Destination Unlimited Treks & Expedition Pvt. Ltd Pvt. Ltd.

Mardi Himal Trek

Duration: 11 Days

Itinerary (Plan)

Day 1 Arrival in Kathmandu (1,300m) Pick up and transfer to the Hotel

- Time : N/A
- Max Altitude : 1300m

Accommodation: Deluxe Accommodation in Kathmandu

Meal: na

Pick up meet and greet at the airport then transfer to the hotel around Thamel. Meet guide and briefing about trek. over night at Hotel

Day 2 Drive to Pokhara (827m) Drive to Pokhara or Flight

- Time : 8-9 hours
- Max Altitude : 827m

Accommodation: Hotel in Pokhara

Meal: BLD

We were with a 8-9 hours serene drive through the narrow one lane highway all while enjoying the view of the lush green forests and the high currents of the river flowing below us. With a lunch stop on the way, we get to the vibrant lake city of Pokhara. Flight Optional available, if by flight we can start same day trekking. Over night at Pokhara.

Day 3 Drive to Phedi and trek to Deurali (2100m)

- Time : 30m- drive, 5-6hrs trek
- Max Altitude : 2100m

Accommodation: Teahouse & Local Lodge

Meal: BLD

After a quick breakfast early in the morning, we board our private vehicle for a 30-minute drive to Phedi. Tighten your shoelaces as we now begin our trek. The trail is mostly uphill and will definitely be quite demanding in the beginning. Night at a guest house at Deurali.

Day 4 Deurali to forest camp (2,520m)

- Time : 6-7 hours
- Max Altitude : 2520m

Accommodation: Teahouse & Local Lodge

Meal: BLD

We begin our long day with a quick breakfast at Dhampus. We embark on the trails to the Forest camp, few hours of walking through enchanting oak, maple and rhododendron forests will bring us to a clearing in the forest, which is our destination for the night. Get a real-time experience to know the locals even better as you spend the night at accommodations which will be more like homestays rather than lodges.

Day 5 Forest Camp to low camp (2970m)

- Time : 5-6 hours
- Max Altitude : 2970m

Accommodation: Teahouse & Local Lodge

Meal: BLD

We begin our trek early next morning. The 5-hour trek to the Low camp will take us through blooming rhododendron forests, moss and tree ferns. When we get to the Low Camp, we will be presented with spectacular and stunning views of the majestic Mt. Machhapuchhre.

Day 6 Low camp to high camp (3540m)

- Time : 3-4 hours
- Max Altitude : 3540m

Accommodation: Teahouse & Local Lodge

Meal: BLD

Today is the main day of our trip to the High camp. As the trail goes along the Mardi Himal ridge, we encounter a few traces of rhododendron trees along with the possibility of spotting few ‘Danphe’ birds. After we get to the high camp, we come face to face with the Annapurna, Machhapuchhre and the Hiunchuli.

Day 7 High camp to an upper viewpoint - Base Camp(4590m) return back to high camp

- Time : 7-8 hours

- Max Altitude : 4590m

Accommodation: Teahouse & Local Lodge

Meal: BLD

Today, we spend the day enjoying the stunning landscapes of mountains surrounding us with the cool winds blowing across our faces. Catching the sunrise as it kisses the mountain peaks is a must.

Day 8 High camp to Sidhing Village (1700m)

- Time : 6-7 hours
- Max Altitude : 1700m

Accommodation: Teahouse & Local Lodge

Meal: BLD

Today, we make our way to Siding village as we take the different trail. Experience the local culture like never before with the ever so welcoming locals of the Siding village. Taste the local cuisine and also spend the night at a home of one of the locals.

Day 9 Trek to Lumre, drive to Pokhara. Overnight at Pokhara.

