



## Contact Info

Location: Kathmandu Metropolitan City Ward No 22,  
Uttar Dhoka Marg, Lazimpat, Kathmandu, Nepal  
Telephone: +977 1 4419145  
+977 1 4417230

E-mail: [info@goingnepal.com](mailto:info@goingnepal.com)  
[goingnepal@gmail.com](mailto:goingnepal@gmail.com)  
Office Hour: 9.00 AM to 05.00 PM  
Whatsapp Number: 9851032961

## DISCOVERING MARDI HIMAL: A TREK INTO THE HEART OF THE HIMALAYAS

The Mardi Himal Trek is a relatively new and off-the-beaten-path trek in the Annapurna region of Nepal. This stunning trek takes you through lush forests, charming villages, and stunning landscapes with incredible views of the Annapurna and Dhaulagiri mountain ranges. Mardi Himal Trek is an ideal choice for those looking for a short but challenging trek in Nepal. The trail is less crowded, allowing you to immerse yourself in the local culture and enjoy the stunning natural beauty of the area.

### Includes

- All (airport to airport) transfer by private vehicles as per group size.
- 10 nights' accommodation Luxury Resort/Hotels as mentioned below.
- Meals: 10 breakfasts, 05 lunches and 05 dinner
- Local village and schools visit on the way wherever is possible.
- Visit Tibetan carpet factory and Thangka painting while guided sightseeing tour in [Kathmandu](#) and [Pokhara](#)
- Seasonal and regional festivals and unique experiences as per region, (Min 10 Pax requires in the group)
- Visit of spiritual Places in the city areas and outside the city while by surface travel.
- Spiritual performances, visiting temples, meditation centers on request

- Participate in harvesting and cultivation activities depending on the season.
- Monumental areas entrance fees as per the itinerary levied by the government and local authorities.
- Professional licensed local English/other language speaking guide service in Kathmandu, and Pokhara.
- Other festivals, festivities and spiritual activities will be observed or participated while on tour,
- Accompanying official escort throughout the trip.
- Special souvenir on farewell / departure

#### Includes While on Trek:

- Annapurna Conservation area Permits
- All 3 major meals including Tea/Coffee, hot water to drink,
- Licensed trekking guide, his allowance, hotel and meals
- Trekking Sherpa porter (2:1porter), allowance, hotel and meals.
- Duffle bag to put your belongings,
- Medical kit.

#### Excludes

- International flights tickets
- Nepal entry visa fee
- Travel Medical Insurance
- Emergency Evacuation Service
- Items of a personal nature such as alcoholic/nonalcoholic drinks, laundry
- Any other expenses which are not mentioned at the included section
- Tips/gratuities/Donations for driver, guides and escorts

- Force Majeure

## Itinerary

### Day 01: Arrival In Kathmandu

Arrive at Tribhuvan International Airport [Kathmandu](#) and you will be transferred to the hotel for staying overnight. Late-night welcome dinner at a Nepali restaurant. Enjoy your dinner with Going Nepal crews and brief about the program also prepare for your trek to Mardi Himal Base camp.

- Elevation of Kathmandu: 1300m/4264ft
- Transportation: Private car
- Accommodation: 4-star hotel
- Meal: Welcome dinner

### Day 02: Drive to Pokhara city

After early morning breakfast and check out from the hotel. Continue your journey to [Pokhara](#) which is 200 Km away from Kathmandu or you can also fly from Kathmandu to Pokhara which will be 25 Minutes of flight. Enjoy beautiful scenery and villages along the twisted thruway. Stop on the way for lunch and continue the way to Pokhara. After reaching Pokhara you will be welcomed by the beautiful snowcapped mountain tops and lovely excellence on a clear day. Directly transferred to the hotel, welcome, and refreshments. Rest of the day you can rest inside the hotel. Later in the evening you can explore Lakeside and enjoy the lake vibe. Dinner and overnight at the hotel.

- Elevation of Pokhara: 822m
- Transportation: Private vehicle
- Driving distance: 5-6 Hours (200km)
- Meals: Breakfast
- Accommodation: 4-Star Hotel

### Day 03: Drive from Pokhara to Dhampus and trek to Deurali

We'll leave early in the morning and drive for about 2 hours to Dhampus, where the trails begin. The hike takes us through ethnic Brahmin, Magar, and Gurung villages, with panoramic views of the Annapurna peaks in the background. Our journey continues through the rhododendron forest to Pothana, then to Deurali (2100m). At

Deurali, you can see the high glaciers on one of the most famous Himalayan peaks, Annapurna South, looming in the distance.

- Elevation of Deurali Village: 2100m/ 6889ft
- Trek duration: 3/4 hrs
- Accommodation: Tea house/Lodge
- Meal: Full Meal Board with tea/coffee en route

## Day 04: Trek from Deurali to Forest Camp

We leave Deurali early in the morning for Forest Camp. The path climbs steadily through a forest of rhododendron, birch, oak, maple, and hemlock. You see wildlife along the way, including leopards, deer, monkeys, and several bird species. We'll be spending the night at Forest Camp.

- Elevation of Forest camp: 2600m/ 8530ft
- Trek duration: 5/6 hrs
- Accommodation: Tea house/Lodge
- Meal: Full Meal Board with tea/coffee en route

## Day 05: Trek from Forest Camp to High Camp

The route for today's hike will take us from Forest Camp to High Camp via Low Camp. The trails are steep, but the views of Machhapuchre (fishtail mountain), the Annapurna Range, the Annapurna Base Camp valley, and the Mardi Himal are spectacular. After several hours of walking, the forest finally opens up into a clearing, allowing you to see Annapurna South's face. The trail then transitions into a mix of scrub forest and open meadow. As we climb, the ridge narrows, and the deep valleys on both sides become visible.

