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Talk to an Expert

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Mardi Himal Trek - 7 Days

7 days. Grade: Moderate.

5.0 2295+ reviews on TripAdvisor

US$ 600
per person, for 2 to 5 people

Made on 27 November 2026

https://dev.discoveryworldtrekking.com/trips/mardi-himal-trek







Mardi Himal Hike, which takes you to Mardi Himal Base Camp (4,500m/14,763ft), is a trek on off-trails that pass through breathtaking landscapes, traditional rural villages, lush forests, dramatic high alpine terrain, and complete wilderness with the backdrop of the soaring snow-capped majestic mountains - Annapurna, Machhapuchre (Fishtail) and Hiunchuli.

TRIP FACTS

Destination	Nepal
Grade	Moderate
Accomodation	Hotel in Pokhara and Hotel/Lodge/ Tea House during the trek
Best season	Feb, Mar, Apri, May, June, Sep, Oct, Nov
Activity	Annapurna Treks
Max. altitude	4500m Mardi Himal Base Camp
Activity per day	Approx. 4-6 hrs walking

PRICE

US$ 600

per person, for 2 to 5 people

The full price is US$ 750. You save US$ 150 per person.

Group-size discounts

People	Price per person
2 to 5	US$ 600
6 to 15	US$ 550

Group discounts are exclusive to your group size only. We do not merge groups.

Meals included	Breakfast in Pokhara Hotel and all Meals (Breakfast, Lunch, Dinner) during the trek
Start / end point	Kathmandu/ Kathmandu

Highlights of Mardi Himal Trip

- A day in Pokhara - the tourist capital of Nepal
- Mardi Himal Base Camp (4,500m)
- Relaxing hot springs at Jhinu Danda
- Suitable for all age groups
- Mardi Himal High Camp (3,600m), Low Camp, Forest Camp (2600m)
- First-hand experience of rural Nepali village life

Trek Package

The Mardi Himal Trek is a perfect short Himalayan adventure, offering breathtaking mountain views while remaining manageable for those with limited time. Nestled in the eastern flanks of the Annapurna range, this off-the-beaten-path journey provides close-up views of Machapuchare (Fishtail Mountain) and a unique perspective of the Annapurna massif, all while avoiding the crowds of more popular routes.

The direct route on the Mardi Himal Trek begins with a scenic drive to Pokhara before moving on to the charming village of Dhampus and the trailhead at Deurali. From there, you journey through dense rhododendron forests where the vibrant flora and traditional rural life create a striking introduction to the region. As the trail ascends, you pass through Forest Camp—a quiet, inspiring waypoint that gradually opens into expansive ridgelines, marking the transition from quaint village paths and lush woodlands to elevated, sunlit vistas.

Continuing upward to High Camp and then onto the Mardi Himal Base Camp, the trek follows a distinct ridgeline that offers sweeping, panoramic views of the Annapurna range. Here, the Mardi Himal ridge unfolds, revealing a series of unforgettable viewpoints where the sacred Machapuchare, or Fishtail Mountain, appears so vividly close that it seems almost within reach. This journey, weaving through places such as Dhampus, Deurali, Forest Camp, and High Camp, provides a unique and intimate perspective of the region’s dramatic natural beauty and cultural heritage.

A highlight of the journey is the sunrise experience from High Camp (3,550 m) and Mardi Himal Base Camp (4,500 m), where you are rewarded with unparalleled views of Annapurna South, Hiunchuli, and Machapuchare. The descent follows an alternative route via Jhinu Danda, ensuring varied scenery and a fresh perspective on the region's diverse landscapes.

This week-long trek is ideal for moderately fit trekkers looking for a rewarding Himalayan experience without the extended duration of longer expeditions. Whether you're a first-time trekker or a seasoned adventurer, the Mardi Himal Trek delivers stunning landscapes, cultural immersion, and an unforgettable journey through Nepal's hidden trails in the Annapurna Region.

Day to Day Itinerary

Day 1 Drive to Pokhara, west of the Kathmandu Valley. Drive Time: Approx. 6-7 hrs.

Day 2 Drive from Pokhara to Dhampus (1640m). Drive Time: Approx. 2 hrs. Trek to Deurali (2100m). Trek Time: Approx. 3-4 hrs.

Day 3 Trek from Deurali to Forest Camp (2600m). Trek Time: Approx. 5-6 hrs.

Day 4 Trek from Forest Camp to High Camp (3600m). Trek Time: Approx. 4-5 hrs.

Day 5 Trek from High Camp to Mardi Himal Base Camp (4,500m) and to Low Camp (3,050m). Trek Time: Approx. 7 hrs.

