Mardi Himal Trekking : Perfect First Himalayan Trek for Women

Annapurna Region

Trip Facts

REGION	DURATION
Annapurna	**11 Days**
DIFFICULTY	ACTIVITY
Moderate	**Trekking**
MAX. ALTITUDE	BEST SEASON
4500 m	**March, April, May, September, October, November**
ACCOMMODATION	MEALS
Tea-House (Lodges)	**Breakfast/Lunch/Dinner**
START/END POINT	GROUP SIZE
Kathmandu - Kathmandu	**2-30**
TOTAL DISTANCE	TRANSPORTATION
Approx. 68 km	**Private vehicle**

Group Prices and Discounts

USD 1,099.99 per person

No. of travellers	Price per person
1–4 Pax	USD 1,250
5–12 Pax	USD 1,099.99

Overview

Mardi Himal Trekking takes you to the hidden pockets of the southern **Annapurna Himalayas**, which were isolated and forgotten for years. The early pioneers and explorers visited this amazing picturesque high country and named it the Other Sanctuary due to its close location to the actual and original Annapurna Sanctuary, which is a mere distance west. After decades of isolation, the two areas are now separated by a deep, rocky gorge carved by the Modi River. In the last few years,

trekking to Mardi Himal has become one of the most desired destinations for all trekkers. It can be a perfect adventure for women of all ages whether you are travelling solo or with your fellow **female explorers**.

The reason for gaining popularity in Mardi Himal is its easy accessibility from the road head. One can enjoy the adventure in a week or less, and as well for its spectacular viewpoints. The walk reaches the highest point at about 4,500 m, without the problem of getting altitude sickness, which mostly happens around the high-altitude adventure destinations in the Himalayas. This is why Mardi Himal, is regarded as one of the most sought adventure areas for blissful and scenic walks. Mardi Himal is a lesser mountain at 5,587 m or 18,330 feet high, listed as one of the trekking peaks. It is located right beneath the southwest flank of towering Machhapuchare Himal, the famous Fish-Tail peak, within the **Annapurna Himalayan region**.

The **adventure to Mardi Himal base camp trek** includes a short, exciting drive both ways in the beginning and at the end. The walk follows through an enchanting forested path amidst tall rhododendrons and pine trees as the trek progresses. Exploring the Mardi Himal region offers a unique opportunity to observe the daily lifestyle of local women, an experience that will empower and inspire every trekker. Upon reaching **Mardi Himal Viewpoint**, high above the tree line, you will arrive at the final goal and one of the journey's highlights. Stand beneath the staggering and prominent Machhapuchare Himal that dominates the Himalayan blue sky.

Enjoy the fabulous **panorama of Annapurna Himalayan** groups of snow peaks with Mardi Himal, including views of dramatic rolling green hills. The return journey is on an alternative route from the last camp of High Camp and Badal Danda. Then, the walks lead downhill to the lower farm village at Siding to end the walks and then drive back to scenic Pokhara. You will have a most exciting experience and adventures on Mardi Himal Trekking, with the excellent services of Women Adventures.

Highlights

- Head on an empowering journey to Mardi Himal Trekking with your female friends creating a safe and inspiring environment pushing your limits and enjoying the beauty of the trek.
- Connect with local women of different areas and traditions.
- Adventure around enchanting forest of tall rhododendrons and pine trees.
- On off-the-beaten tracks away, hidden from main trekking routes and villages.
- Following the high scenic ridges overlooking views of dramatic lovely landscapes.
- Stand in front of majestic Machhapuchare Himal, the famous Fish-Tail peak.
- Panoramic scenery of the Annapurna's from Mardi Himal scenic Viewpoints.
- Guided by experienced **female trekking guides in Nepal**, ensuring safety and cultural insight throughout your journey.

Route Overview

Trekkers planning to join for Mardi Himal Trekking or other adventures around the Nepal Himalayas should be aware that Nepal is a country of high land of mid-hill to higher mountainous landscapes and terrains. The trek involves a lot of uphill and downhill sections, with only a few gradual paths to enjoy along the way. The only flatland is the low sub-tropical Terai belt around southern Nepal. En route to Annapurna Circuit, start with steep ups for some hours with a few short downhill.