- Elevation of High camp: 2600m/ 8530ft
- Trek duration: 4/5 hrs.
- Accommodation: Tea house/Lodge
- Meal: Full Meal Board with tea/coffee en route

## Day 06: Trek from Low Camp to Jhinu Danda

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 descent continues to the 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.

- Elevation of Jhinu Danda: 1780m/ 5839ft
- Trek duration: 6/7 hrs.
- Accommodation: Tea house/Lodge
- Meal: Full Meal Board with tea/coffee en route

## Day 07: Jhinu Danda/Landruk to Siwa/Ghandruk Phedi drive to Pokhara via Nayapool

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 the picturesque countryside to Pokhara. After reaching Pokhara rest for the day. Overnight at the hotel.

- Elevation of Pokhara: 1780m/ 5839ft
- Trek duration: 3-4 hrs.
- Driving Distance: 2/3 hrs.
- Accommodation: 4star Hotel
- Meal: Breakfast and Lunch

## Day 08: Half-day Pokhara city tour

Breakfast at the hotel and prepare yourself for Pokhara exploration. You will visit, Davis fall, Gupteshwor Mahadev cave, and the International mountain museum and end your day by boating in Phewa lake. Lunch can be done on the lakeside where you can find varieties of restaurants. After exploring Pokhara, drive back to the hotel and rest. Dinner and overnight at the hotel.

## Day 09: Drive back to Kathmandu

Breakfast at the hotel and check out. You will be transferred to the Tourist bus station in Pokhara where you will be catching a bus to Kathmandu. Travel through the same highway and reach Kathmandu. Lunch will be served in a highway restaurant. After reaching Kathmandu, drive to the hotel and rest for the day. Overnight at the hotel.

## Day 10: Full-day Kathmandu city tour

Breakfast and our Guide will be there to pick you up and proceed for the full-day sightseeing to [Pashupatinath](#), [Boudhanath](#), and [Bhaktapur Durbar Square](#). After finishing the trip drive back to the hotel, check-in, and rest. Later in the evening farewell dinner with Going Nepal crew members in a typical Nepali restaurant. Overnight at the hotel.

- Meals: Breakfast

## Day 11: Departure

Breakfast and check out from the hotel. Timely transfer to the airport for the flight to your onward destination.

- Meals: Breakfast

## Highlights

- A scenic drive from Kathmandu to Pokhara that continues towards Dhampus, the starting point of the trek
- The trail has got a good balance of moderate and difficult walking
- Trek through dense forests of rhododendron and remote villages
- Get to see several species of flora and fauna on the way
- Spend time with locals and observe their daily lifestyle and culture
- Hike to Upper View Point to witness gorgeous sunrise with snow-capped Himalayan mountains
- Less crowded and tranquil trail
- Perfect for beginner trekkers looking for off beaten journey in the Annapurna region

## Travel Information

- **Best time to go:** The best time to go for the Mardi Himal Trek is from March to May and September to November when the weather is dry and the skies are clear.
- **Trekking Permits:** You will need a TIMS (Trekking Information Management System) card and an Annapurna Conservation Area Permit (ACAP) to enter the Annapurna region. These can be obtained in Kathmandu or Pokhara.
- **Accommodation:** During the trek, you will be staying in teahouses or lodges. These basic accommodations offer a warm bed and a hot meal, but don't expect luxury amenities.
- **Physical Fitness:** The Mardi Himal Trek is considered a moderate to difficult trek, so it's essential to be physically fit and prepared for the hike. It's recommended to do some cardio exercises and train with some day hikes before starting the trek.
- **Altitude Sickness:** As the trek reaches high altitude, it's essential to take precautions against altitude sickness. Acclimatization is key to prevent altitude sickness, and it's recommended to take rest days during the trek.
- **Packing List:** Some essential items to pack include a warm sleeping bag, comfortable trekking shoes, warm and waterproof clothes, a hat and gloves, a first aid kit, sunscreen, a camera, and a trekking pole.
- **Guides and Porters:** Hiring a guide and a porter is recommended for the Mardi Himal Trek. Guides are knowledgeable about the trek and the region, while porters can help carry your bags, making the trek easier for you.
- **Transportation:** The trek usually starts and ends in Pokhara, which can be reached by flight from Kathmandu or by bus from other major cities in Nepal. From Pokhara, you will need to take a jeep or a private car to the starting point of the trek.
- **Currency:** The currency used in Nepal is the Nepalese Rupee (NPR). It's recommended to carry cash in small denominations as credit cards and ATMs are not widely accepted in the trekking region.

## Things to know

- **Physical Fitness:** The Mardi Himal trek is a moderate to challenging trek that involves walking for several hours a day at high altitudes. It is important to be in good physical condition and to train in advance for the trek.

- Permits: Trekkers are required to obtain two permits: the [Annapurna](#) Conservation Area Permit (ACAP) and the Trekker's Information Management System (TIMS) card. These can be obtained in Kathmandu or Pokhara
- Weather: The best time to trek to Mardi Himal is from March to May and from September to November, when the weather is relatively dry and the skies are clear. During the winter months, the higher elevations can be very cold and snowy, while the monsoon season from June to August brings heavy rain and landslides
- Accommodation and Food: Tea houses and lodges are available along the trail, providing basic accommodation and food. It is advisable to carry some snacks and water purification tablets
- Altitude Sickness: Mardi Himal trek reaches an altitude of 4,500 meters. It is important to take time to acclimatize to the altitude and to stay hydrated throughout the trek.
- Guides and Porters: It is recommended to hire a guide or porter for the Mardi Himal trek, as they can provide valuable assistance, navigation, and safety advice.