Mardi Himal Trek – 9 Days

Know About The Mardi Himal Trek

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The Mardi Himal Trek 9 Days is a hidden gem in the world-famous Annapurna region of Nepal. This moderate-grade trekking package is perfect for beginners and experienced hikers looking for a peaceful journey. Additionally, you will walk along pristine mountain ridges away from crowded trails while enjoying views managed under the Annapurna Conservation Area Project (ACAP).

First, your Mardi Himal Trek 9 Days adventure begins with a scenic transfer from Kathmandu to Pokhara. From there, the trail enters dense oak and rhododendron forests. Along the way, you will pass through charming local villages like Dhampus and Pothana. Consequently, you can enjoy authentic Gurung hospitality, traditional stone houses, and tranquil natural surroundings.

However, the true crown jewel of the Mardi Himal Trek 9 Days is reaching Mardi Himal Base Camp at 4,500 meters. From the high ridge, you will experience sweeping 360-degree views of Machhapuchhre (Fishtail Peak), Annapurna South, and Hiunchuli. In addition, official guidelines and permits for visiting the region can be verified through the Nepal Tourism Board. Afterward, the trail descends through Siding village, offering a rich cultural end to your adventure.

Furthermore, are you looking to explore more of the region? In fact, the Mardi Himal Trek 9 Days route easily connects with the Annapurna Base Camp Trek or the Annapurna Circuit Trek. Similarly, you can add our full-day Kathmandu UNESCO World Heritage Tour before starting your trek. Ultimately, the best seasons for this trip are spring (March to May) and autumn (September to November).

Trek Highlights

- Mardi Himal Base Camp (4,500m): Stand close to the spectacular face of

Machhapuchhre (Fishtail) and Annapurna South.

- Uncrowded Ridge Trail: Walk along pristine forest paths and open mountain ridges far from busy tourist routes.
- Panoramic Mountain Views: Capture 360-degree vistas of Dhaulagiri, Hiunchuli, Mardi Himal, and the Pokhara valley.
- Authentic Local Culture: Experience traditional Gurung village life in settlements like Pothana, Deurali, and Siding.
- Rhododendron & Alpine Forests: Trek through vibrant mossy forests that burst into spring blossoms.
- Pokhara Lake Stay: Finally, relax by the serene shores of Phewa Lake before and after your mountain trek.

Itinerary

Day 1: Arrive in Kathmandu

Your Himalayan journey begins as you land at Tribhuvan International Airport in Kathmandu. Our representative greets you outside the terminal and assists with your hotel transfer. Spend the rest of your day resting, buying gear in Thamel, or relaxing. In the evening, join our team for a trek briefing and a welcome dinner.

- Elevation: 1,400m / 4,593ft
- Location: Kathmandu
- Accommodation: Hotel in Kathmandu
- Meals: Welcome Dinner

Day 2: Travel from Kathmandu to Pokhara

After breakfast at your hotel, you will travel from Kathmandu to the lakeside city of Pokhara. You can choose between a 6 to 7-hour scenic overland drive or a 25-minute domestic flight. Enjoy views of rivers, terraced fields, and mountains along the way. Spend your evening strolling along the scenic shores of Phewa Lake.

- Elevation: 820m / 2,690ft
- Location: Kathmandu to Pokhara
- Accommodation: Hotel in Pokhara
- Meals: Breakfast

Day 3: Drive from Pokhara to Kande & Trek to Deurali

Enjoy an early breakfast before taking a short drive from Pokhara to Kande. Here, you begin your trek along a stone staircase climbing to Australian Camp. Continue walking through peaceful forests and terraced fields toward Pothana village. By afternoon, you will arrive at the scenic settlement of Deurali, offering great views of Annapurna South.

- Elevation: 2,100m / 6,889ft
- Location: Pokhara /Kande / Deurali
- Accommodation: Teahouse / Lodge in Deurali
- Meals: Breakfast, Lunch, Dinner

Day 4: Trek from Deurali to Forest Camp

Wake up to beautiful views before setting out into deep mossy woods. The trail leaves the main Annapurna sanctuary path and follows a quiet ridge line. You will walk through ancient oak, pine, and rhododendron forests filled with birdsong. Arrive at Forest Camp by early afternoon and relax at your cozy lodge.

- Elevation: 2,550m / 8,366ft
- Location: Deurali to Forest Camp
- Accommodation: Teahouse / Lodge in Forest Camp
- Meals: Breakfast, Lunch, Dinner

Day 5: Trek from Forest Camp to Low Camp

After breakfast, continue climbing steadily through dense rhododendron woodland. As you gain elevation, trees gradually become shorter and openings in the forest appear. You will catch stunning close-up glimpses of Machhapuchhre (Fishtail) along the trail. Reach Low Camp in the early afternoon and enjoy a peaceful evening.