En route to Mardi Himal base camp trek start with steep ups for some hours and then a short downhill. From the Deurali onwards to Badal and High Camp, we take a steep up for some hours. We follow the winding trail with a few short, gradual paths to reach our designated overnight stops. After you reach the top of **Mardi Himal Viewpoint**, the highest spot of the adventure, you can celebrate achieving your goal and experiencing the trip's highlights.

The return journey is much downhill to Siding village and then on a pleasant winding downhill as the walk ends on reaching the roadhead. At the end of the walk, you will have an exciting drive to Pokhara. The walk is mostly on forested paths, with some stone steps near a few settlements. After leaving the village of Potana and Deurali, you will climb on some gradual sections. It will be an enjoyable walk along with the surrounding glorious scenery.

For those seeking expert guidance, Women Adventures offers a trusted female trekking guide agency with knowledgeable and experienced women trekking guides, enhancing safety and cultural immersion during the **Mardi Himal trek itinerary**.

Fixed Departures

Departure	Duration	Availability
November 11th – November 21st	11 Days	Available
November 13th – November 23rd	11 Days	Available
November 16th – November 26th	11 Days	Available
November 26th – December 6th	11 Days	Available

The next 4 departures. See every date on the website.

Itineraries

Day 01: Arrival in Kathmandu 1,340 m and transfer to hotel.

On arrival at Kathmandu International Airport, you will be received by our team of ladies staff and guide. After checking the NST (Nepal Standard Time) which is 5 hours and 45 minutes ahead of GMT, a short drive takes you in the hub of Kathmandu city around Thamel area to your hotels. After checking into your lovely rooms, get refreshed from the Jet Lag. The refreshments will energize you afterwhich you can join the other members of the Mardi Himal Trekking team in the meeting room for a briefing. The briefing will be provided by our lady guide and staff or Group Leader. She will provide information about the treks, local lodge and foods. The wide range of information about trek makes your holiday meaningful and enjoyable. Overnight at Hotel.

Day 02: In Kathmandu with sightseeing tour and trek preparations.

The day begins with breakfast, followed by visits to two significant sites: Pashupatinath Temple and Boudhanath Stupa. The tour is escorted by a government certified female tour guide.

Pashupatinath Temple, a UNESCO World Cultural Heritage site, is a revered Hindu temple dedicated to Lord Shiva. Located by the Bagmati River, it hosts Hindu cremation ceremonies and is especially important during Shivaratri, attracting numerous pilgrims.

After breakfast, we'll visit Boudhanath Stupa, one of Nepal's largest stupas, positioned east of Kathmandu. It's notable for its significant size and height, as well as its four pairs of eyes representing Mahayana Buddhist principles. Following a quick city tour, we'll return to the hotel to prepare for tomorrow's trek. The overnight stay will be at the hotel.

Day 03: Fly to Pokhara and drive to Dhampus village 1,580 m, trek to Deurali 2,040m-06 hours.

The morning after breakfast, as per the flight time for Pokhara our Woman Adventures staff and guide receive you for a short drive to reach Kathmandu Domestic Airport Terminal. After checking in get board on a moderate-size aircraft. Enjoy a sweeping 30-minute flight, offering breathtaking panoramic views of the Himalayan peaks. The landing will be at Pokhara Airport. In Pokhara, we will organize our belongings and get ready for an exciting drive, heading beyond Pokhara city and the valley. After few hours, our route diverts from the main Pokhara and Baglung Highway on rough dirt country hilly road.

The drive past the Shuikhet Valley and farm village at Dhampus Phedi, with slow climb reaching Dhampus farm village. From Dhampus you will observe a lovely panorama of the Annapurna and Manaslu Himalayan range of peaks. Dhampus is a nice Gurung village located on a high green hill with grand views of the Himalayas. Explore the lifestyle of the women of Dhampus Village, home to the major Gurung tribe, revealing their resilience and dedication. They are pillars of strength in their community, serving as a powerful source of inspiration for women's empowerment. From Dhampus after an hour's drive, the walk starts on a gentle, gradual trail through the cool shade of the forest to Potana.

