

### Trekking Mardi Himal: Things To Know

The Mardi Himal Trek is a beautiful and less crowded trek in the Annapurna region of Nepal. Trekking Mardi Himal offers stunning views of the Himalayas, including Mount Annapurna, Mount Machhapuchhre (Fishtail), and Mount Hiunchuli.

The trek takes you through forests, terraced fields, and traditional villages, providing an opportunity to experience the culture and lifestyle of the local people.

Despite the popularity of the trip to Annapurna Base Camp, interest in the less well-known Mardi Himal Base Camp Trek has recently increased. If the length of the Annapurna Trek is too much for you, the Mardi Himal Trek is a great alternative.

On the Mardi Himal Trek, you will travel 42 kilometers over the course of 4 days. You can participate in it without any prior climbing experience, and if you have altitude sickness while on the Trek, you can quickly descend to a lower height.

Here's everything you need to know about the trekking Mardi Himal:

#### Important Facts:

**Location:** Trekking Mardi Himal begins at the village of Phedi, which is close to Pokhara, and is situated in Nepal's Annapurna region.

Starting Point: Kande & Finishing Point: Siding.

**Trek Length:** Depending on your schedule and pace, the trek lasts between 10 and 12 days.  
Distance: 42 KMs.

**Difficulty Level:** The Mardi Himal Hike is regarded as a moderately difficult to tough trek. To complete this walk, you must be in good physical shape and have previous trekking experience.  
Highest Elevation: 4500m at Mardi Himal Base Camp.

**Altitude Sickness:** On high-altitude hikes like the Mardi Himal Trek, altitude sickness is prevalent. It's crucial to adjust appropriately and to keep an eye on your symptoms. It is preferable to descend as soon as you begin to feel uncomfortable.



**Accommodation:** During the walk, lodging is typically provided in tea houses or lodges. The tea houses provide the bare necessities, including food, lodging, and restrooms.

**Fees and Permits:** Annapurna Conservation Area Permit (ACAP), Trekkers Information Management Centre Card (TIMS).: To participate in the Mardi Himal Trek, you must have a TIMS card and an Annapurna Conservation Area permit. It is important to confirm the most recent information with a local tour operator or the Nepal Tourism Board, as the costs for these permits are subject to change.

**Best Time Of The Year For Trek:** September through November and March through May are the best months to go on the trekking Mardi Himal. While the monsoon season (June to August) might be wet and slick, winter can be very cold and snowy.

**Guides and Porters:** Using a guide or porter is often preferred by hikers on the Mardi Himal



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Trek, while it is feasible to go unaided. This can improve the trek's comfort and help guarantee a fun and safe journey.

In conclusion, the Mardi Himal Journey is a great trek for anybody looking for an adventure in the Himalayas away from the usual path. The Mardi Himal Trek is a must-visit location for hikers and environment enthusiasts because of its magnificent scenery, vibrant culture, and welcoming residents.

### Best Time for Mardi Himal Trek

Considering the weather conditions, April and October are to be preferred for trekking in Nepal. But if you are looking to avoid crowds, it is good to choose March or November. However, the weather conditions may not be ideal in these months, and snow might ruin your Trek.





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May to September is the monsoon season and the route gets very muddy, whereas, between December to February, the cold is unbearable due to the winter.

### What To Pack For Mardi Trek?

When deciding what to carry, you should remember that we are going for a trek and not mountain climbing. Leave your ropes and shackles behind and get everything mentioned on the following list:

1. [Hiking Boots](#)
2. Hiking Socks
3. Inner Socks
4. Trekking Poles
5. Thermal Baselayer
6. Fleece Pullover or Jacket
7. Waterproof Jacket
8. Hiking Shorts
9. Hiking Pants
10. Waterproof Pants
11. Lightweight Thermal Tops
12. Rucksack with Rain Cove Daypack
13. Sandals or Shoes
14. T-shirts

### How Do I Prepare For The Trek?

The Mardi Himal Trek is not extremely difficult as it is shorter, and the route encompasses destinations of lower elevations. The best way to prepare for the Trek is by starting to walk two times a day for sixty minutes so that you get the hang of walking. After you do it for about three weeks, you can then start to trek carrying a backpack of 10 – 15 kgs. These activities will condition you so that you become fit for the Mardi Himal Trek.

