

# Mardi Himal Base Camp

A high ridge trek in the Annapurna region, culminating at Mardi Himal Base Camp with dramatic Machapuchare views and alpine sunrises.

**Total Duration:** 10 Days

**Trek Duration:** 7 Days

**Max Elevation:** 4,500m (Mardi Himal Base Camp)

**Max Sleeping Elevation:** 3,580m (High Camp)

**Difficulty:** Moderate

**Accommodation:** Hotel (Kathmandu & Pokhara) | Teahouse Lodges (Trek)

**Best Seasons:** March–May / September–November

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## Day 1 – Arrival in Kathmandu (1,400m)

Airport pickup and hotel transfer.

**Accommodation:** Hotel

## Day 2 – Trek Preparation & Briefing (1,400m)

Gear organization, permits, optional sightseeing, and welcome dinner.

**Accommodation:** Hotel

## Day 3 – Drive to Pokhara (820m)

Scenic drive to lakeside Pokhara.

**Elevation Loss:** -580m

**Duration:** 6–7 hours

**Accommodation:** Hotel

## Day 4 – Drive to Kande & Trek to Pitam Deurali (2,100m)

Begin trek with forested ridge trails and first mountain views.

**Elevation Gain:** +1,280m

**Walking Duration:** 4–5 hours

**Accommodation:** Teahouse

## Day 5 – Pitam Deurali to Rest Camp (2,600m)

Gradual climb through rhododendron forest with views of Machapuchare.

**Elevation Gain:** +500m

**Walking Duration:** 5–6 hours

**Accommodation:** Teahouse

## **Day 6 – Rest Camp to High Camp (3,580m)**

Trek above tree line, alpine terrain with panoramic vistas.

**Elevation Gain:** +980m

**Walking Duration:** 5–6 hours

**Accommodation:** Teahouse

## **Day 7 – Mardi Himal Base Camp (4,500m) & Descend to Low Camp (2,970m)**

Early morning trek to base camp for sunrise, then descend.

**Elevation Gain:** +920m

**Elevation Loss:** -1,530m

**Walking Duration:** 6–8 hours

**Accommodation:** Teahouse

## **Day 8 – Low Camp to Siding & Drive to Pokhara (820m)**

Final forest descent and jeep transfer back to Pokhara.

**Elevation Loss:** -2,150m

**Walking Duration:** 4–5 hours trek + 2-hour drive

**Accommodation:** Hotel

**Evening:** Group celebration dinner

## **Day 9 – Return to Kathmandu (1,400m)**

Drive back to Kathmandu.

**Elevation Gain:** +580m

**Duration:** 6–7 hours

**Accommodation:** Hotel

## **Day 10 – Departure**

Airport transfer.

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