Potana is another small village with astounding views of the Annapurna's and Machhapuchare Himal. Here, we will stop for a lunch. After a rest we continue our walk and it take about one hour to reach Deurali for an overnight stop. Relax in the comfort of a nice mountain lodge with views of Annapurna and Dhaulagiri peaks, located on the main trail of Dhampus to Landruk and Annapurna Base Camp as well to Mardi Himal.

The distance from Kathmandu to Pokhara is approximately 220 km (137 miles) by road, or you can take a scenic 30-minute flight between the two cities. The distance from Kathmandu to Pokhara is approx. 220 km/137 miles driving distance. But the flight duration between these two cities is 30 minute's scenic flight. The driving distance from Pokhara to Dhampus is approx. 24 km / 15 miles by drive. The walking distance from Dhampus to Deurali is 9 km/5.5 miles'.

Day 04: Trek to Forest camp 2,520 m-05 hrs.

From Deurali enjoy the morning glorious views and scenery of beautiful landscapes of rolling green hills. The views also includes giant snow-capped peaks of Dhaulagiri and Annapurna Himalayas. After breakfast, we leave the main trail from Deurali towards sheer mountain wilderness. The trail follows through dense vegetation and tall tree lines of oaks, pines, fir, and rhododendrons. Finally, the day ends reaching an open area amidst a forest surrounding at Forest Camp for overnight. The walking distance is approx. 10 km / 6.5 miles from Deurali to Forest Camp.

Day 05: Trek to Badal Danda Camp 3,345 m via Low Camp 2,970 m - 06 hrs.

Today's walk is quite long and we begin our trek from Forest Camp, followed by a steep climb, eventually reaching Badal Danda for an overnight halt. A walk leads for some hours through lovely woods facing views of surrounding dramatic landscapes terrains which includes grand look of the Annapurna Himalayas. The air gets cooler as altitude rises slowly, every hour and then. After a long hours of day, the walk reaches a small and delightful settlement at Badal Danda for an overnight stop. Badal means clouds, as this area gets foggy and misty with low clouds, hence the name Badal. You will then transfer into a nice simple lodge. Accommodation includes afternoon tea and dinner in a large, warm dining room. The walking distance is approx. 12 km / 7.5 miles to Badal Danda Camp from Forest Camp.

Day 06: Trek to High Camp 3,700 m-03 hrs.

Today is a short walk compared to the previous day but it takes time to reach the overnight stop because of gaining in elevation. The walk follows on a high ridge, leaving the dense forest behind where few short vegetation of alpine bush exists. The climb continues to reach High Camp for lunch and an overnight stop.This will be the highest point for an overnight halt. It takes Approx. 07 km / 4.5 miles from Badal Danda to High Camp by walking.

Day 07: Hike to Mardi Himal View Point 4,500 m and trek to Badal Camp.

We will wake up early at the break of dawn, having breakfast and carrying packed lunch for the long day hike. We start the morning following the high trail on scenic ridge to Mardi Himal Viewpoint. On the highest point of the adventures, the walk can be quite strenuous, but it is worth it to heed slowly and take short breaks. The morning walk is enjoyable along with the surrounding awesome views of rolling green hills down below. The walk finally reaches the highlight of the journey at Mardi Viewpoint, in front of staggering Mt. Machhapuchare famously called the Fish-Tail that dominates the surroundings with black rocky peak of Mardi Himal beneath the Fish-Tail mountain.

One can observe truly an exceptional panoramic views of the Annapurna Himalayan range of jagged snow peaks. After a wonderful mesmerizing experience our return journey is downhill to High Camp for short rest. Then continue further down to Badal Danda Camp for the last overnight around the high ridges of Mardi Himal. Celebrate the moment as you reach the highest point of the trek, sharing the joy and triumph with your female friends, guides, and porters. It is approx. 6.5 km /4 miles to Mardi View Point from High Camp, and a total day hike of approx.14 km / 9 miles.

