
- Gloves x 2 (thin + thick)

- Hat x 2 (sun hat + warm hat)
- Buff Sunglasses (+ spare pair)
- Trousers (for evening)
- Thermal Tank Top (for winter/high altitude)
- Long-sleeved Thermal Top (for evening/sleeping)
- Thermal Leggings (for evening/sleeping)
- Socks (for evening)
- Sandals (for evening)

Trekking Gear: -

- Backpack + Waterproof Cover
- Duffel Bag (if trekking with porter)
- Waterproof Backpack Liner
- Trekking Poles
- Water Bottle(s) / Bladder
- Headtorch (+ batteries/charging cable)
- Microspikes (if trekking in snowy/icy areas)
- Gaiters

Guest House Gear: -

- Sleeping Bag
- Silk Liner Eye Mask & Ear Plugs
- Travel Towel Scrubba & Suds (for laundry, optional)
- Washing Line (optional)
- Packable Bag (optional)
- Penknife + Repair Kit/Tape

Electronic: -

- Travel Adapter
- Power Bank + Charging
- Cable Portable Solar Panel (optional)
- Camera + SD Card + Batteries +
- Charging Unit + Charging Cable
- Phone + Charging Cable

Hygiene and first Aid: -

- Steripen + Filter (or similar) / Water Purification Tablets
- Insect Repellent
- Sunscreen (face + body + lips)
- Hand Sanitiser
- Wet Wipes
- Toilet Paper
- Toothbrush + Toothpaste
- Soap
- Shampoo

- Moisturiser
- Deodorant
- Nail Clippers (for longer treks)
- Tampons/Pads/Cup
- First Aid Kit
- Paracetamol
- Ibuprofen
- Diamox (optional)
- Antihistamines
- Strepsils (or similar)
- Diarrhoea Relief + Rehydration Sachets
- Electrolyte Tablets
- Compeed (or similar)
- Decongestant
- Eye Drops
- Any Other Personal Medication

Essential: -

- Passport + Copy
- Travel Insurance Details
- Cash (enough for trek duration)
- Trekking Permits (if applicable)
- Waterproof Document Wallet

Miscellaneous: -

- Book / E-Reader (+ charging cable)
- Playing Cards / Games
- Pen + Journal
- Snacks + Specialist Food

Planning and Preparation for the Mardi Himal Trek

Mardi Himal Trek is nestled within the Annapurna Conservation Area, providing a diverse landscape, cultural immersion, and stunning scenery of the region. Whether you are an adventurous newcomer or a seasoned trekker, meticulous planning and preparation for the Mardi Himal trek is a must. So, you can consider the below points to ensure a safe and effective trek in the Annapurna region.

1. Choosing the right Trek Season

The best time to go on a Mardi Himal trek is during the pre-monsoon (March to May) and post-monsoon (September to November) seasons.

The spring months, from March to early May, are a popular time when visitors love to have adventures in the mountain getaways in Nepal. Rhododendron flower blossoms enchant a new aura in the scenic destination.

2. Obtain the necessary permits and documents

Annapurna region is a protected zone, so you need to obtain the necessary permits and documents, like TIMS and ACAP permits, from the Government of Nepal. A valid passport and visa are required for inspection and obtaining the necessary trekking documents.

3. Physical Fitness and Health Requirements

Moderate-level fitness is required to conquer the Mardi Himal trek. Start by taking a healthy diet, hydrating yourself, and performing cardio and at least 1 hour of walking each day before embarking on the Mardi Himal Trek for a better experience. Having a medical check-up to ensure you are medically fit to start trekking is also suggested.

4. Altitude Sickness and Prevention

In the Mardi Himal trek, you reach a maximum elevation of 4200 m above sea level. On ascending, as the air pressure gets thin, there might be difficulty acclimatizing to the elevation gain. So, minimize the risk by staying hydrated and slowly ascending the Mardi Himal Trek.

5. Health and Safety

Mardi Himal is a relatively easy trek in comparison to others. Therefore, moderate safety precautions and good food and health during the trek will help you have the safest trek. Be aware of risk factors, maintain proper sanitation, and acclimatize properly to prevent altitude sickness at high altitude levels.

6. Risk of Injuries

Despite the route being well-maintained, there is still a chance for you to encounter hurdles in the stoned pathway and jungle route. Follow the safety guidelines to stay safe from sprains, fractures, blisters, and bruises on the Mardi Himal Trek. Don't just be careless in navigating the terrain; cooperate with your trekking guide and group to conquer the Mardi Himal Trek by remaining cautious.

7. Emergency Aid in Trekking

You need to be mindful when coming to treat blisters. Popping them can only increase the chance of infection. Hence, it is suggested to use moleskin for blister pads instead to protect the affected area.

- **Bruises**

Apply a cold compress to reduce swelling and reduce the pain in the affected area.

