



Overview

The Annapurna Base Camp and Mardi Hmal Trek is a popular trek in the Annapurna region of Nepal, known for its stunning panoramic views, cultural experiences, and relatively easy trails.

Difficulty: Moderate Trek.

Starting Point: Kande, near Pokhara.

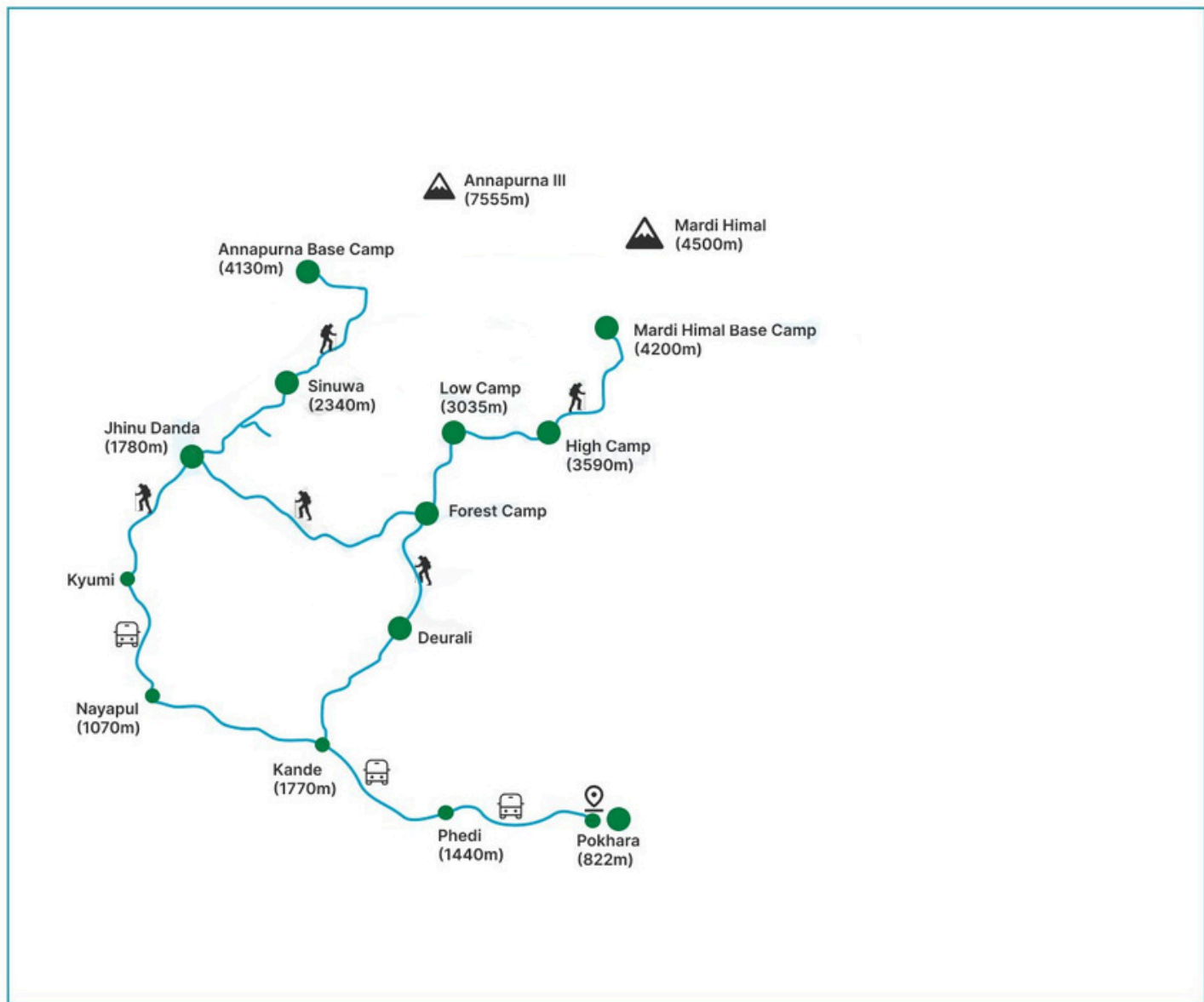
Trail: The trek passes through picturesque villages like Deurali, Forest Camp, Dovan, Himalaya and Chomrong lush rhododendron forests, and terraced fields.

