

Mardi Himal Trek

21 Nov - 2 Dec 2027

How to get to the trip

Fly into Tribhuvan International Airport, Kathmandu, then hop a 30 minute flight to Pokhara. You can catch a taxi from the airport to our hotel in a quiet precinct a 10 minute walk to the lake.

Day 1

We'll meet in the foyer of our hotel at 6pm and then walk down to the very picturesque lake for our first dinner together.

Day 2

We'll spend a day around Pokhara. Lots of options here: walking around the lake, hiring a kayak, catching a yoga class. In the afternoon we'll organise a car for 2 hours to take us for a drive around the town with a couple of sightseeing stops. We'll all meet at 6pm and head out for dinner somewhere.

Day 3 Pokhara - Pittam Deurali (2100m)

After breakfast we'll drive 1.5 hours to Dumpus where we commence our trek to Pittam Deurali (2100m). It's a 4.5 hour walk through hillside villages into oak and rhododendron forests. We'll stop for lunch along the way."

[Please note in the mountains we talk about altitude climbed rather than kms, as they don't give a good indication of the effort needed... However we've still given you approximate kms for each day, as well as altitude climb or descent. Distances may vary each time we lead the trek as we may use alternate routes.]

Day 4

Today we trek to Forest Camp (2520m) with a packed lunch on the way. This will be a 10km day of 4 hrs with a climb of 420m.

Our trail takes us into a more densely wooded section eventually turning onto the Mardi Himal ridge and climbing steadily. There are few settlements through this area giving it a secluded atmosphere. Our destination, Forest Camp, is a fairly large group of teahouses built in a forest clearing.

Day 5

After breakfast we trek 3-4 hours to Badal Danda (3350m). 7kms walking amongst trees then above tree line. We'll be ascending 830m.

The trail from Forest Camp to Badal Danda is one of the most rewarding sections of the Mardi Himal trek, taking you from the cool, enclosed world of the Himalayan forest to an exposed mountain ridge with sweeping views of the Annapurna range. The route begins with a sustained ascent through dense rhododendron and oak woodland, and some steep sections with stone steps before you arrive at Rest Camp, a small clearing with 2 teahouses.

We then continue onto Low Camp where we have our first views of the magnificent Macchapuchhre (Fishtail) and the Annapurna massif emerge. From here we traverse grassy slopes and increasingly exposed terrain reaching the spectacular views of Badal Danda.

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Day 6
We'll trek 3-4 hours this day from Badal Danda, along a ridge to High Camp (3650m). All of this is above the tree line. 7-8kms with an ascent of 300m.

The route from Badal Danda to High Camp is where the Mardi Himal trek really begins to feel like a high-mountain trek. The trail continues along the open crest of the Mardi ridge offering outstanding views. The vegetation changes to low grasses, alpine scrub and scattered dwarf rhododendrons. The path alternates between stone steps, rocky ground and packed earth. Rather than one long, relentless climb, the trail rises and falls gently in places as it follows the contours of the ridge, but the overall direction is steadily upward.

Days 7
We have another night at High Camp. You have the choice of walks or some rest.

Here we can have an early morning wake up and leave at 5am for a 3 hour return hike, carrying headlamps, tea and snacks, up to Lower view point (3900m) returning to the lodge for breakfast and then spend the rest of the day exploring the surrounding area.

The sunrise views are over snow-capped mountains and absolutely glorious. You'll be able to see Annapurna One (8091m), Fishtail Mtn (6993m), Annapurna South (7200m), and Annapurna Three (7555m).

Day 8
This will be a 3 hour descending hike (750m) to Low Camp. You'll be walking down above the treeline, then entering an alpine region with shrubs and stunted trees. We'll then spend a night at Low Camp.

Day 9
After breakfast we'll trek about 5 hours from Low Camp to Kalimati (1800m) about 12kms descending 1100m. We'll be going from a less forested area down into views of river gorges, small farming villages and through forest.

Day 10
Today we trek to Lwang village(1600m) via the beautiful Ghalel village (1650m). This day will be 4 and half hrs of walking with lunch at Lwang village. This is a 9km day descending 200m. After lunch we'll do the village walk and tea garden hike and be accommodated at a home stay lodge.