Day 08: Trek to Siding village 1,750 m, and drive to Pokhara-07 hrs.

Today is the last day of trekking with fascinating and long stretch walks, following the path back into tree lines. We will take a short break after reaching near to Low Camp where a small settlement resides. We continue our walk and descend on an alternative route to end the walk, heading long downhill to Siding Farm Village. After a great tough walk of the day, we then take the comfort of an exciting short drive to Pokhara.

The hotel in Pokhara is located by the serene lovely Phewa Lakeside. You will arrive at the hotel in time for afternoon tea and dinner. You can relax at the Hotel and after a few minutes of rest, you can enjoy the walk around the interesting lakeside. It is approx. 23 km / 14.5 miles driving distance to Pokhara from Siding Village and 16 km/10 miles' trek distance to Siding from Badal Danda.

Day 09: Fly to Kathmandu and transfer to hotel.

The morning after breakfast, as time for the flight to Kathmandu, we will depart from the hotel in Pokhara to the airport. After check-out at the Hotel, you will transfer to the Pokhara domestic airport by private transportation. Then you will board in a moderate-sized airplane for sweeping panoramic flight to Kathmandu. On arrival at Kathmandu airport, a short drive takes you to the hotels. You can spend rest of the afternoon at leisure.

Day 10: In Kathmandu free day, for individual activities with options for tours.

Today is a free day in Kathmandu for individual activities with options for tours. Enjoy a free day in Kathmandu, perfect for relaxing, engaging in personal activities, or going on a shopping spree. You can shop souvenirs of Nepal from handicrafts to jewelers etc. Interested people can opt for another exciting tour of Patan and Bhaktapur cities on request.

Day 11: International departure for homeward bound.

Last day in Kathmandu and Nepal, after an overwhelming adventure and experience around high hills of Annapurna with trek to Mardi Himal. As time for your international flight, our lady guide and staff will transfer you to the airport. Then bid farewell to Nepal, guide, and staff; as you enter the air terminal for homeward bound or to the next port of call.

The schedule may change because of the weather and other conditions outside our control.

Cost Includes & Excludes

Cost Includes

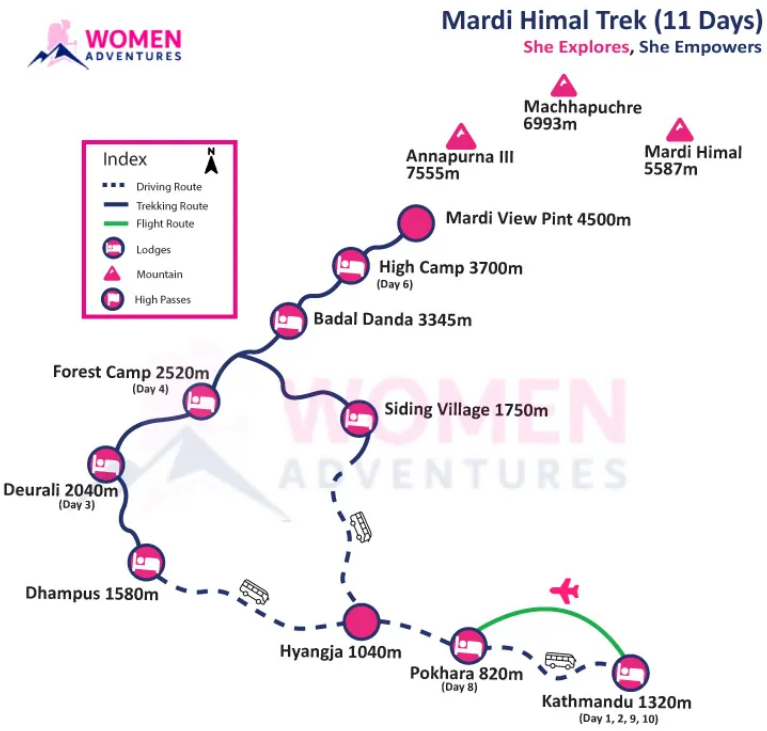
- Airport Pick Up and Drop Off (International & Domestic)
- 3 star standard hotel with breakfast in Kathmandu (Nepal standard)
- 3 star standard hotel with breakfast in Pokhara
- Tea house (Lodge) accommodation during trek
- All meals (Breakfast, Lunch, and Dinner) during trek
- Tea / Coffee (3 times a day) during trek