Day 6 Trek from Low Camp to Jhinu Danda (1780m). Trek Time: Approx. 7 hrs.

Day 7 Jhinu Danda/Landruk to Siwa/Ghandruk Phedi. Trek Time: Approx. 2-3 hrs. Drive to Pokhara (820m) via Nayapul (1050m). Drive time: Approx. 2-3 hrs.

Mardi Himal Trek Itinerary

DAY 1

Drive to Pokhara, west of the Kathmandu Valley.

Drive duration (200km / 124miles) 6 to 7 hrs

After an early breakfast, we will take a tourist bus to Pokhara. The bus ride will take six to seven hours. On the way, you will see the **picturesque Trishuli** and **Marsyangdi rivers**. Pokhara is a beautiful valley set on the banks of the Phewa Lake, known for its panoramic views of **Annapurna ranges,** Machapuchare in the north, **Dhaulagiri** in the west, **Manaslu** and **Lamjung Himal** in the east. Pokhara is a tourist paradise complete with modern amenities.

Overnight stay at Silver Oaks Inn (room with attached bathroom)
Included standard meal (Breakfast)

DAY 2

Drive from Pokhara to Dhampus (1640m / 5,380ft) and trek to Deurali (2100m / 6,889ft)

Trek Distance 9km / 5.5miles Highest Altitude 2100 m / 6,889 ft Drive duration 3-4 hrs.

Early in the morning, we will drive around 2hrs to reach **Dhampus** from where the trails begin. The hike takes us through ethnic Brahmin, Magar, and Gurung villages while being greeted by **panoramic views** of the Annapurna peaks. Our walk continues through the rhododendron, forest to Pothana, and finally to **Deurali (2100m).** At Deurali, you will get to witness the high glaciers on one of the greatest Himalayan peaks - Annapurna South – looming in the distance.

Overnight stay in a Lodge
Included meals (Breakfast + Lunch + Dinner)

DAY 3

Trek from Deurali (2100m / 6,889ft) to Forest Camp (2600m / 8,530ft)

Trek Distance 6km / 3.7miles Highest Altitude 2600m /8,530ft Trek Duration 5 to 6 hrs

We leave Deurali early morning and head to **Forest Camp.** The path ascends fairly through rhododendron, birch, oak, maple, and hemlock forest. On your path, you get glimpses of wildlife - **leopards, deer, monkeys,** and several bird species. We will spend the night at Forest Camp.

Overnight stay in a Lodge
Included meals (Breakfast + Lunch + Dinner)

DAY 4

Trek from Forest Camp (2600m / 8,530ft) to High Camp (3600m / 11,811ft)

Trek Distance 8.5km / 5.2miles Highest Altitude 3600m / 11,811ft Trek Duration 4 to 5 hrs

Today's trek will take us from Forest Camp to High Camp via Low Camp. The trails are steep, but you will be rewarded with breathtaking views of Machhapuchhre (fishtail mountain), the Annapurna Range, the **Annapurna Base Camp valley, and Mardi Himal**.

After walking for some hours, the forest finally opens into a clearing allowing you to see the face of **Annapurna South**. Then the trail breaks into a combination of scrub forest and open meadow.

As we climb the ridge becomes narrower, and you can see the deep valleys on both sides. To your left, you will be looking straight down on the Modi Khola river valley alongside villages that lead up to the Annapurna Sanctuary. To our right, you will see the Mardi Khola and Seti river valleys. On clear days, you can even see **Pokhara Valley**. We continue walking the narrow ridgeline to **High Camp (3900m),** where we stop for the night.

Overnight stay in a Lodge
Included meals (Breakfast + Lunch + Dinner)

DAY 5

Trek from High Camp (3600m / 11,811ft) to Mardi Himal Base Camp (4,500m /14,763ft) and to Low Camp (3,050m / 10,006ft)

Trek Distance 10km / 6.2miles Highest Altitude 4,500m / 14,763ft Trek Duration 7 hrs

We wake up early at High Camp to appreciate the most spectacular sunrise views on the **mighty Himalayas**. Then we will climb along the narrow ridge to reach **Mardi Himal Base Camp at** 4500 meters.

From **Mardi Himal Base Camp, you can see** the sun lighting up the full face of **Annapurna South** while **Fishtail Mountain** looms directly overhead. After spending some time at the Mardi Himal Base Camp, we descend back to High Camp for lunch and then descend further to **Low Camp,** where we will spend another night.

