

Annapurna Base Camp + Mardi Himal Trek

14 Days 13 Nights

Highlights of Mardi Himal & Annapurna Base Camp Trek

- Breathtaking Mountain Views – See Annapurna I, Machhapuchhre, Hiunchuli, Mardi Himal, and more.
- Diverse Landscapes – Trek through lush forests, terraced fields, and high alpine terrain.
- Rich Culture – Meet Gurung and other Himalayan communities, experiencing their hospitality.
- Varied Wildlife – Spot blue sheep, Himalayan tahr, monkeys, and diverse bird species.
- Sunrise & Sunset Views – Witness stunning golden hues over the Himalayas.
- Gradual Acclimatization – A well-paced trek to minimize altitude sickness.
- Scenic Trail – Walk alongside rivers, waterfalls, and blooming rhododendron forests.
- Convenient Route – Connect two iconic treks in one journey for a unique experience.
- End in Pokhara – Celebrate your achievement in Nepal's most scenic lakeside city.

ITINERARY

Day 1	Hotel in Kathmandu	Arrival at Kathmandu (1,440m) Meet our representative, transfer to your hotel, and enjoy a welcome dinner. Sleeping Altitude: 1,440m
Day 2	Hotel in Chhorumrong	Fly to Pokhara, drive to Samrung, & Hike to Chhomrong (2,170m) 25-minute flight to Pokhara, drive to Samrung, then a 1-hour hike to Chhomrong with stunning Annapurna views. Drive Duration: 2–3 hours Trek Distance: ~2 km Trek Duration: 1 hour Sleeping Altitude: 2170m
Day 3	Tea House, in Dovan	Trek to Dovan (2,580m) Descend stone steps, cross a suspension bridge, and ascend through forests. Trek Distance: 10 km Trek Duration: 5–6 hours Sleeping Altitude: 2580m
Day 4	Tea House, in Deurali	Trek to Deurali (3,230m) Steady climb through bamboo and rhododendron forests, passing Hinku Cave. Trek Distance: 7 km Trek Duration: 5–6 hours Sleeping Altitude: 3230m
Day 5	Tea House, in Annapurna B.C	Trek to Annapurna Base Camp (4,130m) Pass through Machhapuchhre Base Camp (3,700m) before reaching ABC with breathtaking views. Trek Distance: 10 km Trek Duration: 4–5 hours

		Sleeping Altitude: 4130m
Day 6	Tea House, in Bamboo	Trek to Bamboo (2,310m) Descend through Deurali and Dovan, following the Modi Khola River. Trek Distance: 16 km Trek Duration: 6–7 hours Sleeping Altitude: 2310m
Day 7	Tea House, in Jinu Danda	Trek to Jinu Danda (1,780m) Trek down to Jinu Danda and enjoy its natural hot springs. Trek Distance: 10 km Trek Duration: 5–6 hours Sleeping Altitude: 1780m
Day 8	Tea House, in Landruk	Visit Jinu Hot Spring & Trek to Landruk (1,565m) Morning soak at Jinu Hot Spring, followed by breakfast and a hike to Landruk. Trek Distance: 6 km Trek Duration: 3-4 hours Sleeping Altitude: 1565m
Day 9	Tea House, in Rest Camp	Trek to Rest Camp (2,600m) Hike through forests and traditional villages. Trek Distance: 12 km Trek Duration: 6-7 hours Sleeping Altitude: 2630m
Day 10	Tea House, in High Camp	Trek to High Camp (3,600m) Gradual ascent with stunning views of Machhapuchhre and Annapurna. Trek Distance: 8 km Trek Duration: 5 hours Sleeping Altitude: 3600m
Day 11	Tea House, in Low Camp	Trek to Viewpoint (4,200m) – Mardi Himal Base Camp (4,500m) – Descend to Low Camp (2,970m) Early morning trek to the viewpoint and Mardi Himal Base Camp, then descend to Low Camp. Trek Distance: 15 km Trek Duration: 7-8 hours Sleeping Altitude: 2970m
Day 12	Hotel in Pokhara	Trek to Sidding & Drive to Pokhara (827m) Descend to Sidding (1,700m) and drive 2.5 to 3 hours to Pokhara. Trek Distance: 8.2 km Trek Duration: 2-3 hours Driving Duration: 3-4 hours Sleeping Altitude: 827m
Day 13	Hotel in Kathmandu	Flight to Kathmandu & Free Day Morning flight to Kathmandu (25 minutes). Spend the day exploring or relaxing. Sleeping Altitude: 1400m
Day 14	-	Final Departure After breakfast, transfer to Tribhuvan International Airport. Depart with unforgettable memories of the mountains and warm Nepali hospitality.

ESSENTIALS

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| ☐ Sleeping bag | ☐ Hat |
| ☐ Neck gaiter | ☐ Sunglass |
| ☐ Base layer top / Baselayer pant (Wool, Merino wool) | ☐ Trekking pole |
| ☐ Insulated layer (fleece) | ☐ Water bottle/bladder |
| ☐ T-shirt | ☐ Toiletries |
| ☐ Puffy Jacket | ☐ Sunscreen SPF 30 / Lip balm |
| ☐ Waterproof shell Jacket | ☐ Protein bars and Snickers |
| ☐ Trekking pant / half pant | ☐ Iodine tablet to purify water |
| ☐ Trekking shoes | ☐ Headlight |
| ☐ Wool socks | ☐ Toilet paper and baby wipes |
| ☐ Glove | ☐ Hand sanitizer / Hand wash |
| ☐ Towel (light) | ☐ First aid kit |
| | ☐ Take all the cash you need |

INCLUDING IN PACKAGE

- One government-certified and experienced English-speaking local guide for the entire trip.
- One porter shared between two clients to carry your main backpack (weight limit: 10 kg per trekker).
- An assistant guide will be provided if the group size exceeds six participants.
- Domestic flights: Kathmandu–Pokhara–Kathmandu.
- Private Jeep transfer: Pokhara–Samrung and Sidding to Pokhara.
- All necessary trekking permits.
- All local taxes, VAT, office service charges, and domestic airport taxes.
- Airport pick-up and drop-off.
- Accommodation during the trek on a twin/double-sharing basis (please note: better hotels and attached bathrooms may not be available in some trekking areas).
- Night accommodation in Kathmandu and Pokhara with breakfast.
- Complimentary use of a sleeping bag and duffle bag during the trek (to be returned after the trek).

EXCLUDING IN PACKAGE

- All bar bills and beverages, including soft drinks such as Coke, Fanta, and bottled mineral water.
- Personal travel insurance, internet usage, telephone calls, and laundry services.
- Expenses related to emergency rescue operations, if required.
- All meals throughout the trip.
- Gratuities and tips for guides and porters.
- Personal trekking equipment.
- Charges for hot showers, battery charging, and hot drinking water during the trek.

IMPORTANT NOTES

- The itinerary can be customized based on your time and preferences.
- Any changes to the itinerary will result in a revised cost.
- Additional activities can be arranged on request with extra charges.
- Costs may vary due to weather conditions, political situations, or natural events.
- Single supplements are available only in hotels, not in tea houses.
- Costs may also change depending on the number of guides and porters required.
- For any changes or inquiries, please contact us via email or phone.
- A total tip of \$10 per trekker per day is expected for both the guide and porter combined (not \$10 each).
- We are not responsible for delays or cancellations of domestic flights.
- Great Himalayan Yatri Pvt. Ltd. is not liable for incidents caused by natural hazards.