Day 11
This is our final day out on the trek. After breakfast we have a descent of 600m, walking about 2.5hrs, 8-9kms, to Khoramukh (1000m). Here we are picked up by jeep and driven back to Pokhara, a 1 hour drive. Time to enjoy the pleasures of our comfortable accommodation here. We'll all regroup to go to dinner together.

Day 12
Depart when it suits you or book another night in Pokhara to chill out after your hiking.

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ROUTES AND SAFETY

We are careful to get up to date information about changes in mountain terrain, accessibility and weather. If we feel any part of this trek could pose problems or is unsafe, we reserve the right to alter the route.

GENERAL INFORMATION

ALTITUDE

We go to an altitude of 4000m Sometimes people will feel a shortness of breath or a headache around 3,000m. We take you up in altitude in stages over the trip to minimise the possible impact. Normally water and rest will sort minor symptoms. We also carry inhalers, oxygen and an oximeter to measure the oxygen in your body. You need to let us know before you book if you have any medical issues that may affect your trip.

TEMPERATURE

In Pokhara you can expect temperatures of up to 25C. Out on the trek temperatures in November vary from 5C to 15C, though be prepared for a wind chill factor.

ACCOMMODATION

In Pokhara, before and after the trek, we are in a comfortable hotel with ensuites. You'll be able to store baggage here that you don't need for the trek. On the trek we'll be staying in tea houses and homestays sharing dormitory accommodation.

Sleeping bags will be provided for you but you may want to bring your own silk inner sheet. You'll need to pack your belongings for the trek in a bag you provide which we then include in a waterproof duffel bag.

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MEALS

In Pokhara we'll dine out for all our meals so you can choose the food that suits you. Out on the trek food is simple and traditional. (think rice, dhal, curry, spices, breads) If you have diet issues please talk to us before booking so that we can judge if you can be looked after.

GROUP SIZE

We'll have small groups of 5-8 people including guides and with the addition of porters.

WALKING

Walks are between 7-12 kms or an average 4.5 hours a day. Ascents/descents will average 500m each day and vary from 200m to 1100m on our biggest day. You need to have trained for this trek, be used to climbing 4-500m ascents/descents, be familiar with mountain walking, be used to walking a minimum 4 hours a day.

MEDICAL FITNESS

We'll ask for a certificate from your doctor saying it is appropriate for you to do this walk. Any medical conditions that may affect your walking need to be flagged with us beforehand.

INSURANCE

It's a requirement of the trip that you have travel insurance that covers you for medical issues and evacuation from mountain areas. Insurance companies can request that you get their "Adventure category" if you are above 3000m.

VISAS

You can apply for a tourist visa online through the Nepal Department of Immigration ETA Portal or get a visa on arrival at Tribhuvan International Airport in Kathmandu.



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VACCINES

Recommended travel vaccines for the area we are going into for the trek in Nepal include Hepatitis A, Typhoid, and your routine adult boosters such as: Tetanus, Diphtheria, Polio, and Measles-Mumps-Rubella (MMR). These would be adequate for Pokhara and Kathmandu. If you are spending time in lower altitudes in Nepal, such as sub-tropical areas you should get advice re Malaria and other possibilities.

OTHER INFORMATION

WHAT TO BRING

You'll need a day pack, walking boots, appropriate clothing including rain/windproof jacket, beanie, gloves, medications, kindle. We'll provide a Packing List when you book.

WATER

We provide bottled water in Pokhara. On the trek please bring water purification tablets. You'll need to bring your own water bottles. You may want to bring a thermos flask.

CANCELLATION CONDITIONS

If you must cancel your reservation the following criteria apply:

46-60 days 50% retained by us
32-45 days 75% retained by us
31 days or less no refund (Your travel insurance should cover this)

COST

Total cost per person is Aud $2700 for a minimum of 4 pax. The cost includes:

- two nights in a twin share or double in a Pokhara hotel before the trip and one night at the end
- all food on the trek itself
- lodges on trek
- porters
- all guiding
- transport from Pokhara to the trek and back to Pokhara
- entrance fees to Annapurna National Park

if you would like a single room in Pokhara that will cost an additional $55 per night.

NOT INCLUDED IN COST

- Your travel to Pokhara
- Meals in Pokhara (it's nicer to eat out – lots of great cafes and restaurants
- Alcoholic drinks
- Indian Visa

REGISTER ONLINE

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