Overnight stay in a Lodge
Included meals (Breakfast + Lunch + Dinner)

DAY 6

Trek from Low Camp (3,050m /10,006ft) to Jhinu Danda (1780m / 5,839ft)

Trek Distance 12km / 7.4miles Highest Altitude 3,050m /10,006ft Trek Duration 7 hrs

We descend from **Low Camp** down on a very steep trail that passes through the forest. After an hour's hike, we reach a broad clearing where we will rest for a while. But our descend continues to hillside village Siding, which lies about 500 meters above the river valley. Trek descends through the **village of Landruk -** an ethnic group of Gurung settlement. Depending on the situation, we might stay at Landruk or continue to Jhinu Danda. There are natural hot springs near Jhinu Danda, where we can **relax our tired muscles in the hot springs.**

Overnight stay at Hotel Park Himalaya (room with attached bathroom)
Included meals (Breakfast + Lunch + Dinner)

DAY 7

Jhinu Danda/Landruk to Siwa/Ghandruk Phedi (1,150m/3,770ft) drive to Pokhara (820m) via Nayapul (1050m)

Trek Distance 4km / 2.4 miles Highest Altitude 1,780m / 5,839ft Trek Duration 3-4 hrs
Drive duration 2-3 hrs

We have reached our final day on the **trekking trails.** Today we make a pleasant hike along the Modi River and head down to reach **Siwa/Ghandruk Phedi**. We then say goodbye to the **trails** and make a return drive through picturesque countryside to **Pokhara.**

Overnight stay at Silver Oaks Inn (room with attached bathroom)
Included meals (Breakfast + Lunch)

What is included in this trek package?

Transportation

- Both way transportation between Kathmandu and Pokhara on a tourist bus
- Both way private transportation from Pokhara to Dhampus (trek start) and Ghandruk Phedi (trek end) to Pokhara.
- Private transportation to and from Kathmandu Airport and your hotel

Accommodations

- Two nights accommodation with breakfast (room with attached bathroom) at Silver Oaks Inn in Pokhara
- Accommodation (total five nights): Two nights room with attached bathroom at Deurali, Jhinu Danda. Three nights standard room at Forest camp, High Camp, Low camp Camp (Generally twin sharing room)

Food

- Standard full-board meals (7 lunches, 6 dinners, and 7 breakfasts) with one main course per meal during the trek
- Seasonal fresh fruits every day
- Water purification tablets for safe drinking water

Guide and Porter

- Government Licensed and experienced trek leader (guide), assistant trekking guide for a group of 12 or more trekkers Porters to help trekkers luggage (1 porter for two trekkers, luggage limit 9 kg per trekker)
- Guides and porters costs - meals, insurance, salary, lodging, transportation, and other necessary equipment

Trek Permits and Expenses

- Annapurna Conservation Area Permit (ACAP) fee
- Trekkers Information Management System (TIMS) card fee
- All government, local taxes, and official expenses

Medical Assistance

- Rescue operation arrangement in case of complicated health condition (funded by travel insurance)
- Medical kits, including an oximeter to monitor blood oxygen saturation levels in high altitudes

Souvenir

- Souvenir - a company's T-shirt & cap

Farewell

- Discovery World Trekking trek achievement certificate after the successful trek
- Farewell dinner in Kathmandu at the end of the trek

Benefits

- Sleeping bags and down jackets, duffle bag (one for every two trekkers) if you do not have your own
- Free excess luggage storage at the Discovery World Trekking store for the duration of the trek

What is excluded in this trek package?

International Flight

- International flight costs

Accommodations

- All Accommodations in Kathmandu, before and after the trek
- Extra night accommodation in Kathmandu and Pokhara due to early arrival or late departure or early return from the trek.

Food

- All meals in Kathmandu, before and after the trek
- Extra night meals in Kathmandu and Pokhara due to early arrival or late departure or early return from the trek.
- Lunch and dinner in Pokhara.

Guide and Porter

- Tips for guide and porters

Visa

- Nepal entry visa fees at Tribhuvan International Airport- (15 days - $25-30, 30 days- $40-50 and 90 days- $100-110)

Travel Insurance

- Travel insurance which has to cover emergency high-altitude rescue and evacuation compulsory

Personal Expenses

- Personal expenses such as shopping, snacks, bar bills, bottle or boiled water, shower, Wi-Fi, laundry, telephone call, battery re-charge fee extra porters, etc
- Personal clothing and gear

Other Expenses

- Excess baggage charges (limit is 9kg per person)
- Additional costs or delays caused by circumstances beyond our control like landscape, bad weather condition, in case of itinerary modification with a view to safety concern, illness, change of government policy, political instability raises strike, moment, etc.
- All the costs and expenses not listed in "What is included in the Mardi Trek package?" above

Planning Your Trek Schedule

Our trips have flexible departure dates. You can select a travel date that fits your schedule and easily confirm your booking through our website at any time.

