Mardi Himal Trek

Nepal / Annapurna Region | Trekking package



Your journey at a glance

Duration: 12 days

Trip grade: Moderate+

Maximum altitude: 4500 m

Best season: February–May & September–December

Group size: 1 - 20

Route: Kathmandu - Kathmandu

Price from: USD 1,100.00 per adult

Accommodation: Deluxe hotels in Kathmandu and Pokhara; tea houses and lodges during the trek.

Transportation: Kathmandu–Pokhara flight, road transfer to Kande, and road transfers between the trekking route, Pokhara and Kathmandu as listed.

Meals: Meals as specified in the itinerary and included services.

Package overview

Mardi Himal Trek is located just east of the Annapurna Base Camp trekking route. It remains a less-travelled route, with relatively few trekkers making their way to Mardi Himal Base Camp, positioned below Mardi Himal and near Machhapuchhre, also known as Fishtail.
The trail follows small winding paths through rhododendron forests before emerging above the forest at around 3,300 metres. The landscape changes to rugged high-mountain terrain, with views of Mardi Himal, Machhapuchhre, Annapurna South and Hiunchuli.

Day-by-day itinerary

Day 1 - Arrival in Kathmandu

Arrive at Kathmandu airport and transfer to the hotel (1,350 m). Attend the trekking briefing in the evening, followed by a welcome dinner at a Nepalese cultural restaurant.

Meals: Dinner
Accommodation: Hotel
Altitude: 1,350 m

Day 2 - Kathmandu sightseeing and trek preparation

After breakfast, visit Pashupatinath, Boudhanath and Swayambhunath temples. After lunch, prepare for the trek.

Meals: Breakfast
Accommodation: Hotel

Day 3 - Fly to Pokhara, drive to Kande and trek to Australian Camp

Fly from Kathmandu to Pokhara and enjoy views of the Langtang, Ganesh Himal, Manaslu, Annapurna and Dhaulagiri ranges. Drive 22 km to Kande and begin trekking to Australian Camp (1,900 m), where panoramic mountain and Pokhara Valley views can be enjoyed.

Accommodation: Lodge
Altitude: 1,900 m
Travel time: Kathmandu–Pokhara flight; 22 km drive to Kande
Walking / trekking: About 2 hours

Day 4 - Trek to Forest Camp (Kokar)

Trek towards Forest Camp at Kokar (2,600 m). The supplied description follows the trail from Pothana through dense oak, maple, hemlock and rhododendron forest. Forest Camp is a clearing with basic lodges; meals may be taken in the kitchen with the lodge owner.

Accommodation: Lodge
Altitude: 2,600 m
Walking / trekking: About 4 hours

Notes: The description refers to starting from Pothana, while Day 03 ends at Australian Camp.

Day 5 - Trek to Low Camp

Continue through the forest from Forest Camp to Low Camp (3,150 m). As the trail gains elevation, the vegetation changes and the rhododendron trees are covered with moss, lichen and tree ferns. Low Camp has basic lodges and views of Machhapuchhre.

Accommodation: Lodge
Altitude: 3,150 m
Walking / trekking: About 5 hours

Day 6 - Trek to High Camp

Trek from Low Camp to High Camp (3,700 m). Above the tree line, views open towards Annapurna South and Hiunchuli. Follow the Mardi Himal ridge, mostly across grass with some rhododendron bushes. The description also notes Danphe pheasants and views of Annapurna South, Hiunchuli and Machhapuchhre.

Accommodation: Lodge
Altitude: 3,700 m
Walking / trekking: About 4 hours

Day 7 - Excursion to Mardi Himal Base Camp

Wake early for sunrise views and, after breakfast, walk up the ridge towards Mardi Himal Base Camp (4,500 m). The trail crosses grassland and steeper sections. The area is also described as grazing ground for dzokpo, sheep and goats, with herders’ huts. From Base Camp, views extend into the Annapurna Sanctuary and towards Annapurna South, Hiunchuli and Machhapuchhre.

Accommodation: Lodge
Altitude: 4,500 m
Walking / trekking: About 4 hours

Day 8 - Trek to Landruk

Descend by a different route to complete a circuit. From Low Camp, follow the trail down towards Kokar and continue through forest to Landruk (1,750 m), a Gurung village.

Accommodation: Lodge
Altitude: 1,750 m
Walking / trekking: About 6 hours

Day 9 - Trek to Ghandruk

Trek through terraces and settlements, descend to Modi Khola, cross the iron bridge and climb to Ghandruk. The village has lodges, a Gurung museum and traditional stone-roofed houses, with views of Annapurna South, Hiunchuli, Annapurna III, Glacier Dome and Machhapuchhre.

Accommodation: Lodge
Altitude: Ghandruk: as listed

Day 10 - Trek to Nayapul and drive to Pokhara

Descend from Ghandruk through Kimshe and Shaulo Bazaar to Birethanti, then continue to Nayapul. Drive from Nayapul to Pokhara.

Accommodation: Hotel in Pokhara
Travel time: About 2 hours drive
Walking / trekking: About 5 hours

Day 11 - Drive from Pokhara to Kathmandu

Travel from Pokhara to Kathmandu by private tourist vehicle. The route passes Damauli, Dumre, Muglin and Kurintar, with countryside, river, terrace-field and village views. Transfer to the hotel and enjoy a farewell dinner in the evening.

Meals: Dinner
Accommodation: Hotel in Kathmandu
Travel time: About 6 hours

Day 12 - Departure

After breakfast, transfer for departure. The trip concludes.

Meals: Breakfast

What is included

- Airport pick-up and drop-off.

- Three nights of deluxe hotel accommodation in Kathmandu and one night in Pokhara, on a twin-sharing bed-and-breakfast basis.

- Kathmandu–Pokhara flight tickets.

- Ground transportation as required by the itinerary.

- Necessary trekking permits and entrance fees.

- Professional trekking guide.

- Porter services, including porter expenses, insurance and equipment.

- Accommodation at lodges along the route.

- Breakfast, lunch and dinner with tea and coffee as listed.

What is excluded

- Beverages.

- Tips.

- Travel and medical insurance.

- Personal and natural expenses.

- Lunch and dinner in Kathmandu and Pokhara.

Plan your journey

Prices, itinerary and availability may change. Contact our team to confirm travel dates, inclusions and final pricing.

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