Short Mardi Himal Trek

5 Days Itinerary

Detailed Itinerary

Day 1: Drive to Kande, then Trek to Samjay Deurali

You meet your trekking guide in Pokhara at about 6:30 AM, or the evening before if you want to prepare and be briefed. A private vehicle takes you on a short scenic drive of about one hour to Kande, where the trek starts. The trail climbs stone-paved steps and enters forest, then opens out at Australian Base Camp, which gives you your first close view of Machhapuchhre and Annapurna South. After a short stop you walk on for three to four hours through villages and forest to Samjay Deurali, a good place to rest for the night with fine views.

Max. Elevation	2,100 m (Samjay Deurali)
Duration	1 hour drive and 4-5 hours trek
Accommodation	Teahouse at Samjay Deurali
Meals	Lunch, Dinner

Day 2: Trek to Badal Danda

The trail continues uphill through rhododendron and oak forest, with Forest Camp and Low Camp along the way. The path is quiet, with few other trekkers compared with the busier Annapurna routes. You reach Badal Danda, a ridge viewpoint where clouds often float below the ridgeline in the afternoon and the mountains stand out ahead.

Max. Elevation	3,210 m (Badal Danda)
Duration	5-6 hours trek
Accommodation	Teahouse
Meals	Breakfast, Lunch, Dinner

Day 3: Trek to High Camp and Acclimatization

Today is a shorter walk, so your body has time to adjust to the height. The trail follows the ridge above the tree line, with open views of Annapurna South, Hiunchuli, Machhapuchhre and Mardi Himal. You reach High Camp in time to rest, drink plenty of water and enjoy the afternoon views. Sunrise and sunset here are some of the best moments of the trek.

Max. Elevation	3,600 m (High Camp)
Duration	3-4 hours trek
Accommodation	Teahouse
Meals	Breakfast, Lunch, Dinner

Day 4: Hike to Mardi Himal Base Camp and Trek Down to Low Camp

You start before dawn and climb the ridge to Mardi Himal Base Camp, the highest point of the trek. The ridge walk gives wide views of the Annapurna range and Machhapuchhre as the morning light comes up. After time at the top for photos, you walk back down to High Camp and continue down to Low Camp. It is a long day, so walk at a steady pace and keep drinking water.

Max. Elevation	4,500 m (Mardi Himal Base Camp) / 3,050 m (Low Camp)
Duration	7-8 hours hike and trek
Accommodation	Teahouse
Meals	Breakfast, Lunch, Dinner

Day 5: Trek to Sidhing and Drive to Pokhara

After breakfast you leave Low Camp and walk down quiet forest trails to Sidhing, passing rural villages where you can see everyday life in the hills. At Sidhing your vehicle takes you back to Pokhara by road. You arrive in Pokhara in the afternoon, where the trek ends.

Max. Elevation	3,050 m (Low Camp)
Duration	4-5 hours trek and drive to Pokhara
Accommodation	No
Meals	Breakfast, Lunch