Packing List

Depending on the trekking season, you need to adjust your clothing and equipment. However, this is a necessity list we have compiled. Please bring only the essentials as the luggage limit is 9 kg per trekker. We assign one porter to carry no more than 18 kg of luggage. Hence, team up with a fellow trekker and pack your things in a duffle bag of over sixty liters capacity.

Head and Face

- Sun hat or cap (wide-brimmed)
- Ear-covering warm hat or knitted beanie
- Scarf, buff, or neck gaiter
- UV-protection sunglasses
- High SPF sunscreen and lip balm
- Lightweight headlamp with spare batteries

Upper Body

- Moisture-wicking short or long-sleeved t-shirts
- Thermal base layers (light for warm months/heavy for cold)
- Fleece and puffy/insulated jacket
- Down jacket for colder elevations
- Waterproof and windproof outer jacket
- Lightweight long-sleeve breathable trekking shirt
- Synthetic bra for women
- Waterproof nylon raincoat or poncho

Handwear

- Warm insulated gloves or mittens
- Lightweight liner gloves
- Waterproof outer gloves for snow or wet conditions

Lower Body

- Quick-drying trekking pants and underwears
- Convertible or full-length trousers
- Quick Drying Underwear
- Thermal leggings or base layers
- Warm trekking trousers (insulated pants) for colder sections
- Lightweight cotton pants for evenings/ inside teahouses

Footwear

- Broken-in trekking boots with ankle support and good grip
- Warm wool or synthetic trekking socks
- Lightweight camp shoes or sandals for river crossings
- Gaiters for protection against mud, water, and debris
- Microspikes/crampons (seasonal) for better grip while crossing snowy and icy high passes

Backpack/Support/Sleeping Gear

- Duffle bag/Rucksack (50-60 liters, shared between two trekkers)
- Day backpack (20–30 liters) with rain cover
- Adjustable and lightweight trekking poles (preferably collapsible)
- Reusable water bottles or hydration bladder (minimum 2 liters)
- Water purification tablets, a filter, or a UV purifier
- Sleeping bag (rated -5°C to -10°C)
- Earplugs

Toiletries

- Toothbrush and toothpaste
- Medium-sized quick-dry towel
- Biodegradable soap or shampoo
- Toilet paper (in a Ziplock bag)
- Nail Clipper Body wipes/wet tissues
- Feminine hygiene products
- Hand sanitizer

Electronics and Documents

- Camera/Smartphone
- Power bank and charging cable
- Two-pin charging adapter
- Passport photocopies and passport-sized photos in waterproof bags

Medications

- Personal kits and medications (inhalers, allergy medicine, etc.) are highly recommended
- Blister care kit (Compeed/moleskin)
- Cough drops or throat lozenges (very useful in dry air)
- Basic first aid supplies (band-aids, antiseptic wipes, pain relievers, Diamox)

Optional Items

- Snacks and energy bars
- Notebook or pen for journaling your experience
- Book or e-book
- Binoculars Small multi-tool
- Pee-bottle/pee-funnel for women
- Comb

We can provide a used duffle bag (non-waterproof), down jacket, and sleeping bag if you don’t have your own

Official trek Route Map



Responsible Travel

We are committed to>environmental sustainability for protecting our fragile ecosystems and therefore are extremely sensitive to our actions in the trekking regions. Tourism has brought many positive impacts - wealth generation, employment opportunities, infrastructure, healthcare, and education opportunities in the trek regions. However, frequent travel to trek regions in large numbers runs the risk of degrading the environment there.

So, **Discovery World Trekking** works together with the Kathmandu Environmental Education Project (KEEP) and **organizes eco-friendly trips** that benefit travelers and communities.

Discovery World Trekking Crew

During the trek, our well-experienced **government-licensed guides/sherpas will accompany you.** They will inform you about the places you will be visiting. The porters will carry your luggage.

Our crew comes from remote areas, and their physical endurance at high altitudes is high. All our staff is precious to us, they are well paid, and we take care of their insurance, clothing, food, and lodging. They receive medical care when ill or injured. We ensure that our team members are happy as we believe that only happy people can keep others happy. Our crew members have:

- Intensive Wilderness First Aid Training
- Government-authorized Trekking Guide Training Certificate
- Fluency in speaking English and other major Languages
- Conservation and Biodiversity Training
- Rock Climbing experience

Tipping

Nepali culture accepts tipping and views tips as a testimonial of good service. However, tipping is at the traveler's discretion and should reflect the quality of service rendered. We advise you to tip at the end of the trip and do so as a group.

Booking and payment process

Discovery world trekking is a **government-authorized, licensed, and bonded trek** and tour operator in Nepal that has been **in existence for over a decade.**

We are **members of the Trekking Agency Association of Nepal (TAAN)** and the **Nepal Mountaineering Association (NMA).** Therefore, you can book treks with us confidently.

