

SOLO TREK TO MARDI HIMAL

FINDING MYSELF ON THE TRAIL



Solo trekking, something I had always dreamed of doing. And one day, I finally took that step. What I didn't realize then was that this journey to Mardi Himal Trek would become so much more than just a trek. It would turn into a quiet, powerful experience of self-discovery.

THE BEGINNING: WALKING INTO THE UNKNOWN

Starting from Pokhara, I carried a mix of excitement and nervousness. Trekking alone felt unfamiliar, even a little intimidating. But as I took my first steps on the trail, that fear slowly transformed into freedom. There was no one to match pace with, no fixed plan to follow. It was just me, the mountains, and my own rhythm. For the first time, I truly understood what it meant to move at my own pace, pausing when I wanted, breathing deeply, and simply being present in the moment.

MOMENTS THAT STAY WITH YOU

The early mornings are still vivid in my memory— the crisp mountain air, the golden light filtering through the trees, and the soft sound of my footsteps echoing through the forest. The views were breathtaking, no doubt. But what stayed with me more was the stillness. In that silence, I found a kind of peace I didn't know I needed.

Sometimes the most important journey isn't about reaching a destination. It's about meeting yourself along the way.

- Deepali Bisunke



STRANGERS WHO FELT LIKE COMPANIONS

One of the most beautiful parts of the journey was the people I met along the way. Strangers, yet not strangers for long. We shared small moments: cups of hot tea, laughter over tired legs, and stories from different walks of life. Their kindness reminded me that even in remote trails, human connection finds its way. Sometimes, all it takes is a smile or a simple conversation to make the journey feel lighter.

THE CHALLENGES ALONG THE WAY

The trail wasn't always kind. There were steep climbs, long hours of walking, and moments when exhaustion and doubt crept in. Walking alone meant facing those moments without distraction. But looking back, those were the moments that shaped the journey the most. They taught me patience, resilience, and how to sit with discomfort instead of running from it.

WHERE THE MOUNTAINS SPEAK

As I reached higher altitudes, the views opened up to reveal the stunning beauty of Mardi Himal and the majestic Machapuchare. Standing there, surrounded by towering peaks and endless skies, I felt something shift within me. The mountains didn't speak, yet they said everything. In their quiet presence, I felt both small and deeply connected at the same time.

COMING BACK, CHANGED

I returned from the trek with empty pockets but a heart full of gratitude. The journey didn't just give me beautiful memories, it gave me clarity, strength, and a deeper understanding of myself. Mardi Himal didn't just show me its beauty. It showed me who I am when I am alone, when I am challenged, and when I am truly present.