- Certified A graded female trekking guide, potter (helper), and assistant guide for groups consisting of more than 5 trekkers
- All expenses for the female trekking staff, including food, drinks, lodging, salary, insurance, medical equipment, and transportation.
- Air ticket (Kathmandu-Pokhara)
- Private transfer (Pokhara-Kande, Khoramukh-Pokhara, and Pokhara-Kathmandu)
- Kathmandu Cultural and Historical sightseeing with a certified female Tour Guide, private transportation, and entrance fee
- Trekking Permit (TIMS)
- Annapurna Conservation Area Permit (ACAP)
- Down jacket, sleeping bag, fleece liner, and a duffel bag
- All government taxes

Cost Excludes

- Any bar bills (alcoholic drinks, mineral water, and cold drinks), cigarettes, your personal insurance coverages that should include the emergency helicopter evacuation, and any kind of expenses created due to unforeseen circumstances.
- Lunch and Dinner in Kathmandu and Pokhara.
- Tips for Guide Porter & Driver (Tips are not mandatory but expected, and recommended)
- Any other services that is not mentioned in Inclusion section

Trip Map



FAQs

How long is the Mardi Himal Trek?

The Mardi Himal Trek is known as the best short trek in Nepal. It typically takes 5 to 7 days. It can be customized as per your requirements.

Is the Mardi Himal Trek difficult?

The Mardi Himal Trek is considered an easy-to-moderate trek. The trek does not require technical skills, so people with basic-level fitness can easily do this trek. Trails near High Camp to Base Camp need a bit more effort with steep climbs and narrow ridges.

What is the best time for the Mardi Himal Trek?

The best seasons for the Mardi Himal Trek are Spring (March to May) and Autumn (September to November). During these seasons the weather is stable, and trails are dry with mild weather and clear mountain views.

What is the altitude of Mardi Himal Base Camp?

The altitude of Mardi Himal Base Camp lies at 4,500 meters (14,763 feet). The high camp, a stop before base camp, is at 3,580 meters (11,745 feet).

Do I need a permit for the Mardi Himal Trek?

Yes, you require permits for the Mardi Himal Trek, and they are:

ACAP (Annapurna Conservation Area Permit)- **30 USD** per person

TIMS Card (Trekker's Information Management System)- **USD 20** per person

Along with the permit, we recommend you to hire a licensed guide and a porter from a registered trekking agency.

We take care of everything, including permits, transport, and accommodation, tailored for your comfort and safety.

What is the accommodation available on the Mardi Himal Trek?

Accommodation during the Mardi Himal trek is generally teahouses with twin-sharing rooms, shared toilets, and a main dining area. You can get hot showers and charging services at an additional cost.

Can beginners do the Mardi Himal Trek?

Yes, the Mardi Himal Trek is recommended for beginners. This trek requires basic fitness and altitude preparation.

Food and Culture

Food and accommodation are important, besides the best seasons for trekking to Mardi Himal. After staying in a nice tourist standard hotel in Pokhara, the food and lodge accommodations around villages are simple. En route to designated overnight stops, the lodge accommodation is nice and small and provides a basic food menu to enjoy. In Nepal, the most common meal is Nepali Dal Bhat (boiled or steamed rice). It is served with mild seasonal vegetable curry, including Dal, a lentil bean soup with homemade pickles, and hot sauce as options. The food menu lists from breakfast, lunch, and dinner to snack items.

Breakfast from oats porridge, including cereals to cornflakes with toast/ chapattis and pancake, with choice of egg variation. Lunch and Dinner with Nepali and Tibetan main course with a choice of soups. The most common food for both snacks and the main course is the Nepali Dal, Bhat with vegetables. When available, it includes meat curry, mostly dried buffalo meats and fresh chicken are rare sometimes.