We require a 10 percent advance payment for booking confirmation. Please email us your necessary documents like passport copy, passport size photos, travel insurance policy, and flight details within a week of trip booking.

You can pay using bank transfer, western union, and online payment through the website. You can pay the rest of the trip cost after you arrive in Kathmandu using cash, bank transfer, or credit card. We will also email you payment details and modes of payment.

Last-minute booking

For those unable to book in advance, Discovery World Trekking has a **last-minute booking provision.** For last-minute bookings, you need to pay 100% trip cost 24 hours before the trip departure. However, though we will try our best to conduct treks at any time, you cannot hold us liable for delays stemming from circumstances beyond our control, such as bad weather or lodge unavailability. **For more information at 977- 9851054143 / 9840055491 (Paul) or email info@discoveryworldtrekking.com**

Trip Extensions

If you have extra days to spend in Nepal after your trip completion, we can arrange several activities for you. You can go on a sightseeing tour in and around Kathmandu Valley or visit Chitwan for a jungle safari. You can also choose to paraglide, raft, canyon, or go on another trek.

Feedback

At the end of your trek, **Discovery World Trekking will be hosting a farewell dinner.** After the dinner, we will also provide you trek achievement certificate (hard copy), and you can use this time to provide us with your feedback.

USEFUL INFO

The Mardi Trek includes fixed departure dates from Kathmandu and Pokhara and can be tailored to accommodate your specific requests.

Please review our designated departure dates and if they do not suit you contact us and we will rearrange your trip. The itinerary listed above may be modified in case of events beyond our control, such as bad weather, strikes, or lodging unavailability. Your trek leader will create a new itinerary keeping the interest of all team members.

We look forward to guiding you to the Mardi Himal through some of the most dazzling landscapes on the planet!

Trip Notes

Arrival, Welcome, and Trek Start

Upon arriving at Tribhuvan International Airport, a Discovery World Trekking representative will greet you with a marigold garland and transport you to your hotel in a private vehicle. A complimentary airport pick-up and drop-off service is included.

Ensure your arrival is at least one day before the trek departure for briefings and final preparations. On the trek's departure day, at around 7 am, we will board you on a tourist bus to Pokhara. You can fly or hire private transport at an extra cost.

Accommodations

The trek includes five nights in comfortable lodges (standard twin-sharing) and two nights at a hotel in Pokhara, featuring attached bathrooms, 24-hour hot water, and laundry facilities.

Lodges in higher elevations like Forest Camp, High Camp, and Low Camp offer standard rooms, while Deurali and Jhino Danda provide rooms with attached bathrooms.

Most lodges offer electricity for charging, Wi-Fi for internet access, and hot showers**,** though these may come atan additional cost. This package does not cover accommodations and meals in Kathmandu. You need to spend at least 2 nights in Kathmandu.

Meals

All meals in the trek regions are on a full-board basis (breakfast, lunch, and dinner / main course). The package covers seven breakfasts, seven lunches, and six dinners, featuring nutritious options like oatmeal, pancakes, Dhal Bhat, momos, soups, pasta, burgers, and more.

Meals in Pokhara are not included in the package.

Please note that our package does not include hot drinks (tea/coffee), cold beverages, or alcoholic drinks.

Though non-veg items are available, we do not recommend them for hygiene reasons. We recommend avoiding meat, dairy products, alcoholic beverages, caffeine, and hot chocolate to support better acclimatization.

Luggage

Porters will carry up to 18 kg of luggage for every two trekkers, leaving you to carry only essentials in a daypack. Hence, we recommend you partner with a fellow trekker and pack your things together in a duffle bag of over sixty liters capacity. Please bring only the essentials, you can store excess luggage safely at our store or your hotel in Kathmandu.

Facilities and Essentials

- **Water**

Although bottled water is available for purchase, we discourage them for ecological reasons. You can bring a reusable water bottle and buy boiled/filtered water from tea houses/lodges. Further, you should not drink directly from local taps, wells, or rivers. We suggest you use water purification tablets or filtration devices before drinking water.

- **Communication**

We keep in regular contact with our trek teams on the phone via the trek guide to ensure safety and to share updates.

Travel Essentials

- **Visa**

All foreign nationals, except Indian citizens, require a visa to enter Nepal. Most nationals can obtain an on-arrival visa at Tribhuvan International Airport. To apply for an on-arrival visa you will need a valid for at least six months, a passport-size photo, and a visa application fee, which depends on your intended length of stay. The current cost is USD 50 for a 30-day stay. Please visit the https://www.immigration.gov.np/en portal for more information.

