



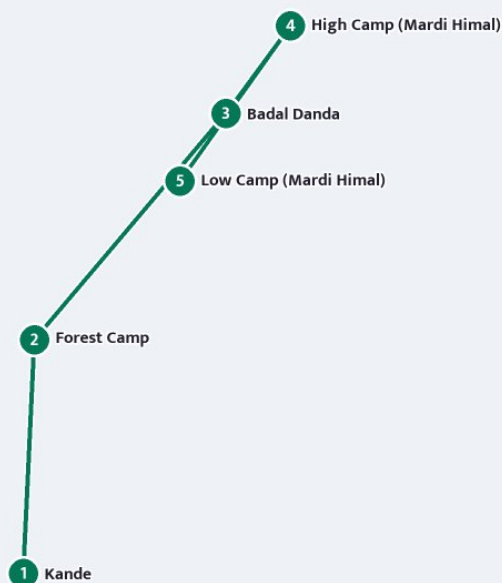
Mardi Himal Trek

A short, spectacular ridge trek from Pokhara to the base of Mardi Himal, right under the sharp summit of Machhapuchhre (Fishtail). In five days you climb through moss-covered rhododendron forest above the clouds onto open grassy ridges, with Annapurna South, Hiunchuli and Fishtail filling the sky. Small lodges and quiet trails make it one of the best short treks in Nepal.

DURATION	DIFFICULTY	MAX ALTITUDE	GROUP SIZE
5 days	Moderate	4,500 m	1–12

HIGHLIGHTS

- Mardi Himal Base Camp viewpoint (4,500 m)
- Face-to-face views of Machhapuchhre (Fishtail)
- Sunset over a sea of clouds at Badal Danda
- Rhododendron and oak forests
- Starts and ends in Pokhara
- Quiet trails and small family lodges



AT A GLANCE

1. Teahouse at Forest Camp	1 night	3. Teahouse at High Camp	1 night
2. Teahouse at Badal Danda	1 night	4. Teahouse at Low Camp	1 night

Highest night: 3,580 m

DAY BY DAY

1 Drive to Kande, trek to Forest Camp (2,520 m)

Hotel pick-up in Pokhara and a one-hour drive to Kande. Walk via the Australian Camp and Deurali into dense forest to Forest Camp.

2,520 m · 6 h walking · Meals: Breakfast, Lunch, Dinner · Overnight: Teahouse at Forest Camp

2 Trek to Badal Danda (3,210 m)

Climb through moss-draped rhododendron trees to Low Camp, where Fishtail suddenly appears, and continue to Badal Danda, the "cloud hill".

3,210 m · 5 h walking · Meals: Breakfast, Lunch, Dinner · Overnight: Teahouse at Badal Danda

3 Trek to High Camp (3,580 m)

A short climb along an open ridge to High Camp, with the afternoon free to enjoy the views.

3,580 m · 3 h walking · Meals: Breakfast, Lunch, Dinner · Overnight: Teahouse at High Camp

4

Mardi Himal Base Camp viewpoint (4,500 m), back to Low Camp

Leave before dawn for the upper viewpoint and Mardi Himal Base Camp, with a stunning close-up of Machhapuchhre, Mardi Himal and Annapurna South. Descend to Low Camp.

4,500 m · 9 h walking · Meals: Breakfast, Lunch, Dinner · Overnight: Teahouse at Low Camp

5

Trek to Siding village, drive to Pokhara

Descend through forest and farmland to Siding and drive back to your hotel in Pokhara.

1,750 m · 4 h walking · Meals: Breakfast, Lunch

WHAT'S INCLUDED

Included

- Teahouse (lodge) accommodation on the trek, twin share
- Breakfast, lunch and dinner every day on the trek
- Government-licensed, English-speaking trekking guide
- Porter service (one porter for two trekkers, up to 20 kg)
- Wages, meals, lodging and insurance for guide and porters
- All national park or conservation area permits and local fees
- Ground transport and domestic flights as per the itinerary
- Down jacket and sleeping bag on loan for the trek
- First-aid kit and pulse oximeter carried by your guide
- Hotel pick-up and drop-off in Pokhara

Not included

- International flights and Nepal visa fee
- Travel insurance with high-altitude helicopter rescue cover (required)
- Lunch and dinner in Kathmandu and Pokhara
- Hot showers, Wi-Fi, battery charging and drinks in teahouses
- Tips for your guide and porter
- Extra nights caused by weather, flight delays or leaving the trek early

GOOD TO KNOW

Permits

You need the Annapurna Conservation Area Project (ACAP) permit. It is included and arranged by us.

Accommodation and food

On the trek you stay in local teahouses: simple, clean lodges with twin rooms and shared bathrooms in the higher villages. Meals are freshly cooked, from dal bhat to pasta and soups. In Kathmandu and Pokhara you stay in comfortable tourist-class hotels.

Fitness and health

A good level of fitness makes the trek much more enjoyable. Tell us about any medical conditions when you book, so your guide is prepared. Drink plenty of water, walk at a steady pace and avoid alcohol at altitude.

Payment

Send a booking request with your preferred date. We confirm availability within 24 hours and send you the payment details with your confirmation. Your place is secured once the deposit is received; the balance is due before the trip starts.

QUESTIONS TRAVELLERS ASK

Where does the trek start?

The trek starts and ends in Pokhara. We pick you up from your hotel in Lakeside. We can also arrange your bus, flight and hotel from Kathmandu.

Is the Mardi Himal trek hard?

It is moderate: the trails are steep in places and the base camp day is long, but the altitude is lower than on longer treks and the route is short.

Do I need previous trekking experience?

No technical experience is needed, but you should be fit enough to walk 5–7 hours a day for several days in a row. We recommend regular hiking, running or cycling for 6–8 weeks before your trip.

When is the best time to trek in Nepal?

Spring (March–May) and autumn (late September–November) bring the clearest views and stable weather. Winter (December–February) is quieter and colder; the monsoon (June–August) brings rain and cloud, but some valleys stay pleasant.

How do you deal with altitude sickness?

Our itineraries follow a gradual ascent with acclimatisation days. Your guide checks how you feel and your oxygen level every day, carries a first-aid kit, and will turn around or arrange evacuation if needed. Your safety always comes before reaching the top.

Is travel insurance required?

Yes. Your policy must cover trekking up to the maximum altitude of your trek, including emergency helicopter evacuation and medical treatment. Please send us your policy details before departure.

Can I trek privately or on my own dates?

Yes. Every trek can run as a private trip on the date you choose, for solo travellers, couples, families and groups. Ask us if you would like to add extra days, upgrade hotels or combine treks.

Dates, prices and booking

tripnep.io/tours/mardi-himal-trek

Questions? hello@tripnep.io