The most available food besides Dal, Bhat is noodles, fried with vegetables or eggs or noodle soups. Next is Tibetan Bread which is made from wheat, millet, or barley flour. Sometimes vegetable dumplings are available, along with fried or boiled potatoes. Fresh bakery bread is rare around most lodges around remote areas of **Mardi Himal trekking**, but one can order pancakes or chapattis'.

It goes well with fresh country honey, jams, and pickles or butter to add along with refreshing hot drinks like Nepali Tea, coffee, and drinking chocolate where available. All lodges have large dining rooms with a fireplace to heat the rooms while you enjoy the meals. Attached bathrooms and toilets are not available in most places; instead, common toilets and bathrooms are provided. All lodges have electricity for the dining room powered by local hydro or solar power. Trekkers can

charge electronic items at an extra cost per hour and for each gadget. Internet and Wi-Fi are available but slow and disturbing in some places due to weather and conditions of landscape terrains.

Nepal is a country of great diversity of landscape and people with their age-old religions, cultures, and heritage. The mid-hill people around the Annapurna Himalayas and Mid-West Nepal are the Magar and the Gurung hill tribes. The Gurung are the main inhabitants around the southern hills of the Annapurna Himalayas. The main Gurung villages on this treks are Dhampus, Potana, and Siding villages, inhabited by the Gurung ethnic tribal.

The Gurung are predominantly farmers and cattle herders with livestock. The Gurung menfolk are also famous as Gorkha Soldiers in the Indian, Nepal, and British Army Regiments. They follow both Hindu and Buddhist religions and cultures and celebrate their tribal festivals and events. The Gurung also practices ancient Bon sect of pre-Buddhism, worship of nature and mountain spirits.

Equipment List

General

- Down sleeping bag (you can borrow with us if required).
- Duffel or Rucksack bag (you can borrow with us if required).

Daypack

- Down Jacket (you can borrow with us if required).
- Fleece liner (you can borrow with us if required).
- Walking poles (Walking poles are optional but recommended, and you can borrow with us if required).
- Water bottle with purification tablets.
- Hand wash liquids.
- Lip guard.
- Sun-block cream.
- Toiletry kit. Be sure to include toilet paper stored in a plastic bag, hand wipes, and liquid hand sanitizer, towel, soap, etc.

Upper Body - Head / Ears / Eyes

- Cap and ears covering hat.
- Ear-muffs and neck warmer is another piece of gear for extra warmth (optional)

Hand

- Hand gloves (One light pair and One warmer pair)

Body

- T-shirts – few.
- Light and weight thermal tops and warm thermal top.
- Light jacket and vest.
- Wind and rain jacket.
- Shirts and warm shirts.

Lower Body – Legs

- Long and short hiking pants.
- Lightweight and warm long underwear.
- Rain and windproof trousers and warm trekking trousers.

Feet

- Thin and thick socks.
- Trekking boots, light shoes, and sandal.
- Trekking Gaiters.

Medicines and First Aid Kits

(Our guide will carry first aid kit bag during the trek. We still recommend you to bring your personal first aid kit as you feel it necessary).

- Headache and fever medicine.
- Ibuprofen for general aches and pains.
- Burnt cream.
- Imodium or Pepto Bismol capsules for upset stomach and diarrhea.

Antibiotics.

- Blister treatments such as moleskin, hand plants and-aids, some waterproof tape, anti-infection ointments, etc.

Miscellaneous

- Passport and extra passport photos (2 copies).
- Durable wallet/pouch for travel documents, money and passport.
- Pocket knife.
- Bandanas.
- Favorite snack foods and energy bars
- Paperback books, cards, mp3 player. Avoid players with moving hardware as it may not function. Remember, keep these items lightweights
- Binoculars.

- Camera.

Women's Health Essentials

- Sanitary pads / tampons / menstrual cup
- Biodegradable disposal bags
- Extra underwear
- Pain relief medication (for cramps)

For more about this trip, see https://www.womanadventures.com/packages/mardi-himal-trekking

Call us at +977 9747508926 or email info@womanadventures.com

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