- **Travel Insurance**

Comprehensive travel insurance covering health care costs and emergency helicopter evacuation up to the highest trek altitude (up to 4,500m) is mandatory. We retain the right to refuse anyone from joining the trek for improper insurance.

- **Currency Exchange**

Nepalese Rupees (NPR) is the local and legal currency in Nepal. (1 USD = 133 NPR) You can exchange major currencies like USD, GBP, and EUR at banks, or licensed money exchanges in Kathmandu and Pokhara. You can also withdraw Nepalese rupees from ATMs in Kathmandu, but there are fees associated and some restrictions. If you have Indian Rupees, note that only INR 100 notes are legal in Nepal.

- **Extra Expenses**

This package includes major costs during the trek. However, you will need money to meet other costs, like snacks, beverages, and personal expenses like hot showers or charging devices at higher altitudes, tips, and souvenirs. If you need more comfort, you can pay for private transport or flights.

Trek Season and Weather Conditions

The best seasons for the Mardi Himal Trek are Spring (March-May) and Autumn (September-November), which offer clear skies, mild temperatures, and vibrant landscapes. Winter (December-February) treks are also possible but require extra preparation for cold weather, while Monsoon (June-August) brings rain and muddy trails.

During spring, the mean daily temperature in the higher elevations of the Mardi Himal trek region is between 15°C and 0°C. Lower regions are even warmer. In summer/monsoon daily temperatures at high elevations range from 15°C to 25°C. The night temperatures are colder at 5°C to 10°C. Summer afternoons may be cloudy.

In autumn, daytime temperatures can reach up to 20°C in high altitudes, the nights are colder at around 5°C. Winters are quite chilly as the temperatures at higher trek elevations can be as low as -10 °C, but this tempts adventurous trekkers. The guide for Annapurna Region provides detailed insights on the temperature and weather condition each month.

Typical Day

Your day starts early with a warm breakfast at around 7 am. Then the trek begins and usually lasts 4-6 hours. You will have lunch around midday and rest for an hour before hiking further to reach that day's destination.

Then, you can explore the new place or spend your time as you like. We serve dinner around 7 pm, followed by the next day's briefing from our guide. Before going to bed, you can socialize, play games, or even learn Nepali words.

Trip Conclusion

- **Farewell Dinner and Feedback**

After your trek, we will organize a farewell dinner in Kathmandu. This is an opportunity to share feedback and celebrate your journey with the team. After dinner, we will present you with a trek achievement certificate. If you are happy with your experience, we encourage you to post your review on the travel portal.

- **Departure**

We provide complimentary airport drop-off services. Our representative will pick you up from your hotel and transfer you to Kathmandu Airport on the day of your departure. We hope you enjoyed your trek and return for more treks.

Trek Bookings

- **Private Treks**

We only organize private treks that allow a more personalized experience. We do not add anyone to your group. We can handle all group sizes and provide discounts based on your group size. Further, we add an assistant guide for a group of 12 or more.

- **Safe Trek Bookings**

Discovery World Trekking is a Nepal government-licensed trek and tour company with over twelve years of experience. We are also members of the Trekking Agency Association of Nepal (TAAN) and the Nepal Mountaineering Association (NMA). Hence, you can book the trek confidently.

We require 10% of the trek cost to confirm booking. You can pay this amount via credit card, bank transfer, Western Union, or Wise. The rest of the amount is due when you arrive in Kathmandu. In Kathmandu, you can also pay in cash. Moreover, we will email you payment details. Please send us your essential documents within a week of booking the trek.

- **Last-Minute Bookings**

We also have a provision for last-minute bookings. In case of last-minute bookings, you must clear 100% of the trip cost 24 hours before the intended trek date. Though, we organize treks at any moment, you cannot hold us responsible for any delays due to circumstances beyond our control, such as weather, lodge unavailability, etc.

- **Flexible Schedule**

Even though your treks will have a fixed departure date, if this date does not suit you, let us know, and we will organize the trek at your convenience.

- **Trip Extension**

After finishing your trek, if you have some time to spend in Nepal, we can arrange additional activities, such as rafting, sightseeing, paragliding, or even another trek, based on your interests and time availability.

DWT Family

Discovery World Trekking values its clients as family, prioritizing safety, satisfaction, and cultural connection. Our team comes from the high Himalayas. Our guides are Nepal-government licensed, experienced, and trained in rock climbing, and wilderness first aid.

We believe that only happy people can make others happy. Hence, we try our best to keep our staff members happy. We pay them well and cover their meals, accommodations, and insurance during the trek.