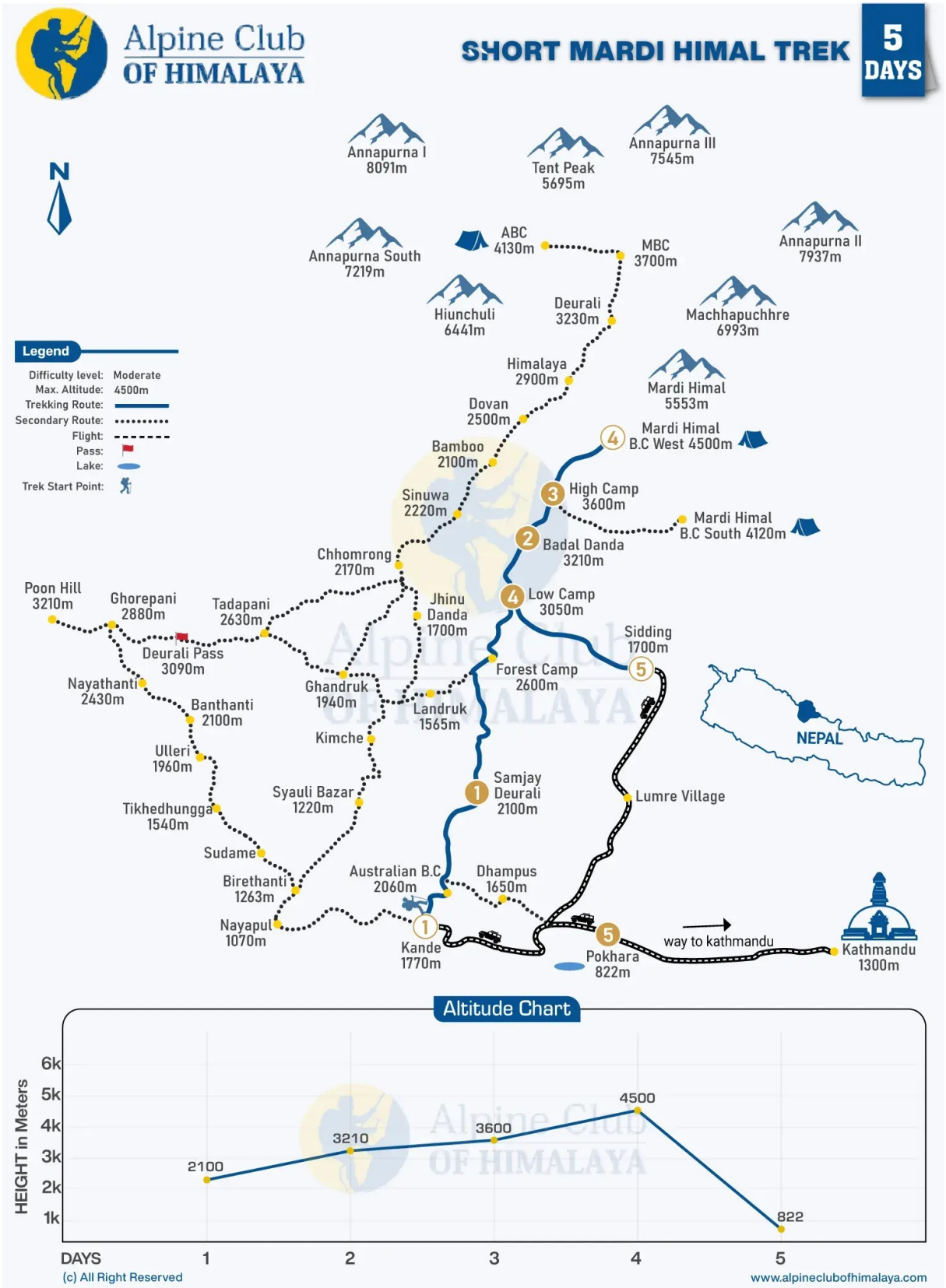
Cost Include

- ACAP (Annapurna Conservation Area Permit) and TIMS card.
- All ground transportation, including transfers from Pokhara to Kande and from Sidhing back to Pokhara, by private vehicle.
- ACOH T-shirt or cap and an appreciation card on completion of the trip.
- Three meals a day (breakfast, lunch and dinner) during the trek, with a cup of tea or coffee.
- Twin-sharing accommodation in mountain lodges, with shared toilet facilities.
- Government-licensed, English-speaking local guide, with food, accommodation, salary, insurance and equipment covered.
- One porter for every two participants, carrying a maximum of 20-25 kg, with their food, accommodation, wages, insurance and transport covered.
- One assistant guide (Sherpa) for groups of more than ten participants, with all costs covered.
- Insurance for all guides and porters.
- Trekking map of the Annapurna region for the group.
- Snacks, including fresh fruit, during the trek.
- First-aid medical kit, including an oxygen meter to monitor oxygen levels and pulse at altitude.
- Farewell dinner in Kathmandu.
- All tourist service charges, VAT, government taxes, official expenses, fuel, road taxes and parking fees.

Cost Exclude

- Nepal entry visa fee.
- International airfare.
- Travel insurance, which is strongly recommended for Himalayan trekking.
- Helicopter or emergency evacuation costs.
- Hotel and meals in Pokhara and Kathmandu, except the farewell dinner.
- Personal expenses such as bar bills, laundry, snacks and bottled drinks.
- Hot showers, Wi-Fi and charging fees where applicable.
- Personal trekking equipment.
- Tips for guides, porters and the driver.
- Single room supplement.
- Any services or expenses not specifically mentioned under the cost includes section.

Trip Map


Alpine Club OF HIMALAYA
SHORT MARDI HIMAL TREK
5 DAYS
N
Annapurna I 8091m
Tent Peak 5695m
Annapurna III 7545m
Annapurna South 7219m
ABC 4130m
MBC 3700m
Annapurna II 7937m
Hiunchuli 6441m
Deurali 3230m
Machhapuchhre 6993m
Himalaya 2900m
Mardi Himal 5553m
Dovan 2500m
Mardi Himal B.C West 4500m
Bamboo 2100m
High Camp 3600m
Sinuwa 2220m
Mardi Himal B.C South 4120m
Badal Danda 3210m
Chhomrong 2170m
Low Camp 3050m
Poon Hill 3210m
Ghorepani 2880m
Tadapani 2630m
Jhinu Danda 1700m
Sidding 1700m
Deurali Pass 3090m
Forest Camp 2600m
Nayathanti 2430m
Ghandruk 1940m
Landruk 1565m
Banthanti 2100m
NEPAL
Kimche
Ulleri 1960m
Samjay Deurali 2100m
Lumre Village
Syauli Bazar 1220m
Tikhedhunga 1540m
Sudame
Australian B.C 2060m
Dhampus 1650m
Birethanti 1263m
Nayapul 1070m
Kande 1770m
Pokhara 822m
way to kathmandu
Kathmandu 1300m
Legend
Difficulty level: Moderate
Max. Altitude: 4500m
Trekking Route:
Secondary Route:
Flight:
Pass:
Lake:
Trek Start Point:
Altitude Chart
HEIGHT in Meters
6k
5k
4k
3k
2k
1k
2100
3210
3600
4500
822
DAYS
1
2
3
4
5
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