- Time : 3-4 hrs
- Max Altitude : 1400m

Accommodation: Hotel in Pokhara

Meal: BLD

Today, we make our way back to Pokhara. With a 3 hour trek to Lumre, we will officially bring our trek to an end. At Lumre, a private vehicle awaits your arrival to escort you back with a 2-hour drive to Pokhara or directly from siding also can take jeep to Pokhara. Over night at Pokhara

Day 10 Drive or flight to Kathmandu.

- Time : 8-9hrs Drive / 30m Flight
- Max Altitude : 1350m

Accommodation: Hotel in Kathmandu

Meal: B

We retrace our way back to the cultural city of Kathmandu with a 6-hour bus drive along the highway. Another option to go back to Kathmandu is also a 30-35 minute mountain flight as you catch your last sights of the Himalayas. We spend at the hotel at Kathmandu itself.

Day 11 Final departure

- Time : N/A
- Max Altitude : 1300m

Accommodation: na

Meal: B

Time to pack your bags and bid farewell to Nepal and all the wonderful memories. We will drop you at the International airport and we hope you have a safe flight. We wish to serve you again later on too.

Cost Include

- Airport pick-up and drop-off private transfer
- Transportation from start to End
- Hotel in Pokhara and Kathmandu. Category 2-3 star
- Farewell Dinner by Company
- Trekking Accommodation, Twin Sharing in Basic Tea-house
- English-speaking guides/ Who has excellent knowledge.
- Porters for 2 guest one porter
- All meals(Breakfast, Lunch & Dinner)
- Fresh Fruits after dinner every evening.
- All necessary documents and permits for trekking
- Trekking equipment including sleeping bags
- Staff insurance, medication and equipment
- All Govt. and Local Taxes, First Aid Kit
- Trekking Certificate by Destination Unlimited.

Equipment List & Gear Guide

Must-Have Clothing & Gear for Mardi Himal Trek

Clothing

Base Layers (for warmth & comfort)

- Moisture-wicking T-shirts (short & long-sleeved)
- Thermal underwear (top & bottom) for cold nights
- Mid Layers (for insulation)
- Fleece jacket or pullover
- Lightweight down or synthetic insulated jacket

Outer Layers (for weather protection)

- Waterproof & windproof jacket (Gore-Tex or similar)
- Waterproof trekking pants or over-pants
- Trekking Pants & Shorts

- Lightweight trekking pants (quick-dry)
- Convertible pants (zip-off style for warm days)

Headwear & Handwear

- Warm beanie or wool hat
- Sun hat or cap with a brim
- Neck gaiter or buff
- Lightweight fleece gloves
- Waterproof insulated gloves for higher altitudes

Footwear

- Well-broken-in trekking boots (ankle support & waterproof)
- Lightweight trekking shoes or sandals (for evenings)
- Warm trekking socks (wool or synthetic) – 3–4 pairs
- Liner socks to prevent blisters

Equipment

- Backpack (35–45L for daily carry) with rain cover
- Duffel bag (if porters are carrying gear)
- Trekking poles (adjustable, with snow baskets in winter)
- Sleeping bag (rated -10°C to -15°C for colder months)
- Headlamp with extra batteries
- Reusable water bottles (1–2 liters) or hydration bladder
- Water purification tablets or filter
- Sunglasses with UV protection
- Sunscreen (SPF 50+) & lip balm with SPF
- Quick-dry travel towel
- Lightweight packable down jacket for evenings

Pro Tip: The weather on the Mardi Himal Trek can shift quickly — mornings may be sunny and warm, while evenings and higher altitudes get very cold. Layering is the key so you can adjust clothing easily.

Cost Exclude

- International airfares, Kathmandu sightseeing and entrance fees
- Travel/trekking insurance/ Nepal entry visa fees
- Mountain rescue charges or insurance
- Bottled drinks on trek (cold and alcoholic) and hot drinks
- Lunches and dinners in Kathmandu and Pokhara
- Additional food or drink on trek in addition to three standard meals
- Personal expenses, Emergency Expenses, road blocked, snakes, desert.etc
- Which is not mention in email
- Tips(Tipping are expected)

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