### How is Trekking Mardi Himal Different?

What differentiates Mardi Himal Trek is that it offers you peculiar views of the unexposed sides of the Annapurna Massif. This trek route started to attract more traffic only in 2011. It was also when various teahouses started to pop up on the route. The final destination of the Trek is the Mardi Himal Base Camp, situated at an elevation of 4500m.

### Things You Should Not Do During the Trek

#### 1. Trekking Solo:



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Never go on a trek all alone. In case of accidents or emergencies, you will have no one to help. Moreover, without a reliable guide, you might get lost and reach nowhere. Instead, make sure you book your trekking trip with a government-registered agency. They will not only arrange all of your lodging, meals, transportation, guides, and porters but will also take care of all of your travel needs in a professional manner. This will help you enjoy the trip without having to be anxious about anything else.

### **2. Neglecting Acclimatization:**

Especially for people living at sea level, the high altitude may not feel comfortable. Some may find it hard to breathe at high altitudes due to the lack of oxygen present in the atmosphere. Hence we advise you to trek at a slow pace and carry the necessary medications. If required you should descend to lower elevations.

### **3. Drinking Tap Water:**

Even if you see locals drinking from local tap water, you should not follow suit. The tap water may be contaminated and may not be drinkable. Instead, you should carry a mineral water bottle, a UV-ray water filter, or chlorine tabs with you or get boiled water from a nearby hotel or restaurant.

### **4. Taking Photographs in Prohibited Areas:**

Ask your guide whether it is allowed to take pictures in the area you are in. Some temples and monasteries don't allow you to use your camera. Taking pictures in a prohibited area may land you in trouble.

## **Insurance for Trekking Mardi Himal**



Having travel insurance is mandatory because you will be trekking in altitudes above 3000m. You must ensure in your home country before traveling to Nepal and beginning your Trek. Please bring a copy of your insurance, and your insurance policy must cover medical expenses, helicopter evacuation, and other health-related expenses.

### **Conclusion for Trekking Mardi Himal:**

To conclude, the Mardi Himal Trek will take you off the beaten track. This Trek will give you a chance to experience unexposed and unspoiled parts of the Annapurna region. The area is comparatively less crowded. You will also experience natural and cultural diversity.

Mardi Himal Trek is a cultural melting point of two world religions, Hinduism and Buddhism. The Mardi Himal Trekking journey ascends from lower land to higher elevation, providing mystical mountain scenery of Mt. Dhaulagiri (8,167m), Machhapuchhare (6,993m), Mt. Hiunchuli



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(6,441m), and Annapurna South (7,010m).

The Mardi Himal Trek begins in Pokhara, a very beautiful city and tourist hub, and then ascends towards Phedi to Dhampus, one of the world's paradises. This Trek allows us to experience rural life away from the hustle and bustle of city life, making the trip both enjoyable and memorable.

The trekking takes place in traditional villages such as Phedi, Pothana, Landruk, and Sidhing, each with its own culture and identity. There are only a few tea houses and lodges along the route that offer basic facilities and provisions; however, the hospitality, cuisine, and rooms are sophisticated, appetizing, and well-attuned.

Also Read: [Mardi Himal Trek](#)

### FAQ Trekking Mardi Himal

#### **Q: Is trekking Mardi Himal challenging?**

The Mardi Himal walk can be described as difficult because it demands traversing steep, rocky terrain while climbing at a high altitude. Be prepared for the physically challenging conditions because the walk takes you through rural places with few amenities and services.

Hikers should be prepared for rapid fluctuations in temperature and precipitation because the weather can be unpredictable.

Nevertheless, the walk is well worth the effort due to the stunning scenery and the opportunity to see the local cultures. If your physical condition is good and you've done some trekking before, you should be able to finish the walk. But you should always pay attention to your body and alter your pace as necessary.

#### **Q: When is the best time to travel in the Mardi Himal area?**

The months of September through November and March through May are ideal for travel to the Mardi Himal region. These months provide clear skies, comfortable temperatures, and ideal hiking terrain. You can anticipate clear vistas of the Himalayas during these months and fewer tourists on the treks.

The Mardi Himal region can experience extremely cold and snowy weather from December through February, which makes trekking challenging. The region is prone to heavy rain during the monsoon season (June to August), making the routes slick and raising the risk of landslides.

Therefore, it is advised to schedule your trip during the prime trekking season, which is from September to November and from March to May, if you want to experience the most of the Mardi Himal Trek.



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