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Mardi Himal Trek – 8 Days

Day-by-day itinerary

FROM
US$590
per person

DURATION	MAX ALTITUDE	DIFFICULTY	REGION	GROUP SIZE
8 days	**4,500 m**	**Easy**	**Annapurna Region**	**Max 16**

Dates, prices and booking online: https://mounteverestgo.com/trip/mardi-himal-trek/

HIGHLIGHTS



Stand at Mardi Himal Base Camp (4,500m) with close-up views of Machhapuchhre.



Significantly less crowded than the Annapurna Base Camp trek.



Sunrise views from Australian Camp over the Annapurna range.

- Walk through rhododendron forest in full bloom (spring departures).
- Easy 8-day itinerary ideal for those with limited time.

ITINERARY AT A GLANCE

Day 1	Arrival in Kathmandu	1,400 m
Day 2	Fly to Pokhara & Trek to Australian Camp	2,050 m
Day 3	Trek to Forest Camp	2,520 m
Day 4	Trek to High Camp	3,550 m
Day 5	Sunrise at Mardi Himal Base Camp & Trek to Landruk	1,565 m
Day 6	Trek to Phedi & Drive to Pokhara	820 m
Day 7	Fly to Kathmandu	1,400 m
Day 8	Final Departure	

PLACES YOU'LL VISIT



Kathmandu 1,400 m

Kathmandu is the capital of Nepal and the gateway to every trekking region — a UNESCO World Heritage valley with 7 monument zones, the...



Pokhara 827 m

Pokhara is Nepal's second city and the gateway to the entire Annapurna region — a laid-back lakeside town with cafés, gear shops, and mirror-flat...



Australian Camp 2,060 m

Australian Camp is a popular easy-viewpoint camp above Pokhara — the starting point of the Mardi Himal trek and a short-trip destination for sunrise...



Annapurna Base Camp 4,130 m

Annapurna Base Camp (ABC) sits at 4,130m in the heart of the Annapurna Sanctuary — a natural amphitheater surrounded by peaks over 7,000m, with...

INCLUDED

• All airport pickups and drops in private vehicle
• Kathmandu hotel (3 nights, B&B) with welcome and farewell dinners
• Domestic flights where applicable to itinerary
• All ground transport in private vehicle
• All necessary permits (TIMS, National Park, Conservation Area, Restricted Area where applicable)
• Three meals daily (BLD) during the trek with tea/coffee
• Tea house or camping accommodation during the trek
• Experienced English-speaking trekking guide and assistant guide for groups of 6+
• Porters (1 per 2 trekkers, 15kg luggage allowance) with full insurance
• Sleeping bag, down jacket, and duffel bag (refundable deposit)
• First-aid kit, pulse oximeter, and emergency oxygen
• Satellite phone for emergency communications
• All government and local taxes

Permits — all arranged by us

• Annapurna Conservation Area Entry Permit (NPR 3,390), TIMS Card.

NOT INCLUDED

• International airfare to and from Kathmandu
• Nepal visa fee (USD 30 for 15 days, USD 50 for 30 days)
• Travel and high-altitude rescue insurance (mandatory)
• Personal trekking gear and clothing
• Hot showers, Wi-Fi, device charging, and alcoholic beverages
• Lunch and dinner in Kathmandu
• Tips for guide, porter, and driver (recommended 10-15% of trip cost)
• Costs from unforeseen events (weather, flight delays, route changes)

THE FULL ITINERARY

01 Arrival in Kathmandu

Altitude: 1,400 m **Accommodation:** 3-star hotel

Arrival and transfer to hotel. Welcome dinner and briefing.
Meals: Dinner · **Overnight:** Kathmandu (1400 m)

02 Fly to Pokhara & Trek to Australian Camp

Altitude: 2,050 m **Accommodation:** Teahouse or trekking lodge

Morning flight to Pokhara, then short drive to Kande and trek to Australian Camp for sunset views.
Meals: Breakfast, Lunch, Dinner · **Overnight:** Australian Camp (2050 m)

03 Trek to Forest Camp

Altitude: 2,520 m **Accommodation:** Teahouse or trekking lodge

Climb through dense rhododendron forest with occasional mountain glimpses.
Meals: Breakfast, Lunch, Dinner · **Overnight:** Forest Camp (2520 m)

04 Trek to High Camp

Altitude: 3,550 m **Accommodation:** Teahouse or trekking lodge

Continue climbing above the tree line with expanding mountain views.
Meals: Breakfast, Lunch, Dinner · **Overnight:** High Camp (3550 m)

05 Sunrise at Mardi Himal Base Camp & Trek to Landruk

Altitude: 1,565 m **Accommodation:** Teahouse or trekking lodge

Pre-dawn climb to Mardi Himal Base Camp (4,500m) for sunrise on Machhapuchhre. Long descent to Landruk.
Meals: Breakfast, Lunch, Dinner · **Overnight:** Landruk (1565 m)

06 Trek to Phedi & Drive to Pokhara

Altitude: 820 m **Accommodation:** 3-star hotel

Final short trek to Phedi, then drive to Pokhara. Celebration dinner.
Meals: Breakfast · **Overnight:** Pokhara (820 m)

07 Fly to Kathmandu

Altitude: 1,400 m **Accommodation:** 3-star hotel

Morning flight to Kathmandu. Evening free for souvenir shopping and rest. Overnight at hotel in Kathmandu.
Meals: Breakfast · **Overnight:** Kathmandu (1400 m)

08 Final Departure

After breakfast, transfer to Tribhuvan International Airport approximately 3 hours before your scheduled flight. Trip concludes. Optional extensions to Chitwan safari, Bhutan, or Tibet available on request. Thank you for trekking with Mount Everest Go – we hope to welcome you back to Nepal soon.
Meals: Breakfast