Ecotourism Practices

Sustainability is at the core of our operations. We minimize waste, support local communities, and promote environmentally friendly trekking practices to preserve Nepal's natural beauty. Moreover, we partner with the Kathmandu Environmental Education Project (KEEP) to organize wholesome ecology treks.

Tipping Culture

Tipping is a customary way to show appreciation for guides and porters. We advise you to tip as a group at the end of the trek. Tips should reflect the service received, trip length, and trip cost.

FAQs For Mardi Himal Trek

GENERAL INFORMATION

Where is Mardi Himal located?

Mardi Himal is located in the Annapurna region of Nepal, opposite Annapurna I and Machhapuchre (Fishtail Mountain). The trek leads to Mardi Himal Base Camp at 4,500m (14,763ft).

How long does the Mardi Himal Trek take?

The Mardi Himal Trek typically takes 7 days to complete.

What are the main highlights of the Mardi Himal Trek?

The Mardi Himal Trek offers stunning views of Annapurna South, Machhapuchre, and Hiunchuli. It features diverse landscapes, from rural villages and lush forests to snow-capped peaks. Reaching Mardi Himal Base Camp at 4,500 m provides breathtaking Himalayan views. The trail is less crowded, offering a peaceful experience. Cultural encounters in ethnic villages and the chance to relax in Jhinu Danda's hot springs are also highlights.

Is the Mardi Himal Trek suitable for all levels of trekkers?

Yes, the Mardi Himal Trek is suitable for both first-time trekkers and experienced hikers. It is considered a relatively short and manageable trek with gradual altitude gain.

What makes Mardi Himal a unique trekking destination in Nepal?

Mardi Himal offers a less-crowded alternative to the Annapurna Base Camp Trek. Opened for trekking in 2012, it provides a pristine trail with stunning landscapes, diverse flora and fauna, and spectacular Himalayan views. Its modest peak height and remote charm make it one of the least visited but highly rewarding trekking destinations in Nepal.

Do you offer the Mardi Himal Trek as a private trek?

Yes, we offer the Mardi Himal Trek as a private trek.

Can I book a private Mardi Himal Trek with a flexible schedule?

Yes, you can book a private Mardi Himal Trek with a flexible schedule to customize your experience.

PREPARATION & FITNESS

How fit do I need to be for the Mardi Himal Trek?

While the Mardi Himal Trek is considered moderate in difficulty, a basic fitness level is recommended. Trekkers should be in good physical condition to handle long days of hiking, some steep ascents, and varying terrain. Cardiovascular fitness, endurance, and strength will help make the trek more enjoyable.

Can beginners undertake the Mardi Himal Trek?

Yes, beginners can undertake the Mardi Himal Trek. It's a great option for first-time trekkers as it's shorter and less strenuous than other treks in the Annapurna region. However, beginners should be prepared for gradual altitude gain and comfortable walking for several hours each day.

What kind of physical preparation is recommended for this trek?

To prepare for the Mardi Himal Trek, you can engage in cardiovascular exercises such as walking, hiking, cycling, or swimming to build endurance. Strengthening exercises for the legs, core, and back, along with regular practice on uneven terrain, will help prepare your body for the trek. Aim for at least 3-4 weeks of training before the trek, focusing on stamina and overall fitness.

PERMITS

What permits are required for the Mardi Himal Trek?

You need the Annapurna Conservation Area Permit (ACAP) and the Trekkers' Information Management System (TIMS) card. These permits allow access to the Annapurna region and help track trekkers for safety purposes.

Are the necessary permits included in the trekking package?

Yes, the necessary permits (ACAP and TIMS) are included in our Mardi Himal Trek package.

Where can I obtain the permits for the Mardi Himal Trek?

You can obtain the permits at the Nepal Tourism Board (NTB) in Kathmandu. If you trek with us, we will handle these permits on your behalf.

INSURANCE & VISA

Is travel insurance necessary for the Mardi Himal Trek?

Yes, travel insurance is mandatory for the Mardi Himal Trek.

What should my insurance cover for this trek?

Your insurance should cover health care costs and emergency helicopter evacuation up to the highest trek altitude.

Do I need a visa for trekking in Nepal, and how can I obtain one?

Yes, all nationals, except Indians, need a valid visa for Nepal. You can get a visa on arrival at Tribhuvan International Airport or immigration checkpoints along Nepali borders. A 30-day tourist visa costs USD 50 and requires a passport with at least six months of validity, a passport-size photo, and an application fee.

GUIDES & PORTERS

Is it necessary to have a guide for the Mardi Himal Trek?

Yes, you will need a Nepal-government-licensed guide (or porter) for the Mardi Himal Trek as it lies in the Annapurna sanctuary.

What roles do guides and porters play during the trek?