- Elevation: 2,970m / 9,744ft
- Location: Forest Camp to Low Camp
- Accommodation: Teahouse / Lodge in Low Camp
- Meals: Breakfast, Lunch, Dinner

Day 6: Trek from Low Camp to High Camp

Leave the tree line behind today as you climb out onto open alpine ridge slopes. The path

passes through Badal Danda, offering wide views of surrounding valleys and mountains. You will walk above clouds while enjoying sweeping panoramas of Annapurna South and Hiunchuli. Arrive at High Camp early to rest and prepare for tomorrow's summit hike.

- Elevation: 3,580m / 11,745ft
- Location: Low Camp to High Camp
- Accommodation: Teahouse / Lodge in High Camp
- Meals: Breakfast, Lunch, Dinner

Day 7: Hike to Mardi Himal Base Camp & Trek Down to Low Camp

Wake up early at 4:30 AM for your sunrise hike along the narrow mountain ridge. Reach Upper Viewpoint and continue to Mardi Himal Base Camp at 4,500 meters. Stand directly beneath the towering wall of Machhapuchhre and Annapurna South. Take photographs before returning to High Camp for lunch, then descend down to Low Camp.

- Elevation: 4,500m / 14,763ft (Base Camp) 2,970m / 9,744ft (Low Camp)
- Location: High Camp / Base Camp / Low Camp
- Accommodation: Teahouse / Lodge in Low Camp
- Meals: Breakfast, Lunch, Dinner

Day 8: Trek to Siding Village & Drive to Pokhara

After breakfast, follow a different downhill trail through lush forests and waterfalls. Arrive at Siding village, a traditional Gurung community untouched by mass tourism. Explore the village

before boarding a private jeep for a 2-hour drive back to Pokhara. Check into your hotel and celebrate your successful trek near Lakeside.

- Elevation: 1,750m / 5,741ft (Siding) 820m / 2,690ft (Pokhara)
- Location: Low Camp / Siding \ Pokhara
- Accommodation: Hotel in Pokhara
- Meals: Breakfast, Lunch

Day 9: Travel from Pokhara to Kathmandu & Final Departure

Enjoy your final breakfast in Pokhara before returning to Kathmandu by bus or domestic flight. Upon arrival, transfer straight to Tribhuvan International Airport for your international flight home.

- Elevation: 1,400m / 4,593ft
- Location: Pokhara to Kathmandu Airport
- Accommodation: Departure (N/A)
- Meals: Breakfast

Inclusions

- Airport Transfers: Enjoy seamless private vehicle pick-up and drop-off services for all international or domestic flights.
- Ground Transportation: All local travel and land transportation as specified in your itinerary are fully covered.

- City Accommodation: Relax in comfortable hotels in Pokhara on a convenient Bed & Breakfast (B&B) basis.
- Trek Accommodation: Experience cozy and welcoming teahouse stays throughout your days on the trail.
- Trek Meals: Savor three wholesome, delicious meals (Breakfast, Lunch, and Dinner) daily while trekking.
- High-Altitude Care: Benefit from complimentary hot soup services provided for three days within high-altitude zones to keep you warm and well-hydrated.
- Professional Guide: Be led by an experienced, licensed, and knowledgeable guide for the entirety of your tour and trek.
- Assistant Guide: A dedicated assistant guide accompanies groups larger than 10 guests to ensure personalized care and attention.
- Porter Support: Enjoy reliable porter assistance maintained at a comfortable 2:1 trekker-to-porter ratio.
- Staff Welfare: We prioritize the well-being of our team by providing comprehensive insurance, meals, and lodging for all guides and porters.
- Permits & Government Fees: All necessary trekking permits, TIMS cards, local taxes, and government charges are fully managed on your behalf.
- Safety & Medical Support: A comprehensive first-aid medical kit is carried by our trekking staff for your peace of mind and safety.
- Souvenirs & Extras: Receive a detailed trekking map to follow your route alongside a complimentary company T-shirt as a keepsake.
- Celebration & Farewell: Conclude your incredible journey with a traditional farewell dinner in Kathmandu on your final night, accompanied by an official trip completion certificate.
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Exclusions

- Entry Visas: Nepal entry visa fees are separate and are conveniently payable upon

arrival at the airport.

- International Flights: Airfare to and from Kathmandu, including any international airport departure taxes, is not included in the package.
- City Meals: Lunches and dinners during your stays in Kathmandu and Pokhara are excluded, allowing you to explore local culinary spots at your leisure.
- Sightseeing Fees: Entrance fees for monuments, temples, and heritage sites in Kathmandu and Pokhara are not covered.
- Travel Insurance: Comprehensive personal travel, medical, and emergency helicopter rescue insurance must be arranged independently for your safety.
- Personal Trek Expenses: Personal incidental costs during the trek—such as hot showers, electronic device charging, bar bills, laundry services, and bottled or mineral water—are excluded.
- Extra Stays: Additional hotel nights in Kathmandu or Pokhara outside of the planned itinerary are not included.
- Return Flight Ticket: The domestic flight ticket from Pokhara to Kathmandu is excluded if you prefer to fly back.
- Gratuities: Tips and tokens of appreciation for your trekking guide, assistant guide, and porters are not included and remain entirely at your discretion.
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