Highlights:

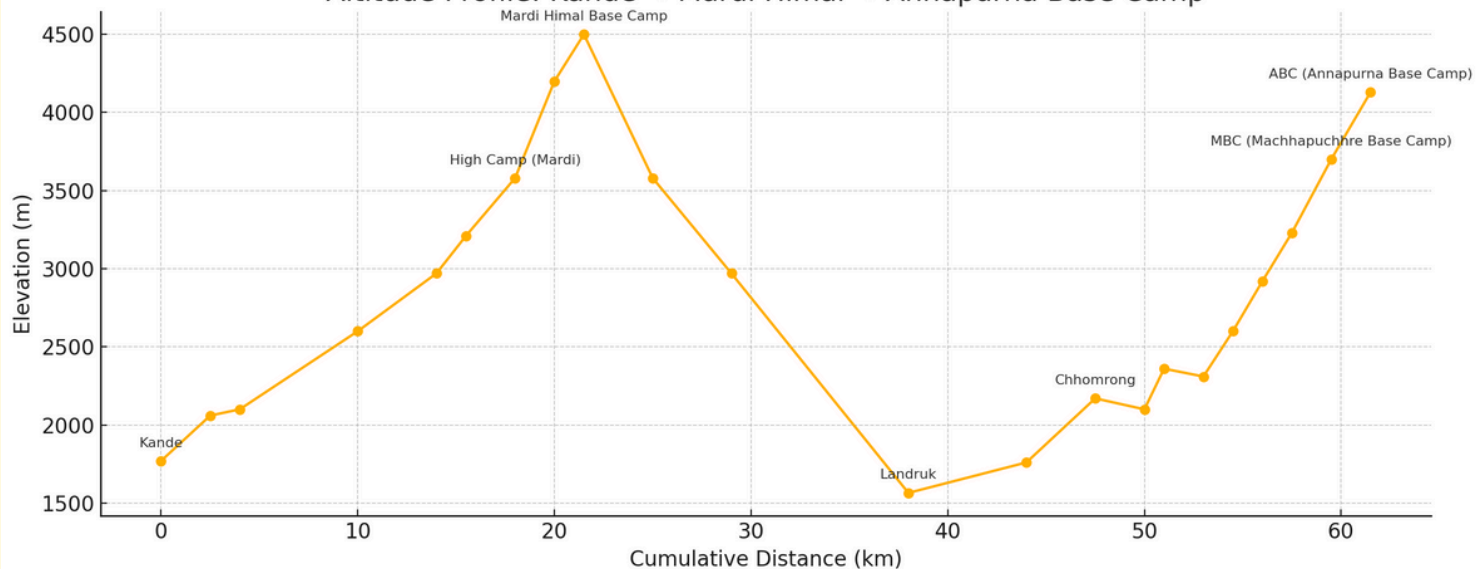
- The sunrise view from Mardi Base Cam and , Annapurna Base Camp is the main attraction, where trekkers witness a breathtaking panorama of peaks like Annapurna, Dhaulagiri, Machapuchare, and others bathed in morning light.
- This trek combines natural beauty with cultural immersion, offering insights into the local Gurung and Magar communities and their lifestyles.
- Meeting Local People and families.
- Easily accessible trekking route in Annapurna Region.
- Have a spectacular panoramic view of the high mountains.

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Altitude Profile: Kande → Mardi Himal → Annapurna Base Camp



Day 1: Arrival in the Kathmandu

After the group's arrival at Tribhuvan International Airport in Kathmandu, our office representative will warmly receive the guests and transfer them to the hotel. Depending on the arrival time, a short walk around the Kathmandu Valley near from the hotel will be arranged to help guests relax and begin to experience the local culture and surroundings.



1.5 hrs

Day 2 : Patan

Enjoy a cultural day hike through the traditional Newar villages of Bungamati and Khokana, known for their rich heritage, ancient temples, and timeless lifestyle. Walk along rural landscapes before heading toward the historic city of Patan, famed for its exquisite architecture and vibrant Durbar Square. This easy hike offers a perfect blend of culture, and history.

A City guide will accompany the group, sharing insights into the local traditions and craftsmanship along the way.



2-3 hrs



3-4 hrs

Day 3: Drive to Pokhara

Depart from Kathmandu in the morning for a scenic drive to Pokhara, covering approximately 230 kilometers in 8 to 9 hours depending on traffic and road conditions. The route follows the Prithvi Highway along the Trishuli River, offering picturesque views of terraced hills, local villages, and riverside landscapes. En route, short stops will be arranged for meals, tea breaks and photography. A private vehicle with an experienced driver will ensure a comfortable journey. Upon arrival in Pokhara, guests will check into their hotel and have time to relax or explore the lakeside area.



8 - 9 hrs

Day 4 Drive to kande and further hike to Pittam Deurali

Drive from Pokhara to Kande (1,770m) in about 1.5 hours. Begin the scenic hike through forests and villages, passing Australian Camp, and reach Deurali (2,100m) in 2–3 hours. Enjoy mountain views and overnight at a peaceful lodge. The first day is an easy day.