Your guide shows the route and ensures your safety while providing insights about the region. Porters carry your luggage, allowing you to focus on enjoying the trek.

Can I trek Mardi Himal independently without a guide?

Since April 2023, the Nepal government has made it mandatory to have a guide while trekking protected regions.

ACCOMMODATION

What type of accommodation is available during the Mardi Himal Trek?

Accommodation includes lodges along the trail, offering basic facilities such as twin-sharing rooms and attached bathrooms at some locations.

Are teahouses or lodges equipped with modern facilities like electricity and hot showers?

Teahouses have electricity, but hot showers may come at an extra charge. Facilities improve as you descend but can be limited at higher altitudes.

Will I have access to Wi-Fi or charging points along the trek?

You will find Wi-Fi at most lodges, but it may incur an extra cost. Charging points are available during the trek but may come for a fee.

FOOD & DRINKS

What kind of meals are provided during the Mardi Himal Trek?

We provide nutritious and delicious meals, including Nepali, Tibetan, and Western cuisine. We provide full board (main course) meals that include breakfast, lunch, and dinner.

Are there vegetarian or vegan food options available?

Yes, vegetarian and vegan options are available on the trek, including vegetable curries, soups, and steamed momos.

Is safe drinking water available along the trek, or should I bring purification tablets?

We advise you against drinking water directly from local water sources, such as taps, wells, and rivers. You can easily buy bottled water from en-route shops. However, for ecological reasons, we suggest you bring a water bottle and buy boiled/filtered water from tea houses. Further, you can use purification pills before drinking.

WEATHER

What is the best time of year to do the Mardi Himal Trek?

The best times are Spring (March-May) and Autumn (September-November) when the weather is mild, temperatures are cool, skies are clear, and the views are spectacular.

How does the weather affect the trekking experience on the Mardi Himal Trek?

Weather can significantly affect your trekking experience. Clear skies in spring and autumn provide great views, while monsoon (June-August) brings rain and slippery trails, and winter (December-February) can be cold and snowy.

Is it safe to trek to Mardi Himal during the monsoon or winter seasons?

Trekking during the monsoon season is not ideal due to wet and slippery trails. However, winter can be challenging with colder temperatures, but if you're an experienced trekker unafraid of the cold, it offers stunning views and fewer crowds.

HEALTH & SAFETY

What health risks should I be aware of during the Mardi Himal Trek?

The main health risks are altitude sickness, dehydration, and gastrointestinal issues. Proper acclimatization and hydration are key.

Is altitude sickness a concern on the Mardi Himal Trek?

Yes, altitude sickness can be a concern above 3,000 meters. It's essential to acclimatize properly by taking rest days and ascending gradually. However, this is a minimum risk for Mardi Himal Trek.

What emergency procedures are in place during the trek?

We have first-aid trained guides and emergency evacuation plans, including the option of helicopter rescue if necessary.

PACKING & GEAR

What essential items should I pack for the Mardi Himal Trek?

You need warm clothing, sturdy trekking shoes, a sleeping bag, sunscreen, a water bottle, and a first-aid kit. Please refer to our equipment section for details.

Is a sleeping bag necessary for this trek?

Yes, a sleeping bag may be helpful. Though lodges provide blankets in higher-altitude areas, for extra warmth, we advise you to bring a sleeping bag.

Are trekking poles or other gear recommended for the Mardi Himal Trek?

Yes, trekking poles are highly recommended, especially for steep descents. Other useful items include a headlamp, sunglasses, and a rain jacket.

BOOKING & PAYMENTS

How far in advance should I book the Mardi Himal Trek?

We recommend you book at least a month in advance to ensure availability, especially during peak seasons. However, we also have provision for last-minute bookings.

What is the payment process for booking this trek?

A 10% advance is required to confirm your booking. You can pay the rest upon arrival in Kathmandu. You can pay via cash, bank transfer, credit card, Wise, or Western Union. In Kathmandu, you can also pay in cash. We will also email you payment details.

Are there any cancellation or refund policies for the trek?

Yes, cancellation policies apply. Please refer to our terms and conditions page.

TRANSPORTATION

How do I get to the starting point of the Mardi Himal Trek?

You will board a tourist bus from Kathmandu to Pokhara. From Pokhara, we will drive you to Dhampus, the starting point of the trek.

Are domestic flights required to reach the starting point of the trek?

Pokhara, as the starting point of the trek, is accessible by road or flight. This package covers road transport. However, for an extra cost, you can choose the flight option.

What transportation options are available after completing the trek?

After completing the trek, we provide a return tourist bus from Pokhara to Kathmandu. You can also opt for private transportation at an additional cost or even fly from Pokhara to Kathmandu.

Discovery World Trekking

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