- **Cuts and scrapes**

You can clean the wound with an antiseptic and perform sterile dressing to treat cuts and scrapes.

- **Sprains**

If you have a bad strain, you can apply a compression bandage to reduce swelling and rest the affected limb.

8. Evacuation Procedures During Trek

If the injuries you are experiencing are deep and require medical attention, then evacuation becomes a necessity here. You can do helicopter rescue or evacuation by foot or animal in this case. Safety protocol is something you need to consider, but in case of an emergency, there are certain guidelines you cannot skip.

Step 1: Remain calm and assess the situation. Is an immediate evacuation necessary?

Step 2: A guide or medical professional can determine the severity of the situation. Let them acknowledge the situation.

Step 3: If immediate evacuation is required, the trekking agency shall contact rescue services.

Step 4: If the situation is under control and less critical, transfer the patient to a lower altitude for further treatment.

You must stay aware and prepare essential emergency supplies, like first aid and communication panels, and be prepared for weather and terrain challenges when you sign in for a Himalayan adventure.

9. Accommodation on the Mardi Himal Trek

Mardi Himal Trek offers spectacular views of the Himalayas. On the trek, choosing the right accommodation type might be a daunting task, but when you have an expert guide by your side, the trekking agency will make sure of your arrangements.

Basanta Lodge and Peaceful Lodge are some budget-friendly and traditional night-stay places at Dhampus. In Forest Camp, Hotel Mardi and the restaurant and hotel Forest Camp offer comfortable rooms with attached bathrooms, hot showers, and a welcoming dining area.

Similarly, you can find mid-range lodges like Hotel Fishtail and Restaurant and Hotel High Camp and Restaurant with friendly staff. Also, you can expect comfortable rooms at Badal Danda. On the scenic route, you can visit the Mardi Himal Eco Village hotel, which offers luxurious cottages situated in Lwang Ghalel. So, the journey awaits your mere presence and memorable nights.

10. Meals and Drinking Water in Mardi Himal Trek

You can expect staple Nepali dishes Nepali Dal Bhat, dhido, curry, and hearty breakfasts in the region, as well as Tibetan, Indian, and Nepali cuisines, are mostly on the palate.

You can get fresh water straight from the Himalayas in the region, while mineral water is also available for drinking purposes. Carrying water purification tablets allows you to purify water on your trekking days.

11. Internet Connectivity at Mardi Himal Trek

Mobile connectivity and internet are good on the maintained Mardi Himal trek routes. You can have Wi-Fi cards to possibly connect to your loved ones during trekking, and the connection is stable until and unless there are some unforeseen circumstances.

12. Starting point of Mardi Himal Trek

Pokhara is the starting point of the Mardi Himal Trek, as per the itinerary planned under Hillarysteptrek. After a scenic drive to Kande and then starting trekking, we had a memorable experience.

13. Extra Personal Expenses

You may need to spend more than the package price, so make sure you have extra cash in your pocket. In the absence of ATM service on the trekking route, you can use it for:

- Travel Insurance
- Personal porter
- Hot shower, internet access, battery charging, laundry, and extra services
- Emergency evacuation costs
- For medicinal herbs and Himalayan souvenirs
- Energy drinks, snacks, and tips to the trek guides and porters

14. Cultural and Environmental Considerations

The 5-day adventure takes you on an enduring adventure, allowing you to interact with the Gurung tribals of the villages you pass by. You can access the roots of the Nepalis, learn how the people in the Himalayas are, and be part of their unique cultural celebration and performance. Make sure you value environmental considerations, take charge of proper waste disposal, and do not exploit local labor.

Additional Tips in the Mardi Himal Trek

- Do proper stretching and warm-up before beginning your trek of the day
- Stay hydrated and take healthy breaks and snacks at regular intervals
- Get plenty of rest and sleep
- Gradually ascend and take time to acclimatize
- Convey to guide or fellow trekkers in case of inconvenience or trekking challenges
- Avoid alcohol and excessive salt intake during the trek
- If necessary, take the altitude sickness capsule under the consultation of a guide or medical professional

FAQs on Mardi Himal Trek

How difficult is the Mardi Himal trek?

Mardi Himal Trek is a moderately difficult trek, suitable for beginners. You need to reach the highest point of 4500 meters and gradually ascend steeper climbs, so get working on fitness tips.

2.

Foreign nationals must hire a licensed guide when trekking in the Mardi Himal. Experienced trekkers may go solo, but navigation assistance from an expert guide can keep you safe on your Himalayan adventure.

How much does the Mardi Himal Trek cost?

Trekking in the Mardi Himal can cost somewhere around US\$500-800 per person. Again, the Mardi Himal trekking cost may vary based on the itinerary plan, length of stay, preferred services, and porter charges. Again, the estimated cost excludes international flight costs, visa processing fees, and personal expenses.

Address

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