1. hrs



9 km



4-5 hrs



400 m



Minimal

Day 5 : Pittam Deurali to Low Camp

Begin from Deurali (2,100m) and ascend gradually through lush rhododendron forests. The trail is peaceful with occasional clearings offering mountain views. After 4–5 hours of steady hiking, reach Low Camp (2,970m). Enjoy stunning views of Machapuchare and Annapurna. Overnight stay in a basic yet cozy teahouse.



9.5 km



9 km



650 m



Minimal

Day 6 : Low Camp to High Camp

Start from Low Camp (2,970 m) and continue uphill through rhododendron and cloud forest. As you gain altitude, the vegetation thins and panoramic views of Machapuchare and the Annapurna range open up. The trail is steeper and more exposed, requiring steady pace. After 3–4 hours of trekking, reach High Camp (3,580 m) for overnight stay amidst stunning alpine scenery.



7 km



5 hrs



950 m



Minimal

Day 7 : High Camp to Mardi Himal Base Camp (4,500m) & Hike to Low Camp (3,050m)

Begin early from High Camp (3,580 m) for a challenging ascent to Mardi Himal Base Camp (4,500 m), taking 3–4 hours along a narrow ridge with breathtaking views of Annapurna and Machapuchare. After enjoying the panorama, descend carefully to High Camp, then continue downhill to Low Camp (3,050 m), reaching in 2–3 hours. Overnight at teahouse in Low Camp.



10 km



8 hrs



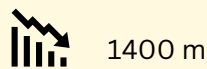
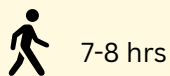
950 m



1450 m

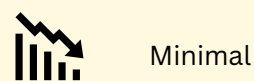
Day 8 : Low Camp to Jhinudhanda (1,780m)

Descend from Low Camp (3,050 m) through dense forest to Forest Camp, then continue downhill to Landruk village. Enjoy views of Modi Khola valley along the way. From Landruk, follow the trail to New Bridge and ascend to Jhinudhanda (1,780 m), known for its natural hot springs. The trek takes 6–7 hours. Relax in the hot springs and overnight stay.



Day 9 : Jhinudhanda to Bamboo (1,780m)

The trek from Jhinu Danda to Bamboo takes about 5–6 hours, covering approximately 9–10 kilometers. The trail descends to the river, crosses a suspension bridge, then climbs steeply through Chomrong. After a descent to Chhomrong Khola, it ascends again through Sinuwa and continues through dense forest to Bamboo. Expect stone steps, forest trails, and gradual elevation gain



Day 10: Bamboo to Deurali

Start from Bamboo (2,310 m) and ascend gradually through lush forest, passing Dobhan and Himalaya. The trail follows the Modi Khola, offering views of waterfalls and dense vegetation. After crossing several small bridges and gaining altitude, reach Deurali (3,230 m) in 4–5 hours. The landscape becomes more alpine. Overnight at a teahouse surrounded by cliffs and glacier-fed streams.



8 km



5 hrs



600 m



Minimal

Day 11 : Deurali to Annapurna Base Camp

Begin from Deurali (3,230 m) and follow the trail through a rugged, alpine landscape. Pass Machapuchare Base Camp (3,700 m) with stunning views of Machapuchare. Continue the gradual ascent along the glacial moraine to reach Annapurna Base Camp (4,130 m) in 5–6 hours. Surrounded by towering peaks, enjoy breathtaking panoramic views. Overnight stay at the heart of the Annapurna Sanctuary.



5 km



5 hrs



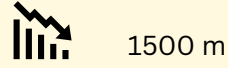
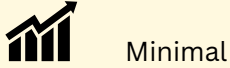
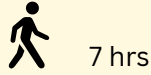
400m / 500m



Minimal

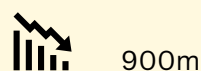
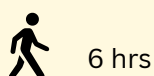
Day 12: Annapurna Base Camp to Dovan

Descend from Annapurna Base Camp (4,130 m) retracing the trail through Machapuchare Base Camp and Deurali. Enjoy final views of the towering peaks before re-entering forested terrain. The trail descends steeply past Himalaya and Dobhan, reaching Dovan (2,500 m) in 5–6 hours. The air gets warmer, and the landscape turns lush again. Overnight at a teahouse in Dovan.



Day 13 : Dovan to Chomrong


From Dovan (2,500 m), descend through dense forest to Bamboo and climb gently to Sinuwa. The trail offers occasional mountain views and rich vegetation. From Sinuwa, descend steeply to the Chhomrong Khola, then make a final ascent on stone steps to reach Chomrong (2,170 m). The trek takes about 5–6 hours. Chomrong offers stunning views of Annapurna South and Machapuchare. Enjoy a comfortable overnight stay in this lively Gurung village.





Day 14 : Chomrong to Pokhara,Transfer to Yoga retreat.


From Chomrong, descend for about 1.5–2 hours to Jhinu Danda, then cross the suspension bridge to reach the jeep pickup point near Samrung. From there, drive approximately 4–5 hours to Pokhara, enjoying scenic views along rough and paved roads. Upon arrival in Pokhara, you'll be transferred directly to your yoga retreat, allowing time to relax and recover. The day blends gentle trekking, scenic overland travel, and a peaceful transition into a restorative wellness environment.




 4 hrs

 3 km

 1 hrs

 Minimal

 300 m

Day 15+16 : Yoga retreat.

Time at the yoga retreat in Pokhara offers a peaceful blend of guided meditation, yoga sessions, healthy meals, and serene nature. Surrounded by hills and views of the Annapurna range, guests unwind, reflect, and rejuvenate. It's a perfect space to restore body and mind after the trek



Day 17: Drive to Kathmandu

The drive from Pokhara to Kathmandu takes around 7–9 hours, covering approximately 200 km via the Prithvi Highway. The journey winds through scenic hills, river valleys, terraced fields, and small towns. Travelers pass notable spots like Mugling and the Trishuli River. Road conditions can vary, with occasional traffic or landslides during monsoon. Though long, the drive offers beautiful views of rural Nepal, making it a scenic and culturally rich overland experience between the country's two major cities.



8-9 hrs

Day 18: Departure Day.

Depending upon the flight schedule we plan the day today.

Accommodation



Hotel Thamel Park in kathmandu : 3 STAR HOTEL



Hotel Shaara in Pokhara : 4 STAR HOTEL

Rooms during the Trek



During the ABC and Mardi Himal trek, tea houses offer basic yet cozy accommodation with twin-sharing rooms, simple bedding, and shared bathrooms. Meals are hearty, featuring Nepali and international dishes. Facilities vary with altitude—lower regions have more amenities, while higher areas are simpler. Tea houses provide a warm, friendly atmosphere, often with communal dining areas and stunning mountain views, making them perfect for rest and cultural exchange along the journey.

Transportation



For: 10 Pax , All road transfers between towns and trekking starting points are provided in air-conditioned vehicles, ensuring a comfortable and cool journey throughout the trip.



Above 13 Pax , All road transfers between towns and trekking starting points are provided in air-conditioned vehicles, ensuring a comfortable and cool journey throughout the trip.

Food:

We will discover delicious Nepali vegetarian food, Asian (Chinese and Indian) and Continental (European) cuisines.



Your paragraph text



Packing list for Mardi Himal trek and Annapurna Base Camp Trek:

Pokhara (827 m) Daytime 22°C – 30°C Night 14°C – 18°C

Weather: Warm, pleasant, and generally clear; occasional pre-monsoon showers possible.

Mardi Himal Region (1700 – 4400 m) Daytime: 2°C – 22°C Night: -4°C – 12°C

Weather: varies with altitude

Some important hints :

- Scan VISA cards, passports and other critical documents to phone or email for easy access.
- There will be one porter between two trekkers, carrying a maximum of 20 kg (10 kg max. each) in a supplied soft duffel bag(s).
- Please keep packing to a minimum and & lt; 10 kg if possible.
- Each trekker to carry water, jacket, fleece, camera and daily needs in a small back-pack
- Most toilets on trek will be traditional squat toilets, with no toilet paper because local people wash themselves with their left hand and water, then wash their hands really well afterwards. Having some hard soap or hand-sanitiser is obviously a good idea. It's advisable to bring some wet wipes or toilet paper but discard it in the bin or bring the used paper with you in zip lock bags to be polite as throwing it down the hole is not advised.
- If you can't do without technology, think about bringing a camera or phone (with extra storage/batteries), charging cable (and universal plug adapter), power bank (solar optional), and offline trekking map app (Maps.me, Gaia , GPS).
- You cannot drink water from the tap, anywhere in Nepal, not even brush your teeth with it! Bottled water is universally available, but it is not environmental sustainable (think millions of plastic bottles that are not recycled).
- Money exchange are available in kathmandu and Pokhara. So when you arrived in kathmandu you can easily change the USD in NPR.

Clothing and accessories on trek

- Small back pack with thin packliner and rain-cover
- Beanie
- Sun hat
- Balaclava, buff or neck gaiter
- Fleece or wool gloves
- Windproof outer gloves (optional for High Camp)
- socks
- undies
- polyprop/merino long-sleeved
- top and leggings for walking
- polyprop/merino long-sleeved
- top and leggings for sleeping
- polyprop/merino short-sleeved
- top for walking
- lightweight hiking shorts (lower altitude)
- lightweight trekking trousers (evening)
- polar fleece
- down jacket
- waterproof windproof raincoat
- Boots with ankle support (well-worn-in)
- Ultra-lightweight EVA plastic
- sandals (evenings)

Other

- Headlamp with extra batteries
- Sunglasses (snow)
- Notebook & pen
- Reading glasses

Included:

- All meals are included on the whole itinerary (B,L,D)
- All the accomodation as per the itinerary.
- All legal permits to visit the Annapurna region
- Professional Guide and porter
- All transportation with a Air conditioned vehicle.
- One way domestic flight from Pokhara to Kathmandu.
- One duffle bag per person for the trek.
- Sleeping bags but need to return after the trek.
- Company T-shirts.
- 1 Porter : 2 Guests.
- 1 Assistant Guide : 4 guests
- Insurance of our guides and Porters



Duffle bag

Not included:

- Personal expenses.
- Shower in the Treks and not included.
- Wifi and battery charge are not included in trekking trails, So better to have a power banks.
- Not included beverages (Alcoholic and Non alcoholic)
- Tips for staff (guides & drivers)
- International flights
- Personal travel and medical insurance that includes rescue evacuation

Min Pax - Max Pax : 6 Pax - 14 Pax

Preis: 4 to 10 Pax : 2280 CHF

Extra 350 CHF for Single Supplement room in Kathmandu and Pokhara

Accommodation:

Hotel accommodation in Kathmandu, Pokhara are in the good hotel but during the trekking the it will be a Basic Tea Lodges with all the basic amenities.

No Single rooms will be available in the Trekking Trails.

Note : During our stay in the Trekking we will be staying in the basic Tea House Lodges with the basic amenities.

SAMSARA OUTDOOR

Who are we?

Samsara Outdoor (<https://samsaraoutdoor.com/>) was established in 2016 to focus on exclusive and personalized trekking itineraries within Nepal. We are based in Kathmandu alongside our partner company, Samsara Garden (<https://www.samsara-garden.com/>) a sanctuary of peace in the bustle of our large city. We offer personalized travel and trekking services in Nepal and work with you to personally tailor your holiday and outdoor adventures. Your safety, comfort, and a wonderful time are our primary concerns. We have a team of dedicated and experienced trekking guides, porters, and other partners who will ensure a memorable trip.

Samsara Outdoor is your one-stop company from which you can explore our beautiful country, experiencing culture, local flavor, walks and treks.

SOCIAL RESPONSIBILITY

Our commitment

We are a dedicated team of young and enthusiastic trekkers, and we love our country and are committed to preserving the natural, physical, and culture beauty of our country and its people, for future generations. We want to ensure that, through our work and services, we provide for our staff, their families, the communities that we pass through, and our clients who become our friends. Protecting the environment – a minimal footprint. The spectacular natural environment in Nepal is our primary resource for prosperity, so we do our part by managing waste and disposing of it carefully. We take the utmost care to maintain biodiversity while traveling around in nature, leaving only out footprints.

Guiding and helping those in need

It is our responsibility as humans to assist anyone in need. We support and guide people while traveling and donate through charities to people and places in remote parts of the country. Honest and fair business. We believe in fair and honest business with our staff, partners and clients. I not just about the money in this business; we are genuinely committed to treating all our staff, our business partners, and clients respectfully, and with gratitude.

Supporting economic growth

Along with the benefits that we receive through our services, we contribute to the economic growth of the communities we collaborate with, and in doing so, we contribute to the total income of Nepal. We are always seeking to support and generate employment opportunities through our services, as it is a team business.

Nurturing the next generation

Making a difference one child at a time

SUNITA DREAMING, established Nima and Padam Shrestha, founders of Samsara Outdoor, Kathmandu, is providing a safe home, education and a future for a young Nepalese girl, Sunita Gurung, Pasang Doma Sherpa and Ang Furba .

The goal of SUNITA DREAMING is to support one child at a time, but momentum is gathering towards the establishment of a vocational guidance workshop to provide training for any vulnerable children and young people so that they can look securely towards a strong, safe, and independent future.

At present we are investing into SUNITA DREAMING through a variety of means such as fund-raising and personal donations from our supporters. Five percent of net profit from Samsara Outdoor treks are being invested into this project.



From the Left Angfurba, Pasang and Sunita